

HIGH COUNTRY *News*

*Serving the
Communities of*

Black Diamond • Bragg Creek • Eden Valley • Elbow Valley • Jumping Pound • Longview
Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley



OVER
25 YEARS
INDUSTRY EXPERIENCE

EMERGENCY SERVICES
& FREEZE-UPS
WELL TESTING
& WATER SAMPLING

WELL CLEANING & TREATMENTS
CONSULTING & SYSTEM DESIGN,
TROUBLESHOOTING
& DIAGNOSTICS

WELL PUMPS, PRESSURE
SYSTEMS, CISTERNS,
STOCK WATERERS
WATER QUALITY & FILTRATION



403-931-2991
aquamule.com



Live life your way

We welcome you to experience a lifestyle that fosters an atmosphere of *continued learning*, *cultural enrichment* and *social connectivity*.

- Maintenance-free Living
- World Class Creative Programming
- Large Luxurious Suites
- Casual Bistro & Fine Dining
- Pet friendly
- Art Studio and Gallery
- Rental and life lease available
- Two Convenient Locations

Call us today to discuss Independent and assisted living options.

Garrison Green Rentals and Lease: (403) 629-0261 Reception: (403) 685-7200
 Fish Creek Rentals and Lease: (403) 873-3953 Reception: (587) 481-7907

UnitedActiveLiving.com

GARRISON GREEN
 3028 Don Ethell Boulevard SW

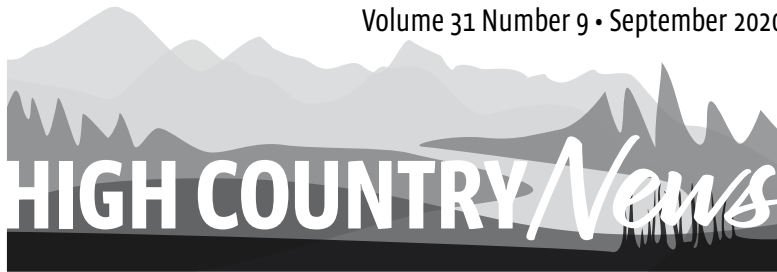


FISH CREEK NORTH
 51 Providence Boulevard SE

FISH CREEK WEST
 14720 - 1st Street SE



 **UNITED**
 ACTIVE LIVING COMMUNITIES™



IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>
Springbank.....	10
Bragg Creek/Redwood Meadows.....	13
Priddis/Millarville/Red Deer Lake.....	29
Black Diamond/Longview/Turner Valley.....	32
<i>Articles:</i>	
From the Editor.....	4
Councillor's Update <i>Mark Kamachi</i>	7
Councillor's Update <i>Kim McKylor</i>	10
Your Financial Future <i>Robert Hughes</i>	12
High Country Rural Crime Watch <i>Dave Schroeder</i>	14
The Wonderful World of Fascia <i>Bragg Creek Physiotherapy</i>	16
Bragg Creek Community Association.....	17
A Taste of the High Country <i>Renée Delorme</i>	18
Greater Bragg Creek FireSmart Committee Update.....	20
Redwood Meadows Emergency Services.....	23
Sheep River Library Fall Programs.....	24-25
Councillor's Update <i>Suzanne Oel</i>	26
Business Profile <i>Collective Wellness</i>	30
Square Butte Community Update.....	38
<i>Lifestyle:</i>	
Chaulk Talk <i>Wayne Chaulk</i>	37
Music Therapy <i>Andrea Kidd</i>	39
Mortgage Matters <i>Candace Perko</i>	40
Pound for Pound <i>Duane Harder</i>	41
Out of the Rut <i>Kat Dancer</i>	42
ADHD & Addictions <i>Roché Herbst</i>	43
Kids Zone.....	45
<i>Classifieds</i>	46
<i>Business Directory</i>	Back Cover
<i>High Country News Cover:</i>	Photograph/Digital Artwork "Unexpected Guest" © Anna Grist

HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
Box 476, Bragg Creek, AB, T0L 0K0

Editor: Lowell Harder

Layout & Design: Anna Grist

ADVERTISING RATES:

FRONT PAGE Banner \$175

Inside Cover Full Pg \$595 • Index 1/4 Pg \$175

Index 1/3 Pg \$210 (Min 3 mth booking front/index)

Full Page \$540 • 2/3 Page \$380 • Half Page \$290

1/3 Page \$190 • 1/4 Page \$155

1/6 Page \$115 • Business Card \$75

*1/4 hour layout included in ad rate

Back Page Listing \$107.40/yr (\$8.95/mo)

Layout Charges \$60/hr

Commercial Classifieds \$16 for 4 lines,

\$4/each additional line

For website advertising, call the office for a quote

Discounts available on long term commitments

GST NOT included in rates

Subscription \$30/year • Circulation: 12,000

NEXT DEADLINE IS
Tuesday, Sept 15!

We accept e-transfer, Mastercard & Visa

Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.

No part of this publication may be reproduced in any way without the written permission of the editor.





Kathleen Burk
RE/MAX
Realty Professionals



KATHLEEN BURK

**19 years of real estate marketing,
positioning, strategy and collaboration.**

Specializing in the greater Bragg
Creek and surrounding areas

kathleenlaplante@remax.net | braggcreekredwoodmeadows.com | 403.818.8049

From The EDITOR

September 2016: it was four years ago that Chris McLachlan, the founder and publisher of the High Country News signed over the paper to myself. It has been a privilege to serve the foothills region in this capacity.

Recently I have been thinking about the future of print, and the future of our little independent gem, *The High Country News*. Many of us suffer from information overload. One more magazine to read can be a challenge.

In saying that, I firmly believe that newspapers still have a very important place in our society.

Newspapers are a key medium in keeping our communities, and society as a whole, connected. They have the ability to communicate a balanced perspective on what is happening. It can hold governments to account. It can be a place and forum to respectfully present and discuss major issues of the day.

In thinking about the *High Country News*, its purpose is not to be presenting "breaking news". It is a place where local individuals can gain useful information about their local government, community groups, and helpful articles in living their day-to-day life. It is a place where we can celebrate community members who pass

away, or learn about the history of the area.

I want to give a heartfelt thank you to all of the contributors who faithfully send me articles month after month.

The High Country News has been publishing for over 30 years as an independent publication. Our survival depends on the ongoing support of local businesses advertising the services that they provide.

I have always believed that if you give someone something worth reading, it will be read. We endeavor and commit to creating a paper worth reading. Thank you for your ongoing support of your local paper. My advertisers thank you for calling them for their services.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca



HIGH COUNTRY LIFE

BY MARK
ADMAKI.CA

Artist PROFILE

Anna Grist is the HCN design & layout artist, and enjoys dabbling in photography as a hobby. She is also a writer at serendipimoostracks.com and the graphic designer for Paper&String, an online care package publication. She and her husband and two children have lived in Bragg Creek for three years, after escaping the highways and suburbia of Southern Niagara in Ontario.

MOBILE PROBATE SERVICES · WILLS

Brad Milne
Retired Lawyer

403.931.3131 · milneb@xplornet.ca



Reach your local customers
Grow your business

Contact us TODAY to choose the perfect ad space
for your budget and audience!

403.949.3526 or info@highcountrynews.ca

OK TIRE™

Honestly driven.

WELCOME TO OK TIRE COCHRANE.

We carry all brands of tires, whether it be for your 1 ton truck, your SUV, Family Sedan, or even your Horse Trailer. We are here to meet your every need.

FULL MECHANICAL SERVICES

Brakes, Tune-ups, Wheel Alignment, Suspension, Oil Change, Inspections, General Maintenance. Your dealers alternative.



412-1ST STREET WEST, COCHRANE AB. (2 blocks west of MacKay's Ice Cream)

PHONE 403-932-2086 info@oktirecochrane.com

www.oktirecochrane.com

Letters To The EDITOR

In his August column, Councillor Mark Kamachi conveniently omitted the following findings of the Court in relation to the sanction councillors: "the sanctions are overwhelming and ones that no reasonable decision-maker could impose".

I note that Councillor Kamachi voted both to impose the sanctions of the councillors and to appeal the Court's decision removing the sanctions. With what will be a significant legal cost on the part of taxpayers to defend the illogical sanctions and what is likely to be a fruitless attempt in justifying these illogical sanctions on appeal – and with a significant cost exposure to the successful sanctioned councillors, one wonders why these decisions were made.

*Yours very truly,
Clint G. Docken*

OBITUARY

Anthony (Tony) Kent Fisher

On Thursday, August 6, 2020, the Fisher family lost our beloved father and grandfather suddenly. Anthony "Tony" Fisher passed away doing what he loves, riding horses in the wilderness.

Tony was born in Philadelphia on September 10, 1939. Throughout his life, he was an example for all of us in living life to the fullest: white water canoeing and kayaking, horseback riding, skiing of all flavors, and adventure travel were just some of his many interests. Tony was foremost a devoted and loving father, brother, husband and grandfather, and he will be deeply missed. Tony will be remembered for his gentle and caring manner, and for his sense of humor

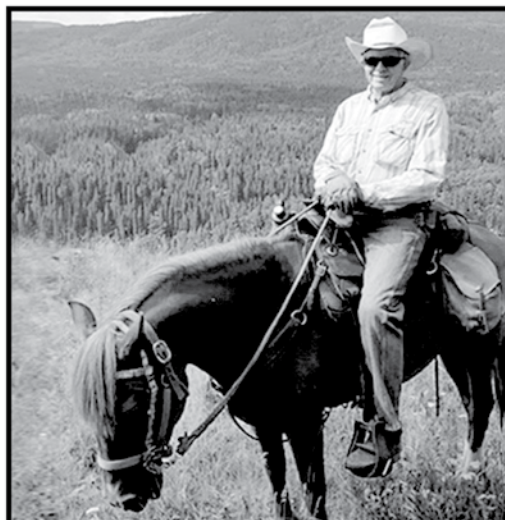
and the infectious laughter that was always around him.

Tony was predeceased by his wife and partner in adventure for thirty-three years, Susan Joyce. He is survived by his children, Kent (Barbra Richardson) and Peter (PJ); his stepchildren, Virginia (Cameron) Webster, Valerie Wilson (Brian Olorenshaw) and Andrew Wilson (Michelle Kula-Wilson); his grandchildren, Thayer, Micah, Julia, Josie, Alissa, Kyle, Cortland and Lily; his siblings, Anne Colby and Chris (Missy) Fisher; and his new found companion in life, Lynne Kearns.

A private family celebration of Tony's life will be held later this month. Condolences may be forwarded through www.mcinnisandholloway.com. If friends so desire, memorial tributes may be

made directly to the Heart & Stroke Foundation – Alberta: 100 - 119 14 Street NW, Calgary AB, T2N 1Z6 Phone: 403-264-5549 or 1-888-473-4636.

In living memory of Tony, a tree will be planted at Ann & Sandy Cross Conservation Area.



Stay Safe And Sound with Rocky View County's FREE Fire and Flood Home Protection Program

Don't wait for floodwaters or fire to expose your home's vulnerabilities! Register for an assessment today and start protecting your home from future disasters. Visit rockyview.ca/protect.

Grants Available!

Protecting your home starts with simple actions. Whether you are doing regular maintenance or making large scale changes during renovations, your choices will help protect your home. Rocky View County is offering free home assessments and corresponding grants for County residents relating to flood or fire protection, to help you identify and mitigate potential vulnerabilities.

This unique fire and flood assessment program is part of the County's work to build resiliency into our communities, and actively manage potential threats while helping to keep Rocky Viewers safe.

What Is This?

The Fire and Flood Home Protection Program provides you with the opportunity to book an appointment with a qualified representative who will conduct a multi-point visual assessment and review of your home and property, while following safe social distancing guidelines.

Home Flood Assessment

This assessment is completed by a trained assessor through AET Group Inc., a national environmental consulting agency, and takes approximately 90 minutes. The assessor conducts a 50-point visual assessment and develops a list of actions for reducing flood risk.

Home FireSmart Assessment

This assessment is provided by a trained Rocky View County Fire assessor and takes approximately two hours. The assessors perform a complete visual assessment and develops a list of actions to reduce fire risk.

What Are The Benefits?

This free program helps you identify and reduce flood or fire risk through individual home assessments.

Under the home flood mitigation grant program, activities such as gutter cleaning, back water valve installation, sealing of foundation cracks in walls and floors, the disconnection of downspouts, and window wells and well coverings are several of the items that would be included.

For the home fire mitigation grant program, items such as tree removal in the area up to 10 meters from your home and the pruning of conifer trees are included.

Each resident's assessment will be specific to their home, so actual items covered may vary.

What Happens Next?

Once an assessment is completed, you will receive a report outlining a list of actions to mitigate flooding or fire risks. You determine which actions to follow up on and implement.

You then apply for a grant through Rocky View County up to a total of \$9,054 per household for fire and flooding combined: \$7,454 for flooding home improvements and up to \$1,600 for fire home improvements. A County representative will review your grant application and assessment document, and notify you within a week if your application is approved. You will receive an approval letter outlining the amounts of funding, the work that is approved, and the next steps related to receiving the grant funds.

To apply, fill out the Residential Resilience Grant Application form and submit via:

Email: emergencymanagement@rockyview.ca and write "Residential Resilience Grant Application" in the subject line.

OR

Mail to: Rocky View County
Fire Services and Emergency Management
Community Resilience Program
26207S Rocky View Point
Rocky View County, AB, T4A 0X2

Please note, it may take up to one month to process a grant application.

What Else Do You Need To Know?

Limited availability, so book now!

This innovative partnership is supported by a \$1.4 million grant through the Canadian Red Cross Society.

The County's partnership with the Canadian Red Cross Society is a first in Alberta to build both fire and flood resiliency into the community. By empowering and supporting residents to take proactive measures to reduce their risk, together we are creating a safer place for people to live.



MLA Miranda Rosin's
Constituency Offices

Bragg Creek:
226-7 Balsam Ave
Office Hours:
Mon, Tues, Thurs, Fri
100 pm - 530 pm



Canmore:
206-1080 Railway Ave
Office Hours:
Monday - Friday
9 00 am - 430 pm

FROM THE WOODS Custom Cabinets and Millwork

MIKE WOLTERS 403.852.9663
contact@fromthewoods.ca
www.fromthewoods.ca

Commercial - Residential - Furniture & Fixtures
W.C.B. - LICENSED - INSURED

Construction Loam Aggregate



Mulch

809-8949

Debris

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



f COUNCILLOR MARK KAMACHI

@MARKKAMACHI

CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA

OFFICE: 403-949-3343 | CELL: 403-861-7806



With only weeks to go until the official end of summer, I hope, given the new way of co-existing with COVID-19, you were able to take advantage of the great weather albeit from your own back yard or neighbourhood. Moving forward, we will be doing things in ways where social-distancing becomes a mainstay in our day-to-day lives. Rest assured, we will get back to some degree of rhythm in our lives without the fear of “turtling” every time someone coughs or sneezes.

Speaking of the pandemic, I want to congratulate Rocky View County (RVC) residents for their resilient nature. In late July/early August, RVC was under the watchful eye of Alberta Health Services (AHS) as we, along with several other jurisdictions, had an outbreak in our region and were put under “WATCH” status. However, within weeks, with proper mask-wearing and social-distancing measures, policed by residents and the business community, we were quickly downgraded and taken off that list. Some have asked about RVC instituting a mandatory mask policy but after careful consideration, it was deemed that following the lead of AHS was our position as most places in RVC have the space to physically distance. And again, our business community has done a fine job of accounting for their customers and visitors well-being. Thus, the County has left it up to their discretion to provide masks, physical distancing measures, or both based on their situation and visitors’/ customers’ welfare.

Regardless, we can’t let our guard down and RVC will continue to monitor and follow the lead and advice of our health professionals. Adhering to science and doing our part to protect the amazing frontline and essential services folks for their efforts is key in flattening the curve. Thank you to all for your continued patience.

4-way Traffic Woes

I want to thank our MLA, Miranda Rosin for taking our intersection issue to Alberta Transportation (AT) Minister directly. And having done that, we’ll see a temporary solution come this fall, just in time for winter. To some, this may come as a bit of a joke, but lets not forget that as we are prone these days to take “staycations” we may see an increase in non-summer traffic and a possible rise in fall/winter visitation. Better to be prepared in my opinion. No different than the early surge of traffic pre-pandemic as folks looked to areas for mental and physical relief.

FireSmart

Let’s not forget, although the temperatures may be subsiding, that doesn’t mean our chance for a fire incident goes away. I want to take this opportunity to remind residents that your local FireSmart Committee (FSC) and RVC Fire Services is working hard to offer advice and information to residents seeking ways in which to fire smart their property. Thanks to our Fire Chief and his crew and FSC Chairman, Gary Nikiforuk and the board for their efforts in keeping us safe and informed. Stay tuned for an upcoming Chipper Day in your area. Just visit the RVC website and search FireSmart for details.

On a Personal Note

I want to send a heartfelt hug from my family to everyone for their support and condolences due to the passing of my dad last month. Not having ever lost a parent, it was a tough chapter in my life as I was very close to my dad. Not only was he my dad, but also my best friend, teacher and skipper. I had spent long summer days for weeks at his beck and call as his deckhand on the Eventide III learning the ways of hard work and perseverance. Along the journey, having spent much of the time seasick, I learned that I didn’t want to grow up and be a fisherman and studied hard for a better career. Thanks dad. Lesson learned.

Anyway, as we fight and make our way through this pandemic, I’d like to pass along words my dad lived by and that was “always think of others first.” Until next month, stay safe, social distance, wear a mask and always think of others first.

– Cheers, Mark



Alberta Council On Aging Celebrates International Day Of Older Persons

On October 1, 2020, we invite you to join in celebrating International Day of Older Persons. The chosen theme for this year is *Pandemics: Do They Change How We Address Age and Ageing?*

Marking this day emphasizes the value of seniors and raises awareness about the inequalities and barriers older adults face. Let us also recognize and celebrate positive age and honor the older adults in our communities.

Alberta Council on Aging thanks the following communities that declared International Day of Older Persons in 2019: Province of Alberta, Sexsmith, Grande Prairie, Bonnyville, St. Paul, Lac la Biche, Legal, Red Deer, Barrhead, Drayton Valley, Calmar, Ponoka, Calgary, Edmonton (Sage Seniors Association), Okotoks,

Medicine Hat (Chinook Village), Bruderheim

Our hope this year is all communities will commemorate International Day of Older Persons. How might you do this?

• **Declare International Day of Older Persons**

Make a proclamation to declare October 1 as International Day of Older Persons.

• **Host an Event**

Celebrate age in your community showcasing your older adults through local and social media

The objectives of UNIDOP 2020 are to:

- Inform participants about the strategic objectives for the Decade of Healthy Ageing
- Raise awareness of the special health needs of older persons and of their contributions to their own health and to the functioning of the societies in which they live

- Increase awareness and appreciation of the role of the health care workforce in maintaining and improving the health of older persons, with special attention to the nursing profession


- Present proposals for reducing the health disparities between older persons in the developed and developing countries, so as to "Leave no one behind"

- Increase understanding of the impact of COVID-19 on older persons and its impact on health care policy, planning, and attitudes.

