

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



COOLING ♦ PATIO HEATERS ♦ AIR FILTRATION
HEATING ♦ RENOS FOR SENIOR LIVING

1 STOP Home Comfort Solutions for Your Peace of Mind

403.230.2699 AlbertaIndoorComfort.com

SCAN FOR OFFERS





MOUNTAIN VIEW
• VILLAGE •

Grand Opening

Condos starting from \$249,900^{+GST}



Mountain View Village is for those who want an active lifestyle and a sense of belonging, in retirement and beyond. With shopping centres, breathtaking views, and a thriving community just minutes from your door, it's the kind of place you wait your whole life to call home.

Contact Us

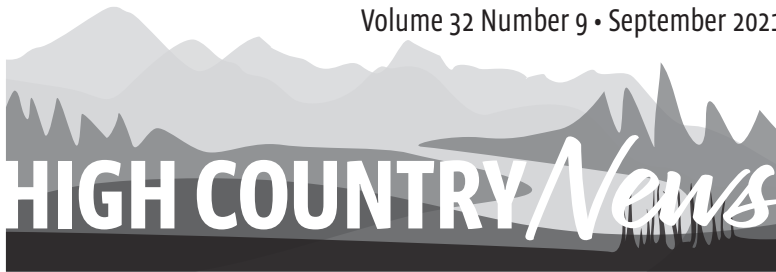
Phone: (587) 586-1485
mountainviewvillage.ca

Sales Centre Address

126 Centre Avenue West,
Black Diamond

Sales Centre Hours

Wednesday to Monday from 11:00AM – 4:00PM
Closed Tuesday



IN THIS ISSUE...

Communities:

	Page
Springbank.....	23
Bragg Creek/Redwood Meadows.....	20
Priddis/Millarville/Red Deer Lake.....	36
Black Diamond/Longview/Turner Valley.....	40
Square Butte Community Update.....	38

Articles:

From the Editor.....	4
MLA Update <i>Miranda Rosin</i>	6
RVC Candidate <i>Brent Moore</i>	8
Councillor's Update <i>Mark Kamachi</i>	9
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	10
High Country Rural Crime Watch <i>Dave Schroeder</i>	11
Business Profile <i>Masha Scheele</i>	12
Councillor's Update <i>Kim McKylor</i>	14
Councillor's Update <i>Kevin Hanson</i>	16
MLA Candidate <i>Sarah Elmeligi</i>	17
Back to the Gym <i>Bragg Creek Physiotherapy</i>	18
Bragg Creek Community Association.....	20
A Taste of the High Country <i>Renée Delorme</i>	28
Councillor's Update <i>Suzanne Oel</i>	34
HCN Article <i>Masha Scheele</i>	43

Lifestyle:

Duane Harder.....	44
Andrea Kidd.....	46
Mortgage Matters <i>Candace Perko</i>	47
Wayne Chaulk.....	48
Get Ripped.....	50
Out of the Rut <i>Kat Dancer</i>	51
ADHD <i>Roché Herbst</i>	52
Kids Zone.....	53
Classifieds.....	54
Business Directory.....	Back Cover
High Country News Cover.....	Deanna Lavoien

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

Editor: **Lowell Harder**

Reporting: **Masha Scheele**

Layout & Design: **Sam Richey**

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
Wednesday, September 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.

403.949.3526

www.highcountrynews.ca

info@highcountrynews.ca

facebook.com/highcountrynews.ca

Instagram: @highcountrynews.ca



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

kathleenburk@remax.net

braggcreekredwoodmeadows.com

403.818.8049



LETTER FROM THE EDITOR

Back to school and back to the polls. In this September edition you will see a number of notices on fall local programming as organizations gear up for what we're hoping as a more open way of life. I would encourage you to support these local events, as in reality, it's these events that really bring our communities together.

You will also see many articles and ads on both the federal and municipal elections. Regardless of their political leaning, I applaud anyone willing to put their name forward to represent a constituency.

As a paper, we will continue to allow candidates and readers to voice their platforms and concerns to you. This freedom of the press/ speech is an important foundation within our democratic process. (Note our current Liberal Government has directly challenged this freedom with the passing of bill C-10)

Recently, I received a thank you card in the mail that read "A community that is

engaged and working together can be a powerful force". First I would like to say that this expression of gratitude was very meaningful. More importantly this simple card calls to attention a very important principal for all of us. It's very easy to allow negativity and divisiveness to become the ruler of the day. When we choose thankfulness and unity before our list of grievances it changes our perspective. The challenge is to find points of common ground amongst the many issues that are dividing our country and move forward, continuing to build a better place for those coming after us.

I do need to point to an error from last month's edition. Roche Herbst's article on ADHD was headlined as "ADHD and Eating Disorders", but should have been "A Different Take on ADHD". Our apologies for any confusion this may have brought. I appreciate Roche's monthly commitment to give us tools to work with a very common issue that touches many in our communities.

From my family to yours, Lowell Harder



ARTIST PROFILE

"Saskatchewan Dreamin", reminisces of these connections - the land of the living sky and the golden toned endless wheat fields. I was also born in Regina and came out this way to attend the Alberta University of Art when it was formally called Alberta College of Art. I made my home here, married and started a family but this scene brings back memories of those days growing up. More info about Deanna and her work is available at www.DeannaLavoie.com

Note that the High Country News is completely independent, and solely operates on the advertising revenues from local businesses. Your support is greatly appreciated.





BUILT TOGETHER

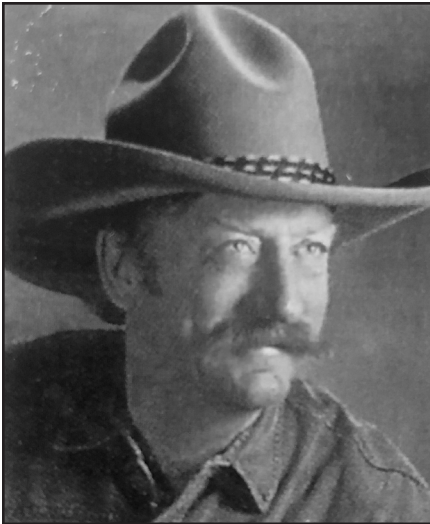
A GRANT PROGRAM BUILDING HEALTHY COMMUNITIES

Apply for a \$50,000 **Built Together** healthy communities grant to help your community build a space for active living.

Apply today at
ab.bluecross.ca/aboutus/built-together.php




ARC R3100 2021/07



**Join Us In Celebrating the Life of
Walter (Wally) Leslie Cross
1937 - 2021**

We will be sharing our stories
and memories of Wally

Open House: 1:30 - 4:00 pm
Saturday, September 25th at the
Bragg Creek Senior's Chalet
19 Balsam Ave, Bragg Creek, AB



**SUPPORTING TRANSPORTATION
PROJECTS IN RURAL ALBERTA**

Alberta's government is investing over \$1.5 million to support rural roads by upgrading culverts and drainage in the constituency of Livingstone-Macleod.

This money will help the municipal districts complete various rural road projects through the Strategic Transportation Infrastructure Program (STIP).

"The over \$1.5 million in strategic rural infrastructure investments this year in Livingstone - Macleod will help support economic growth in our region and the long-term viability of our roads. Let's get building!" Roger Reid – MLA for Livingstone-Macleod

- \$454,238 is going towards a bridge culvert replacement project in the Municipal District of Pincher Creek

- \$1,069,807 will be invested in two bridge culvert replacement projects, and drainage improvements to Railway Ave (Granum) in the Municipal District of Willow Creek

"STIP funding will support rural and smaller urban municipalities with local transportation infrastructure. Now more than ever, strong infrastructure is vital to attracting investment, and this funding will help ensure they have the roads and bridges they need to grow sustainably, while also creating much-needed jobs."

Hon. Rajan Sawhney-- Minister of
Transportation

Media inquiries

Chloe Carr

780-918-7790

Chloe.carr@assembly.ab.ca

Are you happy with how Rocky View is being governed?

Do you think Council decisions over the past four years have addressed your concerns and reflected your priorities?

Rocky View Forward is a grassroots residents' advocacy group.
We have covered County issues for the last six years.

For information on issues and candidates in the upcoming election,
visit our website – www.rockyviewforward.com

The County's election is October 18th.

Get informed! Get out and vote!

Together, we can make a difference for Rocky View's future.



MLA UPDATE - Banff/Kananaskis

Miranda Rosin

It is hard to believe that summer has come to a close already, but indeed it has and our kids are heading back to school. Most of you will be relieved to know that their return to school will be a normal one this year – without mandatory masking, social distancing, excessive hand sanitizing, and routine quarantine periods. We never thought that simple normalcy could be such a welcome blessing, but in 2021, it sure is.

As our kids head into a new school year, the curriculum they will be taught remains a big topic of discussion. During the 2019 election, our government campaigned on a promise to rewrite Alberta's curriculum. This promise was not only highly popular amongst young families across the province, but grew to become the deciding ballot question for many Albertan parents. Alberta's current curriculum has been in circulation since the 1980s. Not only are parents I've heard from increasingly becoming aware of how badly it needs updating, but even youth are as well. I've received countless emails from young and engaged school children and teenagers over the past two years expressing frustration with topics being taught in their classrooms. That is why our Government followed through on our promise to rewrite Alberta's curriculum for the first time in nearly 40 years, and will be piloting the new curriculum this fall. Unfortunately, neither Rocky View School Division, Foothills School Division, nor Canadian Rockies Public School Division will be piloting the curriculum in our local schools, which I believe is to the detriment of our children.

