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Cowboy Trail Brewery Garners Global Recognition with World Beer Awards



Cowboy Trail Brewery, rooted in the foothills of Alberta's Rocky Mountains, is celebrating international acclaim after bringing home top honours from the prestigious World Beer Awards. The brewery's Dark Ale stood out on the global stage, earning a Gold medal for Canada and the World. This Dark Ale pours deep brown with a tan head, offering aromas of chocolate, dark fruit, and toasted grain, balanced by flavors of plum and roast that finish smoky, and quenching. This recognition builds on Cowboy Trail Brewery's growing reputation, for Canada at the World Beer Awards, with their Blonde Ale claiming Silver and their Wheat Ale also securing Bronze.

For a small, independent family run brewery with deep ties to Bragg Creek and the surrounding communities, the recognition underscores what loyal customers already know: Cowboy Trail Brewery is brewing world-class beer while staying true to its Western roots. From the crisp balance of the Blonde Ale to the layered complexity of the Dark Ale, the lineup reflects both tradition and craftsmanship.

The awards arrive at a time of exciting momentum and growth for Cowboy Trail Brewery. With distribution steadily expanding through major Alberta retailers, restaurants, and pubs, the brand is not only winning medals but also earning repeat orders from

customers across the province. Adding to the excitement, the brewery is set to launch two new releases: Lock and Load Pilsner in early to mid-October, followed just weeks later by a bold New England IPA.

Looking ahead, Cowboy Trail Brewery is working to finalize a long-term partnership that would pave the way for a dedicated brewery facility in Bragg Creek. The vision is to create a home for brewing small batches that doubles as a community hub—one that celebrates Alberta's tradition and community while showcasing award-winning beer in Bragg Creek's own backyard.

"We're grateful for the incredible support of our community," said the brewery team. "These awards belong as much to Bragg Creek and the craft beer community as they do to us!"

Cowboy Trail Brewery is no longer just a local favourite—it's a name etched into the global beer landscape.

Thank you Bragg Creek
and thank you Alberta!

Cheers to the West!

Cowboy Trail Brewery products are available locally at: Bragg Creek Distillers, Creekers Liquor, Spirits West Wine & Liquor, and many Bragg Creek restaurants



www.cowboytrail.beer
Facebook Instagram @cowboytrailbrewery
Bragg Creek, Alberta
403.390.8899



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LETTER FROM THE EDITOR

We've enjoyed a beautiful fall. This dry September weather has given our farmers opportunity to get crops in, and us non-farmers a chance to enjoy some summer we didn't get in July and August! My youngest son is currently memorizing "When the Frost is on the Pumpkin", a poem by James Whitcomb Riley, and my eldest daughter is looking for a copy of "Cranberry Thanksgiving" by Harry Devlin and Wende Devlin to continue our family's thanksgiving reading tradition as she makes her new home in England.

It's easy to give thanks when all is going well - until it isn't. Health, relationships, and finances can all take sudden and unexpected turns that make it difficult for us to give thanks. We can feel like the lyrics of the famous Rolling Stone song, "Paint it Black", "It's not easy facing up when your whole world is black". Setting our feelings aside, we can see an abundance of vibrant colour all around us. Maybe the leaves didn't get the memo to be glum!

They didn't have to experience the heart wrenching circumstance that you're facing. In reality, at some point, all of us will face difficult circumstances. Ironically, the vibrancy of colour we observe in nature, is actually the final stages of a plant's annual death cycle and entrance into dormancy. That doesn't sound all that appealing. But rather than be black and hidden, the plant allows a vibrancy and beauty to show forth. It's not ashamed of this process but actually celebrates it!

I'm not saying to proclaim all your problems to the world, but your circumstances don't define you. Your seeming abyss isn't the end, but an opportunity to find new life and colour that will naturally reflect back to those observing your response, taking courage to face their own challenges. Draw strength from your community, absorb the beauty around you, and don't lose heart!

Happy Thanksgiving

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

I am a self-taught watercolour artist based in De Winton, Alberta. I'm originally from the UK and come from a family of artists. My journey into the world of art didn't start until 2015 when I picked up my first paintbrush. I enjoy using a wet-on-wet technique, highlighting my paintings with inks and washes to introduce depth and contrast to my pieces. I intentionally leave areas of my paintings unfinished, inviting the viewer's imagination to fill in the blanks and interpret the finished painting.

Personal Statement I believe great art should provoke a reaction and evoke emotion. My goal is to create paintings that linger in your mind, inviting personal interpretation and emotional connection.

To view more of my work, please visit me at the ArtWorks! Fine Art Show & Sale at De Winton Community Hall, October 31-November 2, or check out my website at petefreeborn.wixsite.com/peter-freeborn-fine.

We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to info@highcountrynews.ca We are looking forward to seeing what you create.



Remembrance Day Service

Tuesday, November 11 @ 10:30 am
Bragg Creek Community Centre
23 White Avenue

This service will be held OUTSIDE so please dress warmly. There will be coffee & light lunch served indoors following the service.

Non-perishable food items for the Veterans Food Bank of Alberta are welcome!





SPRINGBANK CREATIVE ARTS CLUB

The Springbank Creative Arts Club's MISSION is "to encourage the development of arts and crafts within the Springbank community.

Autumn again! At the time of this writing the trees are starting to turn and the fantastic colours of autumn will soon be on full display. The fields are dotted with hay bales and the combines will soon be roaring and reaping the bountiful harvest.

As we celebrate thanksgiving, we are reminded that we have so much to be thankful for, living in this beautiful country and enjoying the fruits of our labours with family and friends.

Happy Thanksgiving everyone.

The Springbank Christmas Market Nov 1 and 2nd, 2025

Springbank Community High School.
(use the community use entrance)
32226 Springbank Road
Calgary, AB T3Z 2L9

The variety of handmade items is extensive. Everything from baking to bat houses, horse supplies, pet items, quilting, wood working, sweaters, kitchen towels, hot pads, stained glass, body & hair products, original art, jewelry, chocolate, children's clothing, novels, honey, pottery, sewing, barn wood, greeting cards, Christmas décor and decorations, purses, silverware made into delightful wind chimes and lots in between. Customers are guaranteed to find something for everyone or themselves.

Reminder that all items will be top quality and admission and parking are free!

Some booths take credit and debit, but cash is always accepted. Please do come out and support this very creative vendors.

Please email yjo999@gmail.com for any additional information. During October pictures of the products offered will be posted on facebook.com/springbankchristmasmarket

Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett,
Springbank Creative Arts Club



MP UPDATE - FOOTHILLS

John Barlow

As summer winds down and Parliament finally returns for the fall session, I am eager to get to work in the House of Commons. From the farm fields of Southern Alberta to the halls of Ottawa, I want you to know: your priorities guide my work every day.

Thank you to everyone in Foothills who took time this summer to share their thoughts about our country and our communities. Whether at local events, farm visits, or chatting in your business, you were clear about one thing: rural Alberta feels ignored by the Liberal government. I want you to know, I'm fighting for you, Conservatives are fighting for you.

This fall, our Conservative team will focus on four big challenges facing Canadians: the cost-of-living crisis, job losses, rising crime, and immigration.

Cost of Living: Conservatives have been warning about this for a long time. However, the Liberals' failure to act has only made things worse. Prices keep going up — groceries, gas, heating—and families in Foothills are feeling the squeeze. Too many are forced to make tough choices every day. We will fight to end the increasing taxes, out of control spending and other harmful policies driving inflation, so you can keep more of your hard-earned money.

Jobs: Alberta's energy and resource sectors are the heart of our economy. However, the Liberal government's green agenda

keeps attacking these industries, holding back economic opportunities and costing Albertans thousands of good-paying jobs. Our plan is simple: support responsible resource development, cut unnecessary regulations, and create real opportunities for growth and investment right here at home.

Crime: Crime rates are rising, and people are losing faith in our justice system. We will push for stronger support for police, tougher sentences for serious criminals, jail not bail, and commonsense policies that keep our communities safe.

Immigration: Uncontrolled illegal border crossings and poorly managed immigration are putting a strain on our systems and shaking public trust. Conservatives will work to secure our borders, enforce immigration laws, and make sure newcomers integrate successfully into Canadian society.

This fall, our Conservative team will bring forward clear, practical solutions to these problems — solutions to put Canadians first, protect our economy, and bring hope back to our communities. We will support those policies we believe will benefit Canadians, propose solutions to the problems facing Canadians and oppose Liberal legislation which will make life more unaffordable.

It's not just about the big issues. I'm also focused on supporting our local farmers and food producers — key anchors to economic growth in our communities. This means fighting for better market access, cutting red tape, and promoting initiatives to help strengthen our local economy.

Together, we can build a stronger, more resilient agricultural sector to benefit all of Foothills — and all of Canada.

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Division 2

Accountable budgets,
deliver on service expectations &
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My priorities

Building Community

Deliver Springbank Community Event Centre and SPFAS expansion; update Recreation Master Plan including Harmony's needs.

Connecting Community

Continue community engagement, build regional pathways, interchange upgrades, update Springbank Transportation Master plan.

Smarter Growth

Manage growth, pursue regional utility approaches to lower costs.

Update inter-municipal development plans, undertake a concept plan for Springbank community core.

Implement County Plan (MDP), Agriculture Master Plan & Aggregate Resource Plan.

Election Day: Monday Oct 20

Edge School, Heritage Club
& Jumping Pound Hall

More information:
VoteDonKochan.ca
kochandiv2@gmail.com





SPRINGBANK HERITAGE CLUB

Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33 and you can find us online at www.springbankheritageclub.com

NEW ACTIVITY - Sewcials Club. A group of members plan to meet once a month in the library. It is a gathering for machine sewing enthusiasts to connect, create, and collaborate. This club aims to provide a welcoming space for individuals to work on their sewing projects, share expertise, and foster a sense of community through a shared passion for sewing. The Sewcials Club is not merely an activity but an evolving group where participants can inspire one another, exchange ideas, and develop new initiatives over time. The group will be meeting the fourth Thursday of the month from 10:30-3:30.

If you are interested, please bring all of your own sewing stuff, your lunch and your drinks. For questions, please send an email to lapaskuski@me.com.

We are looking forward to our Gingerbread Tea, Craft & Bake Sale in November. Please mark your calendars!



GINGERBREAD TEA CRAFT & BAKE SALE

SATURDAY, NOVEMBER 29, 2025
1:00 P.M. – 4:00 P.M.
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Kevin's Priorities

- ◆ Listening to residents and then incorporating their feedback into my decision making
- ◆ Continue a program focused on improving service levels, effectiveness, cost efficiencies
- ◆ Fiscally responsible, resilient, sensible well-planned growth that benefits the County
- ◆ Collaborative approach to regional opportunities, planning and infrastructure; with an eye on lifecycle asset management
- ◆ Environmental stewardship
- ◆ Understanding the diversity of needs across our various communities and business areas

Proven Track Record

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NEWSLETTER

Judi Hunter - Ward 5 Trustee

School has been in session for over a month now and students are busy with their studies, and extra-curricular activities. School calendars are posted on the school's website for family planning.

The Board is scheduling student accommodation community engagements for the City of Cochrane and the Town of Chestermere.

A few community updates

- Rocky View County held its meeting on the proposed Petro Canada station at RR33 and highway 1. A decision to follow.
- Calaway Park will be expanded TWP Road 45 to the West. This will impact access to Springbank Middle School – more to come on that.
- Please be aware that many RVS buses are equipped with cameras to register the license plates of cars who do not stop and pass the bus while the stop arm is out
- Schools report satisfaction with the new cellphone use policy. Link to parent awareness of social media. [windsorstar.com/news/local-news/digital-danger-parents-key-to-keeping-kids-safe-on-social-media](https://www.windsorstar.com/news/local-news/digital-danger-parents-key-to-keeping-kids-safe-on-social-media)
- The City of Airdrie held a successful back-to-school clothing drive and swap in September.

- www.discoverairdrie.com/articles/over-150-families-helped-at-back-to-school-clothing-drive-and-swap

Alberta opens its first Autism school. globalnews.ca/news/10753356/jim-jiwani-autism-academy-edmonton/

Link to children's autism organization: www.childrensautism.ca

Alberta Beef Producers has initiated a new program for elementary students called "Running with Ranchers". It is sponsored by the Glenbow Ranch Park Foundation (GRPF).

Link to initiative: www.stalbertgazette.com/beyond-local/new-curriculum-at-some-alberta-schools-has-students-learning-from-ranchers-9505693

Alberta government in a joint initiative with CASA Mental Health is supporting 9 new 5-month student mental health programs for across the province. This a link to the story: globalnews.ca/news/10750131/alberta-mental-health-classrooms-fall-2024/

Link to CASA website: casamentalthelp.org/getting-help-2/casa-classrooms/

Across the country

In Manitoba, Bill 35, the Education Administration Amendment Act, was passed unanimously last spring. It is like bills in Alberta and other provinces that offer public information regarding teacher misconduct

Manitoba implement school nutrition program www.kenoraminerandnews.com/news/local-news/manitoba-launches-universal-school-nutrition-program-for-all-students

Recommended Reading

For those of you who would like educational related reading the following recommendations are worth a look:

Supercommunicators By Charles Duhigg indigo.ca/en-ca/9780385697743.html

Can American Capitalism Survive? By Steven Pearlstein indigo.ca/en-ca/9781250185983.html

Eco Anxiety By Harriet Dyer indigo.ca/en-ca/9781632280848.html

Links are provided so you can see the cover and read the synopsis



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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

Listening to Banff-Kananaskis

Over the summer, my team and I went door knocking 32 times in 9 different towns/villages/hamlets! We also attended dozens of events from one end of the riding to the other. We have spoken with thousands of you and every conversation has been a gift! Thank you to everyone who opened their door, stopped us on the street, or chatted with us as a market or community event. Every single one of these conversations helps prepare me for heading back to the legislature at the end of this month.

As students went back to school, I started hearing more concerns about Alberta's education system. Parents are worried about overcrowded classrooms, the looming teachers' strike, and the government's controversial book ban. I hear you and I share your concerns.

The State of Public Education in Alberta

Alberta has the lowest funding per student than any other province in the country. I am dismayed that this truth is not the biggest issue in Education that the government is addressing. This chronic underfunding has led to overcrowded classrooms, stretched resources, and burnt-out staff. Teachers are reporting a lack of support for students with complex needs, and growing frustration with

the conditions they face. Despite rising enrolment and inflation, the government's education budget falls nearly a billion dollars short of what's needed to meet basic needs and bring Alberta up to the Canadian average per student (2020/2021 Statistics Canada). While private school funding is expected to increase over 30% by 2028 (GOA), parents and educators alike are calling for meaningful investment in public schools to ensure every child in Alberta has what they need to thrive. My colleagues and I continue to advocate for adequate funding for public schools and to ensure all students have access to the high-quality education they need to set our province up for success.

Looming Teachers' Strike

Unless a fair deal can be reached, Alberta is facing a provincewide teachers' strike set to begin on October 6, 2025 - one of the biggest strikes in its history. Hopefully by the time you read this, a resolution will have been found because the reality of over 50,000 teachers walking off the job would significantly impact students and families. The government's September offer was rejected by the Alberta Teachers' Association (ATA), and educators say they've had enough. Teachers are demanding improvements to classroom conditions and a salary that keeps pace with inflation, after years of stagnant wages. Teachers' working conditions are our students' learning conditions, and it's time this government takes urgent action to address both.

The Book Ban Controversy

Rather than address the real challenges our teachers and students are facing, the government chose to deflect and distract with a book ban. A ministerial order issued earlier this year claimed to target the removal "explicit sexual content" from schools was met with widespread criticism. The initial guideline included books with written descriptions of sexual acts which led to the removal of over 220 titles from school libraries in one district, including many classics and previously required reading materials. We all agree that material in school libraries should be age appropriate, but that is why we have librarians and school boards who use their expertise to review all materials provided. Critics point out the policy lacked transparency and educational input; the policy also disproportionately affects 2SLGBTQ+ and BIPOC authors. My colleagues and I will continue to push the government for funding to hire more librarians, teachers, and educational assistants who can guide students in thoughtful, age-appropriate exploration of literature.