The commemorative event will be held virtually on, 1 October 2020 from 9am to 12 pm (New York time).


For more information on International Day of Older Persons visit:

www.un.org/development/desa/ageing/international-day-of-older-persons-homepage/2020unidop.html



PLYWOOD
SPRUCE
TREATED
WESTERN RED CEDAR
DOUGLAS FIR
COMPOSITE
PVC
SMARTSIDE PANELS & TRIM

DECKING
TREATED
CEDAR
COMPOSITE
PVC
FENCING
TREATED
CEDAR
EXTERIORS
SIDING
SOFFIT
TRIM
TIMBERS
CEDAR
DOUGLAS FIR
INTERIORS
PANELLING
FLOORING
FRAMING
HARDWARE & ACCESSORIES



MONDAY - FRIDAY 7AM-5PM
125 COMMERCIAL COURT 403.242.0404
WWW.MOUNTAINVIEWBM.CA

EXPERIENCED • INSURED • SAFETY FOCUSED

TREE CARE SERVICES:



- Hazardous tree removals
- Pruning
- Trimming
- Cabling and bracing
- Bucket truck services
- Stump grinding
- Property fire-risk management (FireSmart)
- Land clearing

SPRINGBANK

CUSTOM SOLUTIONS



(403) 612-0654

WWW.SPRINGBANKCUSTOMSOLUTIONS.CA

Flu Season Is Coming!

Many people with weaker immune systems have been isolating for months believing they are safe from contamination risks because they are staying home. Did you know that without ever leaving your residence, viruses, germs, and bacteria cannot only get into, but grow and spread throughout your home and infect you? It's true. Consider how your groceries are handled; how about mail, visitors, and other visitors?

A common misconception is that sanitizing and disinfecting achieve the same results when, in fact, there is a vast difference between the two. Sanitizing merely reduces the organics. Disinfecting destroys or renders inactive both bacteria and viruses (like influenza) on hard, nonporous surfaces or in the air you are breathing. Yes, you can disinfect the air you breathe safely without harsh chemicals.

Why does this matter? It matters because although sanitizing is great as a daily practice on countertops and sinks, it can give a false sense of security regarding the cleanliness of your surfaces. The same is true about using products that make

your home smell pretty but do nothing to ensure the air you are breathing is truly clean.

The heating system in your home keeps you warm, but it can also make you sick. The furnace blower works like a big vacuum, sucking germs in. The blower then distributes what the furnace has "inhaled" and spreads it through your home. It is imperative homeowners stay on top of having their duct work cleaned and disinfected because they are literally breathing in whatever is living inside that system.

Harsh chemicals can cause severe reactions. No one should be breathing in possible carcinogens regularly. Over 150 chemicals found in the average home have been linked to birth defects, allergic reactions, cancer, and even psychological disorders. In the top six listed as the worst for your health are air fresheners. They mask odors, but most do little to nothing for cleaning the air you breathe of potentially harmful agents.

Here are some ways to assure your health and safety:

1. Be mindful of the products you are using and ensure you are fully disinfecting

exposed surfaces (like your bathroom and kitchen counter tops) at least once a week.

2. Wipe down non-porous products and containers that have come in from outside.

3. Make sure you are breathing clean air by getting your ductwork deep cleaned and disinfected using a botanical or organic product applied by professionals.

4. Don't forget your furnace! Having your heating system inspected, cleaned, and maintained is imperative not only for the health of your home, but for safety as well.

5. If you or a family member is struggling to adjust due to advancing years, call an expert who can address your concerns and consult with you regarding how to safely age-in-place.

6. Do things you enjoy! Our mental well-being is just as important as our physical health.

7. Get a proper air filtration and treatment system for your home... they truly work! If you don't take care of yourself, who will?

*By Carla Berezowski,
Alberta Indoor Comfort*

 <p>Char Smith Parts Manager</p> <p>parts@drmower.ca www.drmower.ca</p> <p>1.877.531.2873 @drmowerparts</p>	 <p>High Country HomeWatch & Concierge Services</p> <p>Let us take the stress out of leaving your nest...</p>  <p>info@highcountryhomewatch.ca www.highcountryhomewatch.ca 403 992 8963 / 403 590 8103</p>
--	---

55% of Us Fear the Cold

COLD WEATHER AHEAD ! IS YOUR HOME READY ?

Will your furnace make it ?

Will your pipes survive ?



**Heating System Tune-up,
first 27 callers take
additional 15% OFF
Voucher SH27**

Call now !

403.230.2690

Experts@AlbertaIndoorComfort.com

Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



Council was just on summer break, and these breaks are a good time to recharge and reconnect with personal (aka chores) and other work priorities. As this Council is coming up to three years now, it is a good time to reflect.

I keep thinking that it was just seven years ago when municipal terms of office changed from three years to four years. Even though I brought a certain experiential bench strength with me when I was elected, there was so much more to learn. I feel like as we move into the 4th year of the term I have hit my stride and am now getting things accomplished for this community and for Rocky View.

We recently had another breakthrough for recreation in Springbank. Not

only did I receive confirmation of the approval of about \$1 million dollars from MSI funds (Provincial dollars) to do some much needed, and long overdue, capital work on the Park for All Seasons, and about \$80,000 for a small dog park off of Township Road 245, we are applying for, and have every reason to believe we'll be successful in receiving, an additional \$300,000 for a new front entrance, with proper accessibility at the front and in the washrooms. The SPFAS is for everyone, I'm looking forward to a facility that fits all levels of mobility in our community. We still have another approx. \$900,000 of available funds for more recreational projects in Springbank. I have been having conversations with both the Trails and Pathway folks as well as the Community Association on their ideas and I'm hopeful we'll see some additional projects moving forward soon.

Council also passed first reading on the Springbank ASP's. Right now, Council has given direction to move forward with two plans. This is just the first official step though, and there will be a

public hearing in the Fall. I know some of you think that Springbank should be one big plan. Cohesiveness makes sense and because we are called Springbank that could make sense. A single plan would be over 25,000 acres – a massive plan indeed, and to try to keep that amount of land in perspective, that would be just about 19,000 football fields. Having two plans doesn't weaken anyone's voice.

We currently have three plans and anyone from any part of the County can have their say in something. No circulation policies are changing. No rules about "only those in the south can speak to things in the south," etc. Communities can still have uniqueness and still be part of a larger plan(s). There are benefits to one plan, there are benefits to two plans, and truthfully there are weaknesses in either of those as well. Elbow Valley and Harmony, for example, are part of Springbank, but neither fall within the ASP – so it is absolutely possible to have separateness and togetherness all at the same time. All that said, this is the first step. Council will hear from our municipal

RESIDENTIAL & COMMERCIAL EXCAVATION SERVICES

Full Service Excavation • Septic Design & Build
Trucking of Gravel, Rock, Fill & Loam
Trenching • Large Scale Landscape Work
Road Building & Acreage Development

LT EARTH SERVICES LTD.

403.478.0050

Professionally Trained • WCB
Full Commercial & Liability Insurance



EAGLE SEPTIC

Your trusty specialist



P.O. Box 75135
Westhills S.W.
Calgary, AB T3H 3M1



SEPTIC TANK
& VACUUM
SERVICE

REPAIRS

TOP RATES

SONNY J. LUSTY
Tel: (403) 650-9436
Fax: (403) 455-9752

Traditional Tae Kwon Do

for a Strong Mind & Body

- Teaching Adults & Kids (Ages 6+) •
- Family Discounts •
- Over 25 Years Experience •



LEARN MORE

redwoodtaekwondo.com
redwoodtaekwondo@telus.net

Classes held at
Redwood Meadows
Community Centre

neighbours, from you and from other stakeholders to ensure Council has all the right information to make the best decision for Rocky View.

Council voted 7-2 to direct Administration to appeal the decision on the sanctioned Councillors. Last week, I was accused of many things, but to those that took the time to call me, to hear my perspective, I thank you. I can't say that everyone agreed with my perspective, which I'm fine with, but I'm always grateful for those that take that extra time to gain a little more understanding. This vote doesn't mean an appeal is automatic, but because of the summer break Council wouldn't meet again until September, and the date to ensure Council had this option would have passed. Ultimately, there is a path forward and it is now in the hands of lawyers to sort out. Because this may still be a matter for the courts, I will limit my comments but I'm hoping it doesn't go to appeal. But if it does, then

it does. I know that is a disappointment for many, even for me. I will keep you updated via my Facebook page once I know where this is heading. I am not going to get into the battle of the interpretation of the decision. There are facts, these facts are not untrue facts, they are just facts. It was those facts that ultimately convinced me that an appeal may be necessary.

One of main reasons I ran for Council in 2017 was I was personally very tired of the negativity out there. My slogan was "positively Springbank". I promised that I wouldn't mudsling and I wouldn't have others mudsling on my behalf. I wouldn't focus on the crap that weighs everyone down and realistically is only ever a part of the story. I have been called many things recently. A bully, on the take by developers, a liar, and a few other choice words – they say it is part of the job, I say, does it really need to be? Everyone on Council is trying to do the best job they can, I believe

that. We don't always agree, while some choose to air that disagreement to & through media; through other blogs – I choose to talk from my heart and my mind every month to you. I choose to continue to bring forward the things I know are important to you (ie recreation, high speed internet).

I was "reminded" by a resident that every politician is one election away from losing their job. Yup, that is true. I hope that, as you would do in your job, or with your kids, or maybe your husband – that you make your mind up based on the whole package, not one item that you didn't agree with (I'd be divorced 100 times over if that was case), I have done a good job for Springbank and for Rocky View – that I can say with certainty.

Stay well, enjoy the rest of your summer. Have fun. Stay positive. Our lives are good and we are truly blessed to live in such an awesome municipality.

CREATIVE METAL & MACHINE

DESIGN • MILL • SHAPE • WELD
Chris Sandvoss • 403.471.9419



**BRAGG CREEK
EXCAVATING**

Excavating:

Backfilling, Trenching, Cat Work

Landscaping:

Rock Retaining Walls,
Rundle Stone Patios,
Rock Work, Stairs

Acreage Development:

Road Design & Building,
Drainage, Ponds & Dams,
Sewer & Water, Clearing

John Lajeunesse • 949-2756 • 620-0250



Bragg Creek Insurance Services & Registries Office

Insurance Services Include: Registry Services Include:

Home & Farm
Automobile
Commercial
Travel
Specialty

Motor Vehicles
Corporate Services
Land Titles
Vital Statistics
Alberta Health



Come meet your team

Mon - Fri

9:00am - 5:00pm!

1 River Drive S, Box 537 • Phone 403.949.2599 • Fax 403.949.5646

www.braggcreekinsurance.ca

Your Financial Future

The objective of much of what we do today is to improve our **future financial position**. As with anything, we can get better results by following a plan. Therefore, both an Estate Plan and a Financial Strategy are important for those who want to ensure **better tomorrows for ourselves and our families**.

A Financial Strategy focuses on what we want to happen while we are still alive. Estate Planning is concerned with what we want to happen here on Earth after our death. It is best to **start with the Estate Plan because no one knows how soon it will be needed**. Also, a well thought-out Estate Plan provides direction for the development of your Financial Strategy.

Your Estate Plan

The first step in planning your estate is to **decide what you want to happen to the people you care for after your death**. For example, how much income do you want your widow to have? If you want your family to have a debt-free estate, how much is needed to pay off your debts? Some income taxes are triggered by death. How much tax will your heirs have to pay before they can inherit?

If you have a business interest, do you want it to be sold or retained? If it is to be sold, who will buy it? What will be needed to guarantee the sale? If you want it to be kept in the family, who will run it? What will they need to keep it going?

After you decide on the things you would like to see happen, you can begin figuring out how to improve their chances of this happening. Some of your decisions can be written in your Will as directions to your successors. Others may need special written Agreements with other people to make sure that they will happen.

Some assets will be in the wrong form to do what you want. You may want to decide to convert them to another form at your death. For example, an interest

in a private business could be converted to cash by means of an Insurance-Funded Buy-Sell Agreement.

Some of your assets may be of the right type for your heirs and you want to preserve them from the tax collector and other creditors. What you need is a method of creating instant, adequate cash at death to satisfy the vultures.

Some of us may discover that we do not have enough to leave our family in the position we would like them to be. We then need instant cash at death to create our estate. Life insurance is one of the best ways to help in this situation.

A sad fact is that many people will spend more time planning a vacation or dinner party than their financial future.

Your trip to your financial future deserves at least equal concern about the risks ahead. Then you can try to avoid those risks or offset their adverse consequences. Is your financial vehicle

in good condition? **Will there be enough cash or income** to offset such common risks as death, disability, or serious illness? Have you reviewed your *financial trip insurance* lately?

Your Financial Strategy

Once you have sketched out your Estate Plan the next step is to decide how to achieve the desired outcome. Hence the Financial Strategy. Unfortunately, many people start out with the Financial Strategy. That is like setting off on a trip and having no idea of where you are going, you just start driving.

Once I know where you are trying to go, i.e. the Estate Plan, I can then help you design the route to get to get there, i.e. the Financial Strategy.

Call me today to book an appointment to review your current Estate Plan and Financial Strategy or to begin the process of developing both.

Visit **myfinancialsolutions.ca**, my business website, for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

Robert Hughes,
P. Eng., CFSB, CFP, CPCA

Robert M. Hughes FINANCIAL SOLUTIONS INC.



Robert Hughes,
P.Eng., CFSB, CFP, CPCA

- Certified Financial Planner
- Investment Manager
- Insurance Specialist
- Certified Seniors Advisor



- RRSPs, RRIAs, LIRAs, LIFs, LRIFs, RESPs, & non-registered portfolios
- Life Insurance, Critical Illness, Disability & Long-Term Care Coverage
- Financial Planning - Individuals, Professional Corporations & Small Businesses



403-949-3250

E-mail: robert@myfinancialsolutions.ca

Website: www.myfinancialsolutions.ca

Box 231, Bragg Creek, AB T0L 0K0



The Bragg Creek Performing Arts 40th Anniversary Drive-in concert was a resounding success with a packed parking lot enjoying a full evening of music by local artists. Watch our website for upcoming events! *Photo courtesy: Clint Docken*



*Refresh
old landscaping
with new ideas
and solutions!*

We can address...

- Walls that lean
- Patios that need leveling
- Drainage issues

Call Us Today!

**DOG TRAINING
VIRTUAL &
IN-PERSON
CLASSES
AVAILABLE**

- *Raising Your Puppy During COVID-19*
- *Get Started Obedience with a Focus on Calm Behaviours*
- *Tricks, Brain Games and Keeping Your Dog Busy While Social Distancing*
- *Beyond Basics - Learning Through Fun*
- *Reliable Recalls & Loose Leash Walking*
- *Leash Lungers Anonymous*

REGISTER ONLINE

PLEASE VISIT OUR WEBSITE FOR DETAILS
COCHRANEHUMANE.CA/
PROGRAMS/ANIMAL-TRAINING

SPONSORED BY  **the Bone & Biscuit co.**

**PUPPY
PLAY GROUP**

THURSDAYS
7:15 PM - 8:00 PM
8:15 PM - 9:00 PM

AT OUR REHABILITATION & EDUCATION CENTRE

\$10 REGISTRATION FEE FREE IF ENROLLED IN OUR PUPPY TRAINING CLASSES

All breeds ages 10 weeks to 5 months. Must have a minimum of two vaccinations.

SPACE IS LIMITED!

REGISTER TODAY
COCHRANEHUMANE.CA/
FEATURED-EVENTS/PUPPY-PLAY

*Self-Serve
DOG WASH*

7 DAYS A WEEK
8:00AM – 6:30PM

 Dog wash accessed from parking lot behind shelter

\$10 PER WASH CYCLE
Cash or Tokens Only

 *Bring: Your dog and their favourite towel*

*One Wash
HELPS VACCINATE
ONE ANIMAL*

Photo: Dawn Wiggett



Meet. Adopt. Love.

cochranehumane.ca     FOLLOW US!

**Cochrane & Area
HUMANE SOCIETY**

HARDER & SONS
EXTERIOR MAINTENANCE SERVICES INC.

**We create and maintain your
OUTDOOR LIVING SPACE**

Complete Year Round Grounds Maintenance
Landscape Design, Construction & Repair
Deck & Fencing
Forest Management
Natural Play Spaces Design & Construction
Complimentary Consultation

*Serving Bragg Creek, Cochrane, Calgary
& the Foothills since 2009*

403.949.3442
exteriormaintenance.ca
info@exteriormaintenance.ca

Member of Bragg Creek Chamber of Commerce,
Cochrane & District Chamber of Commerce, Landscape Alberta

HCRCWA Update

HIGH COUNTRY RURAL

CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our beautiful paradisiacal home just west of Calgary. We are so lucky to live here. About once a week, Della and Al Dickie remind us of that. As a hobby, they drive through the High Country and take hundreds of spectacular pictures. Then they select thirty or forty of the best to put in a slide show along with music to match the pictures. No advertisements, and no appeals for funding. They just love this area and want to preserve its beauty for all time. To see all of Della's previous slideshows (but without the music), go to mountainphotos.ca and click on "Gallery." Alternatively, click on "Videos" to see many of those presentations with the music. To be

added to their distribution list, send a request to lldickie@persona.ca.

My last column briefly discussed **identity theft** and how easily we can all fall prey. There was not enough room to mention a free service that determines whether your e-mail address has been compromised. To try out this service, go to haveibeenpwned.com. There, you type in your e-mail address and it will tell you whether that address has been compromised.

On a reflective note, my wife (Else, from Denmark) and I recently celebrated our sixtieth wedding anniversary. When we first met, on Sunday evening, October 4, 1959 in Cambridge, England, she spoke no English, and I spoke no Danish. No problem: we both knew French. She spent most of her youth going to school near Paris, and my B.A. at the University of Buffalo was in French Literature. That was our common language until our marriage in Copenhagen, August 1960.

Fast forward about fifty years to Priddis and the evening of March 16, 2010, when Vera Colville and a few other members of a then-defunct

High Country Rural Crime Watch Association, organized a meeting

to revive the HCRCWA. They asked persons in attendance to nominate and vote on persons for positions on a new Board of Directors. Tom Laxton became our first president; Suzanne Oel, our vice-president; Sandy Bruce, our membership coordinator; and Joan Paterson, our secretary. Seventy-seven of those in attendance that evening paid \$10 per family to join the revived Crime Watch, so our bank balance must have been about \$770 on that evening. We still had to account for the signs we distributed to our new members. By the end of the month, our membership had risen to ninety-three, and two more members volunteered to serve the organization wherever needed. One was Donna Hanson, who subsequently became our treasurer, and I was the other, who subsequently became membership coordinator.