I understand there has been a significant amount of noise surrounding the new draft K-6 curriculum, so this month I'd like to provide my perspective. Contrary to what the Alberta teachers' union would have you believe, the new curriculum was developed over a highly consultative two-year period. In August 2019, just four months after the election, we appointed a 12-member expert panel to provide high level direction for the foundational knowledge and skills that the new curriculum should possess. This panel's participants ranged from lifelong educators to researchers to neuropsychologists. In January 2020, we broadened these consultations to hear directly from a multitude of teachers and parents. Over 8,000 Albertan parents provided feedback through our online

survey during this period, and over 300 teachers and education partners provided direct feedback through in-person and online engagements. In addition to all this, we struck a working group of 102 elementary school teachers to provide targeted and specific feedback prior to the draft release, as well as a student advisory council, and a parent advisory council.

The result was an impressive 500-page document that will teach our kids, after years of declining performance comparative to other jurisdictions, to master reading, writing, and speaking; to think fluently about numbers and mathematical equations; to learn about Canadian and world history, geography, culture, and economics; to manage household budgets; to create business plans; to computer code; and even the importance of consent, all packaged with the single most comprehensive English language arts program in North America.

As someone who didn't learn any substantial Canadian history until I paid to do so in my third year of university, I wish I had grown up learning a curriculum as thorough as this one. Yet unfortunately union lawn signs are popping up all over the province decrying the new curriculum and lobbying our school divisions not to pilot it, despite an overwhelming majority of Albertans voting to compile and implement a new curriculum just two short years ago. Gauging by my email inbox, and the conversations I have with people, the two primary concerns I hear about the draft curriculum are (1) that there is too much content being taught to children at a young age, and (2) that it is somehow racist.

If the largest problem with the curriculum is that we will be over-educating our kids and teaching them too much compared to the rest of the world, I'd say we are doing pretty well. I would actually argue that having a generation of Albertans who learned more in school than those who grew up in any other part of the country is a very good problem to have, and will give our kids a competitive edge when they eventually enter university and the labour force. There are also countless psychological and developmental studies that suggest our brains are most pliable when young, which is why kids learn new languages significantly easier than adults can. Our brains absorb knowledge when we are young, and I am very confident that Alberta kids will do just that when presented with the new curriculum. We should not be doubting our kids' capabilities. The other claim that the new curriculum is somehow racist is, in my opinion, not at all true. Let me be clear: racism is a despicable sickness of the soul and has absolutely no place in our

province. Those who experience racism, which I admittedly do not, suggest that the biggest hindrance to resolution is racism's subconscious, systemic nature in our society. If that is to be true, educating children to understand and respect their fellow classmates' histories, cultures, and religions from a young age could be the single most transformational change we make to eliminate the implicit judgements and assumptions we make about others as we grow up. Learning about other world religions or racist groups and organizations is not about glorifying racism or pushing religious beliefs in the classroom. It is about teaching children to have compassion for one another and their family histories, in an intimate and personal setting, without the sensationalism of mass media.

The draft K-6 curriculum is simply that, a draft. As schools across the province begin to pilot it this fall, our Government will continue to collect feedback so that the final version of the curriculum implemented provincewide in fall 2022 is the best version possible. If you'd like to read the draft curriculum in full or provide feedback, visit www.alberta.ca/curriculum. I truly believe that our province's new draft K-6 curriculum will very quickly result in positive educational outcomes for the Albertan kids fortunate enough to attend schools that choose to pilot it in the fall.

Unfortunately, that won't be any of the kids in our communities this year.

Miranda Rosin, MLA



MLA Miranda Rosin
Banff-Kananaskis

Office Hours: 1:00-4:30 pm

Bragg Creek:
226-7 Balsam Ave
Box 313, T0L 0K0

* Monday - Wednesday

Canmore:
206-1080 Railway Ave
T1W 1P4

* Thursdays





Late summer
wear for cool nights.
See the latest Z-Supply
wear and faded
flannels in the
shop now.

Order online at
codyandsioux.com

and request local pickup in Bragg Creek

MICAH GALLERY

SINCE 1991



Vintage & Contemporary Turquoise Jewellery
Art | Sculptures | Artifacts | Handicrafts
Pottery and MORE

Visit us at **micahgallery.com**
Main Office 403.245.1340

Find us in the Old West Mall, Unit 3, 27 Balsam Ave, Bragg Creek | Open 7 days a week

Traditional Tae Kwon Do

for a Strong Mind & Body

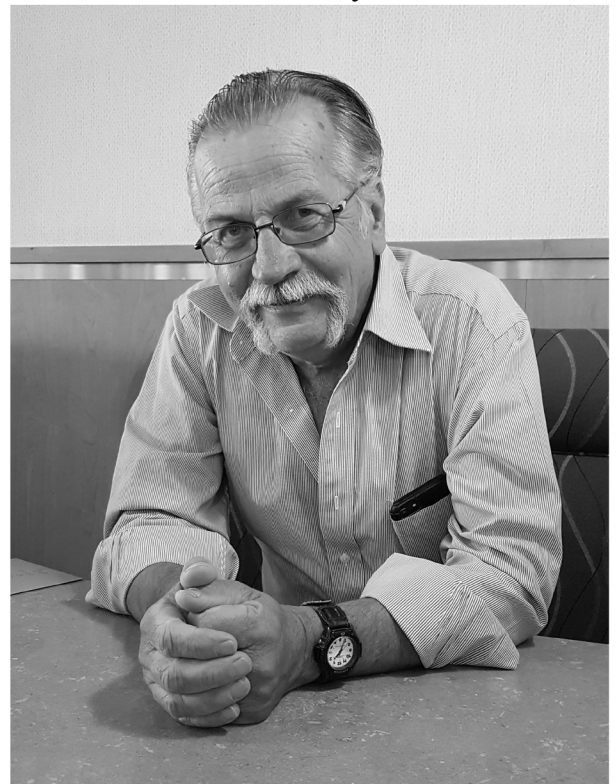
- Teaching Adults & Kids (Ages 4+) •
- Family Discounts •
- Over 25 Years Experience •



New Class
Lil' Kickers, Ages 4-6

Learn More
redwoodtaekwondo.com

YIKES!! Ray is 60!!



Happy Birthday little brother!



BRENT MOORE - CANDIDATE Rocky View County - Division 1

You may have already heard of my candidacy for County Councillor for the newly minted Division 1. This division of Rocky View County amalgamates the vibrant communities of Bragg Creek, Springbank, and Elbow Valley, three communities that previously enjoyed largely individual representation at council.

I'm running because I have the caliber and character to unite and effectively represent the residents straight away.

Caliber can be defined as: the level and value of a person's abilities.

I'm well versed in corporate finance, governance, planning & budgeting, leadership, culture, financial reporting, consensus building, rapidly scaling operations up and down, and all aspects of being a corporate director of a publicly traded company. As founder, president and CEO I did as much as possible with the resources available, a constant requirement of any government.

Character can be defined as: the combination of qualities in a person that makes them distinct from others.

Over the years on the family farm near Grande Prairie I participated in grain harvest, fencing, mechanics, heavy equipment operation and livestock management. Hunting, quadding, sports and Nintendo were constant pastimes.

At 20, I worked at Weyerhaeuser and became the production coordinator in the Sawmill and ran pre-shift departmental meetings, tracked downtime, made frequent operational judgment calls, and produced production reports for head office in Tacoma WA. I was also heavily involved with numerous practical jokes and was the only person that dressed up for Halloween 3 years in a row, because consistency matters.

My outgoing nature lent itself well to my next endeavour, opening a restaurant with my good friend. We enjoyed marketing accolades, becoming a social epicenter, and managing a small business that operated from 7am – 3am most days of the week. That business continues today, and I certainly felt their stress and frustration over the duration of the Covid pandemic.

I have lived in Calgary/Bragg Creek since 2007, the last 6 in Bragg Creek and the 8 previous in Discovery Ridge. My wife is a lawyer in Calgary, and we have 2 dogs and a cat that thinks he's a dog. When we aren't working, a campsite or ski hill in Kanaskis/Banff are considered home away from home. We are outdoor enthusiasts.

Community can be defined as: a diverse group of people living in the same locality and under the same government.


The residents of the all-new Division 1 in Rocky View County have incredible common interests, and through the arranged marriage created by redrawn electoral borders, unique priorities.

As we creep into a post Covid economy, Rocky View County will need agility, resiliency, intelligence, and some charisma to absorb the shockwaves caused by macro economic imbalance, anxious provincial and federal counterparts, inflation, and the new work from home reality. Unusual times indeed.

To keep up with my campaign you can check out www.brentd1.com and you will see me soon. There is lots to talk about and I want to hear your perspective on the issues and opportunities.