Your Voice Matters

Making your voice heard starts with casting your vote. On October 20, 2025, residents across Banff-Kananaskis will elect municipal leaders who shape decisions on



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infrastructure, services, and community development. Yet voter turnout remains low. Bill 50: the Municipal Affairs Statutes Amendment Act, was introduced to the Legislative Assembly on April 8, 2025. The Bill enacts a wide range of changes to the Municipal Government Act (MGA), and the Local Authorities Elections Act (LAEA). To learn more about how the policy affects rural municipalities, visit Alberta Municipalities: abmunis.ca and Rural Municipalities of Alberta (RMA): rmaalberta.com.

Your vote helps ensure local decisions reflect your values. Whether you live in a rural hamlet or a mountain town, your perspective matters. Municipal elected officials are important decision makers and often tasked with making decisions that impact your daily lives. I encourage you to get out and vote and make sure your elected municipal councils are there to represent your interests. Good luck to all the good folks running. It takes courage to step up for this kind of public service and I am so appreciative of everyone who has thrown their hat in the ring. Whoever wins, I look forward to working with you to serve the good people of our communities to the best of our abilities.

Sarah Elmeligi



MLA SARAH ELMELIGI BANFF-KANANASKIS

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Open office hours: M,W,T: 10:00 - 3:00pm, and by appointment

Email: banff.kananaskis@assembly.ab.ca

MLA ON TOUR

Beaupre Community Hall
Beaupre, AB
October 7th
4:30 - 6:30pm

Mabel & Marie's
Bragg Creek, AB
October 10th
12:00 - 2:00pm

Waters Edge Cafe & Bar
Priddis, AB
October 21st
5:00 - 7:00pm



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Five Costly Money Mistakes Millennials Make

If you're a millennial, you've probably heard the usual money advice: save early, spend less, invest smart. But let's face it—real life is busy, expensive, and unpredictable. Still, there are a few money habits that can quietly sabotage your future if you're not careful.

The financial decisions you make today will determine your future wealth, income and happiness. It's important to take your time and avoid these five common blunders:

1. Not Taking Saving Seriously

Time is your best financial ally. The earlier you start saving, the more your money can grow. But many millennials still aren't making the most of it. A 2024 MyBankTracker survey found that less than half of millennials are actively investing, and many keep too much cash on the sidelines. Even just setting up automatic RRSP or TFSA contributions can make a big difference. The 2025 TFSA limit is \$7,000—if you can afford it, try to max it out. If your employer offers an investment program with RRSP matching, don't leave that free money on the table.

2. Overspending on Small Stuff

It's easy to justify a \$5 coffee or a \$15 lunch—until you add it up. Spending just \$10 a day on takeout adds up to over \$3,500 a year. No one's saying you can't treat yourself but tracking those small indulgences can free up serious cash for your goals.

3. Chasing the Wrong Investments

Some millennials avoid investing altogether out of fear. Others jump into high-risk bets hoping to get rich quick. Neither extreme is ideal. A steady, diversified approach—focused on long-term growth—almost always wins. According to a 2024 study by FTSE Russell, young investors who held balanced portfolios were significantly more likely to meet their financial goals than those who speculated.

4. Skipping Insurance

When you're young and healthy, insurance might feel unnecessary—but accidents, illness, or unexpected life events happen. Disability, critical illness, and even basic

life insurance are often surprisingly affordable when you're under 40. It's one of those things you hope to never use but are glad to have when life throws a curveball.

5. Investing Without Advice

Too many people still rely on advice from friends or TikTok instead of talking to a professional.

It has long been said that, 'if a person represents themselves in a court of law that they have a fool for a client!' The same is true for your investments, i.e. those assets that you have worked hard to acquire. Seek the guidance of a good investment advisor. You are probably good at what you do, so why not entrust your investments to someone who is good at what they do.

A financial planner will work with you to develop a plan that will enable you to reach your long-term financial goals. If you do not already have long-term financial goals

then your advisor can help you determine what might be appropriate, given your unique situation.

Bottom line?

Avoiding these five common mistakes can make a massive difference over time. The earlier you get serious about your money, the sooner it can start working for you—not the other way around.

Call me today to set up an appointment to review your goals and objectives and to ensure that your current investment approach will allow you to fulfill your goals.

Also, visit my business website (myfinancialsolutions.ca) for additional financial information on insurance, retirement/estate planning, investments and whole host of other financial topics.

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MAKE YOUR MARK By Kate Bushey

Campaign Season

Mark's preoccupied running for Rocky View County Division 1 Councillor, so as his Creative Partner I'm taking over for this month's column. It's a great time to talk about campaign signage and advertising as we'll be seeing it all month long. Number one question...do lawn signs even work?

The short answer is yes. Election lawn signs have been around for 197 years (since John Quincy Adams and Andrew Jackson were running for President of the United States in 1828). They're a simple and relatively inexpensive way to let the public know who is in the running, a visual insight into what they stand for, and which neighbour endorses them.

Name recognition is the most important factor in elections. At the polls the only thing you see on your ballot is a name, and you don't want *that* to be the first time you see a candidate. You'll see the same names

repeated over and over all month long to cement them into your mind as familiar and credible choices.

The next thing you're going to start seeing are faces of these hopeful candidates and that's on purpose. Faces are 11 times more likely to get attention, with humans programmed to recognize faces twice as fast as any other image (ever looked at a power outlet and thought it looked a little dismayed? That's pareidolia or our hard-wired human instinct for shape and facial perception). The social cues and emotions we can convey using faces trumps any inspiring messaging – a picture is worth 1000 words and when whizzing by on your commute you only have time to read 3.

Colours and fonts are used to communicate the values of the candidate – either to connect to greater political party's platform or in the case of municipal non-partisan elections to just show you what kind of personality you're electing. Are they bright and energetic? Mellow and grounded? Do their signs look like they made them themselves rather than approaching their local design experts to help them? This all says something about the candidate and it's up to you to decide if you are liking what they are saying.

Finally, seeing signs on your neighbours' lawns gives personal endorsements for those candidates. If your neighbour's values and yours align, then maybe you will think twice about voting the same way. Conversely, depending on your neighbours, this may also inspire you to immediately seek out the opposition and put up your own sign regardless of how passionate you feel about that candidate. There is also the social aspect of peer pressure, if you're seeing a lot of people putting up signs for one particular candidate you might be more invested into figuring out why everyone thinks they are so great.

At the end of the day however a sign is just a sign - a device to get you curious to do more research and show up at the polls informed and ready to vote.

No matter who you vote for, or what kind of campaign signage they're running, make sure you do your due diligence on the happenings in your area and make up your opinions on how you want to be heard and represented. The most important part is always showing up.

See you out there on October 20!

Kate

Bragg Creek Area Businesses.



Let's do Lunch

Please join us on the last
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All Bragg Creek area business owners and staff are welcome

The Hub
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Bragg Creek Shopping Mall
11:30am - 1:30pm



It's no shock, advertising and design are part of everything



Are you considering what messages you're sending out every day in your business' signage? Like a political candidate, your first impression is the first step on the road to your reputation, credibility, and memorability. Hire the experts and garner a few more votes for your product in your till.



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BRAGG CREEK COMMUNITY ASSOCIATION

Gather, Gobble & Get Involved!

October is here! The season of crunchy leaves, pumpkin everything, and gathering with gratitude.

Here's what's cooking this month:

Membership Renewals & AGM – Oct 28

Don't be a turkey - make sure your membership is renewed so you can join us at the Annual General Meeting (AGM). This is your chance to help "stuff" the ballot box (with votes, of course!) and maybe even toss your hat into the ring for the Board. Fresh ideas and new faces are the secret ingredients that keep our Centre thriving. Contact president@braggcreekca.com.

Fall Programs

From fitness to creativity to social fun, our fall programs are ripe for the picking. Try something new, bring a friend, and harvest some good times this season.

For families:

- Rumble & Roar – Thursdays - 9:30am-11:30am
- Baby & Me Yoga/ Fitness – coming soon!

For Kids & Youth:

- Springbank Dancers – Mondays - still space to join for 10-12 year olds!
- MultiSport Mashup – Tues & Thurs – 3:30pm-5:00pm
- PD Day Volleyball Skills Clinic – Sept 29 – 1:00pm-3:00pm - ages 9+
- Dungeons & Dragons – coming soon! - Seeking a youth Dungeon Master

For Adults:

- Pickleball – Mon & Wed 9am-11am, Tues & Thurs - 6:30-9pm
- Drop in Artsy Afternoon – Thursdays 1pm-4pm
- Dungeons & Dragons - currently full
- Strength Training coming soon!

Save the Date: Spirit of Christmas – December 5-7

It may feel early, but the elves are already busy behind the scenes for our biggest holiday tradition! The Spirit of Christmas

Festival is back, and we'll need the merriest volunteers, helpers, and holiday spirits of every kind to make the magic happen. Email info@braggcreekca.com to volunteer on our event planning committee and help us unwrap the magic together!

Gourds of Gratitude

A big thank you to the staff, volunteers, vendors, and shoppers who made our Farmers Market such a lively, welcoming place all summer long! Together, we created a harvest worth celebrating.

Let's carve out some time together this fall. After all, being part of the community is the gravy on top!

Wishing you Pumpkin Spice & Everything Nice,

Your BCCA

www.braggcreekca.com



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Christmas Market**

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SPRINGBANK COMMUNITY HIGH SCHOOL
32226 Springbank Road Calgary, AB T3Z 2L9

Saturday Nov 1, 2025 9:00-5:00
Sunday Nov 2, 2025 10:00-3:00

HWY #1 Exit 169 1.5 Miles South of Calaway Park
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AGE-RELATED SHOULDER HEALTH

Shoulder pain is one of the most common musculoskeletal complaints in adults, especially as we age. While many cases are linked to the rotator cuff – a group of four muscles and tendons that stabilize and move the shoulder – pain can also be referred from the neck, particularly from cervical nerve roots at levels C5 and C6. Understanding the interplay between local tissue strain, age-related changes, and nerve-related pain patterns is essential for accurate diagnosis, effective treatment, and long-term prevention.

The rotator cuff includes the supraspinatus, infraspinatus, teres minor, and subscapularis muscles. These structures are prone to injury because they are small, work constantly to stabilize the shoulder, and are subject to high mechanical demand. Some mechanisms that can strain the shoulder muscles are overhead activities, repetitive motions, lifting with poor mechanics, and sudden force that may overstretch or tear the tendons. Some symptoms to be aware of include pain with lifting the arm, weakness in rotation or elevation, night pain (especially when lying on the affected side), and limited shoulder mobility.

In the neck, the C5 and C6 nerve roots are responsible for innervating (providing nutrition to) the shoulder and upper arm.

Compression or irritation of these nerves – due to disc degeneration, herniation, or narrowing of the cervical foramina (tunnels the nerve runs through) – can mimic or coexist with rotator cuff pathology. Common patterns include:

- C5 neuropathy: May cause pain over the lateral shoulder, weakness in deltoid and supraspinatus, and altered sensation in the shoulder region.
- C6 neuropathy: Often presents with pain radiating down the arm toward the thumb, weakness in biceps and wrist extensors, and sensory changes along the radial forearm.
- Referred pain patterns: Unlike rotator cuff strain, cervical radiculopathy may cause burning, tingling, or numbness in addition to weakness.

Age related changes and shoulder health naturally evolve over time. There may be tendon degeneration due to changes in tissue elasticity, decreased collagen and vascular supply. Chronic muscle tears and disuse can lead to muscle atrophy (weakness). In the neck, cervical spine degeneration with disc height loss, osteophytes, and joint narrowing at C5–C6 are common after age 40, increasing risk of nerve compression. Often there is an overlap of all these scenarios as many patients over 50 have both degenerative cuff changes and cervical spine findings, which can complicate diagnosis.

Despite how this sounds, there is hope! Though age-related changes cannot be fully avoided, proactive strategies reduce risk and preserve function. It is important

to maintain your strength and mobility. Working on the rotator cuff muscles and scapular stabilizers must be incorporated into your strengthening program. Mobility - postural exercises, chest stretches, and upper back flexibility are important to incorporate. The shoulder joint is excellent at compensating for tightness in other areas, as it is a joint with nearly 360 degrees of range. Thus, it gets easily over-used when adjacent joints and muscles in the upper body are inflexible. Some preventative measures may include proper ergonomics, adjusting a workstation height and screen position to reduce neck flexion, avoiding repetitive overhead strain, and using proper lifting mechanics.

Rotator cuff strains and cervical C5–C6 neuropathies often present with similar pain patterns, especially in older adults where degenerative changes are common. Prevention through strength, posture, and mobility work remains key. When pain arises, accurate assessment to distinguish shoulder versus cervical causes allows for targeted rehabilitation, reducing risk of chronic pain and preserving independence. Early intervention will help you get back to the activities you love, sleeping better and putting you at ease.

Jennifer Gordon
(BSc.PT, GunnIMS, APCI)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com

Let's work together to get you on the right path

Bragg Creek Physiotherapy envisions a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Winter is coming....as is slow season.

Let's be honest—if you run a business in Bragg Creek, winter can be tough. Tourist traffic decreases, revenue drops, and you may be left wondering how to keep the lights on until spring. But here's the thing: instead of just trying to survive the slow season, AI could help you to get ahead.

Sound too good to be true? It's not. 71% of Canadian small businesses are already using AI tools, and they're seeing real results. The businesses that figure this out now will come out swinging when the tourists return.

Fact: over 75% of small businesses across Canada are either using AI or seriously looking into it. This isn't some distant future thing—it's happening right now, and the numbers don't lie.

Businesses using AI are seeing 20-25% productivity improvements. More importantly for us seasonal folks, 93% of service professionals say AI saves them significant time. That's time you can spend planning your next move instead of answering the same questions over and over.

Think about this: how often is someone looking at your website at 9 PM on a Tuesday, or sends an email on Sunday when you're not checking? AI customer service tools work 24/7, capturing those inquiries when you can't or when you have checked out for the day.

These systems handle the basic stuff—pricing questions, availability, directions to your business—and only bug you when there's something that actually needs your personal touch. During winter, when people are home planning their spring getaways, this means you're capturing customers while your competitors are offline.

The best part? These tools can handle multiple languages, which is huge for Alberta tourism. Your AI assistant might be booking a German family for next summer while you're sleeping.

Winter is when most seasonal community businesses go dark on social media and stop marketing. That's actually the perfect time to stand out. AI tools can keep your content flowing even when you're focused on other things.

Imagine having fresh blog posts about winter activities, social media content showcasing snowy landscapes, and email newsletters that keep last summer's visitors thinking about their next trip, dinner out, or shopping trip. AI can create all of this content for you, keeping your business top-of-mind when everyone else has gone quiet.

When money's tight, you can't afford to waste time on repetitive tasks. AI automation handles the boring stuff so you can focus on what actually grows your business.

Learning from Our Neighbors

Tourism Jasper figured this out early. They partnered with the Alberta Machine Intelligence Institute and now use AI to predict everything from visitor patterns to weather impacts.

James Jackson from Tourism Jasper puts it perfectly: "We'll be able to have a much more accurate understanding of what's

happening within the destination in an almost real-time fashion" (Global News). They're using winter data to plan better summers.

Banff businesses are using AI for staffing challenges we all face. When you can't afford full winter staff, AI chatbots handle questions and scheduling systems manage whoever you do have working.

These aren't huge corporations—they're mountain tourism businesses just like yours, proving AI works for small Canadian operations.

Your Winter Game Plan

Start simple. Pick your biggest headache—probably customer communication—and tackle that first. Use winter as your testing ground so you're ready when things get busy again.

Don't try to revolutionize everything at once. Focus on:

- Automating email responses and booking confirmations
- Creating content that keeps you visible online
- Organizing customer data for better spring marketing
- Think of winter as prep time, not downtime.

I know, it can be scary to put your trust in a bot. But remember... Remember: bears hibernate, but smart Bragg Creek businesses innovate.

W: visitbraggcreek.com/bragg-creek-chamber
E: Office@braggcreekchamber.com

On behalf of your Bragg Creek & Area Chamber team.