With less than a hundred members, life was relatively easy. We emulated the words of *Summertime* from Gershwin's *Porgy and Bess* where "the livin' is easy." I could take over roughly four jobs: (a) Keep track of the memberships; (b) Answer our telephone; (c) Keep members apprised of criminal activity in our area—news gathered from the RCMP and member reports. One of my first "news" items was from a member who reported an unknown person had



Barrister & Solicitor,
Notary Public

Linda A. Anderson

25 Years Experience

403-243-6400
403-949-4248

linda@lindaandersonlaw.com

Appointments available in
Redwood Meadows & Calgary



SERVICES:

- REAL ESTATE
- WILLS
Including -
Personal Directives &
Enduring Power of Attorney.
- ESTATES
- FAMILY LAW
Including -
Divorce,
Pre Nuptial & Co-habitation
Agreements
- SMALL BUSINESS



Sylvie's Massage & Esthetics

Bragg Creek

Sylvie Lappa RMT • NHPC
403.828.5408
sylvielappa@gmail.com

BOOK ONLINE: www.schedulicity.com/scheduling/SLMFES

BRAGG CREEK PLUMBING & HEATING LTD.

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

DOUG TUTTLE
bcph@explornet.ca
Ph: 403-931-0486
Fx: 403-931-1617

twice driven dangerously on the road on which she lived, and she wanted residents to be watchful.

(d) My fourth job was for members who did not have internet access. For them, I recorded and phoned an audible version of each e-mail I had just sent to the other members.

Today, with our membership well over eight hundred families, several persons handle those tasks more efficiently than I could do alone. Elizabeth Davis, our membership coordinator, manages our membership data, now moved from a simple spreadsheet into a database. Dave Schroeder and I alternate writing this column each month for the *High Country News*. Several members of the board, usually Elizabeth Davis, Suzanne Oel, or Dave Schroeder, regularly send information to our members by e-mail. Dave Schroeder then records audible versions of those messages to phone to members without internet access. Dave also answers our telephone 24/7.

The development of the HCRCWA during past ten years has been exciting to follow, and for the next ten years will probably be just as stimulating. Now, at age eighty-five (and a half), I may not

see the end of that development, but I hope I will. My problem is that I do not have the same energy as I had when I was just seventy-five years old. I asked Dave Schroeder whether he would be willing to take over writing this column alone each month, and he accepted the challenge. I am grateful.

So for the last time, I'll sign off by saying "That's the news from the High Country where all the women are beautiful, all the men are strong, and each child is a prodigy."

John Robin ('J.R.') Allen
HCRCWA Member-at-large
jrappiddis@gmail.com

CRABAPPLE COTTAGE

There's No Place *like The Cottage!*

the stars of **SEPTEMBER** *exciting new fall collections!*

we love to see you *twinkle!*

up to **70% OFF**

Exclusively ours:
Driftwood Denim

Charlie B

Gabby Isabella

Eternelle

Django & Juliette

and many more!

Safety Precautions in Place!
open daily! • 403.949.4264
The Old West Mall • 2-27 Balsam Ave, Bragg Creek
New Website Coming Soon!

Follow Us. Feel Good.
@crabapplecottagebraggcreek
small place, Big Destination!

BRAGG CREEK DENTAL

MICHAEL D. CLANCY, D.M.D.

Our patients are our most important asset.

That's why we've developed our practice philosophy and designed our office with you in mind.

We welcome patients of all ages into our family practice.

Our office is equipped with advanced technology to provide you with the advanced care you deserve.

WE ARE OPEN AGAIN!
& are following COVID-19 protocols



Box 608, 35 White Ave., Bragg Creek, AB T0L 0K0

403-949-2288 • Fax 403-949-2295

bcdental@telus.net • www.braggcreekdental.ca

We direct bill to most insurance companies (some conditions apply)
We follow the new 2020 Alberta fee guide

The Wonderful World of Fascia

by Jennifere Gordon

BSc. PT, GunnIMS, APCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

In recent years there has been an explosion of research on fascia and how various treatment modalities (acupuncture, acupressure, laser, ultrasound, manual therapy) affect our myofascial system.

Fascia is a dense, irregular connective tissue throughout our body that surrounds and connects every muscle, bone, organ and joint. It forms continuity throughout the entire body that is important in movement organization and posture (Schleip, 2003). It is made up primarily of collagen that forms sheets or bands beneath the skin to attach, stabilize, enclose and separate muscles and internal organs.

There are distinct layers that play different roles. The superficial layer connects our skin to tissues beneath and allows gliding and sliding of these layers. This layer also acts as a heat insulator and thermal regulator. The deep fascial layer is a denser fibrous tissue that penetrates and surrounds the muscles, bones, nerves and blood

vessels of the body. This layer transmits forces from muscles to bones, encloses our muscles into groups and assists muscles with tension and pressure regulation. The visceral layer encloses our internal organs and helps to suspend our organs and reduce shock and friction.

These layers form a complex network of tissue that influences and is influenced by every organ, muscle, blood vessel, bone, lymph vessel and nerve. It is a continuous sheath of tissue that moves, senses and connects all structures (Langevin 2005). This matrix also transports nutrients to tissues and helps to flush out toxins in our body. There is an interesting link here to the traditional Chinese medicine ideology that our organs are intimately linked to our musculoskeletal system. Barrett (2013) states that "TCM holds that the body's vital energy circulates through channels, called meridians, that have branches connected to bodily organs and functions." (Hmmm, pause for thought!)

There are a variety of receptors within fascia that detect and respond to light touch, pressure changes, vibration, stretch, and pain. For example, golgi receptors detect stretch, paciniform mechanoreceptors detect pressure change and stretching forces and nociceptors detect pain. These receptors all play a role in pain and proprioception (body awareness) and are thus capable of responding to the external environment and surface stimulation (Schleip 2008).

When there is an area of disuse, overuse or injury - the collagen in fascia becomes thicker in that area and there is less nutrient transfer and less ability to flush toxins. As this thicker fascia becomes less mobile, injury and postural dysfunctions occur. Muscles, ligaments, and tendons have less nutrient transfer, less waste disposal, less water content and become stiffer and fibrotic. Tissue in the deep and visceral layers can form connective tissue adhesions causing pain and "trigger points" (Myers 2001). A release of these adhesions via a variety of mechanical stimulation (cupping, massage, acupressure, acupuncture with needles, stretching, ultrasound, shockwave, electrical muscle stimulation) allows the cells to spring back into shape and function. For example a needle inserted into these collagen fibres causes a "mechanotransduction" stimulating receptors and thus affecting circulation, pain and healing.

Physiotherapists play a vital role in identifying movement dysfunctions and assessing the body as a whole unit. Often an area of pain develops as a result of stiffness or disuse elsewhere in the body. Addressing postural dysfunctions can affect overall wellness, reduce pain, improve energy levels and play a role in preventative health.

We hope everyone had a great summer, albeit a different one, and is ready to tackle what the Fall and back to school have in store for us!

WE ARE OPEN

We are pleased to announce we are Open for Business to serve our Physiotherapy and Massage patients. Feel free to phone 403-949-4008 or email us at: info@braggcreekphysio.com to book your appointment.

The gym is re-open on a limited basis.



**Bragg Creek
Physiotherapy**

Your pathway to physical freedom



403-949-4008 | braggcreekphysio.com
24 Balsam Avenue, Bragg Creek



Bragg Creek Centre

Hello Creekers!

September is here and although the past five months have been challenging for many of us, we know that the return to school for our kids and teachers brings a whole new level of uncertainty for our community.

We here at your Centre are working hard to develop and offer programs and services to assist our community members in navigating these difficult times by providing alternative solutions.

NEW!

✓ Working with Mage Networks, we are pleased to offer Co-Working Spaces with reliable High-Speed Internet! Starting soon we will have a safe, clean shared work space with flexible scheduling (*daily, weekly and monthly options) available. You'll enjoy a reliable internet connection that allows you to complete your work without worrying about unreliable internet connections. We will be tailoring our programs for those of you still working from home and also for students.

✓ Are you opting for RVS Online Learning? We have space available for small cohorts that require an internet connection and room to work together. (but socially distant!)

✓ Homeschooling? Interested in a day of facilitated but safe gym time to keep the kids active and give you a break? We are offering a structured day of movement and skill building for elementary, middle and high schoolers. If this is of interest to you, please contact us at info@braggcreekca.com or 403.949.4277 for details.

Bragg Creek Nature Adventures Camp was a HUGE success! 6 weeks full of exploration, survival skills and wildcraft; campers as young as 5 were taught how to navigate hazards and mitigate risk as they learned outdoor skills and how to bond with the nature around them. Our partnership with ReDiscover Play (www.rediscoverplay.com) was a natural fit and we look forward to working with them to bring additional camps to the Centre.

Bragg Creek Community Support

Do you or someone you know need a helping hand due to the economic impacts of COVID-19?

Remember we are here for you if you require:

- access to the Food Bank
- assistance getting groceries, supplies or medications
- information or referrals
- someone to talk to: contact: braggcreekcommunitychurch@gmail.com or info@braggcreekca.com or call 403.949.4277.

We are practicing no-contact pick up at the Centre or if you are unable to leave your home we will arrange delivery. All personal information will be kept confidential.

Like many of you within Bragg Creek, the Community Centre has been hard hit by the repercussions of COVID-19. Board and staff are working hard to ensure the Centre continues to be available for our community, but we need you. Watch our website and social channels to find out how you can participate, volunteer, donate or otherwise help support your Community Centre.

Take good care Creekers!
Christine Pollard
Program and Event Manager

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
19 Balsam Ave, Bragg Creek
Hours: 9.00am -4.00pm
Clinician: Jill Read-Johnson,
Certified Podologist
Cost: \$35.00/session
Appointment: Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



MOUNTAIN'S EDGE RENOVATIONS

QUALITY... INTEGRITY... ATTENTION TO DETAIL



Complete Custom Renovations



WCB, Insured, Licensed, 2 Year Warranty

www.mountainedgerenovations.com
403-949-7727 or 403-461-2710



Summer's Last Call

September is bittersweet. The summer is still with us, but the signs are unmistakable - the surreal blue sky has a hot sun that leaves you cool as soon as it hides behind a cloud. Poplars and aspens' yellowing leaves, as glorious as they might be, foreshadow the inevitable next eight months. So do the first morning frosts. Still, the purity of the moment is invigorating and gives us purpose - to enjoy every beautiful day before it is "too late".

September is also a month of abundance. The gardens and farmers' markets are overflowing with fruits and vegetables such as carrots, beets, potatoes, squashes, green beans, garlic, tomatoes, apples, corn, pears, and much more. Eating fresh and local could not be easier. Some of us have already done some fruit jelly or jam with the summer berries. Now it is time to can or freeze the vegetables. Sure, we can buy a jar of tomatoes for not much at the grocery store, but that does not compare to a homemade tomato sauce seasoned with herbs and spiced just how you liked it. We all have secret family recipes for the best pickled beets, or the best condiments money can't buy. Many of our foremothers homesteaded and had no choice but to stock up several months' worth of food. For others, it was cheaper and more practical to grow and process food at home. In the process, they infused heritage and creativity. Honouring their ways amid our COVID crisis makes sense.

Stuck home, a lot of us started a garden or at least planted lettuce in a flower pot last Spring. I now invite you to carry on and try the art and science of preserving fruits and vegetables. Sit back on your deck in the morning sun, a cup of coffee in hand, dig out your

mother and grandmother's favourite preserve recipes, study them, and simply go for it. Guidance and how-to videos abound on the web and will teach you the basic principles of canning, blanching, freezing, drying, infusing, making condiments, jams and jellies. It is much easier than you think, and it is a great way to eat healthily and avoid ingesting obscure ingredients that are hard to pronounce. Feeling creative? Add a twist on the old ways and bring modernity into the recipe by adding a new ingredient or adjusting quantities.

Soon, you will find yourself exchanging a jar of this for a jar of that with your neighbours or friends. What better way to strengthen your friendships and community connections? Oh! And those preserves and jellies make excellent hostess, and (gasps!) Christmas presents.

Bonne appétit!



Renée Delorme
Sommelier

www.tastingpleasures.ca

403.200.9961

mail@tastingpleasures.ca

*Indulge in the pleasures of
private tastings*

Our Terroir, Off The Beaten Path

While our gardens and farmers' markets supply much of our staples, nature does provide exciting food plants that can elevate our cuisine to the next level. Below are two of the many wonderful food plants we are blessed to have and can be harvested in September.

Juniper berries

A hand full of berries (½ to 1 cup) will give you enough to season your recipes for a year.

Eaten raw they remind you of gin. That is because juniper is still, to this date, the most popular flavouring ingredient of ...gin.

Juniper berries can be picked year-round. Select those that have turned blue. They can be used fresh or dried. Keep them in a dark, dry, cool area of your home in a small brown bag or a jar with holes in the lid to dry them. Mix a few dry berries in your peppercorn mills to add a wild flavouring to your beef or venison meat. Crush a few berries and add to your stew or your marinades. Have fun and experiment however, be careful; a few berries go a long way.

Soapberry (aka Buffaloberry, Mooseberry or Shepherdia)

Bears love them and Indigenous people used them to flavour buffalo meat. This year, soapberries are plentiful. On its own, the berry has a bitter and long after taste that sweetens after the first frost. Add a handful of berries when making gravy for your bison roast or add it to your Thanksgiving cranberry sauce. You might even want to experiment and see what you get when you combine it with other berries such as saskatoon or blackcurrant in a dessert or a jelly.

The soapberry bush is about 1 meter high with oval-shaped leaves. The bright red soft berries (the size of blackcurrant) grow in small clusters beneath the leaves along the branches. I recommend you search the web for good pictures and accurate identification before venturing out in the wood for a harvest.

Try the Taste At Home



Grilled Pepper Steak

In Alberta, steak is in a class of its own. No need to serve it with pungy sweet and tangy sauces. It would mask the compelling flavours of grilled meat. A complex wine will showcase a simple salt and pepper steak and vice versa, creating complementarity. Try reds such as Cabernet Sauvignon, Syrah, and Meritage (Bordeaux blends).

• Cedar Creek - Platinum Meritage - sku 828491 (approx. \$42)

• Le Vieux Pin - Syrah Cuvée Violette - sku 768439 (approx \$39)

• Osoyoos Larose - Petales - sku 985812 (approx \$30)

Pork Ribs, Slow Pork and Hamburgers

These dishes often use pungy sweet and tangy sauces and condiments. A fuller, fruit-forward wine with a bit of residual sugar and bright acidity is what you are after. For example, Merlot or Cabernet Franc.

British Columbia Wine Pairing Suggestions for September

• Ester Creek - Cabernet Franc Reserve - sku 740500 (approx. \$31)

• Cedar Creek - Merlot - sku 408666 (approx. \$26)

Vegetable Stew (Think Ratatouille) and Grilled Root Vegetables

Aromatics and flavours associated with these dishes have earthy, herbal, and perhaps a bit of natural sweetness and spiciness. Fuller white, rosé or light reds with earthy, herbal undertones would make lovely pairings.

• Gray Monk - Pinot Noir - sku 251835 (approx \$23)

• Black Hills - Chardonnay - sku 780403 (approx \$29)

• 50th Parallel Estate Winery - Rosé - sku 834840 (approx \$26)

Note: To find a liquor store that sells your wine, search on www.liquorconnect.com using the sku number.



SCOPE
PROJECTS INC.

Residential, Commercial and Recreational Planners and Contractors

Specialty Services
include:

Landscape Master
Planning

Pond and Creek
Design and
Construction

Excavating and
Trenching

Retaining walls
Earth Moving

STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the
TOP 3 THINGS that make your plumbing repair
more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

HERE'S HOW YOU WIN!

- 1. Price-Rite Plumbing** only charges for the time it takes to properly repair your issue as quickly as possible.
- 2. We don't** replace parts other than what's required for a proper repair.
- 3. Well stocked vans** means we have the parts required for your repair.

**YOUR NEXT PLUMBING REPAIR WILL
BE PRICED RIGHT AND DONE RIGHT.
CALL 403-660-1122 OR VISIT
WWW.PRICE-RITEPLUMBING.COM**

PRICE-RITE
PLUMBING

949-2785

Call us or visit our website
at
www.scopeprojects.com

Ron Peiluck M.A.
Managing Director

Adam Vanderwoude
LAT

Greater Bragg Creek FireSmart Committee *Update*

FireSmart Begins at Home

Bragg Creek and Area property Owners have been working hard to make their homes more resistant to wildfire. All those pruned branches and collected deadwood can be brought to the waste transfer site or to

the Chipper Day planned for the Fall (details to follow).

While some FireSmarters are well into their home projects, for some homeowners, one of the challenges of FireSmarting is knowing how to get started.

Get Informed

Perusing FireSmart Canada's website is a great place to begin: firesmartcanada.ca/homeowners. There, you will find information about wildfire risks and steps you can take to make your home more resilient in case of wildfire. You

might also consider downloading the FireSmart Begins at Home app available for both Apple and Android devices. Rocky View Fire Services offers FREE FireSmart assessments. During a home visit, firefighters can give personalized, practical advice on how to strengthen your wildfire resistance. You can sign up online at: www.rockyview.ca/CountyServices/FireEmergency/FireSmart.aspx

Work from the Home Out

We like to say, "FireSmart begins at home". Think of your home as the centre of a series of concentric circles. Start FireSmarting at your house and work outwards. For example, in the 1.5 metres closest to your home, the Non-combustible Zone, remove any materials that windblown embers could ignite. Clean away pine needles and other debris from the roof, gutters, and any other crevices where they collect. Remove dry grasses or more resinous, flammable plants from gardens.

Then, move onto the next 10 metre circle where you will find more opportunities to protect your home. Move woodpiles away. Clear up



WCB * LICENSED * INSURED
Support Your Local Business

HOT PEPPER®

FURNACE & DUCT CLEANING

403-888-2000

www.HotPepperFurnace.com

HOT PRICES - GREAT WORK!™






Mango Maids Specializes in:

- Regular Cleaning
- Move-In Move-Out Cleaning
- Post-Construction Cleaning

**Now offering
Sanitizing & Disinfecting
for homes and businesses
concerned with COVID-19**

403 389 4060
mangomaids.com

mangomaids
eco-friendly cleaners

THANK YOU!



The Foothills Full Service Law Firm

Wills – Real Estate – Family
Corporate Commercial
Litigation – Employment
Notary Public & Commissioner
Intellectual Property

Is Celebrating 10 Years of Service

*We want to thank all of our clients
and colleagues for their patronage
and support over the past ten years!*

WWW.MAVERICKLAW.CA

combustible debris. Keep the lawn mowed and watered. Choose plants that are more resistant to fire, avoiding plants like cedars and pines.

Continue working outward from your home. In the 10 metre to 30 metre zone, you can thin trees (to help prevent fires that “skip” from treetop to treetop in closely spaced trees). Skirt trees in this zone, removing the lower branches (up to 2 metres from the ground) to help prevent ground fires from climbing trees.

Work by Season

There is a FireSmart activity for every season. For example, in Winter, prune trees while they are dormant. In Spring, clear pine needles from gutters, remove deadfall, and move any firewood piles away from structures. In Summer, keep the lawn mowed and watered. Check out the activity calendar on our Facebook page to keep FireSmarting year-round.

Start Small and Work Up

There is no need to move directly to projects that require a big investment. Starting with tree pruning and debris clean up is a great place to begin. Bigger projects might include replacing a wood shake roof with an asphalt one, screening the underside of decks, or looking into roof sprinklers.