Caliber – Character – Community

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



ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



COUNCILLOR MARK KAMACHI
@MARKKAMACHI

MKAMACHI@ROCKYVIEW.CA
OFFICE: 403-949-3343 | CELL: 403-861-7806



A summer to remember

I hope everyone has been enjoying the newfound freedom this summer after losing much of it last summer due to the pandemic? What's next?

It's hard to fathom that we're only weeks away from summer's end where we endured a spruce budworm infestation, several heat waves, a continued battle with drought conditions/wildfire threats and many visitors to our area. All in all, an exciting summer. However, it's not over yet so don't even think of swapping out those summer tires for winters until the end of the month.

2021 RVC Election

As mentioned above, it's been a hot summer and it's about to get hotter on the election front. Not only are we in the midst of a federal election but on October 18th we'll be heading to the polls to elect municipal leaders. With the new boundaries and divisions being trimmed to seven from nine, the election will be heated.

As for our division, as a reminder, Bragg Creek will be amalgamated with Elbow Valley, east of us, which will make this election very interesting. Council voted earlier this term to revisit the current RVC divisional boundaries to balance out divisions based mainly on population densities. The area north of the Trans-Canada Highway which was once part of Division 1, the Jumping Pound area, will become part of Division 2.

At this writing, every division has a candidate. Yes! Even Division 1 finally. To date, five are incumbents with several new names and faces being introduced to add fuel to the election process. September 20th is the deadline

for nominations where we'll see who is vying for a council seat. Visit the RVC website and search "election 2021" to see the names of the candidates and other election related topics.

SBW Notice of Motion

It was just over a month ago that Reeve Dan Henn and I attended the Spruce Budworm town hall held at the community centre where we got to hear from experts on all sides of the infestation debate. I just wanted to let you know that the reeve and I will be addressing Council with a Notice of Motion to have Administration continue looking into how we handle this issue moving forward with the newly elected Council.

Film Industry

We've all heard on the news how fast the film production industry is growing since the provincial government introduced competitive tax benefits/incentives so that we could compete with our neighbouring provinces. I have been able to start the conversation between film industry experts and administration so that we as a county and reap some of the rewards our neighbours are garnering. We are a highly desired location and have the necessary amenities to make us the most envied film destination in the world. I want to thank my colleagues in administration for their continued efforts in making this happen and to work with those in this sector.

FireSmart says goodbye

I want to send a huge "thanks and all the best" note to our outgoing FireSmart Committee (FSC) chairperson Gary Nikiforuk for his dedication over the years to our community. Not only has he been

instrumental in leading the volunteer FSC to help navigate the issues that come with living in these parts with the constant wildfire threat, but he has also given me a ton of support.

I first got to know Gary when I was running for councillor. He and some other residents made sure that I was worthy of the responsibilities that came with the job. From that time on, we have gotten to know each other as neighbours, colleagues, but more importantly, as friends. I hope I didn't disappoint you too much Gary?

He and his wife are now heading east to be closer to family. Not east coast east but east Alberta east. We are losing a great community volunteer and leader and he will be missed. Thank you Gary for all you have done for this community and all the best to you.

In the meantime, I'd like to introduce Peter Dwan, a FSC board member who has graciously stepped in to run things until the new council is selected which will lead the selections of the various committee members come October. Peter has big shoes to fill. If you're interested in becoming a FSC board member, please email me and I will put you in touch with Peter.

One more to go

With only six weeks left in my term I want to say once again, thanks for your support over the years and just because I won't be your councillor, doesn't mean I won't be invested, just like you, in continuing to make this area the envy of the world.

Until my final blurb next month, stay healthy and safe.

– Cheers, Mark

Robert M. Hughes Financial Solutions Inc.

'Your Financial Dream Killer'

Despite what many people think, the number one financial dream killer isn't portfolio losses, or financial emergencies, or unemployment, and not even natural disasters. **The number one reason** people fail to reach their financial goals is procrastination - putting off the inevitable until the cost of your dreams or goals become prohibitively expensive.

Why People Procrastinate

- **Fear of failure:** Some people view their aspirations with dread because they don't think they will succeed. Others are just afraid to try.
- **Failure to turn dreams into realistic goals:** Everyone has a dream, but they tend to evaporate when they're not translated into meaningful, achievable goals with a plan of action behind them.
- **Self-defeating attitude:** Some people are self-defeating by nature. Others let negative influences take control.
- **Too difficult or confusing:** Finances can be intimidating, but so was algebra. Also, the overwhelming number of options can be paralyzing. In either case, it always seems easier to wait until tomorrow to get started.
- **They think they have time:** What's one day, or one month, or one year? There's still time, right?

The Cost of Procrastination

What is lost on most people is that time truly has value. The more time you have, the less costly your financial goals. Yet, it is a diminishing resource. Today, nearly 60% of people who are within 10 years of retirement do not have sufficient assets to generate enough income for their lifetime. They are fast running out of time, and, will likely have to delay retirement for a while.

The Numbers Speak for Themselves

If you were to save \$5,000 a year, starting today, and were able to earn 6% for 20 years, you would accumulate over \$194,000. If you procrastinate and start your savings 10 years from now, you would have to save nearly \$14,000 per year to accumulate the same amount. In this case the cost of waiting is almost \$9,000 a year!

Overcoming Procrastination

1. **Recognize your procrastination:**
It's a real problem for some people. It is important to explore the reasons behind your procrastination and make a deliberate decision to deal with it.
2. **Become inspired:** If you don't know where you're going, then any road will get you there. The key to taking action today is having clearly defined goals that motivate you. If living out your golden years in a broken down trailer isn't your idea of a comfortable retirement, picture what you really want to have happen and determine what it will cost you to get there.
3. **Remove the barriers:** A lot of people procrastinate because they don't know where or how to get started. The first step is to contact a professional financial planner for an overall review and assessment of your unique situation.

4. **Create a budget:** "No money" is often an excuse for procrastination. Creating and living by a budget requires discipline which is what many procrastinators lack. Honest and disciplined budgeting will create the cash flow needed to save for future goals.

5. **Be positive:** If something is important enough, it can be achieved. Successful athletes, entertainers and business people have all had to overcome obstacles, and the one common characteristic they all relied on was their positive attitude.

Stop procrastinating and call to arrange an appointment for a financial reality check. Together we work at turning your dreams into reality!

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



Evacuation Order! Now What?

With the hot, dry weather we have been experiencing this summer, and in light of what is transpiring with the BC wildfires, I thought it would be wise to review what you need to do if an Evacuation Order is issued. Evacuation Orders fall under the authority of the Provincial Emergency Management Act and are issued only when absolutely necessary to protect the public from danger. Evacuation Orders can be issued for wildfires, floods, sour gas leaks and other man-made or natural emergencies. Evacuation Orders can be issued at any time during the year.

I thought it might be a little late in the year to talk about wildfires, but a spokesman for the Alberta Emergency Management Agency (AEMA) informs me that September and October are the highest wildfire threat months. Wildfires do not just mean forest fires, but also include prairie fires. In October 2017 there were 11 fires across southern Alberta. While prairie fires are maybe not as dramatic as forest fires, they are still very dangerous and are faster moving. During one particular prairie fire, the local fire chief was driving along the fire front and had to travel at 70-80 kmh to stay abreast.

Evacuation Orders can be issued by a number of agencies including, but not limited to 1) Police 2) Local Municipalities, and 3) Provincial Agencies. Darlene Roblin, Manager of Foothills County Emergency Services, states that there are 2 types of Evacuation Orders: Evacuation Alerts and Evacuation Orders. In Foothills County you will be notified via a Safe Communities Alert Network (SCAN) message that will go to whatever phone numbers, text messaging or emails you have registered with SCAN. If you are not registered with SCAN you should do so on the Foothills County website under SCAN Alerts. You can also update your contact info there. Local media outlets and the Foothills County website will also participate in informing you of Evacuation Alerts and Orders.

Those radio and TV interruptions you hear from time to time (the "DO doo Do doo" ones) are from the Alberta Emergency Alert system. In both of these forms of alerts you will be instructed as to what the emergency is, what you need to do and where you should go.

Evacuation Alerts should be viewed as being a good idea to leave given what is transpiring in your area or what is about to transpire, especially for the more vulnerable. It's a heads up, certainly if you have livestock, that you now need to start moving or making other arrangements for their safety.

Evacuation Orders mean you must leave and leave NOW. There is legislation in Alberta that lets you be taken by force

if necessary. If you refuse to leave you are causing extra stress for and putting First Responders at greater risk. First Responders will have enough to do in an emergency without having to spend valuable time convincing you to leave. Things can HAPPEN FAST (Fort McMurray and Lytton as examples).

There may be a Reception Centre set up where evacuees can move to. If the emergency is a longer, continuous one, you should register your name even if you are not physically at that location. Reception Centres perform a number of functions: 1) lets relatives and friends know where you are 2) unifies people 3) may have day to day emergency supplies that you need and 4) lets Emergency Responders know that they don't have to visit your place to find you.

As the emergency continues stay tuned to traditional media and social media for updates and monitor the Foothills County website. While you are gone from home, law enforcement will take steps, likely including checkpoints set up around the perimeter of the emergency, to reduce access to the area by unauthorized people. The checkpoints can be manned by Sheriffs, RCMP, and Fish & Wildlife Conservation Officers.