HAPPY THANKS-ELECTION-O-WEEN

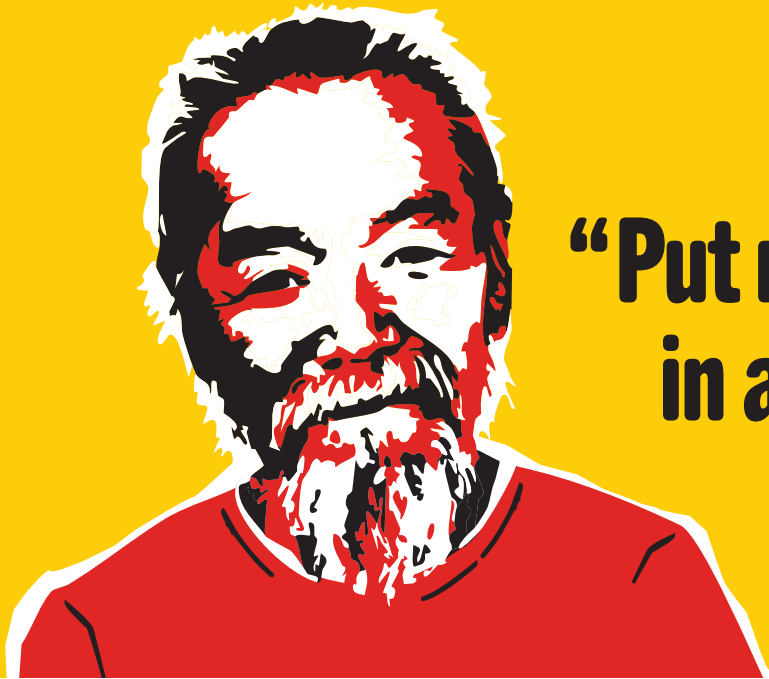
With so much going on this month, there's no excuse not to celebrate something before the big celebration hits us. Dare I say it? Christmas. Book your festive party now as you take in the changing season with our delicious fall menu.

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AT THE BAVARIAN INN



**“Put me back
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RVC DIVISION 1
**MARK
KAMACHI**



Hi, I'm Mark. A longtime Bragg Creek resident, community leader, and small business owner.

I previously served as a Rocky View County

councillor from 2017 to 2021. I'm running again because there's more to be done for Rocky View County's future. Let's embrace development that benefits residents, reduces the tax burden on families, and keeps people in our community as they age. Whomever you choose to stand behind, please don't forget to vote on October 20th.

My Division 1 Priorities

Future-ready County

To proactively guide growth in ways that respect our active rural and agricultural communities.

Lower Taxes for Residents

Promote responsible, balanced commercial and tourism investment to benefit residents and businesses.

Affordable Housing

Ensuring housing for young families and seniors so they can become residents for life.

Public Safety

Supporting an egress road in Bragg Creek for emergency access in case of wildfire.

Stronger Partnerships

Build better relationships with Tsuut'ina Nation and neighbouring municipalities.

Infrastructure & Services

Address ongoing water and wastewater concerns in Elbow Valley and Bragg Creek.

FOR COMPLETE CAMPAIGN UPDATES & INFORMATION
VOTEKAMACHI.CA - VOTEKAMACHI@GMAIL.COM



REMEMBER TO VOTE ON OCTOBER 20

Bragg Creek Wild Meets Rocky View County Leadership

Despite a summer dominated by heavy rains and flooding challenges, Rocky View County's top leadership made time to meet with Bragg Creek Wild (BCW). On the agenda: strengthening partnerships and moving closer to addressing key issues in the coming year.

Joining the discussion were Reegan McCullough (Chief Administrative Officer), Byron Rieman (Chief Operating Officer), Mason Austen (Manager of Utility Services), and our Councillor Kevin Hanson. Bragg Creek Wild was represented by Lucy Curtis and Renée Delorme.



Deer with broken leg

The conversation was engaging and forward-looking, reflecting the community's deep commitment to safeguarding Bragg Creek's natural environment while navigating increasing pressures from tourism and growth.

Protecting What Makes Bragg Creek Special

At the heart of the discussion was the need for land use policies that preserve the unique character and ecological health of Bragg Creek. With rising visitation and early signs of overtourism, BCW emphasized the importance of balancing community needs with environmental stewardship. The group highlighted the community's recent Area Structure Plan vision for Regenerative Living and Regenerative Tourism. This philosophy recognizes that healthy functioning ecosystems are essential if we want both residents and visitors to thrive. Maintaining healthy functioning ecosystems first starts with adapted land use policies. It also includes measures that, while seemingly mundane, profoundly impact our wildlife and their habitats.

Current concerns Bragg Creek Wild is focusing on include:

- **Wildlife pathways in the flood berm:** Since 2022, BCW has been working to retrofit the hamlet's berm with three safe wildlife access points to the river.
- **Garbage management:** Since 2023, efforts have been underway to establish a refuse bylaw to reduce human-wildlife conflicts.
- **Wildlife safety signage:** With the support of RVC Transportation Services, signage has been installed to remind motorists to drive safely and protect wildlife along county roads. These efforts must now expand to our provincial roads (White Avenue and Hwy 8, 22, 22X and 66). All these roads experience a high incidence of wildlife-vehicle collisions.

From Ideas to Action

While BCW's initiatives have enjoyed strong support, the challenges of staff turnover and complex bureaucracy have slowed progress. The meeting was an opportunity to request advice and assistance from the County to ensure these projects reach fruition. Encouragingly, several concrete next steps emerged:

- **Garbage Bylaw:** The County will investigate the current status and explore options for moving it forward including educational activities, and strategies to support commercial and residential areas while the bylaws process carries through.
- **Flood Berm Modifications:** Costs and approval processes for new wildlife access points will be confirmed, with a view to possible inclusion in the 2026 budget. The hope is that these access points will reduce the incidence of broken legs in our deer population and facilitate their movement through this wildlife corridor.
- **Wildlife Signage:** Opportunities for expanded signage or other strategies on County and Provincial infrastructure will be explored to further reduce wildlife encounters.

Looking Ahead

The meeting ended on a positive note, with a shared commitment to ongoing collaboration. Bragg Creek Wild expressed particular gratitude to Councillor Kevin Hanson for his steadfast support, deep knowledge of County programs, and invaluable guidance over the past four years. With fresh leadership at the County level and renewed momentum, Bragg Creek Wild is optimistic that these longstanding community priorities will finally move closer to reality in the coming year.

For more information visit www.braggcreekwild.ca



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BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am
(Sunday School runs Sept - July & nursery space is available for parent use)

For youth, business lunches, and other program info please visit our website and sign up for our email list, which sends out the most up-to-date info

You can also still join us virtually on Facebook Live or YouTube

Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
www.braggcreekchurch.ca



THE LITTLE SCHOOLHOUSE

We have had a wonderful start to the year at The Little Schoolhouse! Our students are becoming comfortable with classroom routines, and most importantly, we are enjoying collaboration, play, and exploration together. It is very sweet to see new friendships blossoming, and we anticipate another fantastic year ahead!

At the end of September, our families enjoyed a Welcome Back BBQ, a delightful evening organized by our amazing Parent Board. We are incredibly grateful for their hard work and dedication!

To conclude the evening, we had the privilege of honoring the National Day of Truth and Reconciliation with a special presentation by Indigenous Storyteller and Educator, Chantal Chagnon. Through her stories, songs, and drumming, we were reminded of the importance of community, love, and respect.

As we look forward to October, we are filled with gratitude for our past and present community. It is an honour to work alongside our wonderful families and to share in the lives of all our students at The Little Schoolhouse.

Wishing you all health and happiness!

Ms. Shelley and The Little Schoolhouse team

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BEFORE



AFTER



XC BRAGG CREEK SKI AND BIKE SOCIETY

XCBC Nordic Program Spotlight

It's hard to believe, but it's already time to start thinking about the upcoming ski season and which Nordic programs might be the best fit for your families and athletes. Jackrabbits and Bunnies are programs designed for younger skiers. As a young athlete grows, there are two streams to choose from, our Recreational Ski Program or Nordic Ninja's. The Recreational Ski Program provides young skiers ongoing skiing opportunities in a non competitive environment, focused on fun and community. Nordic Ninjas is a great way to introduce kids to competitive ski racing in a fun, low pressure environment. There's a lot of information below, so please take a moment to read through the details—and don't hesitate to reach out with any questions. Registration for all Winter Ski Programs is now open. If you are interested in volunteering with any of the below programs please email programdirector@xcbraggcreek.ca for more information.

Bunnies

Ages: 5 (or 4 with approval)
This program is designed for 5-year-olds who are new to cross-country skiing. The emphasis is on helping kids feel comfortable on skis while having fun! Sessions are game-based, with a strong focus on enjoyment and movement on snow.

Prerequisites: NONE

Required Equipment: Classic skis, poles, and boots.

Dates: December 4 – March 13

Schedule: 1 session/week – Fridays, 4:00–5:00 PM

Fee: \$185

Jackrabbits

Ages 6–9

Jackrabbits is designed for kids ages 6 to 9. This program focuses on the FUNdamentals of cross-country skiing: movement, downhill techniques, trail etiquette, safety, balance, agility, and coordination. Expect lots of games, fun activities, and some low-key racing throughout the season.

Prerequisites: NONE

Required Equipment: Classic skis, poles, and boots.

Dates: December 4 – March 13

Schedule: 1 session/week – Fridays, 4:00–5:00 PM

Fee: \$185

Recreational Ski Program

Ages 10–16

This program is for skiers who have either finished Jackrabbits and love being outside, skiing with friends, and want to continue developing their skills in a fun and social environment, or skiers who are new to the sport, and want to develop their skills but are outside the Jackrabbits age limits. There will be instruction, with emphasis on technique but the Rec Ski Program's goal is to build proficient lifelong skiers who love the sport.

Note: This program ends earlier than others—on February 13—and sessions run 90 mins.

Prerequisites: Participants are expected to be capable of general physical activity (walking/hiking on moderate terrain) for ~15 mins continuously between breaks.
Dates: December 4 – February 13
Schedule: 1 session/week – Fridays, 4:00–5:30 PM
Fee: \$195

To register for Bunnies, Jackrabbits & Rec Ski follow this link: <https://zone4.ca/register.asp?id=39547>

Nordic Ninjas 1 & 2

These programs introduce athletes to competitive skiing in a fun, supportive environment. Sessions focus on the continued building of FUNdamental ski skills, training and fitness through games and activities that challenge each athlete individually. Participants are encouraged

to participate in Alberta Cup Ski Races and the Alberta Youth Championships.

Prerequisites - Participants are generally expected to have completed the Jackrabbits program prior to registering for Nordic Ninjas. Exceptions may be made subject to skier evaluation and Coach discretion. New skiers looking for coaching and instruction to learn to ski are encouraged to explore our Recreational Ski Program.

Nordic Ninja 1

Ages 9–12

Dates: November 4 – March 14

Schedule: 1 session/week – Saturdays (AM)
Fee: \$300

Nordic Ninja 2

Ages 9-12

Dates: November 4 – March 14

Schedule: 2 sessions/week – Tuesdays (PM) & Saturdays (AM)

Includes: Coaching and Wax support for up to 2 Alberta Cup Race weekends

Fee: \$600

Club Racer

Ages 12+

This is an athlete training program for competitive skiers who want to take their skiing and racing ability to the next level. The Club Racer program builds on the foundations of ski technique established in Jackrabbits and Nordic Ninjas and focuses on refining technical skills in both classic and skate skiing, as well as building the physical and mental strength for racing—and life. Athletes in the Club

VOLUNTEER WITH XCBC

We are always looking for volunteer coaches, event support, and warming hut cleaners.

Email
programdirector@xcbraggcreek.ca
for more info.

Racer program are strongly encouraged to participate with XCBC support in all Provincial level Alberta Cup Ski Races to earn points toward Alberta Provincial Ski team qualifications. In addition to Alberta Cup races, Club Racer Athletes can compete in other Regional or National level Ski Races throughout the ski season in conversation with coaches and with 3rd party support coordinated by XCBC. Prerequisites: Capable skiers, able to perform both, classic and skating ski techniques on challenging trails. Maturity to listen to and follow coach instructions and ask questions when appropriate without disrupting the session or interfering with the learning and training of other athletes, General: Registrants are all subject to evaluation, participation in the Club Racer program is at all times subject to Coach discretion based on athlete ability to meet the demands of the program. New skiers looking for beginner level coaching and instruction to learn to ski will be directed to the Recreational Ski Program. Dates: November 4 – March 14 Schedule: 3 sessions/week – Tuesdays (PM), Thursdays (PM), Saturdays (AM) Includes: Race support for all 8 Alberta Cups Fee: \$900

To register for Nordic Ninjas & Club Races follow this link: <https://zone4.ca/register.asp?id=39545>



REDWOOD MEADOWS EMERGENCY SERVICES

Charge into Fire Safety with Us!

October 5-11 is National Fire Prevention Safety Week with a focus on charging into fire safety, lithium-ion batteries in your home and educating everyone about using these batteries safely. The campaign stresses how important it is to BUY, CHARGE, and RECYCLE safely when it comes to lithium-ion batteries.

Buy only listed products: When buying a product that uses a lithium-ion battery, look for the safety certification mark such as UL, ETL or CSA. This means it meets important safety standards.

Charge devices safely: Always use the cords that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved. Charge your device on a

hard surface. Unplug or remove the battery once it's fully charged.

Recycle batteries responsibly: Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire. Recycle your lithium-ion battery at a safe battery recycling location.

Visit call2recycle.org to find a recycling spot near you.

Redwood Meadows Emergency Services will be holding an Open House on Saturday, October 11th. Join us from 1-3pm for station and apparatus tours and meet the duty crew. See you there!

Until next month, stay safe!



- Fence line and trail building
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BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1-4pm: Ladies Group & Snooker

Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

1:15pm Book Club - bring a book to share with the group

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

1:15pm: Exercise Class - 45 minutes
bring your own dumbbells or borrow
newcomers welcome, drop-in \$10/class

2025 MEMBERSHIPS

New members always welcome.
50+ to join - annual fee only \$15

Questions? 403-949-3313

Email inquiries:

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Okay. Now that that's out of the way it's time to plan for the inevitable: snow removal. Keeping your property in a passible condition and free of ice is not only convenient for you but also a requirement by home insurance plans and emergency services. Spend what little daylight we have by staying warm and doing what you actually want to be doing; like laying fresh tracks in snow. Give us a call, book now and leave the heavy lifting to us.



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BRAGG CREEK TRAILS



Trail Talk

Popular Trail in West Bragg Creek Decommissioned

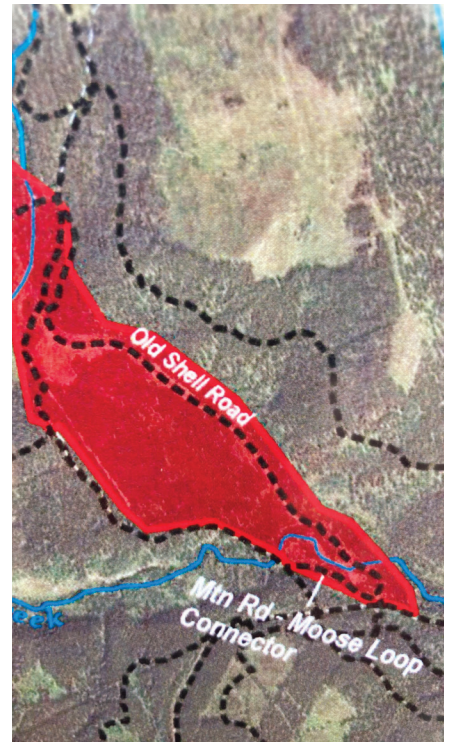
Regular trail users in West Bragg Creek will be familiar with the boulder-hop across Bragg Creek to access Old Shell Road and likely have risked a “soaker” or two. This shortcut to the north trails is now permanently closed and is being restored to its natural state. Restoration work has also been completed to protect the eroded creek banks that were heavily damaged by past flooding. Closing this crossing is an important step to reduce impacts on the fragile Bragg Creek aquatic environment, which is designated as critical bull trout habitat. The restoration plan also includes strategic plantings and debris piles to hinder access. Shell Oil and its contractors, under a mandate from Alberta’s Energy Regulator, are completing this work

before Shell can relinquish its Licence of Occupation.