More Resources

You can find information about these FireSmart strategies on firesmartcanada.ca, on the Greater Bragg Creek FireSmart Committee's Facebook page, or at the Chipper Day which we hope to host this Autumn. Keep up the great work, everyone!

**We're serving up
Oktoberfest
starting Sept 19th**

**Book your spot today
BavTav.com**

THE BAV
MOUNTAIN
DINING

THE TAV
MOUNTAIN
DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB

It's no secret that Bragg Creek is known for its stories



Be the first to set your eyes on over 100 years of exciting Bragg Creek history

A collection of Bragg Creek history captured through a place-landmark lens and woven together in the stories of folks who lived here. Authored by Michele McDonald with contributions from Barbara Teghtmeyer, Judie Norman and Marie Nylund.

Introductory book price \$24.99 (+gst)

Pre-order your copy today
at the Bragg Creek Trading Post
visit 117 White Avenue or call 403 949 3737



Ad space kindly donated by the High Country News

The Air You Breathe

I remember the day I realized that one of the reasons people spend most of the Fall and Winter congested, running for the tissues, and loading up on the Vick's, is directly related to the quality of the air they breathe indoors. That may sound obvious, but it's easy to blame the season for things we can (and should) control.

A friend of mine is a single mother and had been suffering from severe and ongoing congestion for no apparent reason. Her kids were also getting sick, more than ever before, and she was anxious to find the cause. After months of doctors appointments and spending an appalling amount of money on everything from over-the-counter remedies to essential oils, someone suggested she check the air quality in their home. It was that simple. They were sick from breathing in bad air from filthy ducts.

The ducts in your home are your air control and delivery system. Have you ever seen inside a duct that hasn't been deep cleaned for a few years? It's an

alarming sight when you consider that we normally take about 20,000 breaths a day. Every day.

Dirt, dust, bacteria, and mildew are a few of the things living in your duct system. Not to mention the estimated 40 pounds of dead skin your ducts are harboring as well. During the Fall and Winter we tend to keep our doors and windows closed so these contaminants keep circulating and multiplying. Also, these particles can catch mold spores and hold them in ducts. When you turn on your furnace or A/C it creates the perfect environment for viruses, bacteria, and mold to thrive and travel through your home.

It is important to protect yourself and those you are responsible for by ensuring you are breathing clean air. This is not only true for homeowners, but business owners as well. Companies are noticing employees have far less downtime when they are working in a healthy environment and breathing cleaner air.

There are companies who will come in and vacuum your vents, cleaning a few feet into the ducts. Don't be misled.

That method is ineffective and pushes the dirt around, never removing the unsafe particles out of your home. For the health of your home or business, it is important to have your ducts deep cleaned and disinfected by seasoned professionals.

Some signs that it's time to get the ducts done:

- ✓ Dusty vents – This means you're breathing in even nastier particles from the lungs of your ducts
- ✓ If you live next or close to construction or have done renovations
- ✓ You hear noises – Your duct system should not create additional noise to the normal creaks and squeaks your home makes on its own
- ✓ Congestion, coughing, headaches, nausea, fatigue, sleeplessness, psoriasis, anxiety, and dizziness are only a few symptoms common to poor indoor air quality
- ✓ It's been more than 5 years since you've had your entire duct system cleaned.

*By Carla Berezowski,
Alberta Indoor Comfort*

Moose Mountain Mechanical Ltd
Plumbing & Gasfitting
New Builds & Renos • Hydronic Heating
Residential & Light Commercial

Ian Greenhalgh

403.471.4159 • ian@mmmech.ca

Box 59, Bragg Creek, AB T0L 0K0



DRAGONLAND TREE SERVICES 28 YEARS EXPERIENCE

Qualified - Fully Insured

EXCAVATING: For Water/Utility Lines, Earth/Gravel Moving, Culverts Installed, Demolition, Buildings & Shipping Containers Moved

TREES: Felling, Tree Removal, Dead Trees Cleared, Burn Piles Built, Woodland Management

Call Pete 403.809.2926

Email dragonlandtreeservices@gmail.com

Seniors' #1 Fear: Loss of Independence



Remain in Your Home.

Remain Independent.

FREE Assessment of Home
for Your Independent Living,

>>> \$ 400 Value <<<

(first 20 callers, before Sep 15)

Call now !

403.230.2690

Experts@AlbertaIndoorComfort.com



It's been a busy summer for RMES! Our members spent much of the summer responding to backcountry rescue calls with our partners at Kananaskis Public Safety, Alpine Helicopters, STARS and Alberta Parks. With beautiful Fall weather ahead of us, here's a few tips to help ensure we don't "meet" you in the backcountry:

- **Start early** – It's easier for first responders to find you in daylight and get you to safety. Days are getting shorter and it's harder for our crews to find you in the dark.
- **Park in designated parking spaces** – Trailheads are busy and parking lots are full. Please only park in designated parking stalls, to leave room for emergency vehicles and crews to do our work.
- **Wear the gear** – Wear the right equipment for the activity you're planning to enjoy; including footwear, weather-appropriate clothing and helmets if you're riding a bike.
- **Carry emergency gear with you** – Having a flashlight, first aid kit, medication, water and small supply of

food will make it easier to wait for us to get to you.

- **Take a buddy** – Don't adventure alone.
- **Talk to your kids** – Sometimes things happen to adults. Before you set out for your adventure, discuss an emergency plan with minors including how/where to get help if an adult(s) get injured.
- **Tell someone** where you're going, the route you're taking and when you'll be back.

As always, when you see the big red trucks coming up behind you with our lights flashing and sirens going: **Pull over and stop**. It's the law and someone else is depending on us to get to them quickly and safely.

Until next month, stay safe!

Visit our website **HIGH COUNTRY** *News*.CA



The Bragg Creek Centre is offering a safe, clean shared work space with flexible scheduling.

DAILY, WEEKLY AND MONTHLY OPTIONS AVAILABLE.

Best of all, you'll enjoy a reliable internet connection that allows you to complete your work without hassle!



Contact us for details.
info@braggcreekca.com
403-949-4277

Sponsored by



Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am

WE ARE BACK, with PHYSICAL DISTANCING, LIMITED ATTENDANCE as we observe Alberta protocols. For what to expect visit our website and join the email list for up to date info.

You can also still join us on Facebook Live or YouTube, details on our Facebook page and website



**Join Bragg Creek Area
Community Support**

on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.

Or contact Pastor Dave to donate to the **Bragg Creek Food Bank and Crisis Fund** or if you are in need of assistance

This time has put a lot of pressure on our relationships and mental health, **if you would like to talk with someone** please reach out at 403.671.3819 for support

Located in the Bragg Creek Shopping Centre • Balsam Ave

This ad space generously donated by the High Country News



Fall 2020 Programs

403-933-3278 www.sheepriverlibrary.ca

Programs in the time of COVID



Because of the COVID-19 pandemic our programs will be run in a different manner.

We are offering fewer programs to allow for appropriate physical distancing in our spaces.

Some programs, such as PD Day movies have limited the number of attendees.

Some facilitators have opted to postpone or shorten the length of their program.

Cancellations could happen at the last minute, so please check our website and Facebook page for updates.

We will be regularly disinfecting spaces and equipment.

Some equipment may not be available, and you may be asked to bring your own, such as mats or blankets for some children's programs.

Please check to see if any changes have been made to the program you wish to attend.

We encourage wearing masks, using hand sanitizer, and regularly washing your hands.

The Out Loud Series has been cancelled for this year.

Mind and Body



Qi Gong

This moving peaceful meditation can help to balance and harness your Qi or "life energy". The activity takes you through a set of slow, gentle movements while you focus on visualization and breathing.

Instructor: Edna Howdle

Mondays, starting September 14 1:00

Inductive Bible Study

We will be finishing the gospel of John Part 3, using the inductive method. Instructor: Jan Burney \$10

Wednesdays, starting September 9 10:00-12:00

Women's Bible Study:

If you have ever struggled with insecurity or had trouble accepting your limitations, this study will help you see how God can use your weakness to "unlock" HIS strength. Join us as we walk through the study of Gideon with Priscilla Shirer. For more information, call Deborah McInnes 403-630-8681.

Tuesdays, starting September 8 9:30

Digital Photography Scanner

Learn how to put your photos and slides into a digital format that will protect their features and save you

space. Please call the library to arrange a one-on-one session.

Introduction to Fingerstyle Guitar

This workshop focuses on an understanding of basic fingerstyle guitar, specifically the importance of developing an independent right thumb and will look at basic right-hand patterns, moving toward the goal of playing a melody against a steady bass line. Attendees should know first position chords in the keys of C, G, D, A and E and be able to change chords while keeping steady time. Instructor: Jim McLennan \$20

Tuesday, September 22 7:00

Colouring with Chords

Learn to let your ears guide your hands to more variety and emotion in your songs by looking at easy ways to vary standard major and minor chords to add more interesting sounds. Attendees should know basic first-position chords in the keys of C, G, D, A and E.

Instructor: Jim McLennan \$20

Tuesday, September 29 7:00

Fly Fishing Stream Sense

This is an evening of questions, answers, and discussion about a myriad of fly-fishing topics, including fish behaviour, the importance of water temperature, when to change flies, how to approach water, common mistakes, 12 favourite flies, and whatever else comes up

Instructor: Jim McLennan \$25

Thursday, September 24 7:00

Writing Non-Fiction

A two-part workshop devoted to writing short non-fiction for magazines, websites and on-line publications.

2 Classes Instructor: Jim McLennan \$40

Tuesdays, November 17 & 24 7:00

E-Reader Support

Need help downloading e-books onto your e-reader?

Call 403-933-3278 and make a one-on-one appointment with Gita on Friday afternoons.

The Wild at Heart

Sheep River Ramblers

We organize walking, hiking and snowshoeing groups for all levels. To learn



about any Rambler event please call the library to add your name to the

Rambler email list. (Must have a Sheep River Library membership to join).



Fall 2020 Programs

403-933-3278 www.sheepriverlibrary.ca

Children's Programs



New in 2020:

Please register at the library for these sessions.

Toddler Time

(parent/caregiver with children 12 to 36 mths)

Spend quality time with your toddler learning language through songs, activities, rhymes and stories.

Three classes offered in the outdoors.

Wednesdays, September 16, 23, 30 10:30-11:00

Baby Rhyme Time

(parent/caregiver with babies up to 12 mths)

Meet new people in a relaxed space while you learn songs, rhymes, and activities that fit the age of your child. You will learn strategies to engage your child as they move through different stages.

Three classes offered in the outdoors.

Wednesdays, September 16, 23, 30 11:15-11:45

Natured Kids (parent/caregiver with children 3-5 yrs)

Experience nature as a learning tool! Essential skills will be introduced to families through games, songs and activities out in nature. Join us for one hour of fun in the sun, rain or snow! Two sessions offered with space for 10 families in each session. Dress for the outdoors!

Wednesdays, Sept 16-Nov 4 12:15 or 1:30

Parent Coffee & Chat

All parents are welcome to come and chat over coffee, get parenting information and meet other parents. Supervised play is offered for children.

Facilitated by Greater Foothills Family Centre.

Thursdays, starts Sept 10 10:00-12:00

PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30am and 2:00 pm on PD Days. 20 people per session. No food will be permitted but juice boxes/water bottles will be allowed. Please register at the library to secure your spot!

The Creative Side

Q & S Club (Quilting & Sewing)

Open to any quilter or sewer of any ability. Participants can work on either their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by experts.

Thursdays, starting September 24 1:00-3:00



Fibre Fiends

If you like to knit, embroider, sew, crochet, quilt or any other handwork endeavour you are welcome to hang out in the magazine area and pursue your passion with like-minded individuals.

Tuesdays, starting September 8 10:00-12:00

Career Development



One on One Consultation

A McBride consultant is at the library most Wednesdays to meet with you individually.

Call 403-601-2660 to make an appointment.

Clubs & Groups

The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library.

Second Tuesday starting Sept 8 1:15

The Austentatious Book Club

This group meets once a month to discuss classic novels. For a list of titles please ask at the library.

Second Fridays starting Sept 11 10:30

Poetry by the Fireside

This group meets on the last Thursday of the month at 10:30 to read the works of poets both dead and alive and share their own work. A voluntary monthly writing project is assigned. Facilitator: Doris Daley

Conversational French

Join other French speakers for conversation. (Note: this is not an instructional class).

First Thursday of the month 3:15

Community Drumming Circle

Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+. Fee: Donation

First Fridays starts October 2 7:00

Genealogy Group

Want to research your family tree? Have you hit a brick wall in your research? Learn proven techniques to get you started and share your journey with others.

Facilitator: Sheila Bjerreskov

Second Wednesdays starts September 9 7:00



Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



FRESC Update: We're back in the news on this topic because a surprise announcement came from the Province this summer regarding taking EMS Dispatch away from Lethbridge, Calgary, Red Deer and Wood Buffalo, as a result of the 2019 AHS Report recommendation #34. We were advised that there would be consultation and had made submissions in support of these municipalities retaining their EMS Dispatch and requesting that ours be returned. We've made the case based on cost-savings and life-savings. We've made it for years because it is worth speaking up about and because of our negative experience with a reduced service level. The Government, as official opposition, supported retaining EMS dispatch in our 911 centers and, as you know, our Foothills Regional Emergency Services Commission (FRESC) has consistently supported that EMS and fire dispatch work best out of the same 911 center. So, along with these municipalities, we will remind our MLAs and Ministers that we have an effective solution, which will save time in the response to emergencies, save money and save lives. Please add your voice to this important matter, to ask that EMS dispatch remain in these centers

and be returned to ours. For more info, visit www.fixrural911dispatch.com.

Lower Highwood River area needs Mitigation Funding: After the catastrophic flood event on the Highwood River in June of 2013, the Town of High River was permitted by the Government of Alberta to construct extensive flood mitigation, in the form of dikes along the Highwood River, to protect the Town from future extreme flood events. This work was undertaken with the understanding that it would create downstream impacts. Extensive flood modelling and analysis showed that the diking in High River altered the flow split between the Highwood and Little Bow rivers and as a result, 109 properties in Foothills County downstream on the Highwood River were predicted to be negatively impacted, of which 11 had impacted residences. In some cases, as much as an additional meter of water was anticipated at these residences in a 2013 equivalent event. Starting in 2016 Foothills County began working with the Resilience and Mitigation Branch of Alberta Environment to come up with a scaled-back plan to mitigate the increased risk that had been created for our residents. The Lower Highwood Flood Mitigation Program in January 2018 contemplated buy-outs for the 11 properties with impacted residences, at a total cost of \$12,853,628. In June of last year, we wrote to thank the Government of Alberta for their generous support and approval of year one of Phase I of this Mitigation

Program, where Foothills County received an initial contribution of \$2 million to begin the process of offering buy-outs for properties with impacted residences. We were disappointed to receive a letter from the Environment Minister, in March 2020, indicating that there is no funding available at this time to continue the Lower Highwood program. We understand that the current budget reflects a commitment to "responsible fiscal management" and that the COVID-19 pandemic has put significant additional strain on provincial funds. However, the Government of Alberta, who made the decision to grant approvals for the mitigation works at High River with an understanding of the potential impacts to downstream landowners, is ultimately responsible for increasing flood risk for these residents of Foothills County. These landowners, through no choice of their own, are providing a valuable ecosystem service to the Town of High River by becoming part of the Town's flood plain management strategy and now, it seems, are expected to bear the cost. As such, we are asking the Government of Alberta to reconsider making a commitment to fully funding the Lower Highwood Flood Mitigation Program. (Thank you to our County Staff who have been working on this project behind the scenes on behalf of residents.)

Best Regards, Councillor Suzanne Oel

For Other News & Updates:

*Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel*

SMALL ENGINE SOLUTIONS Professional Small Engine Repair

*Providing Effective Low Cost Repair
To All Types Of Outdoor Power Equipment*

Serving Bragg Creek • Priddis • Springbank • Elbow Valley

For Pickup Call

Phone 403.949.3110 • Cell 403.991.3920



KAT AUTOMOTIVE

Kevin Den Hoed R. S. E.

Automotive Technician / Owner, AMVIC Certified

kevin@katautomotive.ca • 403.850.1043 • www.katautomotive.ca

352057 Leisure Lake Dr. W, Foothills

Diesel, Gas & Hybrid Vehicle Repair & Maintenance

**• Automatic & Manual Transmission • Tires, Balance & Repair • Air Conditioning
• Steering & Suspension • Brakes, Engine, Exhaust, Electrical Repairs • Trailers**

Refer a customer and receive 10% discount on labour on your next KAT invoice!

Time to Tune Up!

Fall is around the corner, and before you know it, it will be colder! Will you be safe, warm, and comfortable through the long, cold seasons?

A properly maintained HVAC system (Heating, Ventilation, Air Conditioning) can mean the difference between comfort and distress in your home. You invested good money in a furnace or HVAC system, so protecting that investment with annual professional tune-ups make sense.

The following guidelines will help you maximize your investment and explain how to enjoy a warm and worry-free home through the fall and winter.

Inspect to Protect - Keep you and your Family Safe

Furnaces produce heat by burning fuel. To maintain the efficiency and safety of your system, the burning of the fuel (combustion process) must be precise. Cracks and leaks in the system can elevate the escaping carbon monoxide to dangerous levels resulting in illness and, in the most extreme cases, death.

We know of one family who suffered from low level carbon monoxide poisoning and although it wasn't lethal, it cost them nine years of health and wellness. Their story is not uncommon.

Inspecting the heat exchanger, gas burner, and gas valve calibration are critical to the operation of the furnace. Don't risk the safety of your family.

Don't Just Go with Any Flow - Ensure Proper and Healthy Airflow

Sufficient airflow is pivotal to the proper operation of your furnace. During the furnace tune-up, our technician checks your heating system to ensure proper airflow. Restricted or limited airflow places added strain on the furnace which can lead to additional, costly repairs and a shortened service life of your furnace.

Furthermore, your furnace is a big factor in the quality of the air you and your loved ones breathe daily. Our technician will also check for signs you are breathing in toxins and dust particles which can increase the likelihood of you and your family getting sick.

An Ounce of Prevention - Reduce Emergency Repairs

Every winter we receive many emergency calls which could have been prevented by routine maintenance. Skipping your annual furnace inspection and maintenance doesn't save you money in the long run, it's a very expensive gamble. In addition to cleaning and filter replacement which keeps your furnace running efficiently, a furnace tune-up identifies potential problems before they turn into major repairs.

Save Your Dollars - Improve Energy Efficiency

Our furnace tune-up includes the cleaning and inspection of the furnace burner and heat exchanger. In addition to ensuring safe operation, this will ensure that your furnace operates at its top efficiency, resulting in lower heating costs.

Stay Covered - Manufacturer's Warranty

If your furnace is under a manufacturer's warranty, it is important to get an annual

furnace tune-up so you don't void the warranty.

In the end, all you need to consider is the very real possibility of it being -30 and your furnace quitting in the middle of the night because you thought it looked okay. That, right there, is enough reason to be proactive about regular furnace maintenance.