An announcement of when the Evacuation Order ends will be given over the media (radio, TV, social media) and at Evacuation/Reception Centres. Depending upon the emergency, it can take time to ensure it is safe to return: that the water is potable, natural gas lines repaired, electricity restored, roads passable. There was an instance during the High River flood where someone was cooking and left the stove on when the power went out. When the power came back on the house burned to the ground.

In a subsequent article I will address what preparations you can take before an emergency occurs: family plan, checklists, FireSmart, etc. People in the Alberta foothills are a resilient bunch by necessity, and we are more resilient if we take a few steps to be prepared for an Emergency. In the meantime if you want to get started preparing now you can visit the following websites:

mdfoothills.com/emergency-management/emergency-preparedness.html
alberta.ca/emergency-preparedness.aspx
getprepared.gc.ca/index-eng.aspx
Dave Schroeder
HCRCWA Board Member

CRABAPPLE COTTAGE

There's no place *like the cottage!*

Fall in Love with the latest!!

New! Renuar. Stylish!
Inoah. Artistic!
Tribal. Chic!
Charlie B. Spicey!

New! Habitat. Comfy!
Lyla & Luxe. Effortless!

The Best of the last sale!
Up To 70% Off
We'd love to SEE you!

NEW Autumn collections just for you!!

open daily! • 403.949.4264
The Old West Mall • 2-27 Balsam Ave, Bragg Creek
www.crabapplecottage.ca

Follow Us. Feel Good.
@crabapplecottagebraggcreek
feel something special



BUSINESS PROFILE

Nancy Campbell - BWELL



Nancy Campbell has focused on providing health and wellness programming throughout the last two and a half decades as a professional trainer. She moved to the Bragg Creek area in 2012 and officially opened her home-based studio in 2014. As a medical exercise specialist who has experience in training and coaching individuals with a variety of chronic issues, Campbell creates custom well-rounded health and wellness programs.

"I will fit [a program] to each client to what they need. If a client needs a more gentle approach because they're dealing with a cancer diagnosis, then we're gentle. If people need me to have a little bit of a more heavy foot and be directed a bit more and pushed a bit, I will find and strike that balance with people," Campbell said.

Her studio is about overall wellness in all aspects of life, including fitness, rehabilitation, and nutrition. She emphasized that nutritional coaching is a big component to the programming.

New clients are first taken through an hour-long comprehensive initial consultation to assess all the information Campbell needs to put together a preventative program. This assessment includes a postural screen, a functional movement screen, and a muscle skeletal screen. Campbell explained that many people come with one specific problem but the assessment and screens allow her to figure out what the real issues and causes could be.

From there, Campbell works with clients on exercises, nutrition, or general education on dealing with specific chronic health conditions.

"Every client is completely different, I create individualized programs. There is nothing cookie cutter and completely based on what the assessment is dictating and the goals and objectives for each client," Campbell said.

During the COVID-19 pandemic, Campbell was forced to move many of her sessions to a virtual platform. With so many clients who travel around, she learned that virtual sessions were beneficial to continue working with clients no matter where they were.

"It's actually been a really eye-opening and very rewarding experience. It's really given the clientele that I already work with the ability to see that we can do it in a virtual environment and still have quality programming," Campbell said.

For over 25 years and counting Campbell has been a contract trainer at the Glencoe Club in Calgary where many of her current clients are from. She noted her appreciation for the clients that have trusted her continued coaching and training while going virtual.

"COVID made me realize I like working from home, I like not driving into the city and also there's that huge virtual piece for people where a lot of people don't want to

be in big gym environments," she said.

Campbell grew up in Calgary and was always interested in health and wellness. She was an athlete throughout grade school and into University where she began her extensive education in kinesiology. Throughout university and as an elite soccer player she had access to a team of medical professionals that diagnosed her with lupus and helped diagnose other autoimmune conditions.

"I know that you have to have a very broad healthcare team to deal with these types of issues. I absolutely believe in allopathic medicine, I absolutely see doctors as being a huge component of your healthcare team but they're not necessarily the only part of that Health Care team to get you to your best level that you can be at with the conditions you have," Campbell said.

Whether she is working with someone who has similar conditions or something completely different, she believes there are many different facets of health and wellness treatments that can help an individual be their best and healthiest self.

For more information, visit: bwell.coach

Business Profile by:
Masha Scheele, HCN Staff
media@highcountrynews.ca



Let me bridge your health gap

Hi, I'm Nancy Campbell. My mission is to help create a healthier world, person by person. By educating individuals about the value of health and fitness, including physical, nutritional and emotional fitness, whether in person or virtually, I'm able to provide the appropriate lifestyle program tailored for each client. Give me a shout and together let's be well.

Personal Training
Rehabilitation
Lifestyle Coaching
Nutrition Coaching


info@bwell.coach
www.bwell.coach



SR1 LETTER TO ALBERTA ENVIRONMENT AND PARKS

Reply to PUBLIC NOTICE re Water Act

Hello Alberta Environment and Parks
Regulatory Approvals Centre,

**Re: Application number:
DAPPL0002488/001-00474043**

I am writing a statement of concern regarding the unethical timing of the Public Notice, Water Act Notice of Application by Alberta Transportation that was put in the Calgary Herald on August 3, 2021.

It is noted that Alberta Transportation timed this notice to be only in the City of Calgary's Herald and only on August 3, 2021. The mandate of elected officials of government is to represent and act in the best interests of Albertans. It is unethical to allow government departments to choose a date in the middle of summer when it is well known that many Albertans are on holidays, just coming back from, or just leaving for holidays, and therefore it was unlikely that few, if any the affected parties by SR1 would see this one-time only PUBLIC NOTICE.

As a result of this unethical timing the PUBLIC NOTICE was not truly a PUBLIC notice.

I was informed about this Notice through a telephone call August 16, 2021, from a Calgary resident who was wondering whether I was writing a reply to the SR1 concerns. It was a shock to find out that the deadline for responses was the next day, August 17, 2021. Our whole Springbank Concerned Landowners Group (SCLG), who worked so hard on the CEEA and NRCB submission to stop SR1, did not know about this notice. We therefore had

hardly a day to review our documents and to send a submission.

Like the others in the SCL Group, I needed more notice time to read through, identify and develop points from the Don't Dam Springbank/Springbank Concerned Landowners Group submissions over the past few years of hundreds of pages to CEEA/IAAC and to NRCB.

The government departments' choice of mid summer timing is unethical, unfair, and results in not having an true PUBLIC NOTICE as evidenced by none of the SCLG were aware of the Notice.

1. Unethical placement of the Public Notice

It is now obvious that the two SR1 decision making government departments, Alberta Transportation and Alberta Environment and Park are biased towards Calgarians. The result of this bias is that those of us upstream of the planned SR1 continue to be the "Forgotten Ones." It is notable that these two government departments placed the Public Notice only in the City of Calgary's newspaper.

It is also notable that the Calgary Herald is not considered a local newspaper for residents who are directly affected by SR1. Residents have two local newspapers, namely the Rocky View Weekly Newspaper and the High Country News monthly newspaper. The High Country News also has an on-line option for additional articles daily. The notice was not put in either newspaper or on-line.

The result of this public notice being placed only in the City of Calgary's newspaper is that residents who are directly impacted have not read the one time only placement of the notice in the city newspaper. The evidence of not seeing this Public Notice placement is that none of our group members were aware of this "Public" Notice, and no resident in the area has contacted any of our group members to discuss this notice.

It is sad that the Alberta government could not find a way to communicate this notice in a local paper that is read by those actually being impacted.

It is also sad that the Alberta government continues to separate the need for flood control of Calgarians from the needs of flood control for residents who live upstream of Calgary. All Albertans on the Elbow River are entitled to have flood protection/control. A new need, as recognized by the government departments is the need for a water retention capacity to help provide water when there are drought situations of low water flow in the Elbow River.

Based on the placement of the "Public" Notice in just one newspaper in the City of Calgary, and on the holiday timing when many Albertans were away, I request that consideration be given to another PUBLIC NOTICE being placed in the two newspapers where directly affected "public" reside and who are now not likely to be on holidays. Or another possibility is that Alberta Environment and Parks review each written submission and allow for the lack of detail, and possible omissions in the submissions. This lack of details should not affect the right to file a notice of appeal with the Environmental Appeals Board.

This practise of unethical timing and unethical biased placement of the Public Notice by the Alberta government departments must stop.

It is also noted that the Alberta Government department's plan to avoid having statements of concerns filed by the SCLG almost succeeded. We were not made aware of the Public Notice until the day before the deadline of August 17!

Dr. Karen Massey, Redwood Meadows
See full article on the High Country News website highcountrynews.ca

Top Rank Tile & Stone

Kitchens | Bathrooms | Showers
Backsplashes | Water Features & Patios

"Miracles we can do right now; the impossible may take a little longer"

Tile | Stone | Concrete | Mosaics | Hardwood | Luxury Vinyl

Robert Hollister-Rank

403.679.9063 | rjhrank@gmail.com

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





Let's Maintain the Momentum

I am seeking re-election as your Division 2 Councillor. This division has not seen a two-term councillor since 2007 and that has not benefited the area. Jumping Pound is now part of Division 2 and I look forward to being a part of their community. As a three year member of the Agricultural Services Board, I have a solid understanding of Jumping Pound's issues, and I look forward to representing them.