Bypass routes remain available along the south side of the creek, leading to the Moose Connector bridge for crossing. Once approved, BCT plans to twin Braggin’ Rights trail with a new section connecting to the top end of Old Shell Road for access to Moose Connector and beyond. For this winter, the trail management plan will accommodate displaced fat bikers, snowshoers, and walkers by packing an exclusive trail along the east edge of the Moose Connector ski trail. This short section, between Moose Meadow and the creek bridge, will be marked with poles and designed to keep all users safely in their lanes.

BCT thanks everyone for their cooperation in respecting the posted signage. Doing so will ensure your trail experience remains positive, safe and environmentally responsible.

See you on the trails!
Con Schiebel, BCT President





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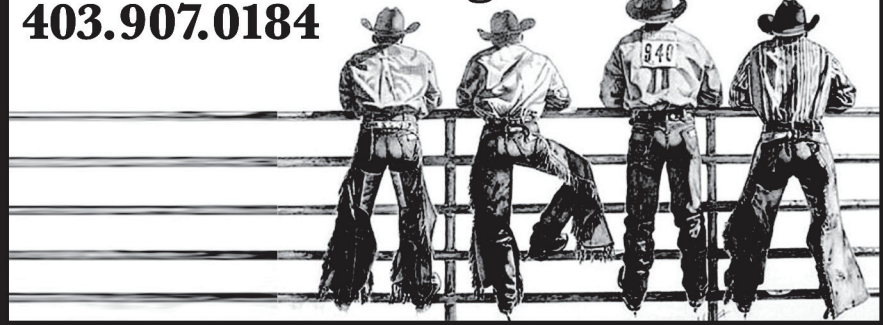
Adam Vanderwoude
President

adam@scopeprojects.com

Grayson Harsulla
Vice President

gharsulla@scopeprojects.com

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The High Country News thought we could pose a few questions to the candidates that our readers may appreciate their response. Further questions and responses have been published on our website. Please note that not all candidates responded to our questions. I appreciate the number of candidates that have advertised in the paper, demonstrating their commitment to support us as we give them the ability to promote their leadership campaign.



As you consider your civic duty to vote, there are a couple of things that I feel are important in the choosing of a leader, keeping in mind, all leaders will fall short of our personal expectation.

- Are they engaged in the community in a positive way, or do they spread discontent?
- Do they show leadership beyond the title?
- Do they understand the complexities of municipal politics?

Municipal policy has a significant impact in our day to day lives. Our commitment to engage and work with our local leaders is what enables our communities to be places where we can live, work, and prosper.

Lowell Harder

Vote on Oct 20 10am - 8pm

ROCKY VIEW COUNTY
www.rockyview.ca/elections



FOOTHILLS COUNTY
www.foothillscountyab.ca/government/elections



ROCKY VIEW COUNTY Election 2025

ELECTION DAY IS OCTOBER 20, 2025

WHEN TO VOTE

- **Election Day** - Monday, October 20, 10 a.m. to 8 p.m.
- **Advance Vote** - Monday-Saturday, October 6-11, 10 a.m. to 8 p.m.

WHO CAN VOTE

- 18 years and older
- Canadian citizen
- Resident of Alberta, and reside in Rocky View County and your electoral division on Election Day

WHERE TO VOTE

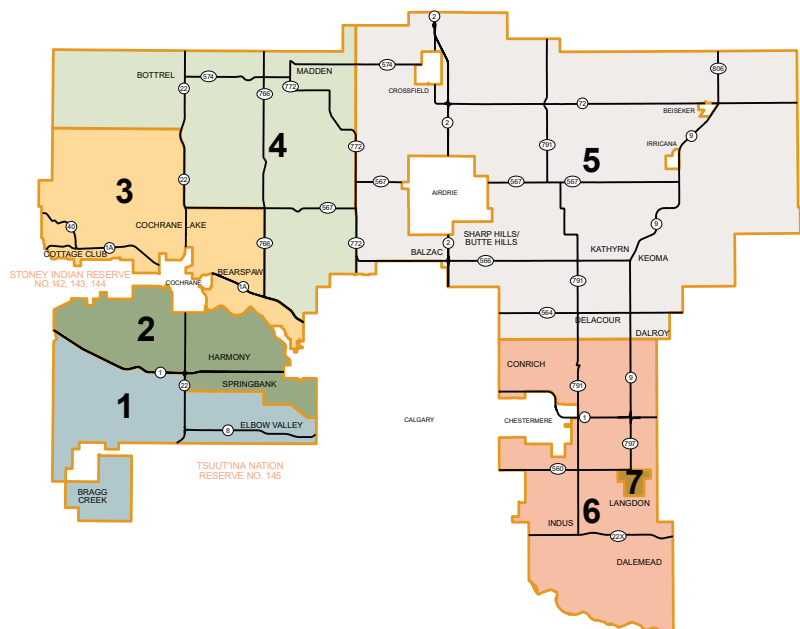
- **Election Day** - Eligible voters may only vote at a voting station within their electoral division
- **Advance Vote** - Eligible voters may vote at any of the available advance voting locations

WHAT TO BRING

- One piece of identification issued by the federal, provincial, or municipal government that includes the voter's identity and photograph

Find information on candidates, identification requirements, voting stations, and advance voting, at www.rockyview.ca/elections

ELECTORAL DIVISIONS



Rocky View County *Division 1*



1. What is a success or something to celebrate within your division or County that you as a councillor would like to build upon?

KEVIN HANSON

Completing the Springbank Area Structure Plan and ensuring policy is imbedded for access to the Elbow River, alongside environmental protection. Working with STAPA and championing a non-statutory public hearing be convened to discuss Range Rd 31's potential road allowance closure.

Guiding the new EVRC staff organization in setting up close working relationships with County Staff. Advocating for Active Transportation Network (pathway) connectivity between Highway 8 communities, Springbank and Calgary. Attending many areas' Home Owner Association AGMs for updates and Q&A.

Requesting a re-think of the whole Bragg Creek Area Structure Plan, not just expansion lands. Advocating for a Visioning Committee as a new first step of our ASP process to help build stakeholder consensus. Working closely with local groups to build a more unified community voice with Council and Administration. Firesmart Committee reboot.

MARK KAMACHI

Continued collaboration and communication between Rocky View County, Calgary and the Government of Alberta for transportation and road projects in Elbow Valley and Bragg Creek which have improved transportation for our community.

I would focus on building the relationship between Rocky View County (RVC) and the Tsuut'ina Nation, which benefits each community. With Tsuut'ina Nation's spanning the entirety of Division 1 south of Highway 8 and bordering Bragg Creek to the east, it makes sense to develop strong and respectful relations.

Next, establishing an emergency egress/access route along with continuing

FireSmart initiatives would ensure residents of Bragg Creek and area have a secure and efficient way to evacuate or access essential services in times of emergency.

Streamlining development processes locally and throughout RVC for homeowners and developers is key. Supporting reasonable and sensible development that focus on providing options for seniors to stay in their community and for young families or potential workers for local businesses to be able to live here is important for a healthy community in Division 1.

2. What are the top concerns you hear from residents in your division? Of these concerns, what do you see as the top 2 priorities you would represent?

KEVIN HANSON

Division 1 is very diverse. It includes a Growth Hamlet, traditional Country Residential, newer Cluster Developments, mixed Ranching/Farming. Priorities for each area vary widely. Concerns include: Highway 8 construction. Fire Protection via hydrants. Wildland fire risk. Secondary Egress for West-Bragg, Gateway development delays, Bragg Creek ASP completion, Wildlife protections, Environmental Asset Protection, River Access, Hamlet Infrastructure challenges, Tourism challenges, Solid Waste and Garbage, County Service Levels. My priorities are closely aligned with setting priority for local needs and wants. It is a balancing act and focusing on only 2 priorities will allow too many balls to drop for too many other residents of Division 1. That said, a single top priority is advocating Division 1 amongst my Colleagues on the newly elected Council, and continue to build a strong reputation for our diverse communities.

MARK KAMACHI

One of the top concerns is about the need for an emergency egress/access route in the Bragg Creek area should we ever have a wildfire. This is not a matter of "when" but of "how" as we have seen wildfires

in neighbouring Alberta communities. Wildfire mitigation is crucial as it directly impacts the safety and security of our homes and natural environment throughout all of RVC.

Next, there is a strong call to make the development process more efficient for homeowners and businesses, which would facilitate local growth and economic contribution. There isn't a week that goes by where a local resident or business owner doesn't mention how dealing with RVC is an exercise in frustration. Our negative reputation around sensible development continues to limit RVC and this must be addressed.

My top two priorities to focus on for Division 1 would be fire mitigation in conjunction with developing an emergency escape route should we encounter a wildfire situation in the Bragg Creek area. None now exists, and since our neighbours, Tsuut'ina Nation and Foothills County, share the same threat, this critical piece of infrastructure is essential to each community. Be it a road, secondary bridge access, or combination of the two, providing a safe escape is essential for all residents and visitors, while providing firefighters effective access to fight the fire. One bridge as it stands cannot do both.

Also, development process for both residents and commercial business investors alike needs to be further streamlined for efficiency. Whether it be to build a tourist destination, a recreational facility, school, river crossing/pathway, or to add a deck or build a cottage home, sensible development benefits all. Having a streamlined, transparent process lets us move forward and keep up to the demands of locals, those who visit, and potentially those who want to make RVC their home.

3. If you're not elected, how will you continue to advocate for your community and division?

KEVIN HANSON

If I am not re-elected, I will seek out County and community committee and

board leadership opportunities that are at a more boots-on-the-ground level compared to the over-arching governance role being a Councillor entails. Having grown up hiking and scrambling in the mountains west of Calgary I have always had Bragg Creek in my backyard. This past 4 years I have very much enjoyed helping Bragg Creek continue to recover from the flooding, and set a new course - with one eye on the past and one eye on the future with its new ASP underway. Despite a bit of distance, I would look for volunteer opportunities in the community since I know and understand it better now than before this term on Council.

MARK KAMACHI

Passion for people and community drive me. If I'm not elected, that passion will remain the same. My wife and I will go on working together as creative partners with AdMaki. We will continue our longstanding tradition of supporting our community through sharing our professional knowledge, time, and resources with groups such as the Bragg Creek Foundation, Bragg Creek & Redwood Meadows Wellness Network, Bragg Creek Snowbird's Fellowship, Taste of Bragg Creek, Hockey For Horizon, just to name a few.

We are deeply committed to the well-being and growth of Division 1 made up of the Bragg Creek area, Springbank and Elbow Valley. We will stay engaged by participating and volunteering in local events, joining community groups, and offer our expertise where needed. Additionally, we plan to continue collaborating with local organizations to address key issues and facilitate positive change. Our advocacy for our community will remain steadfast, regardless of the election outcome.

4. Why do you believe you are the best candidate to represent your division? What qualities, skills, and past

experience do you bring to the role of Councillor?

KEVIN HANSON

Rocky View County continues to grow and mature. We are home to 45,000 residents. We are currently Alberta's 5th biggest municipality, tax assessment-wise, thanks to our high-value residential properties, but also a very prosperous commercial and industrial base. Thanks to our proximity to Calgary this growth has happened very quickly, and our Administrative skills have had to adapt just as quickly. Governing this municipality, Council also has to have the skills to navigate the environment we are finding ourselves in. If Council does not have the experience and competency to govern at the "board level", then Administration and land developers will fill that vacuum and default to running the County with minimal real elected oversight. I believe Council needs to be able to drive the direction of the County strategically, set high level priorities like Service Delivery, Asset Management, Economic Development, Agricultural Production, overall Fiscal Responsibility; and hold administration to deliver in a Transparent and Accountable manner. My technical and business experience and qualifications, my ability to deeply understand complex issues and synthesize solutions involving many points of view or potential angles will continue to be brought to the table. I believe my past 8 years on RVC Council shows I will continue to bring this high level of competency as representation for Division 1.

MARK KAMACHI

I am the best candidate to represent our division because my roots run deep here, and my commitment to this community is personal and heartfelt. My active participation, along with my wife and business partner, in local events from escorting guests at Taste of Bragg Creek to being on stage with Swamp Donkey

Musical Theatre, showcases my dedication to enriching the community's cultural landscape. I've also been involved in the local music scene with Skuzzy & the Woodticks, (the hottest cover band in all of Bragg Creek, though I may be a little biased). These experiences reflect how much I value connection, culture, and community spirit. I am passionate about representing you to bring our shared energy, creativity, and resilience to Council, to listen with respect, and work hard to ensure all of Division 1 is heard and valued.

I bring a diverse range of qualities, skills, and experiences to the role of councillor. I am approachable and love meeting new people. I want to make it easy for residents to share their concerns. Transparency and accessibility are my commitments, and I will always seek the truth.

My term as an RVC councillor from 2017-2021 provided me with deep insights into municipal and provincial governance, enhancing my understanding of our residents' and commercial investor needs and how to navigate differing perspectives. Building relationships with vested parties in any given matter is paramount to moving forward.

As a business owner I grasp both economic challenges and opportunities, while my extensive volunteer work, such as engaging with young creative minds at Springbank High School on Career Day, picking up garbage at Clean Up the Creek Day, or donating Branding/Logos to Jumping Pound Hall and Springbank Community Association, underscores my dedication to our community.

My role as creative director for AdMaki, sessional instructor for 10 years at ACAD/AUArts, and mentor to Indigenous business leaders showcases some of my leadership and problem-solving skills. But above all, my experiences as a father and husband have taught me patience and understanding. The role of councillor requires wearing many hats, and I wear many.

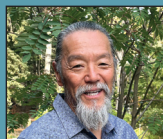
ROCKY VIEW DIVISION 1 CANDIDATE INFORMATION



KEVIN HANSON

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EMAIL: HANSON@VOTEKEVIN.CA



MARK KAMACHI

WEBSITE: VOTEKAMACHI.CA

EMAIL: VOTEKAMACHI@GMAIL.COM



Rocky View County *Division 2*

1. What is a success or something to celebrate within your division or County that you as a councillor would like to build upon?

BEV COPITHORNE

I'd like to build on the recreation in Springbank. While the current council recognized the need for more recreation facilities, I am not convinced that the choices address the true needs of our community. Since this approval is conditional, I would like to ensure that what actually goes forward is what is best for the community. The last time broad-based, meaningful engagement happened was in 2017 and it is imperative that the County update this before moving forward. A new community center is overdue, but the major questions I have is the need to build two separate facilities and the long term costs of both of those facilities. It is not fiscally responsible to approve spending \$26 million on two separate facilities before ensuring that these accurately reflect our community's recreation needs.

DON KOCHAN

- Updated Springbank Area Structure Plan to support rural lifestyle, parcels no less than 2 acres.
- Design initiation of the Springbank Community Event Centre and addition of a recreational facility at SPFAS.
- Updated the Agricultural Master Plan to recognize the need to preserve agricultural lands for farming and ranching.
- Established an Aggregate Resource Plan that provides for better performance standards and monitoring of onsite operations.
- Approved a zero percent municipal tax increase over the last couple of years while maintaining or enhancing county services.

2. What are the top concerns you hear from residents in your division? Of these concerns, what do you see as the top 2 priorities you would represent?

BEV COPITHORNE

Most residents are concerned about development and ensuring that it doesn't negatively impact our local rural communities. They also want to ensure tax dollars are spent responsibly and more specifically on recreation. They are expressing frustration about how the county addresses fire services given the rural nature of our communities, dealing with traffic congestion and safety, and how we protect agricultural land and operations. While I'm committed to addressing all of these, my top two priorities are ensuring sustainable development and fiscal responsibility. Development must support its own growth and cover the costs of the systems it puts pressures on whether that's roads or water and wastewater handling.

DON KOCHAN

1. Pressures of growth and how it is managed.
2. Need for a sustainable approach to public utilities, including how water systems are supported.
3. Need for more community event space, regional pathways and interchange updates.

Top Two Priorities

Growth. Ensure development advances in a logical manner while protecting the rural lifestyle. Ensure proper infrastructure (utilities, transportation, etc.) is in place as development occurs.

Community. Collaborate with our surrounding municipalities to ensure RVC's growth standards are met. Develop a utility business model so we have the expertise to run the present public systems and allow for incorporating water coops that no longer wish to take on that huge responsibility. Update the recreation master plan and deliver the Springbank Community Event Centre and SPFAS expansion.