By Carla Berezowski,
Alberta Indoor Comfort



**FOOTHILLS
COUNSELLING**
PSYCHOLOGY INC.



Katerina Renny, MSc, Registered Psychologist
Your Local Therapist
Providing Counselling for Adults and Adolescents

- In-Person or Secure Online Video Sessions Available
- Counselling for a wide variety of issues: anxiety, depression, grief & loss, addiction, trauma, current stressors, couples counselling

Three office locations to serve you:
• 140 Main Street NW, Turner Valley
• HWY 762, 15 Mins South of Bragg Creek
• 1813, 8th St. SW, Calgary

403.819.7691
KRENNY@FOOTHILLSCOUNSELLING.COM
WWW.FOOTHILLSCOUNSELLING.COM

FURNACE + AC BLOW OUT SPECIALS



**DON'T GET STUCK
IN THE COLD !**

**SAVE NOW,
DON'T SUFFER
ANOTHER SUMMER !**

**NO PAYMENTS UNTIL
SPRING 2021 *OAC**

**FREE Whole Home
Maintenance Plan
with Every Purchase.**

CALL NOW !

403.230.2690

Experts@AlbertaIndoorComfort.com



WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
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

**Having a hard time remembering your maintenance schedule?
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

SIGN UP NOW by emailing info@acreswest.ca



25 years in Business

- Water Softeners, Iron Filters, Water Purifiers
- Pressure Tanks, Well Service, Pumps
- Water Storage Tanks

**SOFTENER
SALT
DELIVERY
AVAILABLE!**



**ACRES WEST
POWER & WATER**

*Our Green Technologies will
Transform your Acreage*

www.acreswest.ca

403-931-3733

**Our peroxide is available at :
Moose Mountain General Hardware Store, Bragg Creek Shopping Centre, Balsam Ave, 403.949.3147**



The Priddis Community Hall is open with restrictions for COVID-19. The porta-potties can be used. The playground at the Hall is open. Space is limited in the Priddis Community Hall parking lot so please respect social distancing. Please do not leave your garbage on the ground. Use the containers provided. Check our website for updates and current information – www.priddisalberta.com

Young Families: Young Families hosted a child-friendly outdoor get together at the Hall in August. Check Facebook and the website (see below) for the next event details in September.

Priddis Panthers Hockey: Registration for Priddis Panthers Pond Hockey is open until September 4th. Registration can be completed online using TeamSnap at go.teamsnap.com/forms/240464. The registration process in Team Snap is efficient but we are available to help you through it if you need assistance. Please email or call if we can help.

We are continuing to work with Hockey Alberta to follow the government protocols for COVID-19 and ensure that our children remain safe. With the return to school announcement, we are even more optimistic that our season will go ahead as planned. In the small chance that the season is cancelled or cut short, please be reassured that we will refund the applicable fees.

Registration cost for 12 and under is \$300
Registration cost for 13 and over is \$350

- Each family is required to pay the \$25 Priddis Community Association fee.
- There will be no increase in fees this year.
- Each family will still be required to volunteer throughout the season,

however the number of hours required have decreased from 20 to 15 hrs per player. This is, in large part, due to our new Zamboni. Volunteer preferences can be selected as part of your online registration

- We will be collecting a refundable jersey payment of \$100/player at the time of registration. This payment will be returned at the end of the season once the jersey is returned.
- Payment can be made by VISA, Mastercard, or e-transfer.
- There is a \$50 administrative fee per player if withdrawing their application for the season after the season has started. COVID related changes and refunds will not incur admin fees and refunds will be given if the season is cancelled.

We are looking forward to an awesome season and hope you can join us starting in October.

Priddis Early Learning Program - PELP:

The first day of preschool is Wednesday, September 9th. We are a licensed program so plans and policies will be based on the guidelines set forth by the Alberta Government. Details were emailed to registered families in August. We still have space in our 3 year old class! This class runs 9:00-11:00 Tuesday/Thursday. Please email pelppreschool@gmail.com if you would like to have your child join our program. Please check out the website or email for more information, pelppreschool@gmail.com or visit pelppreschool.wixsite.com/pelp/registration

Priddis Panther's Hockey Association

Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

Our new bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable

donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

Local Beekeepers: Anyone interested in hosting beehives next year can contact sebkirstine@gmail.com at the Calgary Beekeepers Association. He needs a description of the property and how many hives people want to host and he will post it to the CBA Google Group. FYI ... Apparently, the massive amount of uncut clover this year has resulted in some Keepers extracting 150 lb. of honey per hive!

Booking the Hall: We are taking bookings for the Hall into this fall and next year. If we are unable to honour your contract due to the COVID-19, your deposit will be returned.

To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing, and updates.

Staying Connected: Did you know that along with The Priddis Community Association's webpage we have a few Local Facebook pages to keep the community connected? These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.facebook.com/Priddismoms

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

BUSINESS PROFILE: *Collective Wellness*

Hyperkyphosis And How It Affects Our Body

I wanted to introduce myself and my new business. My name is Sheena Taggart and my business is Connective Wellness Therapeutic Massage. Recently I finished my schooling at MH Vicars School of Massage Therapy and became a Registered Massage Therapist. For the last nine years I have worked for Canada Post in Springbank and Redwood Meadows and can't wait to see my customers again in my new profession!

I chose this profession because of what I have experienced with my body and the medical professionals that helped me get to where I am today. I have seen an upper cervical chiropractor who would manipulate the first cervical vertebra as well as provided a stretching booklet for me to follow. In the seven years since I have maintained the adjustment with very few further appointments. With my physiotherapist I have worked on all kinds of problems such as rotator cuff muscle imbalance, sciatic issues, anterior pelvic tilt, and chronic tight neck and shoulders. I found if I kept up with my stretches and strengthening I wouldn't need to go back. The problem is I didn't always do my stretches and strengthening.

It was with massage that I found I was getting more lasting benefits. I talked to my massage therapist about all the many things she can treat and realized massage was something I could be passionate about. In school I learned about myofascial release which is the connective tissue that is between the skin and muscle, as well as surrounding the muscles and organs. I started doing myofascial release

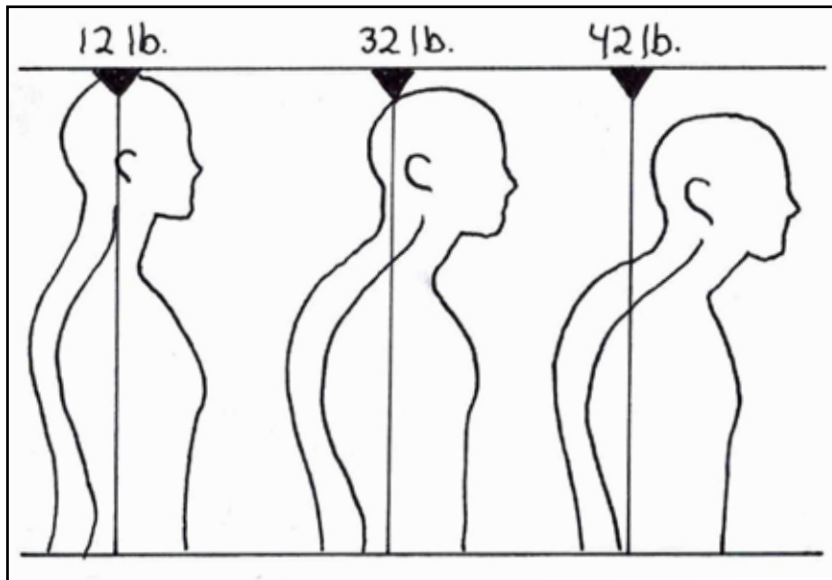
on my classmates, my massage volunteers that I had as homework, and myself. I am currently seeing a myofascial specialist as I continue to unwind my body and plan to continue my education in myofascial release. My journey has helped me to understand the body and how it works. Because of this journey, I am now able to create a lasting effect by treating the cause, not just the symptoms.

As I look around at people's postures I have noticed that most people have an exaggerated curved upper back, protracted shoulder blades and a

exercises. Symptoms these people might be experiencing could be chronic headaches, even migraines, sore tight shoulders, jaw issues, tight neck muscles, and nerve issues in the arms and hands. Really bad hyperkyphosis can also affect breathing.

This illustration of poor posture provides an idea of the pounds of pressure put on the cervical vertebrae with the increased curvature of the spine.

As long as the vertebrae are not fused the good news is this can be fixed. I am proof of that! The treatment for hyperkyphosis



is a massage once a week for six weeks which would include heating the shortened muscles, myofascial release, trigger point release, stretching techniques, and stimulation of the inhibited muscles. For homecare there is a stretch and strengthening plan to follow. Following the six weeks is an assessment to determine next steps (if any!). Everyone is different so there is no one-size-fits-all solution. Results depend on where a

person starts from and if they have been able to keep up with the homecare.

I look forward to seeing you,

Sheena Taggart RMT

Connective Wellness Therapeutic Massage

Restore function and life through the re-education of muscles and elimination of pain.

www.connectivewellness.ca

head forward posture which is called hyperkyphosis. It is often accompanied by hyperlordosis which is in the lower back. This can happen with certain medical conditions such as osteoporosis, ankylosing spondylitis, Pott's, and Scheuermann's disease. If that is not an issue the main culprits are sustained poor posture (slouching or sleeping in the curled-up position) or emotional causes when unconsciously trying to appear small. Occupational sources can be excessive hours sitting and weightlifting since there is an overemphasis on the pectoralis and flexion strengthening



CONNECTIVE WELLNESS
Restore function and life through
the re-education of muscles
and elimination of pain.

Sheena Taggart RMT

Direct Billing & MVA Claims

403.999.1471 • info@connectivewellness.ca

www.connectivewellness.ca



Since the month of August the Millarville Library has been open on Wednesday from 10-12 and 4-7:30 with the following restrictions:

- Maximum of 3 patrons, or 1 family, in the library at a time
- Limit your visit to a maximum of 15 minutes
- Sanitize your hands upon entering
- Masks are encouraged
- Do not visit if you are feeling unwell.
- Curbside pick up is still available.

The Library will continue to open on Wednesdays only (10-12 and 4-7) until further notice. We are a volunteer run library and volunteers are not allowed to work until we reach stage 5. You can still access the Marigold system online to access books, audio/video materials, learning materials articles, magazines and newspapers, reference materials, language learning, history and genealogy and more. Check it all out at www.marigold.ab.ca/eresources.

We are always looking for new volunteers to run our little library. This really is the best volunteer gig around. You sign up for a three-hour stint once a week (or share it with another volunteer) checking books in and out, helping clients find the title or author they are looking for, or navigate the Marigold online e-resource system. We have a pool of substitutes so it is very flexible and a great way to get to know your community. If you are interested please call or email the library.

We have continued to cull and buy books so there are lot of new titles in the library as well as a great selection of used books (bag of books for a \$1) in the lobby.

I hope that many of your children were able to take in the summer program that ran every Wednesday throughout the summer, thanks to our dedicated and enthusiastic librarian Natasha Grusendorf. The many different activities included Story Time with our wonderful Story Teller, Kelly Nutbrown, crafts with Alberta Smallwood, Ninja training camp, science experiments, and a final play of the Paper Bag Princess done by Karen Whitley and her crew. It was a different summer program, being held outdoors, but lots of fun was had. Thanks to the many helpers and to the kids for coming to play with us.

The Library Board is ready and eager for a complete opening when possible. We

are accessing a grant which will provide new art display hardware as our changing art displays have proved very popular, some of them with workshops attached. The grant money will also cover new shelving and comfortable seating for book browsing.

We hear that our many area book clubs have continued to be active, first with Zoom book club meetings, and then socially distanced meetings outside. Reading has been a great solace to many of us in these worrying times. Are you reading more non-fiction, more

mysteries, more "escape" fiction or do you still like a good apocalyptic story?

Here is a suggestion from one of our area book clubs, Books West. *The Spy and the Traitor* by Ben McIntyre. This is an astonishing story of a cold war super spy, Oleg Gordievsky, who was a KGB agent and a spy for M16. This compulsive page-turner has the reader on the edge of her seat. It is one of these books that has you Googling the real-life characters to find out more. Oleg Gordievsky is now in his 80s living under protection in England.

**We are the
Garage & Concrete
Experts!**

End of Summer Sale ON NOW!

**10%
SENIORS
DISCOUNT**

Instant financing
available on
approved credit.

**OUR SPECIALITY
BREAK, REMOVE AND
REPLACE OLD DRIVEWAYS**

Excavation, Graveling, Basement Walls, Grade Beams,
Driveways, Garage Floors, Stamped and Aggregate Finishes

INSURED • LICENSED • REFERENCES • BONDED

C&J Construction

403-277-1455 CALL TODAY FOR
YOUR FREE ESTIMATE!

www.candjconstruction.ca

OVER
46 YEARS OF
EXPERIENCE OF
GETTING THE
JOB DONE
RIGHT!

A+
BBB
ACCREDITED
BUSINESS



TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well we had some chilly nights starting around the middle of August, so much so that I had to put a sweater on, and check the forecast as to whether or not the tomato plants should come indoors. But the sun made up for it during the days, and we had some lovely hot weather to enjoy, with temperatures in the high 20s and low 30s. Here's hoping for a nice Fall, and here's a look at what's happening in our beautiful neighborhood in September.

Amalgamation is in the works again. **Both towns, Turner Valley and Black Diamond, will be officially letting the Minister of Municipal Affairs know that they would like to investigate amalgamation again.** This notification will occur on September 15. The two towns received a \$150,000 grant in 2017 to hire a consultant to conduct a study on the subject. And back in 2007 it was explored again but was voted out with a slim margin. So, what does this mean for our Diamond Valley? Amalgamation is defined as "the action, process or result of combining or uniting". This in part means combining resources and duties such as administrative, maintenance, and police. In some areas it may save taxpayer's dollars, in others, it may cost more. There are many issues to discuss. So, we would most likely apply for another grant for investigation, and go from there. The two towns have a Friendship Agreement, developed back in 2012, that says each has agreed to a commitment to study the possibility of amalgamation in the future. So, the debate continues! Contact your town's or municipalities' councilors for more information.

The winners of Turner Valley's beautification contest have been decided, and a tough decision it was. A total of 50 projects were submitted in the form of gardens, and first place won \$100 with \$50 going to the

runners up. The prize money came from the Town's community support fund. Winners are: (drum roll please!) for Home Grown Favourite: 1st place, Sandy Gregg; runner up: Marjorie Kerley. For Community Spirit: 1st place, Beth Ohlson; runner up, Robert and Cathy Dallas. For Conservation and Environmental: 1st place, Zephyr Hazenveld; runner up, Marian Wolf. For Creative Kids Gardening: the winner is Ellie Kronstal. For pictures of these beautiful gardens, go to turnervalley.ca/bloominturnervalleywinnersposter, and congratulations to our winners.

The Most Beautiful Art Tour is a cultural weekend of inspiration in our Foothills celebrated in September. This is a self-drive tour to art galleries and artists in the area, which is just one of the many talents we are proud to promote. You could start in Okotoks and visit Okotoks Art Gallery and Lineham House Galleries. Stop at the Okotoks Erratic (the Big Rock, if you've never been), and read about the history and the legend there. In Black Diamond, stop by Bluerock Gallery on Main Street, then be treated to an inside look at Firebrand Glass Studio and nearby Eversfield Ceramics. Over the bridge in Turner Valley, you will find Susan Kristoferson in her hilltop studio, and Mady Theil-Kopstein who painted the iconic scene in the BD town parking lot. Last but not least, make sure you leave time to visit the jewel that is the Leighton Art Centre, which is a historical and educational art gallery, museum, shop, and educational centre housed on 80 acres. The Art Tour runs September 25-27. Art Galleries are open to the public during regular hours, and private artist studios are welcoming visitors by appointment. Please contact them directly to do so.

Okay kids, **school is starting again this fall after a very long time away due to COVID-19.** I have been talking to friends with school aged children and there is a mixed bag of thoughts there. Some will continue with home schooling and some will send their kids back to school, but most are a bit nervous, and that's because they are parents and love their kids. Home schooling was a challenge in many cases, especially with the new way to do

math. I understand desks in schools will be spaced farther apart, and masks will be required in the hallways and public spaces for the older set. Hand sanitizer is also on the list of supplies, and not a bad idea whatsoever. I now keep masks and sanitizer in my car and purse as many of us do. So, if students, parents, and caregivers are concerned and would appreciate some support, there is some to be had. **The regional program known as Parent Link is newly named Greater Foothills Family Resource Network.** This program ensures that youth 0-18 and their families continue to have access to programs and services that are family focused and community based. This Network is comprised of the following partners: The Greater Foothills Family Centre, Boys and Girls Club of the Foothills, Foothills Family Counselling, Rainbow Literacy, and Wild Rose Community Connections. Some programs offered are Positive Parent Education, Developmental Screening, Kids Club, Parenting Workshops, Clothing Exchanges, Community Outreach Programs, and Information, Supports, and Referrals.

Other supports include both Black Diamond and Turner Valley's Family and Community Support Services (FCSS), and Foothills School Division Inclusive Learning Programs. School based teams consist of classroom teachers, school administration, learning coaches, educational assistants, youth development coaches, and family school liaison counsellors. School linked teams consist of a director of inclusive learning, behavior learning strategist, counselling coordinator, and therapists. Therapists include speech language, occupational, physical, blind or visually impaired, and deaf or hard of hearing. For details on these programs, contact your town's FCSS or the Foothills School Division #38 (Inclusive Learning Programs at Foothills School Division). Best of luck this Fall to all our students, and let the learning continue!

You may also have heard of High Country Helps, a faith-based initiative between churches of the High Country Ministerial, Youth With a Mission, and individuals of the Foothills District, with the support of FCSS Alberta. They

are looking for people who could use a hand, as well as people who are willing to lend a hand. They are also looking for volunteers to connect with the people on their block to be the "Block Connector." Some of the ways to help serve your community are: delivering groceries and prescriptions to seniors and those isolated in rural areas, practical help like walking the dog or mowing the lawn, urgent repairs, phone call check-ins for seniors living alone, and connections with resources in our area such as emergency shelters, referrals to food bank, counselling, social services, mental health connections, etc, and more. Whether you find yourself needing a hand, or are looking to volunteer, they would love to hear from you. I know I wanted to volunteer when COVID-19 hit us, but due to the nature of the pandemic I had trouble finding opportunities to do so. Things have changed a bit as we figure things out so if this sounds like something you can do, please check them out on Facebook, or at highcountryhelps.com.

You can upgrade your schooling through the Alberta Distance Learning Centre, or ADLC. I went this route a million years ago when I dropped out of school to work, and completed my Grade 12 through ADLC. They have over 250 courses to choose from, all taught by professional teacher-instructors ready to help you succeed. Complete your course on paper or online, your choice, and you can start

anytime, and work at your own pace. Prices are affordable and competitive. ADLC has been around since 1923, for more information, call 1-866-774-5333 or visit them online.