Accomplishments and Goals

CMRB - I am an advocate for regional planning, but never by sacrificing your land owner rights. I will continue to fight for a fair deal for Rocky View residents, as my job is to represent RVC, not the City of Calgary.

Recreation - I have been instrumental in the investment of over \$10 million in regional recreation at the Cochrane Ag Society lands. In addition, over \$2 million has been invested into much needed upgrades at the Springbank Park for All Seasons, and my successful motion saw the creation of a Dog Park for our community. An additional \$10 million is secured for more recreation for Springbank. I supported a potential land purchase, and there are other approved

motions that would see millions more for recreation, a community centre and pathways. Please stay tuned.

Governance - I uphold the oath of the Municipal Government and Local Election Acts. I signed a Code of Conduct and I upheld that. If I expect that from myself, I will expect it from my peers – and you should demand that from your elected officials as well.

Leadership - Currently I am the Deputy Reeve, as well as the chair of many committees. As an individual Councillor I have one vote, so I strive to have the confidence of my peers so that the work that needs to be done in Division 2 will get done!


On July 31, I, along with two others, were sent a list of questions. Interestingly, at the time of this writing (Aug 16), no other candidates are listed for Div 1 or 2 on the RVC website. So how does this group know who is running?

KNOW who is behind your candidate. This negative activist group knew about these candidates for almost three weeks before any public declaration, and are sponsoring their answers through paid advertising.

My complete answers can be found on my website at **KimMcKylor.com**. To maintain my integrity I pay for my own words as I did during the first election.

Be assured, I am working for all of Division 2 and RVC residents.

**MAINTAIN THE
MOMENTUM**

For complete campaign updates
and information visit:
KimMcKylor.com  @McKylorDiv2

**VOTE ON
OCT 18TH**



JUDI HUNTER, TRUSTEE FOR WARD 5 SEEKS RE-ELECTION

In her first term in office, Judi says she has learned a lot and thoroughly enjoyed her term working with parents on behalf of students. She remains committed to working for students, ensuring that funding dollars are used wisely to support student learning. She would like to see more community partnership opportunities so students can be exposed to community learning opportunities and volunteer within the community as community leaders.

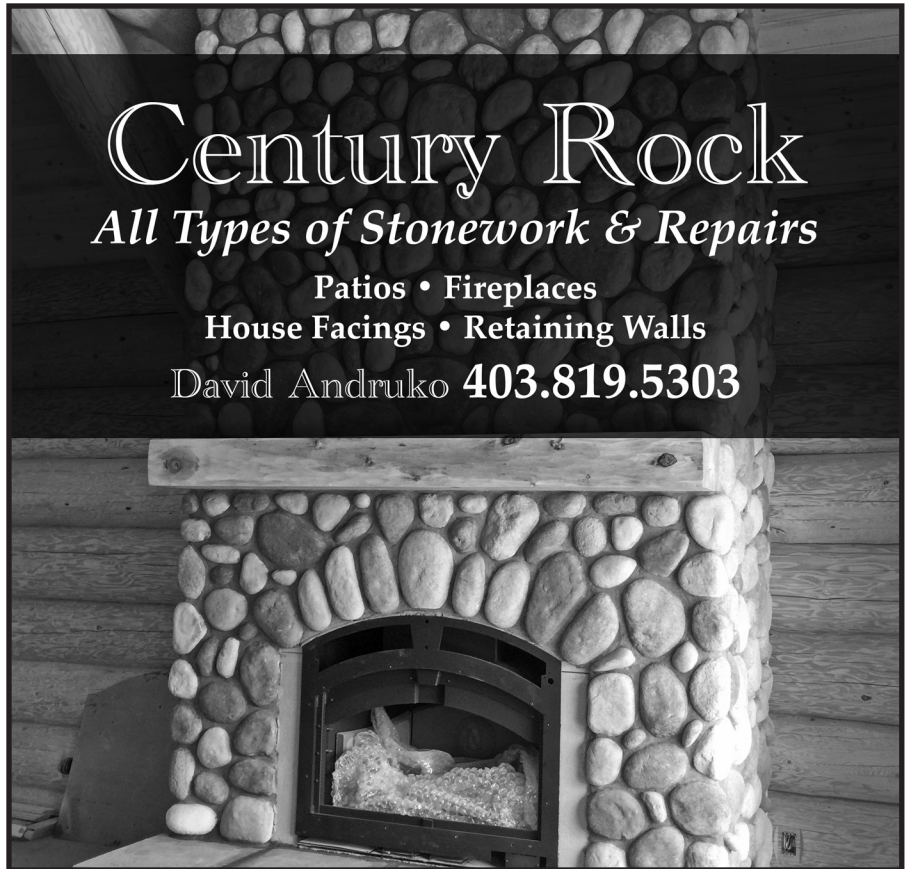
Fundamentally she is an advocate for children and their opportunity through education to participate fully in our society.

Covid has been a challenge and has polarized parents as differing views on how best to protect children has caused dissension. School staffs have a big job ahead of them as many children have suffered through the year and half of covid. She supported the Board's initiative to provide additional funding for health and wellness strategies.

Judi is committed to working with parents and communities to find solutions to local issues.

She hopes that she has earned the trust of those she works for, and with, and looks forward to contributing for another term.

Ward 5 trustee represents the following schools: Banded Peak, Westbrook, Elbow Valley Elementary, Springbank Middle School, Bears paw, Springbank Community High School.



Century Rock

All Types of Stonework & Repairs

Patios • Fireplaces
House Facings • Retaining Walls

David Andruko 403.819.5303



HOW YOU CAN HELP CAHS

- Online Donations
- Donations of goods in kind from our website wish lists
- Donate your bottles and cans to our Containers for Critters program

learn more!

VISIT OUR WEBSITE AT
COCHRANEHUMANE.CA/DONATE/SUPPORT
for all the other ways you can support CAHS!

Archie
ADOPTED IN 2020

Meet. Adopt. Love.
cochranehumane.ca   FOLLOW US!

  
Cochrane & Area
HUMANE SOCIETY



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 3

Council Ignores Motion on Floor

With the County's appeal against the setting aside of "irrational" sanctions against Kissel, Wright and Hanson dragging on in the Court system, efforts to move forward for the good of the Ratepayers continue. Councillor Kissel with seconder Reeve Henn brought forward a Notice of Motion on July 6, to be debated on July 20th entitled "Withdrawal of Appeal of Kissel et al v. Rocky View County, 2020 ABQB 406. The preamble to the resolution stated there is no possibility of the appeal being heard before spring 2022 - well after this October's Municipal election and long after sanctions expired. Also noted is the fact that insurance is not covering the legal bills, which is not fiscally responsible to the ratepayers, as costs continue to be taken directly out of tax dollars.

Councillors Kissel, Wright and I received legal advice that once read in, we should not speak to or participate in the Motion. The County also received the same advice from its lawyers. As a result at the July 20th meeting we each recused ourselves from the matter. At that point, Councillor Schedule brought forward a motion for the remaining 6 to move their discussion In-Camera. Upon returning to the public meeting, the motion on the floor was totally ignored, and the 6 rose without reporting. This raises some interesting points w.r.t. the Municipal Government Act, and our own Procedural Bylaw, in that the motion was left on the floor and the meeting adjourned with it in that state. It will likely be back in September to be dealt with properly. The three recused Councillors will remain recused on the matter, and no further comment will be coming forward lest we are seen to be influencing the outcome of the vote.

Rocky Creek Concept Scheme

Council unanimously approved a 638-acre residential development Conceptual Scheme in West Balzac. This Conceptual Scheme is basically an Urban-Style subdivision that proposes 1,300 homes with minimal commercial acreage. I asked relevant questions about the fiscal impact of this development with its copious quantities of small cul-de-sacs, but Councillor Boehlke claimed a point of order that all fiscal discussions should be deferred to the Subdivision stage. Deputy Reeve McKylor who was chairing the meeting concurred, despite the County Plan clearly indicating

that Conceptual Scheme approval is the time for that debate.

Beverly McLachlin

I just finished reading the auto-biography of Canada's first female Chief Justice of the Supreme Court, and the longest serving public servant in that position. A self-described "simple Farm-Girl" from Pincher Creek. Highly recommended.

While reading I couldn't help pondering a short couple of paragraphs toward the end where she reflected that Canada is not entitled to 9 Justices giving their own views; the Country is entitled to 9 Justices giving their views after listening to the views of their 8 other Colleagues. The key to achieving maximum consensus was listening. Considering the views of others is hard

work. To listen with an open mind and an eye to consensus is Hard Work. Substituting Councillor for Supreme Court Justice, RVC for Canada, and I see the parallels being spot on. My thinking is one also needs to take into account that the skill set required to do so is not insignificant.

Moving Forward on Process to Recruit a new CAO

We have received six responses to the RFP for the CAO search and recruitment. Council will be making a decision shortly and the successful executive search firm announced by early September.