3. If you're not elected, how will you continue to advocate for your community and division?

BEV COPITHORNE

It is my greatest hope that Division 2 residents will make this question irrelevant by electing me to ensure that their views and concerns are effectively represented. I have been a long-term advocate for my community, and my commitment to that will not change should I not be elected. I will continue to serve my immediate community on the Jumping Pound Hall Board as well as my more regional neighbours on Rural Crime Watch, and on Rocky View County's Family and Community Support Services (FCSS) Board and Subdivision and Development Appeal Board (SDAB).

DON KOCHAN

I have extensive experience on the Assessment Review Board and Subdivision Development and Appeal Board. I would continue to serve in these areas. As well, if there are community engagements required for Division 2 issues I would attend and offer my expertise.

4. Why do you believe you are the best candidate to represent your division? What qualities, skills, and past experience do you bring to the role of Councillor?

BEV COPITHORNE

I have lived in the division most of my life and I bring renewed energy and fresh perspectives to the issues that this division faces. My family has been stewards of the land for over 140 years, that deep connection and understanding of this place is unmatched. It gives me a unique understanding of local needs, traditions, and changes over time. This combines with my decades of experience in education, non-profits, and local board service to make me uniquely qualified to serve as councillor for Division 2. As a fourth-generation resident and active community

leader, I understand the land, the people, and the importance of preserving our rural character while supporting responsible, balanced growth. As an educator, I listen to a variety of perspectives with an open mind and build collaborative relationships. These are two of a councillor's most important roles as decisions are made as a group, not by an individual. My work on boards like FCSS and the SDAB as well as my participation in numerous public hearings and meetings at the county has already shown my commitment to transparency, fairness, and getting results. I understand both community needs and governance/planning. This gives me insight and experience in addressing the complex challenges that Rocky View County faces, while never forgetting what matters most - protecting this special place we all call home.

DON KOCHAN

I am the best candidate because of my experience, leadership, proven results, and a clear vision for how Rocky View County can tackle its most pressing issues. My leadership and administrative experience are matched by a strong commitment to transparency, accountability, and residents' interests.

I focus on smart, sustainable growth and infrastructure, maintain strong relationships with stakeholders and neighboring municipalities, and bring a thorough understanding of municipal governance. Most importantly, I combine vision with practicality to deliver real results for residents.

I bring over 40 years of experience in the field of municipal government services. I have held many administrative roles as well as different roles on Council.

I have been exposed to and successfully dealt with many of the issues that are facing RVC and feel I can contribute to successful decisions moving forward.

See even more
candidate questions
and answers here:



ROCKY VIEW DIVISION 2 CANDIDATE INFORMATION

DAVID CLARK

NO OTHER DETAILS WERE AVAILABLE AT THE
TIME OF OUR PUBLISHING DEADLINE



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BEV COPITHORNE

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DON KOCHAN

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NOTE: NOT ALL OF THE CANDIDATES FOR THIS DIVISION SUBMITTED ANSWERS TO THE HCN



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Foothills County *Division 3*

1. What is a success or something to celebrate within your division or County that you as a councillor would like to build upon?

LAURA KENDALL

The grassroots reaction to the status quo within municipal affairs is a very exciting new development within many divisions in Foothills County. I have met so many people since I announced my candidacy who have been advocating for better governance, helpful disclosure and transparency. More importantly they have taken action to make it happen. The amount of research and work people have done to educate themselves and others is astounding and inspiring. As councillor I would be building on these initiatives to face the challenges necessary to reform our government.

2. What are the top concerns you hear from residents in your division? Of these concerns, what do you see as the top 2 priorities you would represent?

LAURA KENDALL

The most common complaint I have heard while campaigning is the continual increase in property taxes. A budgetary analysis by a resident of Division 3 has confirmed substantial consistent increases in taxes and user fees. This research has also shown that Foothills County is over spending on

roads and administration comparatively with other Counties. Are either of these practices helpful?

Traffic is the next concern I hear often. The roads less travelled, one reason we all live here, have now become thoroughfares for speeders, motorcycles and cyclists. This is more than an annoyance. It is a safety issue and is quickly eroding our rural existence. I hear that people want peace and solitude.

3. If you're not elected, how will you continue to advocate for your community and division?

LAURA KENDALL

I would continue to participate in public hearings and follow council meetings. I would volunteer, organize events and facilitate awareness needed to protect our County. We have to ask ourselves how our actions are part of the problem and take steps to be accountable and community minded. Every development big or small impacts the environment and residents. Are we allowing urban values to dictate our decisions? Are we enabling rural values to thrive and prosper? We face big challenges and have to collectively find the answers.

4. Why do you believe you are the best candidate to represent your division? What qualities, skills, and past experience do you bring to the role of Councillor?

LAURA KENDALL

As an agricultural producer I have the ability to address land use issues and protect agricultural values. Self employment creates fiscal awareness and I will apply this knowledge to address current over spending and trim budgetary excesses.

At a recent council discussion on public engagement the Division 3 incumbent said she was tired of hearing people say the same things over and over again. I have a strong lengthy background of listening to people, understand that is the job of a councillor and would advocate for improving the current process and dismissive attitudes.

I have always valued my reputation, any and all responsibilities given to me and would bring this character to the office of Foothills County.

See even more candidate questions and answers here:



FOOTHILLS DIVISION 3 CANDIDATE INFORMATION



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LAURA KENDALL

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NOTE: NOT ALL OF THE CANDIDATES FOR THIS DIVISION SUBMITTED ANSWERS TO THE HCN

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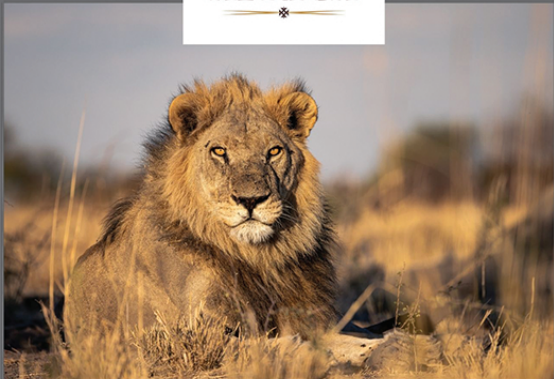
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BBB ACCREDITED BUSINESS A+



1. What is a success or something to celebrate within your division or County that you as a councillor would like to build upon?

RITA BERTWELL

Over the years, residents have achieved significant milestones, including securing fiber-optics internet, reducing monthly water charges, organizing community events, initiating Firesmart projects, and enhancing the beauty of our community. As your Councillor, I would commit to providing on-going support to residents, volunteers, associations, groups, and small business owners. This support will be driven by assisting in strategic planning, accessing grants, and exploring other funding opportunities that align with goals that enhance the well-being of our residents. To ensure the work of volunteers is recognized and celebrated, I would also build upon supporting their continuous dedication, as they are a vital part of the success of our community.

SUZANNE OEL

In Division 4, we can celebrate working well together on finding solutions to challenges: improving road safety, sharing wildfire preparation strategies through events/studies/FireSmart, tackling rural crime, coordinating emergency services, constructing prioritized road and infrastructure projects, and dealing with agricultural issues (including - live-stock, bugs, disease, crops, environment, land, water, weather, weeds, trees, hunting, wildlife). In support of our on-going collaboration, I will continue to research the many new opportunities and encourage dialogue including diverse perspectives. Joining in with our County and local initiatives, I will continue to promote watershed and agricultural land protection, flood and drought preparedness, dark sky awareness, resilient and thoughtful development from lessons learned, and strategize water and wastewater projects. I'll work with residents to provide creative input to the County, plan for the future, find ways to improve rural services,

streamline processes, diversify our tax base, build our community vision for recreation, and more.

2. What are the top concerns you hear from residents in your division? Of these concerns, what do you see as the top 2 priorities you would represent?

RITA BERTWELL

- There is a lack of transparency
- Resident's concerns are not being adequately addressed
- Change is needed

The role and responsibility of council is to effectively address residents' concerns in a timely manner. As your Councillor, I will create a welcoming environment where all voices are heard, and solutions will be explored and acted upon. I would ensure residents are aware of up-to-date information. I will approach issues head-on, focusing on finding practical common-sense solutions. Truth, transparency, and effective conversations are the key to restoring trust. As your representative, I will always be open and honest and act in the best interests of the residents, placing their needs and wants at the forefront of every decision.

SUZANNE OEL

Top 2 priorities in Division 4: road safety (speed, dangerous driving, cyclist-motorist conflict, high-collision inter-sections, dust ...) and wildfire/drought/flood/emergency preparedness. Over the years, I have organized numerous public meetings on these topics and will continue relationships with Council, Administration, Foothills Enforcement, RCMP, and residents in preparing strategies and plans. I continue to work on these addition concerns, addressing the municipal aspects and lobbying the provincial side: best emergency services, EMS availability & response, police visibility, crime prevention & response, cyclist-community conflict, parking conflicts, cost of living, diversifying tax base, access to water and wastewater services in some areas, garbage

services, cost recovery for services by users, wildlife coexistence issues, water use, watershed protection/health, dealing with incom-patible plans/developments causing land-use conflicts, loss of agriculture land, cumulative effects of development, road surface maintenance, dust control, preserving dark skies, air quality and visibility due to wildfire smoke and dust, and maintaining valued country lifestyle.

3. If you're not elected, how will you continue to advocate for your community and division?

RITA BERTWELL

Regardless of the election outcome, I will continue to listen to residents to identify the root cause of issues and collaborate with others to accomplish effective solutions. My commitment to creating positive change is not tied to holding office; however, efforts would be far timelier if I were elected.

SUZANNE OEL

In addition to my Councillor role, I have served our community over many years as a volunteer with numerous organizations. I am currently the volunteer president for the High Country Rural Crime Watch Association (HCRCWA), having contributed to the fight against crime for the past 15 years. With approximately 760 members strong, the HCRCWA is ready to assist the RCMP protect neighbours, properties and community. This collaboration between HCRCWA, the County, Provincial RCWA, and Diamond Valley RCMP detachment, is a benefit to Foothills County and Division 4 residents worth operating into the future. Also, during my time on Council and through my experience as Foothills Regional 9-1-1 Commission chairperson, Rural Fire Board chairperson, Policing Committee member, plus my roles with many other boards/committees, I believe I have acquired substantial insight to assist with staying involved on matters where a voice is needed and would contribute to topics affecting our area.

4. Why do you believe you are the best candidate to represent your division? What qualities, skills, and past experience do you bring to the role of Councillor?

RITA BERTWELL

As a no-nonsense practical person, I'm committed to having open and honest conversations. I will listen closely to your perspective as communication is the key to building trust and respect. My focus will always be to achieve a win-win solution whenever possible. As an accountant and former volunteer treasurer, I take a proactive approach to ensure fiscal responsibility and logical spending. I will bring a set of skills that include meticulous attention to detail, adherence to ethical practices, and careful management of

resources. I am committed to applying these principles to ensure decisions are made with integrity and in the best interest of the taxpayer.

SUZANNE OEL

I will continue to make a positive contribution to Foothills County and Division 4 by bringing my skills and experience to the table: being energetic, organized, a team-player, analytical, technology savvy, future-thinking, resourceful, collaborative, environmental-minded, and respectful in communication. I will represent residents effectively using experience gained through business, as a long-time rural landowner, and through years of public service work as Division 4 Councillor: in council meetings, as member and chairperson on numerous boards/committees, on current issues,

plus on-going interaction with residents, community associations, businesses, school divisions, and provincial/federal departments. I can provide information on municipal resources and practices to help residents with their proposed projects and guide impacted neighbours with navigating the public processes. I will continue to communicate with residents through writing monthly articles in the High Country News, share updates through social media and stay connected by hosting public meetings on relevant topics. (See more online.)

See even more candidate questions and answers here:



FOOTHILLS DIVISION 4 CANDIDATE INFORMATION



RITA BERTWELL

WEBSITE: VOTERITABERTWELL.CA

EMAIL: RITAB@NUCLEUS.COM



SUZANNE OEL

WEBSITE: SUZANNEOEL.COM

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Vote for **Suzanne Oel** Foothills County Div. 4

W o r k i n g w i t h y o u !

I have enjoyed getting to know many of you while serving as Foothills County Division 4 Councillor over the past years! We have worked together to find solutions to challenges and joined forces to make our community a great place to live. I have submitted my nomination papers and am running as a candidate for Division 4. It would be an honour to continue as Division 4 Councillor, in partnership with you, bringing my passion and dedication to the many projects currently underway and the new ones that emerge. Please visit my website for more details about my goals, skills, record of my teamwork, information summaries, resources, links to my articles and work history: www.suzanneoel.com

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ARE SCHOOL BOARD ELECTIONS AS MUCH FUN AS A HOCKEY GAME?

By John Hilton-O'Brien

There's an old joke: I went to a fight – and a hockey game broke out.

Anyone who's signed their kids up for hockey has heard it. What matters is that we trust the people setting the rules to keep the league from turning into a street brawl with skates. And if they don't, every parent knows those people can be fired.

Public schools, though? A little murkier. They're sprawling institutions, with administrators, policies, and jargon thick enough to choke a bureaucrat. Parents often feel powerless in the face of all that. But here's the secret: we do control who sets the rules.

Those people are called trustees. And on October 20th, you get to choose who your local trustee is.

Here's the crazy part: hardly anyone bothers to vote in these elections. Turnout limps along at 25% or less. Most people can't name their trustee, let alone the candidates. It's like complaining about the refs when you skipped the game entirely. Worse – when you skip, they get to rewrite the whole rulebook – and they might want to play a different game than you do.

Part of the confusion comes from what trustees don't do. They don't pick your child's teacher. They don't hire and fire staff. They don't write the provincial curriculum. So, what's left?

The answer: the rules of the game.

Superintendents are the monarchs of day-to-day operations. They decide staffing,

resources, and implementation. But trustees hire or fire that Superintendent, set the budget, and decide on the division's governing policies.

It's all important. Monitoring budget compliance is vital. Reserve funds can be spent in questionable ways. Money meant for teachers can get spent on administrator's pet projects instead. And a poor choice of Superintendent can make everyone's lives miserable. But policy – that's the rules of the game.

Want an anti-bullying policy? Trustees. A Christian program in your school? Trustees. A process for challenging library books? Trustees again. The Superintendent just carries out whatever framework trustees put in place.

Take the Alberta government's recent order on school libraries: explicit sexual images are out, catalogues must be public, and parents must have a process to challenge books. But the government didn't say what that process looks like. That's up to trustees. Do they only deal with images? What about text — say, *Fifty Shades of Grey* in a Grade 7 library? If trustees don't set reasonable rules, families leave, and the funding leaves with them. On the other hand, nobody wants to waste teaching time in endless book battles or see classics tossed out in moral panics. The balance — respect concerns without wrecking classrooms — comes down to trustees.

This year, more than ever, the people who set those rules matter.

Some people shrug: "I don't have kids in school." Irrelevant. You still live with the results. When

schools fail, the products of that failure show up in courtrooms and police blotters. Or worse — they decide that political assassination is a legitimate career option. That's not exactly the civics lesson we're aiming for.

And let's be practical. One day, you and I will be in a nursing home. The quality of that care will depend on the education of the people running it. At that point, whether your trustee in 2025 thought parents mattered will suddenly feel very personal.

So, interview the candidates. Ask if they've ever hired people, managed a budget, or — heaven forbid — listened to parents. Use the book challenge as a test: do they have a plan that balances sanity with respect? And if no candidate measures up, run yourself. Nominations close on the 22nd.

One last thing: with turnout this low, your ballot in a trustee election counts for more than at almost any other level. Think of it as democracy on clearance sale – 75% off today. It's a good deal.

So on October 20th, go vote. Don't let the real fight break out after the school game ends.

John Hilton-O'Brien is the Executive Director of Parents for Choice in Education, www.parentchoice.ca



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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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Should I Get a Dashcam?

I have been wondering for a couple of years now whether or not to buy a dashcam. Consequently, I have been doing some research on the reasons for and against. The latest statistics I can find are from 2021 which show that about 11% of Canadians use dashcams. The projections are that the market is expanding significantly so that number is undoubtedly higher today. I asked my insurance representative what his thoughts were, and his guess was that it was north of 20%.

The largest user of dashcams according to Madeinca.ca website are trucking companies. It states 63% of trucking companies have installed dashcams to monitor driver behaviour. An interesting result of this is that, correspondingly, 58% of trucking companies have seen a reduction in accidents following the installation of dashcams.