Recreational activities in our towns took a nose dive during the last few months but some are starting to resurface this fall. **Dr. Lander Swimming Pool is open with no drop-ins allowed.** You must register for public swims, and group swims are groups such as families and friends. Aquafit and lane swims are fully booked and are on a waiting list for those interested. The maximum for the pool is 40 people. To find out more, go to turnervalley.ca and search under Dr. Lander Pool, and to register for a swim time email typool@turnervalley.ca or call 403-933-7483. The Spray Park is open as well with social distancing in place.

The Field of Dreams baseball field located between our two towns has yet to be used, so hopefully more news on that at a later date. **Both the Oilfields Arena and the Scott Seaman Outdoor Arena are closed to the public and only available for pre-booked user groups.** So as of now there will be no after school or family shinny, and no free public skate or loonie/toonie skates. **However, the Scott Seaman Arena is offering Pickleball this year!** What is pickleball? It is a game with paddles, a court, and the pickleball, and is either named after the founder's dog, Pickles, or because it reminded the founder's wife of a pickle boat. Either way, it is a fun name and is called the

fastest growing sport you never heard of. Drop in at the Scott Seaman Arena on Monday nights from 6:30-8:30, or Wednesdays from 3-5, just show up and you can play a game with paddles provided, so you can check it out. Beginners welcome. After the first game you can buy your own paddle and start pickling! For more information, please call Gerald at 403-889-9115.

Sheep Creek Arts Council is resuming operation this September. The Annual General Meeting will be held September 13th at 1:00. Online and in house classes will be held, with social distancing guidelines and the use of masks and sanitizer in place for in house classes. A Mosaic Garden Ball class is on Sept. 12th and 19th. Painting classes with David Kilter start Sept. 8th, those with Vivian Wiebe start Sept. 14th, and with Jenna Moore start Sept. 9th. Quilting classes with Joyce Brown start Sept. 15th and 17th. For more details and to register visit sheepcreekarts.ca. They are located on Sunset Boulevard in Turner Valley.

I see the Lion's Campground in Black Diamond has had a booming business after officially opening again. This is fantastic because funds raised go towards our community. The Lions work at other fundraisers as well and always welcome new members. Their motto is "WE SERVE", and that they do. They are amazing!!!! Just some of the not for profits they have contributed to are: Turner Valley Legion, Boys and Girls Club, Light Up, New Year's Eve,



Acreage Lawn Maintenance

Mention the High Country News for a free weed control application with the purchase of a seasonal maintenance program

Contact us today!

Admin@BestBetLawn.com

403.993.8946

Parade and Discovery Days, Beneath the Arch, Valley Neighbours Club, Griffiths Centre, Project Green Day, RCMP Charity Golf Classic, High Country Rockies Hockey, Nova Lions Club, Longview Seniors Club, Lions Eyeglass Recycling, and tons more, too many to name here. The Lions meet at the Legion the first and third Tuesday of the month. If you are interested in joining this valuable organization or just volunteering from time to time, look them up at foothillslionsclub.ca.

I wanted to give a shout out to Adele Mundell, who has opened up her new

business Okotoks Welcome. Adele was the host of Welcome Wagon for more than 30 years and wanted to keep going after the Wagon had to close due to the pandemic. She is a lovely person and very talented in community promotion. Find the new business on Facebook, and way to go, Adele!

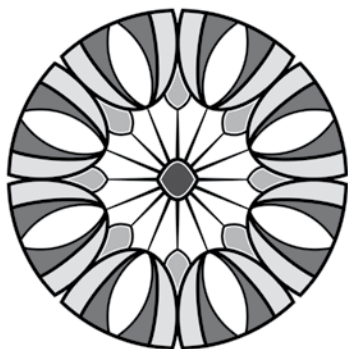
Foothills Country Hospice's Rally 4 Hospice is just around the corner on September 12th. New this year are a reduced entry fee, online auction, and a wrap up party at High River Sunset Drive-In, with dinner delivered to your car, live outdoor entertainment, and

the feature movie "Ford vs. Ferrari". Register your vehicle and rally up! Since opening their doors in 2008 the Hospice has provided around the clock, compassionate care to more than 1200 residents and their families. Please help support the Hospice by registering for the rally, or sponsor or donate. Details please visit countryhospice.org.

September has always been the month for the Terry Fox Run. Terry had cancer and a prosthetic leg on which he ran almost all the way across Canada in hopes of raising funds for cancer research. He died while trying, but 40 years later, his legacy carries on. Terry once said, "anything is possible if you try". Canadians continue to support cancer research through Virtual Runs this year from coast to coast on Sunday, September 20th. Register as a family, individual, or a virtual team to start your fundraising effort. Where to run? Around your yard, down the street, around your neighborhood, around the block, run, walk, or ride! One day, your way. Why? Because cancer research can't wait, because Terry asked us to try, for your loved ones, for your future. You can share your day online and help inspire others, shop online, or just donate. The 2020 Terry Fox Virtual Run and all its details can be found at terryfox.org.

If you have anything happening in October that you would like to share with our readers, or any of the not for profit organizations would like to share their story with us, please email me at elaine.w@telus.net. ***The deadline for this issue is September 15th.***

Happy Autumn, September 21st!
Elaine Wansleben



THE DANDELION

Plant - Based / Vegan Cafe
1048 8th Street SE, Calgary

**Visit us on Instagram @thedandelioncafe_
for our up to date
curbside take out options!**

thedandelionnyc.ca

**Current Electrical &
Contracting Services Ltd.**



Mike Wieser
Master Electrician

dukewieser@hotmail.com | 403.701.0887



- Hazardous Tree Removal
- Tree Felling
- Storm Clean-up
- Stump Grinding
- Brush Removal
- Pruning
- Firewood, Mulch & Wood Splitting
- Fully Insured

www.treeworxpro.com

Call Jeff Hughes at 403.554.2370

24 HR
Emergency Service



As the Fall is fast approaching, many of you may be wondering what is happening with programming at the library. As you will see from the double fold-out in this edition of the *High Country News*, there will be programs available at the library, but with many changes. COVID-19 has forced us to change the way we deliver our courses and events. The first thing you will notice is that we are running fewer programs, which explains why there are two pages and not four! This is because we need more space for some groups to spread out to accommodate physical distancing requirements. Some facilitators have limited the number of attendees for this same reason. To make up for this there are extra sessions of some programs. Natured Kids now offers two sessions at 12:15 and 1:30 on Wednesdays. PD Day movies are now screened at 10:30 am and 2:00 pm. Other programs have been postponed until January or later, depending on recommendations from health officials. We are hopeful that many of these programs will be available again in our Winter/Spring session. We are also living with the reality that there could be last minute cancellations, so we ask that you check the website or Facebook page for any updates. We will try and contact attendees if we do find ourselves in that situation. To register for any program, please call the library at 403-933-3278.

One program that we have been able to consistently offer is the Ramblers. Since this takes place in the outdoors, the Ramblers were able to get going as soon as Alberta opened provincial parks to visitors. There are several facilitators who offer hikes or walks with varying degrees of difficulty. This might be the time to put on your hiking boots and make the most of it before the snow comes.

As there are fewer spaces available, some room rentals may not be possible. If you were planning to rent a space for a meeting or event, please call Jan to see if you can still be accommodated.

As we have to disinfect more equipment and objects in the library, we ask that you bring whatever you need for the program you are attending – mats, blankets, pens, paper, instruments, e-readers, water bottles etc. This will lessen the amount of wiping down for the staff. Some items are no longer available for use such as the cushions in the children's area and board games. The drinking fountain is off limits at this time.

Sadly, we had to cancel the Out Loud Series in October.

We have run this series since 2012 in celebration of Canadian Library Month and it has always been a highlight of our year. Some of our chosen performers/speakers were coming from afar and travel was not an option for them. Next to not being able to visit my new grandson in Ontario, cancelling Out Loud has been the low point during this pandemic.

We ask everyone to be mindful when they are attending a program in the library. We encourage wearing masks (free masks are available at the library), using hand sanitizer and regular hand washing. Please practice physical distancing as much as possible. This will make it possible to keep programming alive at the library.

OVER 25 YEARS INDUSTRY EXPERIENCE • LOCALLY OWNED AND OPERATED

EMERGENCY SERVICES
& FREEZE-UPS

WELL TESTING
& WATER SAMPLING

WELL CLEANING & TREATMENTS

CONSULTING & SYSTEM DESIGN,
TROUBLESHOOTING & DIAGNOSTICS

WELL PUMPS, PRESSURE SYSTEMS,
CISTERNS, STOCK WATERERS

WATER QUALITY & FILTRATION

SERVING FOOTHILLS COUNTY • BRAGG CREEK
SPRINGBANK AND SURROUNDING AREA

403-931-2991 • aquamule.com



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting is on Tuesday, Sept 9, 2020 at 6:30pm. Bring your picnic supper while sharing and hearing the stories from each other of our summers, while practicing social distancing. Bring a chair to sit on and anything else to make yourself comfortable. Our next meeting, Janet Melrose will be speaking to us on Fall Preparations for Gardens. We will be outside the Anglican Church house for this meeting. Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15/year. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.

Red Deer Lake United Church

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Along with other faith communities, we have decided to temporarily cancel church services and events until we are advised that it is safe to gather for our most vulnerable congregation members.

In the meantime, we are posting Virtual Church services online – on Facebook, YouTube and our website – for you to enjoy. Watch all of our virtual services here: reddeerlakeuc.com/sundayvideos.

Plan to tune in on Sunday mornings at 10:30am to watch one of our services. We have songs, prayers, liturgies and sermons, many of them focused on how we – as individuals, families and communities – can survive and thrive during a time of global uncertainty.

We also have pub nights, Bible studies, meditations, coffee gatherings and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com/virtual-church.

And if you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at (403) 256-3181 or office@reddeerlakeuc.com.

Thank you and be safe and well until we can meet again in person.



BLACK DIAMOND GALLERY
UNIQUE TEAK & EXOTIC STONE
Furniture & Home Decor

Start a Conversation in Your Space



Sustainably-sourced through fair-trade partnerships
134 Centre Ave. East, Black Diamond, AB
403.933.5356
www.BlackDiamondGallery.com



SERVICE, RENOVATION & NEW BUILDS

Cory Tennant
Licensed Master Electrician

10% Seniors' discount
10% Return customer discount

Clear Sky Electric

 **ACCREDITED BUSINESS**

Check us out on BBB

587-225-4294
clearskyelectric@gmail.com

MARK SHEPHERD
Custom Interior Renovations
& Fine Furniture Making

DESIGNING AND BUILDING
FOR OVER 30 YEARS

403.619.2129
www.granarymouse.ca
mark@granarymouse.ca



THE GRANARY
MOUSE
FURNITURE COMPANY
403-619-2129



Lower Priced Acreages Selling!

Despite the very slow months of March & April, it was interesting to review the number of recent sales from May onwards in the \$550K to \$700K range in Foothills, Rockyview and Wheatland counties. There were 70 sales in this price range across the 3 counties which is somewhat encouraging. I know personally from some of our clients and those of some colleagues that many of the buyers were younger families deciding to move out of Calgary, and in many instances a long way out, to get a property they could afford! It would appear that some of these buying decisions are driven by the COVID-19 situation with the desire to get space and feel safer, supported by the opportunity and ability to work at home which more companies are offering their employees. This may be the beginning of a new trend towards acreage living??

There were also 82 sales in the \$700K to \$950K across these 3 counties. Certainly not as strong as last year, but reasonable. So all in all not a bad result given the late start to the selling season and prevailing conditions. I suspect these sales have been further supported by the current very low interest rates. Given the constant level of concern over COVID-19 and how long this new way of living may be with us, along with the uncertainty in the job & financial markets, this trend may bode well going forward for sales in these price ranges.

Additionally, there were a total of 56 sales above \$1M across the counties. Certainly not as strong as last year this time but not bad. Generally this price range is a little slower than under \$1M anyway and has been so for a few years.

So overall, not the sales numbers at this point compared to last year, but certainly better than many expected after COVID-19 set in and things almost came to a standstill!

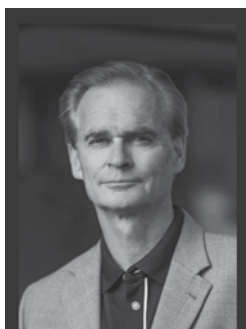
Our team has been fairly active in both the country and city with a healthy number of sales in the city, in particular under \$500,000. In fact our brokerage has recorded sales almost equal to last year this time, so despite COVID-19, city sales in certain city sectors are positive.

Improve Your Acreage Sale

So going forward for those planning to sell your acreage, or if you are currently on the market, your goal should be to make the selling process for buyers as efficient and information driven as possible to improve positive buyer reaction to your property, speed up the due diligence process and improve your chances of selling. Below is a checklist I developed to help you prepare and improve your property presentation. These are many of the questions buyers will ponder and bring forward. The more of this information you have available up front, the greater confidence a buyer will have in your offering.

- Is there a real Property Report (RPR) with compliance to review?
- Is this property on a co-op water system or an individual well?
- What is the water like? Flow rate and quality? Is there a report I can review?
- Where is the well located? (Place on RPR copy or sketch)? How deep is it?
- What water processing equipment is in the home? (labelling the equipment is useful)
- Has there ever been any water damage in the home?
- How large is the septic tank and where is it located? (a diagram is useful)
- Is the septic system tank and field (pumped to the field) or a gravity system?

- Has the septic system been maintained and are there records to prove it?
- Are there Home Owner Association fees? Who manages it?
- Are there any restrictive covenants and caveats on the property? What are they?
- Who was the builder of the home? How old is it?
- How old is the roof and what is its condition?
- Are there any hidden defects that need repair?
- What renovations have been done? (Back-up info is helpful)
- Are there permits for any additional work done?
- If your basement is preserved wood, is there an engineer's report? (This is really important to give a comfort level as many people are nervous of wood vs. concrete)
- Would I be able to build another outbuilding on the property? (MD bylaws)
- Does the school bus come by this location?
- What country schools would my kids go to? What grades in each?
- What are driving times to closest shopping/amenities?
- Where are the boundaries of the property? (staking is helpful)
- Can I further subdivide the land? (MD bylaws?)
- What are the monthly utility costs?
- What are the annual taxes?
- Has the property been recently appraised?
- Who are the neighbours?
- How many horses/animals can I have on the property? (MD guidelines)
- Who does garbage pick-up?
- Who ploughs the roads and when?
- Age of furnaces and hot water tanks?



ROYAL LEPAGE
SOLUTIONS

WAYNE CHAULK
BCOMM., REALTOR®
CHAULK REAL ESTATE TEAM

Call Wayne Chaulk of The Chaulk Team to discuss your Real Estate needs whether Selling, Buying or wanting market information

THE CHAULK TEAM
A TRUSTED NAME IN REAL ESTATE

O: 403-252-5900
WAYNE@CHAULKREALESTATE.COM

C: 403-863-7920
WWW.CHAULKREALESTATE.COM



Our monthly board meeting in July initiated some lively discussion on resuming booking hall functions, which now will be evaluated on a case-by-case basis. An idea was put forward by Lisa Lloyd for the following: PUT THAT TIME IN COVID-19 ARREST TO GREAT USE: The Square Butte Community will host a Community HAND MADE Silent Auction and dance in the spring of 2021. We are asking all community members and supporters of the area, the arts, good old hand-made treasures to get creative and make items for our Spring Community HAND MADE Silent Auction and dance (leather work, knitting, quilting, painting, growing, baking, dinners, jewellery making, etc.).

We know you all have talents and need to keep busy! All proceeds will go to support the major repairs to our historic building (in particular to a failing foundation

wall!!). Contact Lisa at 403.606.6161 to inquire or pledge your contribution.

Square Butte Ladies Group News

The ladies group continues to take custom orders for their baking which includes pies and butter tarts (or cookies, loaves, bread etc.). They have made over 40 pies and 35 dozen butter tarts, and still counting. We are offering saskatoon pies at \$14 due to the abundant crop this year. For orders and enquiries please contact 403.931.2098 or text 817.219.3972.

The accolades have been pouring in and they are getting repeat orders as of press time. Jill Fry has taken on the tedious job of re-painting the Square Butte Hall sign. Thanks to Jill the sign has regained its former glory. Check out the Square Butte Ladies Group Facebook page for additional info.

Wildlife on Hwy. 762

There have been several sightings of a black bear sow and her triplets between Antler Ridge and Pine Ridge Estates and a second bear with twins. Two cougars were photographed in the yard of a property in Antler Ridge estates, reports of these animals can be found on the Facebook page "Friends and Neighbours of 762". I was so fortunate to encounter

the black bear and her triplets as she scurried across the 762, right in front of me. I gave her pedestrian right of way! What a wonderful part of the world to live in.

What you might notice is an RCMP presence on 762 along with the bears. They are out in full force on weekends catching speeders. The highway is wonderful to drive but it is only a 90 km. speed limit.

History of Square Butte

Early settlers started arriving in our community in the early 1880's. What drew them to the area was the abundant grass, open hillsides and abundance of water. One of the earliest was Joseph Fisher Sr. who brought a carload of cattle from the east in 1883 and wintered in a dug out shelter on the banks of the Fisher Creek which was named after him.

COVID-19

As we navigate through the pandemic, please be aware of family and friends. We might need to reach out to those that are struggling with anxiety or financial hardships. Some times a phone call will lift people's spirits and they will realize that some one cares. Actually a human voice is better than a text or email. Do what you can!

ABSOLUTE
Pest Control

**Pest Free Living
Stress Free!**

Residential and Commercial services that
can be customized to suit your specific
needs and property.

Mention this ad for \$15 off your service!

(403) 238 - 7400

www.apcpestfree.com

info@apcpestfree.com

**ST. JAMES
ANGLICAN CHURCH**

www.meotaparish.ca

Rector: Rev. Alan Getty & the Rev. Deacon Jacqui Durand
Priddis Valley Road in the Priddis Hamlet

**MeotaParish.ca brings
Sunday Worship
and Prayer
& Wednesday Prayer
directly to your home
via video!**

Be sure to visit our Facebook
page so you don't miss a single
update from Rev. Alan Getty

CONNECT AT
Facebook.com/meotaparish
@meotaparish on Instagram

Music Therapy by Andrea Kidd



Again we left Eileen resting on lamb's wool in her hospital incubator. Sterile stainless steel, white walls, uniforms, and quiet surrounded us. Her eyes were closed, her chest rose and fell rapidly and she was clothed in only a diaper and tubes. We, her parents, would be back tomorrow, but now it was time for us to go home.

The silence between us was broken when we walked through the door. Twenty-two month-old Christopher squealed

with delight and babbled unintelligible syllables. His chatter was music. He wrapped his arms around my neck and snuggled in, glad to be with Mama and Dada again.

Late that night, the phone rang. Eileen had just passed from this life into the next. As a couple we absorbed the finality of this departure. The weeks of praying and hoping for healing were over. We held each other through the night. No action on our part would change the situation. The thing to do was to accept the comfort God was providing through the comfort we gave each other.