Please e-mail me if you would like to be added to my e-mail list for potential future e-mail and on-line communications - Kevin.Hanson@RockyView.ca or call 403.463.1166.

NOTICE OF NOMINATION DAY – SEPTEMBER 17, 2021

TOWN COUNCIL – REDWOOD MEADOWS

ELECTION – OCTOBER 18, 2021

Notice is hereby given that Nomination Day is September 17, 2021 and that Nominations for the election of candidates for the following office must be received at Redwood House prior to 3:00 pm on Nomination Day.

Nomination Forms are available at the Townsite's office #1 Manyhorses Drive, between 8:00 AM and 4:30 PM from September 1, 2021 to September 17, 2021

Office

Councillor

Number of Vacancies

7

TOWNSITE OF REDWOOD MEADOWS ADMINISTRATION SOCIETY

Dated at the Townsite of Redwood Meadows in the Province of Alberta, this 1st day of September in the year 2021 A.D.



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



SARAH ELMELIGI - CANDIDATE Alberta NDP - Banff-Kananaskis

I am so excited to announce my intention to seek the nomination for the Alberta NDP in the Banff-Kananaskis Constituency. Please see the press release below. Call me if you have any questions. I look forward to chatting.

MEDIA RELEASE: CONSERVATIONIST SARAH ELMELIGI SEEKS ALBERTA NDP NOMINATION IN BANFF KANANASKIS

For Immediate Release

August 10, 2021

Canmore, AB –Canmore resident Sarah Elmeligi is announcing her intent to seek the nomination for the Alberta NDP in the Banff Kananaskis constituency. Elmeligi is the first candidate announcing her intention to represent the NDP in the next provincial election in what is expected to be a competitive nomination race.

"I am excited to participate in this nomination race for my constituency," said Elmeligi, "I may be biased, but I believe our riding is one of the most special in our great province. I look forward to meeting with constituents over the next few months to learn about what is important to them."

As a professional biologist and conservation planner, Elmeligi has been working across the constituency on a variety of issues for nearly 15 years. Her professional experience includes working with multiple stakeholders to address land use planning issues. Currently she is the sole proprietor of Sarah E Consulting, a company that works with communities to define interdisciplinary solutions for complex conservation challenges.

"I value working collaboratively with multiple stakeholders to define solutions that are good for people and good for the landscape. The Banff-Kananaskis Constituency is a very special place, appreciated by locals, Albertans, and international visitors for its natural splendor and varied recreational opportunities," said Elmeligi.

"Jason Kenney was elected promising jobs and economic prosperity, but we have yet to see tangible outcomes and we're over half way through his mandate. Rachel Notley has an inspiring and positive vision that would create sustainable jobs, a diversified economy, and stop the attack on public services.

"I want to listen to our constituents and learn from them. Please follow and message me on Facebook. I'm also inviting supporters to join the Alberta NDP and vote for me in our nomination election this fall," said Elmeligi.

Media inquiries:

Sarah Elmeligi – 403-688-8641

THE PRIDDIS EARLY LEARNING PROGRAM

"Positive Experiences Through Play and Guided Instruction"

**Spaces
available
for
2021/2022!**



Located in the Priddis Community Hall. Bright, clean
classroom, indoor gym and outdoor green space

Licensed program, experienced teacher, low ratios

**3 Yr Class- T/Th
4 Yr Class M/W/F**

**Email pelppreschool@gmail.com for
more info or to register**



BACK TO THE GYM

by Tish Resta

Do you remember the start of a new school year? Maybe some excitement about back to school clothes, fresh school supplies and some apprehension over a new grade, a new teacher, classmates, and maybe even a new school. That angst may have grown as you considered a return to gym class. Not everyone has fond memories of their school experience and this may be particularly true of your phys ed (PE) class. Interestingly, how you felt about PE in school may persist in later life. In fact, recent studies have shown that fond memories of your high school PE experience is related to being more physically active as an adult. And of course the opposite holds true, for those who felt that PE was a survival of the fittest, Lord of the Flies ordeal...well then they may not be as likely to participate in physical activities as adults!

When I was younger, gym class seemed like a lot of fun. Movement was unstructured and play based with less of a competitive nature to it. You stayed in your street clothes and ran out the sillies and then continued on with your day. Moving along to junior and senior high, I remember a decrease in the fun factor in PE class. The curriculum became more sports and results focused and less about movement

and building a habit of lifetime activity. This was not a problem for those kids who loved or were good at sports. But this wasn't a fit for all kids and for them a dislike of gym class became synonymous with an aversion to fitness in general and this mindset followed many of them into adulthood.

I am happy to report that PE classes now are much more inclusive and more thought is given to kids having different interests and abilities. But for those of us who are adults now, how do we reignite a love of fitness if your school experience didn't provide that positive learning environment? I think there are a couple of answers to this question. One is reminding yourself that being successful in PE class and being active as an adult are two quite different things. As adults we have the opportunity to find activities that we love to do. The list of possibilities is endless and sometimes it is just a matter of giving something a try to see if it's a fit for you: walking, swimming, dancing, yoga, hiking, biking, skiing, fitness classes to name just a few. There are many adult classes aimed at beginners so it's never too late to give something new a try. It can also really help to find a group to do these activities with. The social component of fitness can play a large role in why someone will continue to participate in an activity. Not everyone likes to workout with others though and this can be related to their confidence or aptitude at an activity or just personal preference.

The abundance of online fitness offerings can be a great option in these cases.

Redefining what fitness looks like or what it means to be active can help to change your mind about your ability to be successful in this area. For many, the word fitness conjures up images of someone working out in a gym and going to extremes with their exercise routines. If that is not your cup of tea or if the thought of going to a gym makes you feel anxious or uneasy, there are many ways to be active or 'into fitness'. Find ways to move your body that speak to you and places to do that where you will feel supported (e.g. outside with friends, in a team sport with like minded people, working with a trainer in a small gym setting). As we age we lose muscle mass, flexibility, mobility and balance often becomes impaired. Sigh! Staying active can help to offset these changes and can help us to keep moving independently longer. So, no matter what your school PE experience was, we are all athletes, we just need to find those activities that bring us joy! If you need help getting started on your fitness journey or are just looking for something new to add to your repertoire, our small gym is now open for personal training clients. Here's to keeping our bodies moving!

Tish Resta

ACE Certified Personal Trainer

Co-owner Bragg Creek Physiotherapy

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

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

OUR SERVICES

physiotherapy, massage therapy, acupuncture, IMS, custom foot orthotics, fitness programs, and more.



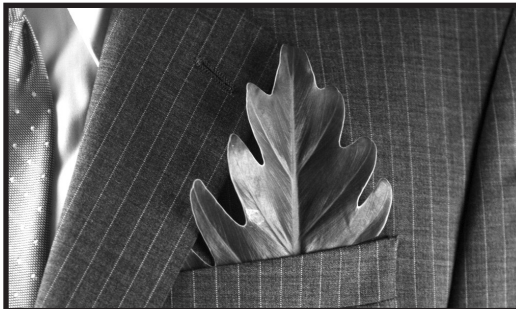
**Bragg Creek
Physiotherapy**

Your pathway to physical freedom



403-949-4008 | braggcreekphysio.com

24 Balsam Avenue, Bragg Creek



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



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

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

www.braggcreekinsurance.ca



Come meet your team

Mon - Fri

9:00am - 5:00pm!

262202-210 st West Foothills, AB T1S 2Y4

Hwy #22 South , 8 KM North of Millarville
403-931-2212



Western & English Tack

Feed – Fencing - Mats

Stable - Livestock - Pet Supplies

Giftware & Apparel

**WE BUY & CONSIGN TRAILERS
OF ALL MAKES AND MODELS**

Horse - Stock - LQ - Flatdeck - Dumps - Cargos

Select from over 300 units

Service Shop Direct 587- 436-5636

Follow Us For Monthly Features and Specials



bart5trailers.com or bart5tack.com



**CHRISTOPHER
SANDVOSS**
HEAD INSTRUCTOR

The Canadian Violin Making Institute
offers exceptional programming and
instruction for aspiring Canadian
and international luthiers.

**REGISTER NOW FOR
OUR SUMMER COURSE**

JULY/AUGUST 2022

403.471.9419

canadianviolinmakinginstitute.com

Located in High River at 35 – 3rd Avenue South East



Bragg Creek Centre

Hello Creekers!

Is it me or did summer fly by? Hard to believe the kids are going back to school and we will soon be donning cozy fall sweaters and sipping warm spiced lattes but not quite yet.

The Bragg Creek Farmers Market is still in full swing with 4 more market dates!

Sundays thru September 26 | 10 am – 3 pm

With locally grown, handmade and home baked goods there is sure to be something for everyone. With new vendors added weekly, we are excited for you to come meet your local growers, makers and artisans.

Upcoming Events

Comedy Night in the Creek is back!

Adam Blank of ABCComedy, along with his fellow comedians, will once again transform our auditorium into a stand-up comedy club. If you didn't see them last

year well you are in for a leg-slapping, gut-clutching, laugh till you fall on the floor experience! Purchase tickets online at www.eventbrite.ca or visit www.braggcreekca.com for the link.