But I am not a trucking company. It has been reported that 35% of Canadians install dashcams to protect themselves from fraud. You may have seen videos (from a dashcam) where people have thrown themselves in front of a vehicle pretending to have been hit with the intention of wanting to collect on insurance or blackmailing the driver to pay up.

What is a dashcam exactly? Madeinca.ca says "Dashcams are small cameras that are mounted on the dashboard or windshield of a car, facing either forward or backward. They are used to record video footage of the road in front or behind the car. The footage can be used for a range of purposes such as insurance claims, legal disputes, or as evidence in the event of an accident.

Dashcams record video onto a memory card or cloud storage. They often use loop recording, meaning that when the memory card is full, the new footage will be recorded over the old footage. Some even have motion detection that will automatically trigger the camera to record if it senses movement or impact."

People install dashcams to provide an "impartial, reliable witness" as to what actually occurred. It appears the general motivation behind installing dashcams is



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that they offer a sense of security and proof-of-fault in an accident. I have seen advice that if you have dashcam footage, don't tell the other driver you have it. Doing so will give them time to change their story to fit what the camera has recorded.

A second stated reason for individuals to install a dashcam is to record road trip memories. That may be applicable for some people but not for me. But it may be important for you.

A third reason, and probably one of the most important reasons for me, is to have a record of what is happening to my vehicle when it is parked. Whether that be at a shopping centre or at a trailhead. Who is hitting me in the parking lot, or who is breaking into or vandalizing by vehicle when I'm on a hike or a backpacking trip.

While not a buying motivation for me, I've noticed that in accident situations or other criminal activities, police are increasingly asking the public if anyone has dashcam footage relating to the incident.

What are the logistics of actually buying and installing a dashcam? Dashcams are a semi-expensive option for peace of mind. They can run you anywhere from under a hundred dollars to over \$600.

The Kelly Blue Book website gives some advice on what features to consider:

1) Resolution – nothing less than HD 1080pixels, 2) 30 frames per second is a good baseline, 3) a Field of View of 150 degrees, 4) night vision capability, 5) SD card capacity – the higher the better but be sure your dashcam can accommodate the capacity of your SD card, 5) Looping – the ability to record over previous footage when the capacity of the SD card has been reached, 6) Parked monitor – records vandalism, burglary, or a crash when parked and the engine is off.

Another feature to consider is how many channels does your dashcam monitor? Does it just provide forward footage or can it also provide rear, side or interior footage? For me, I would think rear footage would be valuable.

Does the installation of a dashcam lower your insurance costs? While some sources say yes, most say no, and my insurance agent confirms they do not offer a discount if you have a dashcam installed. Having said that, it will most likely help settle "who's at fault" disputes quicker and will help protect you from fraudulent claims of various sorts.

So, am I going to ask for a dashcam for Christmas? I very well may

Dave Schroeder
HCRCWA Board Member



PRIDDIS COMMUNITY

Hello and Happy Fall Priddis!

We are back into the routine that comes with Fall, which also happens to be our busiest time for community programs and events. We hope to see you at one of these upcoming events.

Oct 14: Speaker Series Event #2

Brain Health/Navigating the Journey of Memory loss for families, caregivers and community. Oct 14 at 6pm at the Priddis Hall. Free to attend. Please email fcss@foothillscountryab.ca to register

Oct 21: Speaker Series Event #3

Cybersecurity for adults. 6pm at the Priddis Hall. Free to attend and no registration required.

Oct 25: Community Halloween Party

The Priddis Community Association and the Hawks Landing Community Association are pleased to partner together to bring this fun event to our community. The party takes place from 4-7pm at the Priddis Community Hall and is free for members. We will have food trucks, live music, pump-kin carving contest, costume contest and so much more.

**** Guests must have a PCA and/or a Hawks Landing Community Association membership to attend ****

Nov 2: Fall Brunch

New this year! We invite our community to come together for a Fall brunch. Details about times, menu and ticket options coming soon so keep an eye on our website and social media.

Nov 29: Christmas Market at the Priddis Hall

Back by popular demand! Join us for a wonderful community market where you can shop for unique items and support small, local businesses. The market runs from 10am-4pm, is free to attend and will have a full concession for breakfast and lunch.

We still have space for a couple more local makers. Email priddismarkets@gmail.com for more information or to reserve your table

Nov 30: Photos with Santa & Mrs. Claus

Join us at the Priddis Hall for this special holiday tradition. Book a time for a special, private visit with our holiday guests. No waiting in long lines, no extra fees for photos, just come at your se-lected time and take as many pictures as you would like with your phone or camera. Tickets will go on sale at the end of the month.

Are you a local business interested in advertising in our great community? We have a few rink board advertisement spaces available for the upcoming season. Please email priddisalberta@gmail.com to express interest or get more information.

One last reminder that PCA Memberships expire on October 31 of each year. We encourage you to use the "auto renew" feature so that you do not need to remember to renew. Member-ships are an important part of our community. Not only do they allow the members to use our amenities, such as the skating rink and tennis courts, they also provide discounted ticket prices for many of our events. Furthermore, membership revenue allows us to keep doing what we do- up keeping the community amenities, offering programs and events and so much more!

Yours in Community, The Priddis Community Association Board of Directors



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month , September to May at 7 pm. The meetings are held at the Millarville Anglican Church House on Hwy 549 East

Our next meeting is October 14, 2025.

Louise Patterson Bruns will be talking about fall planted garlic. There will be discussion on the benefits of black garlic, and making it. Then there will be garlic for sale to plant right away and black garlic for sale to use.

A big thank you to our incredible volunteers who create and maintain the gardens and planters at the Oilfields Hospital and Courtyard, the Millarville Community School and Library, and the grounds and gate at the Race Track. You make our community beautiful for our many summer visitors.

The 118th Priddis and Millarville Fair was a great success, and many of our Hort Club members helped it to be the best fair ever!

New members always welcome at our upcoming meetings:

October 14 7:00 pm, November 11 AGM 7:00 pm and December 9 Christmas Potluck 6:30 pm.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com.

Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well.

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Classes:

October 2 @ 7pm- Facial cupping class. \$50 includes a kit to take home. Please call the library to register 403-931-3919. Limited spaces and sure to be a great night out!

October 20 @ 3:30pm- Avoiding Financial Scams and Fraud. Call the library for more information or look at our website Millarvillelibrary.ca.

October 25 @ 11-1pm at the Sheep River Library (Turner Valley) 1st Annual Western Foothills Pumpkin Derby. Check our website for more information.

Watch for more events happening in November. There will be classes on Dementia awareness and Christmas Crafts.

Boquets-

Thank you to all our patrons. We greatly appreciate you using the many services our library has to offer.

Need a Read?

"The Frozen River" by ariel Lawhon. "An engaging historical fiction about the New England midwife Martha Ballard, who kept a daily journal. the content of Martha's day and historical documents of the period inspire the author's story of real events in Hallowell Maine including midwifery, pioneer family life and also crime and justice in a newly minted court system." Cheryl Parker, Millarville



LONGVIEW LIBRARY

Congratulations to Vivian Kelly, winner of the tiny Art Show.

The summer reading program was a great success, with only two unadopted fuzzy panda bears. The children loved their reading buddies that they will get to keep.

Among the new books in are donations by Gary Turner, author of I'll Take My Chances. They are in three volumes, tracing a span of five generations. It is an anti war story. They describe how conflict can fracture families, but also how it can foster resilience and healing. Gary Turner lives in Longview.

tracpac users will want to know that as of September 17th. The URL trackpac.ab.ca will change to TRACpac+, making research more accessible to all readers and on all devices.

A good read is Last Winter by Carrie Mac, who lives in Vancouver. It is a haunting novel that explores then impact of a fatal avalanche on a small B.C. mountain town, seen through the eyes of the survivors.

Sylvia Binkley - sliv@telus.net



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**FOR DIVISION 4
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SQUARE BUTTE COMMUNITY

Dear High Country Community, Have you heard the news? The Square Butte Community Association's Annual General Meeting is shaping up to be a huge volunteer/community appreciation event thanks to a grant from FCSS! So mark your calendars for November 15th because you will not want to miss this fun-filled event. The evening begins with some time to mix and mingle with your neighbors (can you say cash bar and nibbles) followed by a VERY BRIEF meeting where we will reflect on our year, elect a new board of directors and recognize our volunteers. The meeting will be followed by a good ol' fashioned community dance featuring 33 Union. The best part? Attend the AGM and get into the dance for FREE! (pretty clever aren't we) Here's the key details:

Who: You (and people who like to have fun)

What: Volunteer/Community Appreciation Dance (with a short AGM)

Where: Square Butte Hall

When: November 15, 2025

6:30pm Mix & Mingle

7:30pm AGM meeting

8:30pm 33 Union kicks off the dance

Why: In this crazy world, we realize the importance of building community!

Just be aware there is limited seating, so you will want to reserve your free ticket today (see website for details). The only catch is you must arrive before 7:00pm to qualify for the free entrance. Find yourself running late and arrive after the AGM starts and then it's \$30 to enter (we had to think of some way to get people to attend our AGM) Seriously, this could be one of the best AGM's yet!

And one final thing to consider... Are you needing to add a little more fun in your life? Well, it's your lucky day! We have a few seats on our Board that are up for grabs but here's the deal... we are looking for people who have a passion for community and

especially people who tend to be creative idea generators, and you can almost be guaranteed a seat if you have loads of energy and a good sense of humor to compliment our awesome team! And if your idea of fun involves over-volunteering then this role is definitely for you!!!! (just kidding....well, sort of;) If you want to infuse your life with some fun and happen to have a little time to contribute each month, then please reach out to be nominated for a Director position today!!!

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ART GLASS: October 15th

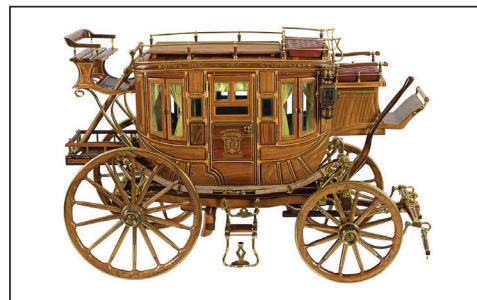
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SHEEP RIVER LIBRARY

1st Annual Western Foothills Pumpkin Derby, co-hosted by Millarville and Sheep River libraries, takes place at the Sheep River Library parking lot on Saturday, October 25. Racing starts at 11:00 am. We invite you to put wheels on a pumpkin and see how far it will go. There will be prizes for fastest, best decorated and more! We look forward to seeing incredibly cool pumpkins and watching breathtaking feats of pumpkin athleticism. This contest is open to all ages. The only requirement is that the person releasing the pumpkin from the ramp must be able to control the pumpkin until they are told to release it. Halloween is only a few days away, so we encourage participants and observers to come in costume.

Contestants who register between Tuesday, October 14 – Thursday, October 23 will be guaranteed a spot. For each entry, you will need to identify the Chief Pumpkin Wrangler's name. Pumpkin racer pit crew members (eg: parents) may supervise more than one entry. To register, call either library, or pick up printed copies of the form at either library or fill out and print one from the Sheep River Library website. Bring your entry form to the event.

The pumpkin reception table will open at 10:00 am on October 25. Have your entry form filled out when you arrive. The pumpkin reception table closes at 10:45 am. All participants must be in line at the table with their pumpkin by this time. Winners for several categories, including "best decorated" will be announced after the races have concluded. We are anticipating that this will be a fun filled and positive event, but we do have a few no-nos:

- The body of your pumpkin racer must be constructed from a single real pumpkin. No watermelons, cantaloupes, cleverly painted beachballs, or other gourds disguised as pumpkins are permitted. (However, people named "Gord" are permitted to enter.)
- Pumpkin racers cannot be wider than 51cm (20") including decorations.
- Wheels must be attached with two (2) independent axles through your pumpkin that cannot be hooked together in any way.



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- Your pumpkin cannot ride to victory and glory on a pre-fabricated cart or chassis. It must be one with its wheels to win! No pumpkins on skateboards, toy cars, wagons, helicopter drones, or similar devious methods may be used.
- Pumpkins must be gravity powered only. No motors, batteries, fans, rockets engines, pyrotechnics, explosives, catapults, or other propulsion methods.

For more information and suggestions about websites that may help with design and construction go to our website.

There may be free Out Loud tickets still available for all four events taking place in October. In celebration of Canadian Library month we are thrilled to have CBC science guy Jay Ingram (October 4); sci-fi guru Jason Donev (October 15); blues singer Amy Bishop (October 18) and nature photojournalist Michael Drew (October 25). Details about each of our presenters are available at www.sheepriverlibrary.ca

Library will be closed on Monday October 13 for the Thanksgiving long weekend.



HELLO DIAMOND VALLEY

Well the days are getting shorter and the weather cooler. However there is lots to do around town and our beautiful Foothills to keep you busy as we transition into fall.

The Valley Neighbour's Club is hosting a Lunch and Learn for October. The topic is "From Accumulation to Income". This seminar is for those who are ready to shift their focus from growing wealth to generating a sustainable income into retirement. You'll explore strategies and planning and how to manage your investments to last a lifetime. If you're retired or retiring soon this is a good seminar to learn from and all are welcome. It will be held on October 14 at 11am, there will be coffee, tea, and a light snack and you are welcome to bring a lunch.

Also at the Valley Neighbour's Club, which is in Turner Valley on Sunset Boulevard, there will be a Thanksgiving dinner on October 5, and a bus going to Cirque Du Soleil on October 8. For more information

on these events and yearly membership, drop by or go to their website. The VNC offers many fun things to do, including game playing and exercise, dancing and floor curling, come and check them out!

Right beside the VNC is the Sheep Creek Arts Council, and they have some great fall classes you might be interested in. Some include painting, soft pastels, open drawing, learn to sew, crochet or work with felts. There is also a Saturday Art Drop In which is on the last Saturday of the month. For more details and how to become a member, drop by or visit sheepcreekarts.ca.

Also over in Turner Valley is our Sheep River Library. The fall course guide is out and is packed with classes and workshops for everyone. They offer kids programs, music, art, writing, classes, computer and legal classes, first aid courses, game nights, and so much more. This year is their first annual Western Foothills Pumpkin Derby on October 25. Put wheels on a pumpkin and see how far it will go! There will be prizes for the fastest, best decorated and more. Hosted by the Sheep River and Millarville Libraries, it will be held in the parking lot at 11:00am.

Beneath the Arch Concert Series presents the Lonesome Ace String Band on October 25. This Toronto band bridges old-time, bluegrass, and folk traditions into a seamless hybrid of original material that is at once timeless and fresh. The show starts at 7:30 and is held at the Flare and Derrick in Turner Valley. For tickets, go to beneaththearch.ca.

Another great show is to be held at the Red Deer Lake United Church. Over the Moon features Suzanne Levesque and Craig Bignell, Juno nominees and nominees for the Ensemble of the Year for the Canadian Folk Music Awards. I could listen to these two all day long, their harmonizing and song choices are so good. The show will be held on October 18 at 7:30, for tickets, go to reddeerlakeuc.com/concerts.

Hartell Homestead is hosting Haunted Hartell on October 24-26. Visit their website at hartellhomestead.com. And keep an eye on the Turner Valley Legion's Facebook page for the annual Spook House for dates and times.

It is Election Day for our towns on Monday, October 20. You can vote at the Flare and Derrick from 10-8. Advance voting is at the Griffiths Centre on October

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14 and 16 from 1-7. Unofficial results will be posted on Diamond Valley Town website on Election Night, and official results will be posted on October 25. For complete details about candidates, voting, and election workers, visit DiamondValleyTown/Election.

Any news or events for November, please drop me a line at elaine.w@telus.net before October 15.

Happy Thanksgiving and Halloween everyone!

Elaine Wansleebe



DE WINTON COMMUNITY ASSOCIATION

Another Fall Show by 'ArtWorks!'

Once again, ArtWorks is planning a show this fall at the DeWinton Community Hall. Dates this year are Fri. Oct 31st, Sat. Nov 1st and Sun. Nov 2nd, with the hours being 2:00 p.m. – 6:00 p.m. on Fri., and 10:00 a.m. – 4:00 p.m. on Sat. and Sun.