The days that followed were filled with necessary tasks, understanding friends, and empty hours of timelessness when my heart ached. I filled the deathly quietness with music. Bach's Brandenburg Concertos nudged me through my household chores. His predictable, steady rhythms

gave me a quiet confidence. The busyness of his music anchored my soul and helped me finish my work. Later I sat on the floor assembling a wagon out of Tinkertoys with Christopher. Mozart's simple melodies and pleasing harmonies revealed the beauty and joy of watching a child grow, discover, and accomplish; and they soothed the pain of Eileen's absence.

One evening I was alone with Christopher, and after I had settled him in his crib for the night, I played a vinyl recording of Scripture in Song. The music drew me to drink in the honesty of God's words. Those truths sank deeply into my soul. I turned up the volume, stopped folding laundry, sat down in the rocking chair and allowed God's Holy Spirit to wash through my hurting spirit. The tears came and deep, wrenching sobs. With no one but God to see, I made no effort to quench my emotions. When the record ended I played it again, folded the rest of the laundry, and knew that, once again, music had brought solace.

My husband returned. I smiled at him and we found healing in our conversation together.

Century Rock Masonry

All Types Of Stonework

Fireplaces • House Facings • Retaining Walls
Patios • Garden Art • Repairs

David Andruko



403-819-5303

ELECTRICIAN / HANDYMAN

CALL KEITH: 587 894 2244

Master Electrician - General Handyman - Small Load Hauling

Taking Care of Your 'HONEY-DO' List

KEITH WALTERS - celtic.kw@gmail.com

Celtic Electrical Services Box 1006, Bragg Creek, AB T0L 0K0

TOOL TIME HANDYMAN & CONSTRUCTION SERVICES

FOR YOUR HOME IMPROVEMENT NEEDS:
RENOVATIONS, REPAIRS, MAINTENANCE & UNIQUE PROJECTS
FOR ANY TASK...JUST ASK!

Al MacDonald
403-949-2349

PROVEN QUALITY WORKMANSHIP,
HONESTY & RELIABILITY



Nothing gives us greater pleasure than enriching your soul on one of our life-changing safaris. With over 50 years of experience, we're the perfect match to create a custom-designed experience according to your desires, interests, budget and timeline.



Interactive Photography workshops, walking safaris, adventure trips, culture, family safaris, weddings, honeymoons, small group tours of 6 guests— 11 African countries!

Life-changing experiences; soul-enriching safaris

EXPLORATIONS
AFRICA

Dan & Antoinette

Cochrane AB—403 981 5558

info@ExplorationsAfrica.com

Www.ExplorationsAfrica.com

Mortgage Matters

By Candace Perko, Mortgage Broker

Why You Should Consider Buying A Home NOW

As the housing market continues to yo-yo during a global pandemic, you may be seeing opportunity and thinking more seriously about purchasing a home. Here are some reasons to consider buying now instead of waiting:

Mortgage rates are VERY low

Canadians saw their buying power increase mid-August as the benchmark five-year mortgage rate by the Bank of Canada fell for the third time this year, easing the *stress test* faced by all borrowers. The rate fell to 4.79%, after decreasing to 4.94% in May and to 5.04% in March. This decrease will allow you to qualify for just a little more than you could before.

As of this writing, there are mortgage promos for a 5-yr fixed as low as 1.84% (OAC, conditions do apply) up to about 2.24%. Locking in interest rates at these historic low levels certainly helps the household budget.

The prime rate is currently 2.45%. The prime lending rate is the annual interest rate Canada's major banks and financial institutions use to set interest rates for variable loans and lines of credit, including variable-rate mortgages. The prime rate has moved massively over time, ranging from historic highs around 23% in the early 1980s, to historic lows of 2.25% following the great recession.

Fixed rates have nowhere to go but up. Rates aren't expected to skyrocket overnight, but don't think that a small uptick wouldn't affect your budget or qualification. In fact, if the rate was to go up by just 1%, your purchasing power would be reduced by approx. 9%. To put this in perspective: If you could afford a \$400,000 loan at 4.79% stress-test rate, you could afford a loan of just \$366,000 at 5.79%.

Underwriting

Mortgage underwriters assess your credit-worthiness and ability to repay a mortgage while ensuring that you and the property meet all the lenders' requirements. Due to the global pandemic, lenders expect defaults to rise when government support measures expire. They are becoming more strict each day and there is little to no room for exceptions. More rules may be imposed in the coming weeks or months.

Lots of inventory to choose from

Canada is starting to build more homes than it has in the past few years, in the middle of a pandemic. There were 245,604 new home starts, seasonally adjusted at the annual rate in July. This is an increase of 11.1% compared to the same month last year. The number of starts is the highest level since November 2017. Statistics released by the Canadian Real Estate Association (CREA) show national home sales and new listings continued to rebound in July 2020, with new listings hitting their highest level on record.

Get a local Point of View

Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.



Candace Perko,
Mortgage Broker
Tel: 403.560.6016

Box 1271 Bragg Creek, AB
cperko@countrysidedefinancial.ca
www.countrysidedefinancial.ca



BE FIRE READY

FIREPROOF YOUR HOME, ACREAGE, RANCH OR GRAZING CO-OP. YOU'VE BEEN THINKING ABOUT IT! WE ALL HAVE! WE'RE JUST THE GUYS TO GET THE JOB DONE.

THE TREE GUYS ARE AN ORGANIZED TEAM OF SKILLED PROFESSIONALS THAT ACCOMPANY BUCKET TRUCKS, CHIPPERS, STUMPGRINDERS, TRACK SKIDSTEER WITH BRUSH GRAPPLES BANDMILL AND BRUSH/CHAINSAWS. WE ARE A TEAM YOU CAN TRUST TO GET THE JOB DONE SAFELY, TO YOUR SATISFACTION AND PEACE OF MIND.

CALL TODAY FOR A HAZARD ASSESSMENT AND FREE ESTIMATE

#403-308-9075



BE MORE THAN FIRE SMART
BE FIRE READY

Pound for Pound

by Duane Harder



Just recently I received an email that caught my attention. It was advertising an online leadership seminar entitled, "The Pound For Pound Principle." I don't have a clue what the seminar is about but the title intrigued me. Here are the thoughts that precipitated from what the seminar topic stimulated in my mind.

If the label on the package says one pound, you expect to receive just that. If you have scales at home you would anticipate a confirmation of what the package says. We call that a just balance. You pay for a pound — you expect to receive a pound.

In other words, does what I advertise describe what you get? In the middle of the last century, advertising shifted from the presentation of a product to the sale of an image. The life of the party, the influential voice, the successful athlete, the prominent business tycoon, and the list goes on. Coke became the cohesive glue for a fractured society. People were no longer buying a product, they were buying a dream, a fantasy or a world without boundaries. The manufacturers were not delivering pound for pound what their ads were communicating.

At some point I have mentioned one of my father's sayings — *"Never let it rest until your good is better and your better best."* So, what does that have to do with pound for pound? You see, "pound for pound" can become a statement for mediocracy. *"If you want a pound that is just what I will give you."* When I worked with my Dad in the hardware store he would always remind me to give a bit more than they ask for. If they want a pound of nails, give them a few ounces over. If they want a ton of fertilizer, add a couple of extra bags. It was a practical way of saying, "Thank you for your business." You ask for a pound — I'll give you a bit more.

Let's look at it through another lens. *"You pay me for 8 hours — that is exactly what I will give you."* It's a fair deal — pound for pound. When I was 12 I started working for a man who looked after the rural phone lines for the Airdre,

Crossfield and Carstairs districts. My dad encouraged me to arrive early to prepare for the day's work and not leave until the tools used were clean and in order for the next day. What do these two illustrations have in common? People benefit from your generosity but that is small in comparison to the value that is added to your character. My dad was helping me take my eyes off myself and my benefit to see how I could be an instrument of good for the benefit of others.

Pound for pound can also reflect a statement of entitlement. My life calling has involved over 2 million miles of air travel. I chose to stay with one airline. This resulted in numerous perks that came with my frequent flyer status. Many people have made the comment that I deserve the benefits. In other words, pound for pound, your frequency and loyalty entitles you to the perks. Do I appreciate the perks? YES! Do I deserve the perks? NO! "I deserve" is the brother of "you owe me." Both of them have victimhood DNA.

Victimhood makes me the slave of circumstance and the prisoner of powerlessness. Victimhood puts my destiny in the hands of fate. I am powerless to change my course because of the painful events of the past and the unknown dangers of the future.

You cannot change the sexual abuse, gross injustice, bullying, negative words spoken to you and about you, and the list goes on. But you can change how you respond to the wrong and what you do with the choices that are before you.

Charles Finney was a slave in one of the southern states. His owner was a cruel tyrant and Charles was mercilessly beaten to the point of disfigurement. When freedom came he headed north and was compassionately cared for by a church family. He learned to read and eventually became a pastor. He was a prolific song writer, and an excellent teacher. Hundreds embraced the faith that he taught.

When asked about his painful past and the horrendous abuse, he replied, *"I don't understand it now, but I will understand it better by and by."* (A line from one of his songs.) Here is a man who rose above victimhood and gave the world a ton of good for the pound of abuse that he had received.

We can live by the rule, "A pound for a pound," or we can choose to rise above our circumstance and turn that pound into two pounds of benefit. We can remain victims of our circumstance or we can refuse to allow the circumstance to circumscribe our life with limitation and look for the door that it opens to bring benefit to others.

If life has given you a pound of lemons take it and quench the thirst of fellow sojourners with lemonade.

If life has given you a garden of weeds, compost them and increase the productivity of your soil.

If life has given you a body of pain, use it to build a bond of identification with the pain of others.

Don't let "a pound for a pound" rob you of a life that has the potential for tons of blessing for others.



Chicken like Grandma
used to cook!

Jerry & Nancy Kamphuis

- Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!

- Raised locally, with great nutrition including organic minerals and vitamins!

Our goal is to provide our customers with a healthy product that tastes great and is reasonably priced

Ask us about our loyalty rewards program!

Contact us at orderdesk@countrylanefarms.com • 403.934.2755

COUNTRYLANEFARMS.COM

Out of the Rut *Chapter 119*



A decade of global ramblings! Have you been with me through it all? Through thick and thin; the divestiture of my life, belongings, relationship, the peeling away of layers of social, emotional, cultural grime... and subsequent dive through myriad new experiences, sights, sounds, trials, challenges and adventures.

When I first wrote this column ten years ago this September, it was with the thought that I'd be away about 18 months. Funnily enough, those 18 months turned into 8 years of bouncing around the globe in the company of Fantuzzi. I'd be bouncing still were it not for my physical body which determined I needed another change of pace.

So I'm contemplating inner journeys, the glory of our lives right here, the life-long supply of new and exciting meetings and happenings and doings that amass to create a life well-lived.

So what? Why did I start writing & what was it all about? For those who don't know, my married name was Rutland. The title of the column is a gentle play on words – exiting the relationship & letting go of the habits of my previous life. I had no idea what to do next. I described my later decision to continue travelling, to follow Fantuzzi to see where it all went, living out of my backpack, as similar to jumping off a cliff & just falling. I was happy seeing where the wind took me.

It took me to so many extraordinary places in the world, extraordinary situations, extraordinary people:

- Camping in the Negev desert of Israel with Fantuzzi... on a slowly deflating air mattress that required our puff several times in the night. Climbing surrounding hills formed entirely from skeletal chalky remains of white seashells, remnants of an ancient ocean bed.
- Walking a green sand beach in the south of the Philippines... dogged by our bodyguard who finally told us "it is not safe to walk further here"...
- Sleeping bundled in all my clothes, borrowed sleeping bags and blankets, wool hat & more... in a powerless squat

outside Jerusalem with a gaggle of gorgeous, generous, and immensely talented young Israelis.

- Riding elephants in northern Thailand with my parents.... making it through an elephant stampede without losing either of aforementioned parents.
- Visiting Bali with Fantuzzi – like diving into the most exotic luxurious fantasy – staying at his friends' fabulous villas decorated with Balinese antiques and tribal art.
- Dropping into the Kumbh Mela in Allahabad, northern India, along with 85 million friends.
- Swimming 2.5hrs along the coast in Goa, dancing across blistering hot sand.



- Giving Thai Massage to crazy partygoers at 2am after the music stops...
- Sailing the waters of Dar es-Salaam on the Swahili coast with the French ambassador to Tanzania.
- Watching the Malawians catch nets full of lake flies to make fly cakes for the market stall.
- Exploring fantastical Mayan ruins in Mexico at the end of the world.

• Hiking and swimming in the wild places of Hawaii, watching the wild ocean take its toll on the unwary.

- Train journeys across Germany, landscape unfolding green and luscious, schlosses (castles) on hilltops, solar panels in every village.
- Australia – obnoxious border guards, lovely residents. Hot, sweaty and wild.
- Teaching Thai Massage to more than 250 people in a giant tent in a giant festival in Australia. Background music by Fantuzzi and Emanuel Lieberfreund.
- Estonia – insanely fabulous fantastical country with language that sounds like elves singing, saunas and almost-sunsets, juxtapositions of Russian overlords and rural peasant rebellions.

• Finland – eternal summer sunshine, saunas and deep cold waters. Moomintrolls!

• Making a movie in Havana, Cuba in the century's hottest summer.

• Making music, recording in the studio, playing, singing, dancing.

• Spontaneous poetry and inner interpretations... unexpected and occasionally slightly disturbing.

• Sharing poetry with a bunch of writers in a basement bar in Bali.

• Leading yoga with a group of yoga teachers in Dar es-Salaam, hippies in the jungle, Germans at the Cologne Yoga Conference, with anybody who'll listen, anywhere, anytime.

• Galloping horses across Philippine hills, Canadian Rockies, Spanish plains, wading bareback through the shores of Zanzibar, riding home amid the scent of drying cloves laid out in great sheets beside the road.

• Coming back day after day to a magical, inspirational, life-changing individual whose life's course is unwavering and true.

Afternoons laying atop an Alberta hill alternating between gazing west and watching the dragonflies dance and swirl, thick in the air this summer. Sinking to get a close-up study of a clutch of harebells, then bergamot, then fireweed. The hills shimmer with colour and the gentle hum of the insect guardians doing their thing.

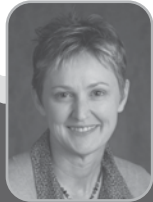
And so much more. The infinite experiences mount up daily.

There is so much more to come...

*With gratitude and love, Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com,
415.525.2630, ph/txt/wtsp*

ADHD & Addictions

by Roché Herbst, M. A. R. Psych.



Who Is At Risk?

Intoxicants are risky business if you have ADHD (Attention Deficit Hyperactivity Disorder). It is not uncommon for those who experience the challenges of their ADHD behavior to turn to addiction in an attempt to soothe their restless brains and bodies. Addictions may include technology, food, sex, gambling, shopping, work, gaming, exercise and more.

What Is The Relationship?

ADHD traits that share the addiction spectrum are:

- Impulsivity – poor judgment. Quick to jump into situations and behaviors without thinking through the consequences.
- Hyperactivity – the need for frequent stimulation and the inability to self-regulate.
- Easily distracted – boredom, difficulty paying attention, and seeking novelty.

Other Factors

Genetics show there is an increased rate of substance-abuse disorders in close relatives of people with ADHD. Also, consider individual neurochemistry that involves neurochemical pleasure responses in the brain.

When Is It A Problem?

Not every person with ADHD will become an addict. It is important to be aware of ADHD behaviors that are similar to those of addictive behaviors and to seek professional help, if you feel it is headed in that direction. *"Abuse isn't how much you're doing or how often it happens. It's about how it affects your relationships, health, work, school and your standing with the law. If you have difficulties in these areas and you keep on using it, then you definitely have a problem"* (Richardson, 2018).

Early Intervention

"Just say no!" is easier said than done. Start talking to your kids. Don't wait until fifth or sixth grade. Let them know that having ADHD increases their risk for trouble and that they are more vulnerable. Even though adolescents with ADHD are generally no more likely than their peers without ADHD to experiment with drugs. When they do, the abuse and dependence skyrocket. Make sure your child understands that the best way is to avoid taking illicit drugs altogether, and to wait until adulthood to use alcohol (if at all). Approximately half of all adults with untreated ADHD are at

risk of developing an addiction at some point in their lives, in an attempt to "self-medicate". Any major life change can increase that risk.

What About ADHD Medication?

ADHD medication is not a gateway drug, but is considered a controlled substance. This means it has the potential to lead to abuse and addiction. Some people assume that it is risky to take these drugs. The truth is, those who seek treatment for their ADHD symptoms are much less likely to abuse drugs and alcohol than their undiagnosed, untreated peers.

Managing Treatment

There are different treatment programs that focus on addressing both ADHD and addictions simultaneously. Be mindful that other conditions such as co-existing anxiety or depression can interfere with recovery. If you have a dual diagnosis, then a multi-dimensional approach to treatment can help in finding long-term healing.

Sources:

Quinn, P. (Ed.) *ADDitude: Jobs for ADHD minds*. Monthly subscription magazine.

Brown, Thomas, E., *ADHD Comorbidities*, 2015. Washington DC: American Psychiatric Publishing.

REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

- ADHD & ADD (Attention Deficit Hyperactivity Disorder)
- Learning Disabilities
- Processing Disorders
- Career Counseling
- School & Workplace accommodations

For more information contact Roché Herbst, M.A. R. Psych.

(403) 510-9984 or info@wehcs.com



RED DEER LAKE MEAT PROCESSING LTD.

Located a short, pleasant drive south of Calgary, southwest of Spruce Meadows

**WHOLESALE-RETAIL
BEEF-PORK-LAMB-
SMOKED PRODUCTS**

**FULL SERVICE
RETAIL COUNTER**

**CUSTOM PROCESSING
ALBERTA GOVERNMENT INSPECTED
MEAT FACILITY ABATTOIR**

SPECIALIZING IN:

- Locally produced Beef, Pork, Lamb, Chicken, & Rabbit; Free Run Jumbo Eggs; Raw Pet Food & bones;
- Full service retail counter with an excellent variety of fresh & smoked meat products.
- Wide Range of Naturally Smoked Products. Fresh & Smoked Sausage; Jerky; Old Fashion Style Hams & Bacon.
- Custom Slaughter/ Cutting of locally raised Beef, Lamb & Pork.

OPEN TO THE PUBLIC MON. TO SAT. 8 - 5. Fax: 403-256-8882

90093 226 Avenue West
Foothills, Alberta T1S 2Z2

403-256-4925

Email: rdlmeats@telus.net
Web: www.rdlmeats.ab.ca

Wilson Plumer

Chartered Accountants

ben@benplumercpa.com

Bus: 403.949.4947

Fax: 403.949.2252

PO Box 879

3 River Drive S.

Bragg Creek, AB T0L 0K0



20th Anniversary Of Nature Safari Day Camps Of Local Non-Profit Saved By Volunteers

A 4800-acre day use natural area located SW of Calgary, the Ann & Sandy Cross Conservation Area (ASCCA) has been impacted by COVID-19 like many non-profit organizations offering education programs.

The ASCCA was set to celebrate its 20th anniversary of immersive 'Nature Safari Day Camps' but due to COVID-19 restrictions and staff availability, a decision was made to cancel the onsite camp for the safety of participants, while being open to alternatives.