Date: October 2

Time: Doors open 7:00 pm

Show time: 8:00 – 10:00 pm

Tickets: \$25/ticket online - \$30 at the door

Cash bar | 18+ mature show

Gord Bamford

We are pleased to announce that tickets are on sale now for Gord Bamford's Kick COVID's A** Tour performance here at the Centre! Purchase tickets online at www.showpass.com/kcita-braggcreek/ or visit www.braggcreekca.com for the link. This show will sell out so get your tickets now!

Date: November 13

Time: Doors open 6:00 pm

Show time: 7:00 pm

Tickets: General Admission - \$50/ticket

VIP Tables - \$150/ticket,

sold in multiples of 8

VIP Table purchase will secure 8 guests a prime viewing table incl. one bottle of each, red and white wine, snacks, 8 special gift bags + a Meet and Greet for all 8 guests with Gord Bamford. *limited availability*

General Admission Ticket with Meet & Greet package - \$125/ticket

One (1) General Admission ticket and Meet & Greet with Gord Bamford as well as a gift bag.

*Cash bar | Licensed Event

Must be 18 years or over*

Programming

Adult Pickleball

NEW – Afternoons 12:00 – 2:00 PM

For the uninitiated, pickleball is something of a mix between tennis, racquetball and ping pong. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but they're easy to learn. Looking for a new indoor sport? Try Pickleball!

Date(s): Tuesdays (Drop-in)

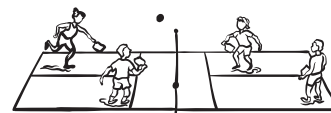
Time(s): 12:00 – 2:00 pm

7:30 – 9:30 pm

Cost: Members \$5 | Non-Members \$8

*Racquets are limited

Please bring your own.*



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

Yoga

All ages and abilities welcome.

Date(s): Saturdays

Time: 9:00 – 10:15 am

Cost: \$18/session or \$150 for a 10 pass
email: info@braggcreekca.com to register

Space is limited – Please register before noon on Fridays.

MYC

New to Bragg Creek - Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children. MYC is excited to begin Fall 2021

Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes.

Services

Co-Workspace

Working from home? Struggling with unreliable internet? We've got you covered!

Shared workspaces with power and internet available daily, weekly and monthly. Call 403-949-4277 or email info@braggcreekca.com to book a space.

Bragg Creek Satellite Library

Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns.

With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at braggcreeklibrary.ca.

Don't have a TRAC Library Card?

Just fill out the online registration form at braggcreeklibrary.ca....easy!

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result

of the pandemic. Contact: braggcreek.ladiesauxiliary@gmail.com

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts?

Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission – to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

We have resumed our regular hours, Monday – Friday 9:00 am – 4:30 pm. Call 403-949-4277, email: info@braggcreekca.com or visit us at braggcreekca.com for news and updates.

Take good care Creekers!
Christine Pollard
Program and Events Manager

GORD BAMFORD
PRESENTED BY
Kubota Peavey Mart
CACHE ENTERTAINMENT INC.
KICK COVID IN THE TOUR
NOV. 13, 2021
7:00PM
DOORS OPEN AT 6PM
BRAGG CREEK COMMUNITY CENTRE
23 WHITE AVENUE, BRAGG CREEK
MUST BE 18+ TO ATTEND
PURCHASE YOUR TICKETS: WWW.GORDBAMFORD.COM/TOUR
PROCEEDS SUPPORTING
SWAMP DONKEY MUSICAL THEATRE SOCIETY, BRAGG CREEK COMMUNITY ASSOCIATION & BRAGG CREEK PERFORMING ARTS

Saturday October 2nd 2021
COMEDY NIGHT
in the creek
Featuring
Adam Blank
Bragg Creek Centre
23 White Ave., Bragg Creek
Doors Open 7:00 pm
Show Starts 8:00 pm
Cash Bar | 18+ Mature Show
TICKETS \$25
\$30 AT THE DOOR
WWW.EVENTBRITE.COM
www.braggcreekca.com | 403.949.4277
Bragg Creek Centre



GREATER BRAGG CREEK FIRESMART COMMITTEE UPDATE

Bragg Creek Spruce Budworm Issues and FireSmart

At a recent town hall on the Western Spruce Budworm (WSB) infestation, the topics included the extent of the issue and potential actions, the current health of the forests, and the Redwood Meadows aerial spraying program.

Many parts of the Greater Bragg Creek area have a high or extreme FireSmart hazard rating, which is based on factors including the tree species, health and maturity of the forest, fuel loads, historic fire activity, and potential for property damage. The posting of the local wildfire hazard on signs and fire advisories or bans provides the current wildfire risk, which is separate from the underlying FireSmart hazard rating.

All panelists at the town session spoke to the benefits of FireSmart activities by landowners to protect persons and property. Rocky View County Reeve Henn and Councilor Kamachi were in attendance at the meeting and undertook to consult with the Province on potential strategies and activities to address the current WSB outbreak.

Emergency Preparedness

The smoke from the BC wildfires is a reminder that wildfires are part of the natural life cycle of our forests. The Lytton, BC fire underscores the need to be prepared for a potential short notice evacuation. Check out the GBC FireSmart Committee Facebook page and FireSmart Canada website for hints on preparing a “bug-out” kit and evacuation checklist (including your critters).

RVC Fire & Emergency Services undertook a “table top” evacuation exercise in April to plan and practice various scenarios for the Bragg Creek area. An emergency evacuation drill is planned for early November 2021.

FireSmart Exposure & Pathway Study
Bragg Creek is one of several Alberta communities working with the University of Alberta on an innovative study. The exposure analysis is an in-depth examination of the predicted wildfire hazard to area structures, with the pathway study using computer models to predict the routes of fires under varying weather conditions and ignition points. Recent lightning strikes in Redwood Meadows once more underscore that fires can start anywhere. These studies will assist with prioritizing areas for future FireSmart programs. The information will also will assist emergency planning by predicting the durability of evacuation routes or sheltering locations.

Wild Rose Community Clean Up/Chipper Day

Kudos to the Wild Rose Community and Jeff Hughes at TreeWorx (who volunteered his time and equipment) for a recent community clean-up and Chipper Day, followed by a BBQ. Great work by all!

GBC FireSmart Committee Changes

Andrea Sparkes and Charlie McLean have tendered their resignations from our Committee. Andrea is the spark plug behind the Facebook page and led the Committee’s interactions with the Banded Peak School Change maker program. Charlie was a key to making the Chipper Days an ongoing success. Their valuable counsel and contributions will be missed. RVC will shortly be seeking new members on the Committee.

RVC has appointed District Chiefs Hubbard and Clarke to the Committee, both who have extensive experience with FireSmart activities. We wish to acknowledge the enthusiasm and contributions of DC Marcus Weckesser who was instrumental in the restart of the FireSmart Committee, and in particular the success of the Chipper Day programs.



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

C O U N T R Y L A N E F A R M S . C O M



RENOVATE FOR GOOD

Call or email STEPHEN for a quote
on bathrooms, basements, decks

Stephen@RenovateForGood.com
403.863.2085 | www.RenovateForGood.com



Char Smith
Parts Manager

parts@drmower.ca

1.877.531.2873

www.drmower.ca

 @drmowerparts



SPRINGBANK LADIES TIME OUT

Ladies Time Out in Springbank is happy to announce that we are currently planning our Fall 2021 session. We are excited to invite new and returning members in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW.

Registration for the Fall session is scheduled for Monday, September 27th at Eden Brook Reception Centre. Doors open at 9am and class registration is on a first come, first served basis. This first session back will have fewer classes than previous calendars but this is for the safety and personal comfort of our members.

Our website www.springbanklto.com will soon be updated with a complete list and calendar of our classes, events and activities. You can follow us on Facebook at www.facebook.com/springbanklto or on Instagram @springbanklto to view photos of our past activities and to learn more about upcoming events.

Why not try something new this fall? Inquiries can be sent to springbanklto@gmail.com. We look forward to seeing you!

Springbank
**LADIES
TIME OUT**

LADIES TIME OUT IN SPRINGBANK

**FALL 2021
REGISTRATION**

September 27th @ 9am

**Eden Brook
Reception Centre**

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

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



 Canadian
Red Cross **Training
Partner**

Debbie Chéné, Primary Care Paramedic
Owner, Trainer - Health & Safety Administrator (HSA)

403-710-0566
Email: Debbie@debcosafety.ca
Website: www.debcosafety.ca
Foothills, AB (Serving Calgary and Area)
On-Site Customized First Aid/CPR Training





SPRINGBANK CREATIVE ARTS CLUB

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

We hope that your summer has been a good one, although it is going fast and had been so smoky! The group met briefly in July with a show and tell of the latest creations and a big thanks to Pat for the beautiful mugs. Each mug says Vaccinated against covid-19. It pays to attend the meetings!

This club is delighted to announce that we are having a craft sale at the Springbank Old Tyme Fall Fair Sept 11, 2021. Thank you to Jody and Mike from the Park for All Seasons for the invitation. Get your handmade craft fix at this event! Please do come out and support the local artists

artisans and crafters. Space for 60 plus vendors has been made available. This is a good opportunity to see local exhibits pertaining to the fair and purchase great gift ideas for all the folks on your list. This a great time to catch up with the community, friends, and neighbours. Food Trucks or the Concession on site.