Based in DeWinton and comprised of members living in and around the area,

'ArtWorks!' is a group of local artists and artisans that strives to present a fine-quality show pleasing to many tastes. Looking for that perfect painting or photograph to go above a couch or on a feature wall? Come and view our original pictorial representations of places and/or subjects dear to your heart. Looking for that unique piece of jewelry, pottery, or hand-woven clothing? Come and choose from the wide selection our artisans have on display. Looking for a good book to read? We have a novelist there as well, an official 'Goodreads' author, whose entire book proceeds go to support mental health. At ArtWorks, there is truly something for everyone.

A love and appreciation for local art is the only entry fee. This year's participating artists will include Angie Denovan, David Kitler, Elizabeth Ellis-Bassett, Fran Porter, Kim Berlie, Lynda Vowell, Lorraine Martinka, Peter Freeborn, Jasper Jensen, and Chester Lees. We'll all be ready to welcome you at DeWinton Community Hall. There's never any pressure to buy-- though be warned, you may find something you can't live without! We hope you'll stop in and see us, and we look forward to welcoming you.

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DUANE HARDER

"In Everything Give Thanks"

Are you serious? I just got laid off and you are telling me to give thanks for that. Furthermore, the doctor just informed me that I have stage four cancer and you still want me to give thanks?

I didn't say, "Give thanks for everything." There are many devastating circumstances that can knock the wind out of our sails or flatten us with despair. I don't give thanks for what has happened but I can learn to give thanks in the midst of the circumstance.

First let me remind you of the two primary enemies of gratitude.

Victimhood — In the cartoon Calvin and Hobbes, Calvin makes this statement: "Nothing I do is my fault. My family is dysfunctional and my parents won't empower me. Consequently I am not self-actualized. My behavior is addictive functioning in a disease process of codependency. I need holistic healing and wellness before I'll accept any responsibility for my actions." Calvin's

sidekick Hobbs responds: "One of us needs to stick his head in a bucket of ice water." To which Calvin replies: "I love the culture of victimhood." Victimhood is to life what acid is to metal. It erodes our strength and paralyzes gratitude.

Entitlement — I have the right to possess my own private reality and expect you to bend to my wishes. We feel entitled to an explanation that must match our perceived values. We have been bombarded with the message, "You deserve a break!" "You owe it to yourself."

At the root of entitlement is the insidious vice of pride. I set myself above you and expect you to meet my expectation. I am at the center of my world and you are here to meet my needs.

Wherever victimhood or entitlement exist, you can be sure that gratitude is diminished.

Gratitude and contentment are close friends. Ask most people in the west how much is enough and they say, "A little more."

The next time you are being seduced by an ad that is trying to convince you that you need the product being advertised, ask yourself this question, "What value will possessing this product add to my life"? Is it a status value or a productive value? In other words will it project an image that

enhances me or will it make my life more productive?

Gratitude is a magnet that sweeps through your life and looks for all the ways you have been blessed. Gratitude is thankful for employment that provides for my basic needs. It is thankful for teachers that have invested in my life to equip me for productive living. Gratitude prompts me to look for ways that others have enriched my life and added to the person that I am.

Gratitude is an attitude that we develop not something that is transferred genetically. It is enriched when we develop the heart of a servant and the devotion of a son. The heart of a servant says, "What can I bring to you that will add to your success?" The heart of a son says, "I am grateful for the gift of life that has been given to me and I want to honor you for your part in making me the person that I am."

On the practical side, think of three people that have invested in you and helped shape the person you are and write each of them a thankyou note.

Remember, each night as you close your eyes, give thanks for the day you have had and the one that is before you and I'll see you at the top.

Duane Harder



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ALBERTA 55 PLUS SENIORS SHINE AT LEDUC GAMES

Alberta 55 Plus is a non-profit society that provides opportunity for individuals over 55 years of age to continue their interests and participate in over 30 different sports, games and cultural activities. There are eight zones in the province and we are part of Zone 2, which goes from Banff to the Saskatchewan border, and from Olds to Cayley, excluding the City of Calgary, which is Zone 3.

Over one hundred and forty people represented Zone 2 at the recent Senior Provincial Games in Leduc, which included twenty from Foothills County and thirty-seven from Rockyview. From the Foothills area in Cycling, Maggie Nichol-Bowen captured two Gold medals, and in Pickleball Carolyn Mulholland won Bronze and Rhonda Bews got a Silver and a Bronze. Tony Goutbeck, Pat Breen and Gerri Tullikopf-McKay also won Bronze medals in Pickleball. In Golf Nancy Neufeld and Sylvia Bozzo both won Gold and Vic McClelland got Bronze. In Track and Field Norma Dawson got three

Gold and a Silver, Gordon Crowell won two Gold, James Vangilst four Gold and Ernie Robson two Silver and a Bronze. In Slo-Pitch we only had one zone 2 team and Warren Tiede won Bronze on that team. We had several players from our area on the Zone 3, Calgary Slo-Pitch teams; Gold medals were won by Gary Paukert, Curtis Buck, and Randy Irwin, and Jack Bews' team won Bronze. Rounding out the team in Floor Curling we had Marjorie Black, Marion Doell, Pat Shaul and Marion Patrick; in Golf Jean Whyte; and in Pickleball, Serena Goutbeck and Carol Breen.

From Rockyview County, of the 37 athletes competing, 4 from Bragg Creek: Lee and Linda Edwards – 4th in Duplicate Bridge, Colin Gilbert – Gold in Men's Pickleball; and Clint Docken – 2 Golds in Recreational Cycling. From Bears paw, Ralph Hindle, Bears paw, won 2 Golds in Competitive Cycling; Lynda Gross, 2 Silver and a Bronze in Track, and Brian Hill, Springbank, 3 Gold and 1 Silver. Cochrane medalists included Blossom Braganza, a Silver and Bronze in Darts; Doug Campbell, Silver in Floor Shuffleboard, Kim Dumanowski, Silver, and Chris Logan, Bronze, in Golf; in Pickleball, Vladi Hudec, Kim Pearson, Doug Gillman, Steve Katulka, Gary Hawkes, & Greg Braganza all medaled. Our Zone 70+ Mens Slopitch

team earned Bronze for Pat Drinnan, Dan Muhlbach, and Reg MacDonald. Swimmer Joan Gunn-Allard continued her dominance in the pool with 4 Golds. Lyndon Emro won 2 Gold and 1 Silver in Track.

In Culture, Linda Edwards earned a Silver in acrylic painting, Myrna Fink a Gold and 2 Silver in Photography, and Tracy Hindle a Gold in Woodworking and a Bronze in Photography.

In total there were over 1100 participants from all over the province. Normally, provincial games lead to Canada Games, but unfortunately there are no Canada 55 Plus games in 2026. Next year we will focus on Fun Games throughout the zone and will open them to non-members. Fort MacMurray will be hosting the Alberta 55 Plus Provincial Games in August, 2027, and Grande Prairie will be home to the Winter Games in 2027/28, leading to Canada 55 Plus Games in 2028. We work closely with local senior and recreation centres to make people aware of what Alberta 55 Plus has to offer. For further information

*Alberta 55Plus,
www.alberta55plus.ca, & Cochrane Seniors
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INCORPORATING by Bill Stemp

When you incorporate in Alberta, you are able to limit your liability to creditors. What this means is you will not be personally responsible for the debts of the corporation because the corporation is deemed by law to be a separate legal entity. You will only be responsible for corporate debts if you sign a personal guarantee for instance with a bank. This is very important for you to understand.

When you incorporate you must have at least one shareholder and one director. The directors of a company are the people who are responsible for the corporation's activities. The directors hire or appoint the officers who in a small corporation are usually the same people. The shareholders elect the directors annually. The corporations that we set up have 6 classes of shares, one class of voting common shares, 4 classes of nonvoting common shares and one class of preferred shares. We do this so that you can have investors

in your corporation who would not necessarily want or need to have any say as to who the directors of the company would be but they would like to have dividends paid to them for their investment. By having different classes of nonvoting shares, you can have different dividend rates paid to these shareholders. For example, one class of nonvoting shares could have a fixed dividend rate of 4% per year while another class could have a fixed dividend rate of 6% per year.

Further, the directors can decide if the dividends are to be paid every year or only if the corporation has sufficient profit to declare a dividend. The directors also can determine the dividend rate to be paid each year. This gives the directors much more flexibility to handle the corporation's affairs.

By incorporating you are able to have a health benefit trust set up where your personal medical expenses can be reimbursed to you by the corporation without this being deemed to be taxable to you as the employee. Further, the corporation is entitled to write off these expenses from its taxable income. So you as the shareholder/employee do not pay tax on the money reimbursed to you by the

corporation and the corporation is entitled to write off this cost. This can be a very big benefit to you.

If your Corporation qualifies as what is known as a Canadian Controlled Private Corporation, which usually applies to anyone with active business income, the applicable corporate income tax rate is 9% Federal and 2% for Alberta. However please note that for inactive business income which includes investment income i.e., interest, the rate is 38% Federal and 8% Alberta.

Thus in most cases you will be paying a total of 11% Federal and Provincial for corporate income tax which is substantially less than what you would be paying as an unincorporated business.

The cost to incorporate is \$1,200 plus GST plus disbursement costs of approximately \$475. These fees includes a name search, incorporating, minute book, share certificates and minutes/resolutions to set up the directors/shareholders.

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BUSINESS PROFILE: LANDQUEST® REALTY CORPORATION: SPECIALIZING IN FARMS, RANCHES & RURAL REAL ESTATE

Across Alberta and British Columbia, LandQuest® Realty Corporation has become a trusted name in the marketing and sale of farms, ranches, and rural properties. Rural properties bring unique considerations: large acreages, agricultural productivity, grazing leases, water licences, timber rights, and complex zoning. These details require more than a standard real estate approach. LandQuest® has built its reputation by understanding these complexities and providing professional, accurate, and results-driven service to rural landowners.

Leading LandQuest's Alberta presence are brothers Chase and Cole Westersund, who head the Western Land Group team within the brokerage. Raised in the ranching community southwest of Calgary, Chase and Cole combine local roots with professional expertise. Their focus is helping families maximize the value of their farms and ranches while respecting the traditions and way of life that built Western

Canada. Just as importantly, they value preserving and promoting the Western and rural heritage that shaped their own upbringing. Having been raised in agriculture, they are committed to helping keep the ranching and farming tradition alive for future generations. Sellers often remark that this combination of business knowledge and genuine understanding of rural living is what sets the team apart.

LandQuest's guiding principle, "Your Land, Your Legacy, Our Expertise," is more than just a slogan. Every property benefits from a professional marketing program that goes well beyond standard MLS exposure. Listings are showcased with high-quality photography and videography that capture the scale and beauty of the land. Custom brochures and targeted direct mail campaigns reach qualified buyers, while digital advertising and strong international exposure ensure Western Canadian farms and ranches are seen not only by local producers, but also by buyers across the country and abroad.

What also distinguishes LandQuest® is its commitment to investing in each listing. Sellers are not charged upfront marketing fees. Instead, the brokerage puts its own resources into every property, confident that its strategies deliver results. This is paired with a data-driven approach. The team carefully tracks farmland values by county, analyzes price-per-acre trends, and provides detailed reports that guide pricing

decisions. In a lending environment where buyers and banks demand well-supported valuations, this level of analysis has become essential.

LandQuest® is also deeply connected to the rural communities it serves. From sponsoring rodeo events to supporting agricultural fairs, the brokerage believes in giving back to the people and places that sustain its business. As Cole Westersund explains, "We're not just selling land. We're part of the rural fabric, and we want to help preserve and strengthen it."

The brokerage's reach extends across Alberta and British Columbia, with agents positioned to serve clients locally. In Alberta, Chase and Cole work closely with landowners in Rocky View County, Foothills County, Mountain View County, Clearwater County, and beyond. They understand that farm and ranch life doesn't follow a nine-to-five schedule, which is why they make themselves available when clients need them most—whether that's after chores, during seeding, or late in the evening.

For families thinking about selling their land, or for buyers looking to build their own agricultural legacy, LandQuest® Realty Corporation offers a combination of local knowledge, world-class marketing, and specialized expertise that few brokerages can match. With a strong track record and a genuine respect for the land, its heritage, and the people who work it, LandQuest® has become a trusted partner in rural real estate across Western Canada.

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MORTGAGE MATTERS by Candace Perko

8 in 10 Canadians Say Mortgage Fraud Creates an Unfair Housing Market

A new national poll conducted by Pollara Strategic Insights on behalf of Mortgage Professionals Canada (MPC) and The Mortgage and Title Insurance Industry Association of Canada (MTIIAC) finds that Canadians see mortgage fraud as a serious problem that drives up housing costs, and strongly support giving lenders and brokers the ability to verify income with the Canada Revenue Agency (CRA).

The survey of more than 2,000 adults found:

- 78% agree mortgage fraud creates an unfair playing field for honest buyers, while 64% believe it drives up housing prices.
- 58% of Canadians overall are concerned about mortgage fraud, with concern rising to 65% among those planning to buy within the next five years.
- Nearly two-thirds (65%) of Canadians believe the CRA should have a role in preventing mortgage fraud.

- 72% support allowing lenders and mortgage brokers to confirm income information directly with the CRA, a view shared across political lines.

“These findings confirm what mortgage professionals see on the ground every day – Canadians want a fairer, more transparent system that protects honest homebuyers,” said Lauren van den Berg, President and CEO of Mortgage Professionals Canada. “Mortgage fraud not only undermines trust, it drives up housing costs for everyone. Income verification through the CRA is a practical solution that will strengthen trust in the housing market and help ensure everyone plays by the same rules. As an industry, we are committed to working with the government to give Canadians the confidence that their mortgage process is secure and equitable.”

Background

The findings of this poll build on ongoing federal discussions about strengthening Canada’s housing ecosystem.

Over the past two years, the government and the CRA have explored ways to introduce a secure digital income verification tool, with strong support from the mortgage industry and consumer groups.

Federal Momentum on CRA Income Verification Tool Budget 2024 included the federal government’s commitment to consult with the mortgage industry on developing an income verification tool via the CRA to address mortgage fraud.

MPC welcomed this announcement, noting that for every \$1 lost to fraud it takes \$4 for lenders to recoup, and expressed confidence in collaborative solutions benefiting homebuyers.

In fall 2024, the CRA conducted nationwide consultations, including roundtable discussions and an online questionnaire, to gather input from mortgage industry professionals on designing a secure, digital tool to verify borrower income and reduce documentation-based fraud.

In late 2024, the Fall Economic Statement indicated “the CRA aims to begin implementation of this measure in early 2025” in reference to “a new tool to combat mortgage fraud”. In July 2025, the CRA released findings confirming strong industry support for a real-time, secure digital tool (either via portal or API), allowing income validation with borrower consent. Participants emphasized benefits like streamlined approvals and fraud reduction.

However, despite the pledge in the Fall Economic Statement to begin implementation in early 2025, progress has stalled. Canadians deserve a secure and fair housing market. An income verification tool is a practical, low-cost solution that fights fraud, protects honest buyers, and supports housing affordability.

Candace Perko, Mortgage Broker

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GET RIPPED by Jari Love

Why Nasal Breathing Outperforms Mouth Breathing in Exercise

Have you ever noticed the sounds that echo through a gym? The clank of weights, the thump of treadmills, and sometimes those unexpected *grunts, gasps, or heavy exhales* from people pushing themselves to the limit. As a former gym owner alongside my husband, I can tell you—we've seen and heard it all. But here's the real question: Does breathing that hard actually help your workout or could it be holding you back?

The surprising truth is that huffing and puffing your way through sets isn't as effective as people think. In fact, breathing too hard or out of sync can make exercise feel harder, drain your energy faster, and even put unnecessary stress on your heart and muscles. The good news? When you understand how to breathe properly during exercise, you unlock more strength, more endurance, and more control—without the wasted effort or awkward gym noises.

Motivating Nose-Breathing Tips (Running, Intervals, Walking)

Tip 1: Save Energy & Boost Endurance

Why it works: Nose breathing increases airway resistance, slowing respiratory rate and encouraging deeper, fuller breaths (higher tidal volume), which enhances oxygen uptake and improves ventilatory efficiency, even in patients with heart failure.