"It was heartbreaking to have the program cancelled when so many campers could benefit from being outside in nature. I turned to our Day Camp volunteers. They are alumni of the program, students, parents, and ASCCA Educators. We had a meeting about what did this camp mean to them, how can we keep this feeling of outdoor community going in a virtual world?" – Laura Griffin, Day Camp Coordinator.

This led to the creation of Nature Safari Webbed, a website where campers could access content such as nature videos, crafts, activity sheets, musical nature stories created by volunteers and staff for free to get them inspired to go outside. To encourage dialogue with the campers, Flipgrid and Zoom calls are used so campers could share what they were discovering on their personal safaris.

"Everyone brought their own talents; it very much feels like our usual Safaris. I have been inspired day after day by the love these volunteers have for the campers, the program, and the ASCCA. We have no sponsors; this could not have happened without them." - Griffin

Foothills Tourism Aims To Get Albertans Discovering Their Own Backyard

Foothills Marketing Campaign With A Value Of \$170k Launched

Foothills Tourism is eager to welcome more visitors this summer, in particular those who are looking to discover authentic experiences in their Alberta backyard. The newly created regional destination marketing organization has completed several studies to better understand the market and its visitors, while also embarking on new partnerships to help businesses and attractions in Foothills County be open for business.

Foothills Tourism was able to pull together resources from members, sponsors, towns, marketing partners and Travel Alberta to launch a marketing promotional campaign for the Foothills region with a value of \$170k.

Founded in 2019, Foothills Tourism represents the communities of Black Diamond, Bragg Creek, Calgary, De Winton, Foothills, High River, Longview, Millarville, Mossleigh, Nanton, Okotoks, Priddis, Redwood Meadows and Turner Valley, nestled in 3,600 square kilometres of stunning scenery and diversity.

2019 activities included development of a website to provide a "one-stop shop" for visitors, creation of dedicated social media channels, and the development of strong alliances between tourism partners, towns and the county. This year,

the level of support has continued to increase, due in part to partnerships with organizations such as Travel Alberta, Tourism Calgary and the Calgary Hotel Association.

Earlier this year, Foothills Tourism embarked on a consumer study and a stakeholder engagement survey to identify current behaviours, attitudes and knowledge of the region.

Notably, the consumer study highlighted the following:

- 85% of Calgarians have heard of the Foothills region, and 77% have visited the area
- 70% of respondents are aware of Millarville Farmers Market, 62% have heard of Bar-U Ranch, with 32% knowing the Heartland Museum and 29% recalling the Bomber Command Museum.
- 83% of respondents are aware of "Cool Little Towns" and various leisure activities in the region, while 62% have heard there are craft breweries, distillers and wineries just south of Calgary
- 40% of Calgarians visit the Foothills region up to 3 times a year, while 24% do not visit the region at all.
- The top five favourite activities include hiking (45%), Enjoying nature/scenery (21%), Walking (19%), Restaurants / Cafes (17%) and Cultural / community activities (16%).
- 91% of Calgarians say locally grown food is important to them, and 70% would travel 30-60 minutes south from Calgary to buy directly from farmers.

Foothills Tourism also surveyed the local business community to better understand their offerings, opportunities and challenges. Of note, 68 of 86 survey respondents related their business to some form of tourism activity, with 73% of businesses operating seasonally (June through September). The primary competitive advantage identified for tourism businesses in the region is their proximity to Calgary, followed by being known as truly local and authentic.

This year's marketing campaign includes activities that will highlight and amplify unique visitor experiences and stories, focusing on culture and history, family fun, food and drink, mountains and nature and sports and relaxation. Tactics include:

- Social media engagement and user generated content, highlighting attractions and destinations in the region
- Engaging influencers and content creators to share their stories and experiences
- Leveraging opportunities through strategic partners including Tourism Calgary and Travel Alberta
- A digital advertising campaign
- Downloadable travel guides, lists, tours and trip planner
- Enticing hotel packages and partnerships with attractions, experiences and businesses

This year's marketing campaign will target Calgary, Edmonton, Canadian Badlands region and Southern Alberta region.

For more information, visit www.foothillstourism.com

Back to School!

Whether it's in-person in-school, homeschooling, online learning, or any other way, way to go!

- FRIENDS
- READING
- WRITING
- ARITHMETIC
- ART
- GEOGRAPHY
- HISTORY
- MUSIC
- PRINCIPALS
- LEARNING
- YEARBOOK
- COMMUNITY
- SCHOOL SPIRIT
- ZOOM CALL
- HOMESCHOOL
- CLASSROOM
- TEACHER
- BINDER
- LUNCH
- BUS ROUTE
- MASKS
- DISTANCING
- CULTURE
- DIVERSE

- KINDNESS
- UNDERSTANDING
- RECESS
- LIBRARY
- DAY PLANNERS
- CALENDAR

- HOLIDAY
- SUPPLIES
- PENCIL
- COMPUTER
- DISTANCE LEARNING
- LEARNING CURVE

C	O	M	P	U	T	E	R	A	Y	R	O	T	S	I	H	B	W	P	G	C	Y
F	R	I	E	N	S	Y	E	A	R	B	O	O	K	A	O	L	R	R	N	P	T
H	I	S	N	T	K	O	C	L	A	S	S	R	O	O	M	R	I	I	I	R	I
R	E	A	C	D	S	I	E	C	N	G	L	U	N	C	E	C	T	N	N	E	N
H	O	L	I	D	A	Y	S	I	H	N	O	M	E	S	S	I	I	C	R	A	U
T	A	R	L	A	M	E	S	T	B	I	N	D	E	R	C	S	N	I	A	J	M
E	E	E	E	Y	D	S	W	E	E	C	U	N	D	E	H	U	G	P	E	N	M
A	T	A	S	P	B	I	N	M	D	N	E	R	Z	O	O	M	C	A	L	L	O
C	U	D	R	L	U	N	C	H	R	A	E	C	E	S	O	S	A	L	P	L	C
H	O	I	E	A	M	N	V	T	C	T	E	A	C	H	L	R	E	S	H	J	S
R	R	N	V	N	W	E	A	I	C	S	E	V	C	S	D	N	E	I	R	F	S
A	S	G	I	N	W	C	A	R	R	I	M	B	N	T	E	A	C	H	E	R	E
D	U	N	D	E	R	S	T	A	N	D	I	N	G	W	Q	I	V	C	E	W	N
N	B	T	S	R	E	A	C	B	N	M	Y	R	A	R	B	I	L	W	E	R	D
E	P	R	O	S	C	H	O	O	L	S	P	I	R	I	T	L	K	P	H	J	N
L	E	A	R	N	I	N	G	C	U	R	V	E	W	E	R	T	Y	S	P	I	I
A	R	C	W	G	N	I	N	R	A	E	L	E	C	N	A	T	S	I	D	U	K
C	U	L	T	U	R	E	G	E	O	G	R	A	P	H	Y	P	E	N	C	I	S

KIDS ZONE

This month's Kids Zone generously sponsored by:

*The Bragg Creek
Trading Post*

117 White Ave • 403.949.3737
Open daily 9am - 6pm



CLASSIFIEDS

Email highcountrynews@telus.net or mail to Box 476, Bragg Creek, AB, T0L 0K0
your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

SERVICES OFFERED

VITALIDERM MEDICAL AESTHETICS. New location: 111-109 Southbank Blvd. Dermalinfusion, Microneedling, Dermaplaning and Facials. First treatment discounts & great package deals available. 403.819.1985

IMMACULATE ADVANTAGE CLEANING SERVICES. We are pleased to announce that for the month of February we are offering 1 free clean to any new clients who become a regular reoccurring client (conditions apply). Call 403-618-2605 (Turner Valley) for details.

THREE POINT CREEK ESTHETICS IN MILLARVILLE. Offering manicures, pedicures, facials and tinting in a quiet, serene home setting. Call or email Susan: 403.809.4698, threepointcreekesthetics@outlook.com

JIMMY J's TOWING - PRIDDIS
Cash for scrap vehicles
Farm & acreage clean-ups
403.891.3994/403.760.5797

COMMERCIAL & RESIDENTIAL CLEANING & DETAILING. Call Wanda at 403.238.1191.

HELP WANTED

GARDENER WANTED

Experienced gardener needed for our maintenance team. Must have a strong understanding of trees, plants, and shrubs. ISA or related horticultural certification would be an asset but not required. Candidate would be responsible to train and supervise staff as well work with customers to ensure garden maintenance is completed to requested standards. Send resume to info@exteriormaintenance.ca

AVAILABLE

FREE FILL: Non screened soils that have been excavated from various job sites. Nominal delivery fees may apply to locations outside of Bragg Creek. 403.949.3442 or info@exteriormaintenance.ca

BANFF HOME FOR SALE:
Contact Carla for more info at cmbcan@gmail.com or 403.815.9945.

WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. Call, text or email Al, awionzek6@sasktel.net, 306.641.4447

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

REAL ESTATE & RENTALS

2 Bedroom stand alone suite for rent September 1 availability, located on acreage in West Bragg Creek. 1 reg. bdrm, 1 sm bdrm, Incl: all utilities, satellite tv, appliances, and fireplace. Rent \$1250/month. For info call Brian 403.809.8949.

PERSONAL

If you wish to connect with some local people who discuss what is happening in our world: We are gathering with neighbours in small groups to exchange thoughts and information. To contact, phone in evenings: 403.933.2829.

CHURCHES

Meeting at Valley Neighbors Club Sunday mornings at 11am for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies.

FREE

2 well built insulated dog houses FREE
Phone Brian 403.880.3248

Burlap bags, 30. 2 larger sheets, clean unused. Call 403 860-6003 cell.

FOR SALE

Premium grassy horse hay for sale, Bragg Creek area. U pick off the field, \$8/bale. Call 403.931.2457 or 403.651.5852.

Are you ready for WINTER? Parting with my 2000 Chevy Silverado with 7' Snow Boss Sport Plow. Excellent plow for residential use. Email for details czarj0691@gmail.com \$6,000.

Westwood Western Germany grandfather clock. Clock inner works by Kieninger of Germany. Clock measures 82H x 19.SW x 14D inches. \$700. Warren at cwmcnabb@telusplanet.net, 403.949.3452

Honda CRF150 Motor Bike, \$2,400. Honda CRF80 Motor Bike, \$1,500. Both near new condition. Original owner. Serviced annually, stored inside, rarely used. Dwayne at dzaba@telus.net or 403.680.6810

36" TV toshiba and custom stand. Two Michelin tires, 205 65R 15. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.815.0562 403

1999 Pontiac Grand Prix. Leather interior, sun roof, runs good. New tires. \$1200.00 OBO. Lindsay 403.354.3213 or 403.931.3213

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:

\$16 for a maximum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

Information contained herein, while not guaranteed, is thought to be correct

It's time!

The recycling roundup is on!

Saturday, September 26, 10 am to 4 pm



SPRAY PAINT CANS



**PAINT, EMPTY
PAINT CANS**



**USED OIL, OIL FILTERS,
EMPTY OIL CONTAINERS**



TVS AND COMPUTER EQUIPMENT



**HOUSEHOLD
HAZARDOUS WASTE**

Are these items taking up space?

Bring them to:

Black Diamond Transfer Station

Hwy 22 & 402 Ave W
(West side of Black Diamond)

Priddis Transfer Station

Priddis Greens Dr W & Hawk's Landing Dr
(South East of the Priddis Greens Golf & Country Club)

Saturday, September 26, 10 am to 4 pm

For details about this one day event, visit foothillslrrc.com

Please note- these materials can be recycled at the Foothills Regional Landfill year-round at no cost.



electronics



paint



tires



used oil



BUSINESS DIRECTORY

**LIST YOUR BUSINESS
ONLY \$8 PER MONTH - 403-949-3526**

ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER, SCULPTOR 403.990.1266

ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast 403.949.3951

HEART WEST HAVEN 403.651.3459

KRUGER'S GUEST HOUSE ACCOMMODATIONS 403.949.3770

ACCOUNTANTS

WILSON PLUMER CHARTERED ACCOUNTANTS 403.949.4947

ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK, info@braggcreekvet.ca 403.949.2650

ARBOUR CARE & TREE REMOVAL

BORDERNORTH TREE SERVICES, micah@bournorth.com 587.216.8372

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

SPRINGBANK CUSTOM SOLUTIONS, springbankcustomsolutions.ca 403.612.0654

TREEWORX TREE CARE, www.treeworxpro.com 403.554.2370

AUTO SALES & SERVICE

KAT AUTOMOTIVE, www.katautomotive.ca 403.850.1043

NORTHSTAR FORD 403.932.3343

BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS 403.466.2204

HEIDI'S BLIND NOOK 403.651.3459

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.246.1482

CHILD & DAY CARE

COUNTRY KIDZ CHILD CARE 403.809.3546

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

FOOTHILLS BIBLE FELLOWSHIP, Serving Diamond Valley 403.608.7037

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES FASHION BOUTIQUE 403.949.4264

CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations 403.230.2690

BRAGG CREEK EXCAVATING 403.949.2756 / 403.620.0250

CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842

HILMON HOMES LTD, matthewhildebrant@gmail.com 587.433.3161

LT EARTH SERVICES - Full Service Excavation 403.478.0050

TKMS GROUP, tkmsgroup.ca 877.651.0398

TOOL TIME Handyman & Construction Services 403.949.2349

WOOLRICH GROUP - woolrichgroup.com 403.851.0076

COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. 403.390.1815

BRAGG CREEK - ROCHE HERBST, R. PSYC. 403.100.9984

DAVID SMALL, R. Psych., davidsmall.cpsych@gmail.com 403.803.4508

PRIDDIS - ERICA BERNARD, MSW, RSW 403.874.0176

KATERINA RENN, R. Psych., www.foothillscounselling.com 403.819.7691

DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com 403.276.7918

DENTAL CARE

BRAGG CREEK DENTAL CLINIC 403.949.2288

EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403.949.3939

ELECTRICAL SERVICES

BOW CURRENT ELECTRIC 403.932.9289

CLEAR SKY ELECTRIC clearskyelectric@gmail.com 587.225.4294

CURRENT ELECTRIC & CONTRACTING SERVICES LTD. 403.701.0887

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com 403.803.7102

FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE 403.949.2457

FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL 403.933.4368

FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY 403.949.3513

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403.949.2599

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES 403.949.3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) 403.949.3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL 403.560.6016

FIREWOOD

FIREWOOD TIM (PINE & BIRCH) 403.333.8462

FLOORING

TIMBERLINE INTERIORS 403.620.6613

FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality 403.230.2690

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES 403.888.2000

HAIR & BEAUTY

ALLURING ELEMENTS HAIR STUDIO 403.949.2168

HAIR STYLIST - PEGGY'S AT PRIDDIS 403.686.1095 / 403.931.3142

THREE POINT CREEK ESTHETICS, threepointcreekesthetics@outlook.com 403.809.4698

HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC 403.949.3953

BRAGG CREEK HEALTH FOODS, Chinese Herbal Dispensary 403.949.3581

BRAGG CREEK PHYSIOTHERAPY 403.949.4008

FORMATION MARTIAL ARTS T.V. Dance, Fitness & Yoga classes 403.689.2248

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY 403.829.1148

MASSAGE - SYLVIE LAPPA 403.828.5408

HOUSE CLEANING

IMMACULATE ADVANTAGE, NAOMI NADEAU, blessingjoy@hotmail.com 403.618.2605

LOCAL PROFESSIONAL CLEANING, cleaning@fastmail.fm 403.619.9441

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER (Cochrane), www.dr mower.ca 403.932.9984

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

TKMS GROUP, tkmsgroup.ca 877.651.0398

LEGAL

LINDA ANDERSON LAW OFFICE 403.243.6400 / 403.949.4248

MAVERICK LAW 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca 403.554.8535

MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca 403.256.4925

PAVING

LAMBERT BROS. PAVING 403.287.3252

PEST CONTROL

ABSOLUTE PEST CONTROL 403.238.7400

JAPCO PEST CONTROL LTD. 403.242.2467

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING 403.949.2963

MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsinc.com 403.949.3555

PET SITTING SERVICES large & small/ domestic & farm animals 403.880.5110

PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning 403.230.2690

ALLANS PLUMBING AND HEATING 403.888.5200

BRAGG CREEK PLUMBING & HEATING LTD. 403.931.0486

BRICO PLUMBING INC. 403.998.5580

PROFESSIONAL SERVICES

PRIDDIS BUSINESS CONNECTION INC. 403.931.7191

HARDER BROTHERS PRODUCTIONS 587.439.6108

REAL ESTATE & PROPERTY MANAGEMENT

DEBORAH CLARK, REALTOR® - CENTURY 21 BAMBER REALTY LTD 403.835.3385

DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek 403.612.7849

ELENA STEPANENKO, Realtor/Property Mgmt, MaxWell South Star Realty 403.560.5468

GREATER CALGARY REAL ESTATE Megan.Stuart@CREB.com 403.978.9117

KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood 403.818.8049

SHARON BAYER, REAL ESTATE PROFESSIONALS INC. 403.554.8978

SUTTON GROUP CANWEST - WILLIE PREBUSHESKY 403.660.3767

TANYA BAKANOVA, REALTOR® STAGER CSP™, REAL ESTATE PROFESSIONALS INC. 403.837.0220

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com 403.252.5900

RESTAURANT

BAVARIAN INN, Bragg Creek 403.949.3632

CREEKERS BISTRO, Bragg Creek 403.949.3361

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

JANE'S CAFE, COFFEE SHOP, Priddis 403.931.0155

POWDERHORN SALOON, Bragg Creek 403.949.3946

WATER'S EDGE PUB, Priddis 403.931.0155

RETAIL

BRAGG CREEK TRADING POST 403.949.3737

ENLIGHTENED HERB CANNABIS, Black Diamond, enlightenedherb.ca 403.933.5323

MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DAZA ROOFING dazaroofing.com 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. 403.264.7844

GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhrroofing.ca 403.796.ROOF (7663)

MASTER CONSTRUCTION INC, mastercalgary.com 403.554.2715

SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES 403.288.9500

A-EAGLE SEPTIC, eagle-7@telus.net 403.650.9436

ACREAGE DEVELOPMENT SOLUTIONS LTD. 403.815.0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com 403.804.5551

LT EARTH SERVICES - Design and Installation 403.478.0050

TRAVEL, CRUISE, VACATION SERVICES

LEA ANDERSON, Cruise & Vacation Consultant 403.717.9223 / 403.837.0577

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT 403.809.8949 / 403.949.3573

LT EARTH SERVICES - Full Service Trucking 403.478.0050

ROSS TRUCKING 403.651.9428

TOWING

DAVE MOORE TRANSPORT & RECOVERY, www.davemooretransport.com 403.975.3899

JIMMY J's TOWING, \$ for scrap vehicles, property clean-ups 403.891.3994 / 403.760.5797

UPHOLSTERING AND WINDOW COVERINGS

HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS 403.816.3802 / 403.246.1482

WATER HAULING

BIG DRIPPER WATER HAULING INC. 403.851.1003

BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403.804.5551

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991