Motivation cue: You actually use your breath more wisely. You go farther, feel stronger, with less effort.

Tip 2: Stay Hydrated & Prevent Early Fatigue

Why it works: Mouth breathing leads to significantly more water loss during exercise. Studies show up to 42% more dehydration compared to nasal breathing, which can sap energy and impair muscle function.

Motivation cue: Breathe through your nose, and your body stays hydrated longer, so you keep going without hitting that wall.

Tip 3: Build Core Strength & Stability

Why it works: Nose breathing encourages diaphragmatic engagement and creates intra-abdominal pressure—engaging the transverse abdominis and improving trunk support.

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Motivation cue: Every breath is subtly training your deep core, helping you stay stable and injury resilient.

Tip 4: Protect Your Heart & Lower Blood Pressure

Heart friendly breathing: Research shows that nasal breathing, by promoting a parasympathetic (rest-and digest) state, is linked to lower diastolic blood pressure and reduced perceived effort at rest.

Supporting cardiovascular health: Nose breathing supports better oxygenation, CO₂ regulation, and improved vagal tone and heart rate variability (HRV) — all markers of a healthier and more resilient heart.

Motivation cue: Breathe through your nose, and you're giving your heart a break. You feel smoother, calmer, and your heart stays strong.

The Problem with Mouth Breathing (Especially During Exercise)

1. Less Clean, Dry Air to Your Lungs
Skips critical warming, filtering, and humidifying—what the nose naturally does—exposing airways to cold, dry, or polluted air.

2. Faster Dehydration & CO₂ Imbalance
Leads to greater water and CO₂ loss, quicker fatigue, and potential exercise-

induced bronchoconstriction—minor airway constriction that can hinder performance.

3. Shallow, Inefficient Breathing
Mouth breathing tends to be upper-chest-oriented, shallow, and rapid, increasing energy cost and reducing oxygen extraction.

Breathing through your nose isn't just about style, it's smart. When you nose-breathe, your lungs warm, filter, and humidify air properly, so less gunk hits your airway. You stay hydrated longer—studies show people lose up to 42% more fluid when mouth-breathing. That extra control activates your diaphragm and your core, so you're more stable and stronger. And guess what? It calms your heart too. Nose breathing lowers blood pressure and stress on your system. So, whether you're walking, sprinting, or cooling down—give your body that edge: breathe through the nose. It's energy-saving, heart-friendly, and performance-boosting, all in one.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.



ASK, SEEK, KNOCK by Andrea Kidd

The coffee in Kim's mug jiggled. Her trembling hands produced more ripples that threatened to splash over the rim. She brought it to her lips, but set it down on the table again with a sigh.

Kim's Bible was open on the table. She swiped at the pages trying to find a psalm for the day. Her mind could not focus. Frustrated, she pushed the book aside as her eyes filled with tears.

Words long held in her memory came effortlessly to her mind: "The Lord is my Shepherd; I shall not want..."

"But I do want, Lord!" she said out loud in exasperation. "I do not have everything I need! I need a way to get to the doctor's office today."

Another memory came to her mind, unbidden. "Ask and you will receive!"

"So it's my fault, is it?" she asked. "I don't have what I need because I haven't asked for it?"

"Trust in the Lord!"

"Yes, but..." she began.

"No buts, Kim! Ask! Ask and you will receive."

So she did. She asked. Her wandering mind cleared. "I will step out in faith," she thought.

Kim stood, took a step to the tissue box, pulled one out, wiped her eyes and blew her nose.

She took a few more steps to the door to her apartment. Sitting on the stool she pulled on her white runners and fastened the Velcro. She put on a light jacket and slung her purse over her shoulder. Grabbing the handles of her walker, she maneuvered it through the doorway and shut the door behind her. Steadily, one determined step at a time, she walked out to her car in the Lodge parking lot.

Kim pressed the key fob to open the trunk and sat down on the seat of her walker.

She remembered words from Matthew 7:7. "Seek and you will find."

She waited. The morning was quiet.

About three minutes later, a car arrived and parked in a visitor's space. A woman with her preschool son got out and walked towards the front door of the Lodge.

Kim stood and waved, "Excuse me!" she called. "Do you have a minute? Would you mind lifting my walker into my car for me? I have an important doctor's appointment."

"Of course! Delighted to help! We're visiting my mother today. Mavis Spencer, do you know her?"

"Oh yes! She's new here, isn't she? She sits at the table next to me in the dining room."

The little boy watched as his mother slipped the catch, collapsed the walker and lifted it easily into the trunk of Kim's car and closed the lid.

"Have a good day! So glad you asked me to help. I had a rough time with my little guy this morning. Wouldn't do a thing I asked!

You made me feel I could do something right. Thanks! You've made my day!"

Kim waved a cheery 'thank you'. A chuckle of relief relaxed her tense body as she thought,

"I guess we have both done a good turn today."

Kim's hands lightly gripped the steering wheel as she drove the familiar route to her doctor's office. On arrival, she stood beside her car and watched carefully until a young man came walking by.

"Excuse me, do you have a moment?" she called out the window. "Would you mind getting my walker out of the trunk of my car for me? I have an appointment with the doctor in twenty minutes."

"Yes, ma'am," he replied. "Glad to help!" He set up the walker for her, made the catch secure and held the door to the doctor's office open for her.

And so the day continued until she returned home. Kim gave four different people gifts – gifts of feeling appreciated and trusted, of making this world a better place to be in.

Back in her apartment, Kim brewed a fresh mug of coffee and cradled it in her hands. The coffee was still as a mill pond. Her steady hand quickly found Matthew 7:7.

"Ask and you will receive, seek and you will find, knock and the door will be opened for you."

If you enjoy my High Country News submissions, please see my substack for more: andreakidd.substack.com



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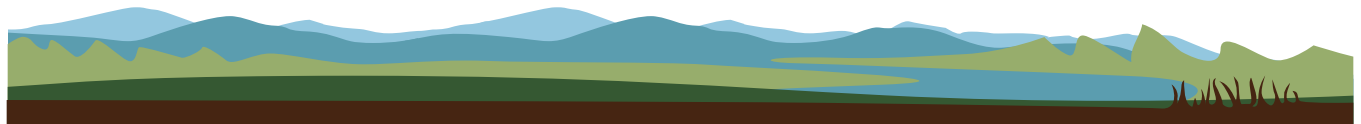
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OUT OF THE RUT Chapter 182

Every month there's a certain sense of 'how did it go so fast?' This month more than ever, has gone by in lightning mode. We certainly had a spectacular light show last weekend, the night sky was seriously illuminated for several hours of flashes and thunderclaps, offering much excitement. The temperature stayed pretty high, enticing me to abandon what I was doing to rush out onto the deck, strip off and dance around in the raindrops for a while.

Of course, September was the month Fantuzzi was in town. We got to spend some time together just being us, rather than constantly on the move, on the hustle, trying to keep money flowing in the right direction. Although there was plenty of that as the Fantuzzi train never actually stands in the station, we did also have time to experience a bit of the Foothills flavour that is such an exotic treat for my little hothouse flower that is Fantuzzi.

The first thing we did was visit the Okotoks Rodeo at the Millarville Race Track. The weather was obligingly brilliant, bright and hot – just the way he likes it. The adrenaline rush of Barrel Racing, Rodeo, Roping and more was something new for him and we had the added bonus of randomly sitting next



to one of my horse friends who has been involved with the Rodeo circuit for years, so was helpfully sharing insights and knowledge between sudden bursts of action. I also got to see the owner of my barn riding saddle bronc. That was pretty cool to actually see someone I know on the other side of the rails. To top the day off, we found a couple of lovely Rodeo Princesses who were kind enough to pose with Fantuzzi. I found it synchronistic that they were adorned in pink with pink sparkles scattered across their horses' rumps – since that is the man's favourite colour.

We spent a couple of afternoons down at the barn where Fantuzzi learned there's a lot more to riding than one might think if one's only experience has been sitting on a commercial trail horse. As I pointed out to him, this one "has a mind of her own, she's very willing, but you have to speak the right language and you might find she asks a few questions of you too." We had a blast, he was exhausted.

A birthday part in the city saw the beginning of his sojourn in Alberta. There were so many folk there enamoured of his songs and stories, they bought tickets for the later show we did in Calgary SW. The show sold out

and the audience was enraptured. I made an enormous vat of Chai (from scratch) which went down swiftly as everyone enjoyed the flavours of real indian spiced tea... and the chocolate donations that people contributed created a delightful, delicious and exotic array of decadence. That combined with a few other musicians offering meditational harp music as an opening, a terrific Didgeridoo contribution to one of Fantuzzi's iconic pieces – Snake Song – and the wonderful original music and beautiful voice of Tiffany Sparrow made this evening unforgettable. I guess he'll have to come again and do more.

In between all these shenanigans I continue to pursue my studies and practice with horse massage. Now I'm in to case studies which have to be reported back to the equestrian mentors (horse gods). If you have a horse in work and would like a couple of treatments for them, please reach out – the best way is via WhatsApp on +1-415-525-2630, or email (see end of article). The case study work is free of charge, but donations are appreciated.

Things will get more expensive the more time and money I spend on building my certificate library which is already quite extensive. My horse work spans more than fifty years and counting...yet I continue to learn and find myself astonished at some of the new and improved things that come across my path.

Never stop learning!

Kat Dancer
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(ph/whatsapp)



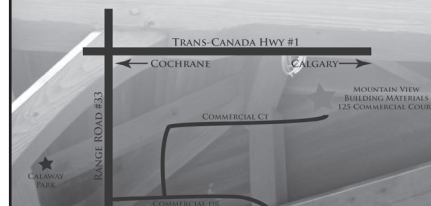
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PREHISTORIC VISITORS IN FALL MIGRATION

by Laura Griffin

October is a time to appreciate all the fall colours both on the leaves of our trees and in the migrant birds who are passing through our neighbourhoods. One of our biggest migrants that uses the Boreal Forest, Foothills and Prairies for an occasional breeding ground is the immense and prehistoric Sandhill Crane. I have yet to have the pleasure of finding one of these birds in the wild, but our dear editor Lowell ran into a breeding pair this summer.

I call it prehistoric for a few reasons. One is the first known Sandhill Crane showed up in the fossil record in Florida 2.5 million years ago, making it the oldest known living bird species. Another is that as someone who works as a prehistoric guide these massive birds look like some of their ancient dinosaur relatives very well might have. They are over a meter tall with wing spans longer than most humans are tall at 6.5 feet. They have a bald red spot above a long bill which is used to eat everything in their omnivore diet from berries, seeds, and invertebrates to small mammals and snakes. Sandhill Cranes have grey plumage as adults; however, they partake in something known as staining. This is where they rub mud into their feathers. When the mud is rich in iron, this action stains their feathers to a rusty brown colour. This can lead to some confusion when trying to identify the crane. The last reason is their call. I encourage you to play a Sandhill Crane call in a dark room and see if you don't imagine yourself in a prehistoric rainforest. It's a rapid call that's part trill and part bugle.



Photos by Lowell Harder

When you come across a Sandhill Crane it is likely you will find at least two together as they mate for life and spend the entire year together. They travel from Mexico and the Southern United States up into Canada and as far as Alaska using the Central Flyway, a migration corridor that narrows around Nebraska. This impressive journey, which can be over 8000 kilometers, is done riding thermals during the day to save as much energy as possible. At night they rest literally sleeping with one eye open while the other eye and half of their brain go into a deep sleep.

If they make it through this incredible journey the pair renew their bond with calling to one another and elaborate dances showing off their wings and jumping ability. The pair will then lay two eggs and if they are lucky one chick



will survive long enough to travel back south with them. Although it is not all luck, Sandhill Cranes have been known to chase off alligators (in Florida) and other predators who they think are getting too close to their family.

If you would like to help the migrating birds, please turn off your lights from 11pm to 6am for the nocturnal migrators like songbirds, and give the diurnal migrators a respectful viewing distance to help them save their energy reserves.



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Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print! We will include your first name and age if you include that information

Sandhill Crane Word Search

Tall	Staining
Omnivore	Call
Mud	Crane
Ancient	Iron
Forest	Mates
Pairs	Bird
Dance	Feather
Scary	Migration
Sleep	Bond
Prehistoric	Diurnal
Massive	Energy
Bald	Travel

D	A	N	C	E	R	F	A	H	J	M	U	D	B	Q
M	S	T	I	R	S	I	H	B	T	R	E	N	M	H
I	Y	G	A	R	A	E	E	R	O	V	I	N	M	O
R	A	E	T	L	E	N	S	T	F	N	E	A	P	T
O	E	P	E	E	L	S	E	R	A	U	D	O	R	Y
N	F	N	B	I	R	D	T	R	E	A	D	U	E	F
B	O	L	L	E	J	S	P	I	E	H	T	R	H	O
Y	R	S	K	M	S	T	A	I	N	I	N	G	I	B
U	E	F	I	O	H	L	I	U	E	D	L	P	S	N
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A	N	L	T	R	S	T	O	N	C	O	A	R	I	A
M	O	A	A	B	U	K	B	I	E	B	K	N	C	R
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F	M	O	I	F	G	N	B	G	E	L	U	L	T	I
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ADHD AND BIPOLAR DISORDER

WHAT IS BIPOLAR?

Bipolar Mood Disorder (BMD) is a mood disorder where a person experiences intense feelings of happiness or sadness, high energy ('mania') or low energy ('depression'). These mood shifts can happen over a period of days to weeks to months. It would seem as if the person's mood has taken on a life of its own.

WHAT IS THE CONNECTION?

Attention Deficit Hyperactivity Disorder (ADHD) and BMD share similar behaviour symptoms i.e. moodiness, restlessness, poor concentration and impatience. As such, there is increased risk of a misdiagnosis or a missed diagnosis. Both conditions involve strong emotions. People with ADHD can easily feel overwhelmed and know what triggered their reaction, while people with BMD go through 'rollercoaster' mood changes without a specific external event. Both involve impulsivity.

People with ADHD can jump into things with little planning, while those with BMD are often hyper-sexual, make poor and impulsive decisions i.e. buy things they can't afford or make sudden travel plans. People with ADHD can suddenly 'snap' or 'crash', while mood shifts in those with BMD build up over time and are diagnosed through the specific duration of their mood episodes. For people with BMD, other symptoms of 'mania' also include excessive talking, a decreased need for sleep or food, and racing thoughts. Some people can feel euphoric and really productive for a while.

ARE YOU BORN WITH IT?

Both ADHD and BMD run in families however, those with BMD are likely to have fewer genetic connections. ADHD occurs before age 12 with pervasive symptoms, while the age of onset for BMD is during adolescence into early adulthood with episodic behaviours. Childhood BMD can occur, but is very rare (and difficult to diagnose).

ADHD AND BMD TREATMENT

Both conditions can co-exist. Treatments work differently for different people. It may include medication, therapy and a biopsychosocial plan. You have to find the right combination. Many practitioners treat the BMD first (therapy and anti-depressants; usually mood stabilizers or anti-psychotics work well and quickly for manic symptoms), as initial ADHD treatment can precipitate mania or even worsen BMD. Alternatively, if stimulant

medication treats the ADHD effectively, then there may be improvement seen in the person's lack of impulse control. No doubt, ADHD and a mood disorder can make life very difficult. Appropriate treatment can help to minimize the symptoms, provide longer periods of stability and greatly improve a person's quality of life.

WHAT ARE SOME SELF-HELP TIPS?

- Stick to a routine. Train your brain through consistent waking times, eating habits, work schedule and sleep hygiene.
- Carve out play time. It heals part of the brain where therapy and other cognitive strategies can't get to.
- Laughter. It is suggested that laughter therapy can reverse the stress response, alter dopamine and serotonin levels and facilitate healing.

- Sweat exercise. Decreases cortisol and increases endorphins. Less depression, better memory and quick learning.
- Mood journal. Use it like your GPS to tell where you've been and where you're headed based on biodata like hours of sleep, stressors, trigger foods and day of menstrual cycle. It allows you to see basic patterns of health and illness, so you can head in the right direction.
- Eat brain foods. Fruit, vegetables, fish, nuts, yogurt, seeds and aaah, yes dark chocolate!

References: - American Psychiatric Association. (2013). *Diagnostic and Statistical Manual for Mental Disorders (5th ed.)*. Washington, DC.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.

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