It has regrettably been decided to postpone the annual Springbank Christmas Market again for this year. Due to the fact that there is no suitable space to accommodate the event. The decision came after much discussion, and once a space is located, we plan to continue in 2022. Please stay tuned for new developments.

Next meeting date and the location is TBD. On the agenda is Show and Tell.

There is plenty of room for new members! If you are an organizer or decorator or have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice – email janice3lambert@gmail.com for any new business to be introduced at meetings.

Although the Annual Fall Sale in November, has been cancelled, we will still meet and share ideas, creations and friendship. We are an enthusiastic group and welcome new members to come out and join us. Consider this as a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about membership email yjo999@gmail.com. Happy Fall everyone! Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett, Springbank Creative Arts Club



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

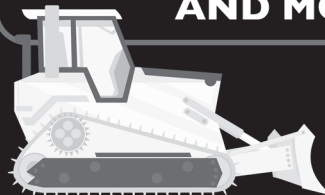
www.apcpestfree.com

info@apcpestfree.com

COCHRANE RENTAL CENTRE 403-851-9997

Trust us to supply all your spring & summer landscaping tools & equipment

**Rototillers | Aerators
Power Rakes | Log Splitters
Water Pumps | Skid Steers
Mini Excavators
AND MORE!**



**Call us for
selection
and availability**

403.851.9997 
www.crcrents.com



SHAKESPEARE ON THE GO

A Beautiful Evening for "Shakespeare on the go."

Springbank Community Association and Springbank Park for All Seasons hosted the Shakespeare on the Go performance "A Comedy of Errors". This was held on the Springbank Park of All Seasons Football field. Over 150 people sat on the

bleachers, the grass or on lawn chairs to watch the Theatre Calgary's adaptation of Shakespeare's comedy.

It was a beautiful evening and the performance entertaining. The cast of three are part of a program offered to aspiring actors and actresses through Theatre Calgary. Through this initiative, Theatre Calgary endeavors to make theatre more accessible to the public by offering free performances across the city.

Funding is provided by RBC, Brookfield Residential, Friends of the Bard: Norman and Kathy Schachar



BARRISTER & SOLICITOR, NOTARY PUBLIC Linda A. Anderson



- **Real Estate**
- **Wills**
Including Personal Directives
& Enduring Power of Attorney
- **Estates**
- **Family Law**
Including Divorce, Pre Nuptial
& Co-Habitation Agreements
- **Small Business**

25 Years Experience

403.243.6400 • 403.243.6493
linda@lindaandersonlaw.com

Redwood address: 41 Redwood Meadows Drive
Calgary Address: 2822B 40 street SW

Springbank Park For All Seasons 49th Old Tyme Country Fair

Events and activities include:

Vendor Market, Farm Animals,
Pancake Breakfast, Face Painting,
Agricultural Displays and more !



September 11th, 2021
9:30am - 4:00pm



Springbank Park
For All Seasons
Agricultural Society

P: (403) 242-2223
E: fallfair@springbankpark.com



MUSIC FOR YOUNG CHILDREN

Hi my name is Ms. Robin and I am so excited to bring the Music For Young Children program here to the Bragg Creek area!

I grew up in a military family with my Dad who knew travelling the world would be my greatest education and my Mom who still encourages a daily dose of Music, Theatre or Literature, their common bond was their humour and this is where I began!

I grew up playing the piano and saxophone for many years and decided to return to serious study while my husband and I were raising our children in Redwood Meadows and Springbank. I began my studies at Mt Royal University and with the help of 2 inspiring teachers, I received my Royal Conservatory of Music Level 9 in Piano, Harmony and History. I then went on to receive my RCM Elementary Piano Specialist designation.

I love J.S. Bach and Baroque music. It's like ear candy! Classical and Romantic music are also a true joy to play on the piano! I enjoy sprinkling fun Folk, Pop, Blues, Alternative and Country into my classes and I'm passionate about introducing my students to new Canadian artists.

Once I started teaching Music For Young Children classes in Calgary, I realized I loved the group and parented setting of the MYC classes; it's just so much fun with friends and family! More importantly, Music and Piano is easy for everyone to understand when a student is offered the simple language of Theory, Rhythm, Composing and History.

Like The Royal Conservatory method, the Canadian MYC program is offered around the world and internationally recognized at prestigious universities due to their 'comprehensive group music' program. The piano is the creative tool that easily leads to other instruments, once all the foundations of music are taught.

Once students graduate from the preparatory MYC program, they receive their MYC Certificate, their Royal Conservatory Level 1 Certificate and they are ready to take their RCM Level 5 Theory Exam! Some students continue onto my RCM group classes, up to Level 4 piano and others progress further with their school band or private music teachers.

Regardless of where my students continue, my greatest joy is teaching a comprehensive music program to students and their families, creating music-lovers for a lifetime!

Robin Herbert



Music For Young Children
www.myc.com/members/rherbert

Fun Group Piano Classes

- MYC Preparatory
- RCM Elementary
- Weekly Classes from
September - May

Robin Herbert
403 616 6797
msrobinmyc@gmail.com

myc.com

- Piano & Singing
- Ear Training & Rhythm
- Composing & Theory
- Music History

Bragg Creek Community Centre
23 White Avenue . Bragg Creek, Alberta,
Canada. T0L 0K0



REDWOOD MEADOWS EMERGENCY SERVICES

As summer turns to fall, it's a good idea for everyone in your home to refresh their memories on fall fire safety tips before the first cold snap of the season.

Family Fire Safety Tips

- Teach your kids how to respond in the event of a fire.
- Make sure young children know how to dial 911 – including their address. Cell phones don't give us this information!
- Establish and practice a fire escape plan with your family that includes a designated meeting area outside the home.
- Practice Stop, Drop and Roll.
- Teach everyone in your family multiple ways to escape from every room in the event of a fire. Be sure to practice crawling low under smoke!
- Do not place lit candles where they can be reached by children.
- Never leave burning candles unattended.
- Do not leave candles burning when you go to sleep.
- Make sure all flammable substances are properly stored in safe containers and out of reach of children.

Kitchen Fire Safety

- Don't leave cooking food unattended on the stove.
- Keep everything that might be flammable away from your stove.
- Make Sure All Heating Sources Work Properly
- No matter what type of device you use to heat your home, making sure your heating devices and/or systems are in good working order.
- Verify that everything you need to keep your home warm throughout fall and winter is in good working.

Until next month, stay safe!

Alison Archambault

FOOTHILLS COMES FIRST
For experienced trusted leadership
Re-elect a strong Conservative voice
**VOTE JOHN BARLOW
ON SEPTEMBER 20TH**



www.barlowforfoothills.ca
Barlowcampaign21@gmail.com



"Do you have a great idea...?"
Congratulations! Now What?

Stemp & Company

Lawyers, Patent & Trade Mark Agents

1-403-777-1122

Toll Free 1-800-665-4447

www.stemp.com email: kari@stemp.com
#1670, 734 7th Ave S.W., Calgary, AB T2P 3P8



Introducing

CHARLIE'S CHORES
FAMILY OWNED AND OPERATED

Charlene Maudsley & Patricia Sterling
Cleaning, Gardening, Painting, Backsplashes
\$35/hr per cleaner

403.813.1130
WWW.CHARLIESCHORES.NET





A TASTE OF THE HIGH COUNTRY

Ratatouille - Alberta Fresh

Yes! Yes, I know. The “Ratatouille” is not an Alberta dish - it's a southern France speciality. From Provence, to be exact. Still, I bet you we can make killer ratatouilles just the same. Why? Because it is now the height of summer, and the farmer's markets are stuffed with superbly fresh garden treasures, full of flavours and colours.

I can not think of a better way to showcase the goodness of our gardens than by doing a vegetable stew perfumed with fresh herbs. Cooking a ratatouille does not follow strict rules but rather a set of culinary principles. As a result, each cook seems to have their secrete recipe. My niece's husband, Christophe, is from southern France and strongly recommended the following recipe (He takes his food and wines seriously). Making this stew is time-consuming, but the secret is in the slow reduction, lightly caramelized vegetable juices, and meddling of flavours.

Serve the dish warm or cold. On its own or with crusty bread. Or with a side of rice,

grilled meat or mildly spiced sausages. Or then again, serve it for brunch with an egg poached in it. Keep the dish in the fridge for a couple of days, and the flavours will intensify—C'est si délicieuse.

Ingredients

Approximately

1 cup of olive oil

2 lbs onions coarsely cut in even pieces

2 lbs eggplant cubed

2 lbs red, yellow, green sweet pepper (grilled and remove the skin is best) and cubed

2 lbs fresh tomatoes peeled, seeded and cut into chunks

1 head of garlic, peeled and crushed

Coarse salts

A large bouquet of fresh herbs (3 bay leaves and thyme)

2 lbs of zucchini sliced

Fresh ground pepper

Fresh basil

Directions:

Pour half the olive oil into a stockpot. Add the onion and soften for a few minutes. Gradually add all the other vegetables and salt, except for the zucchini. Stir gently and make sure the vegetables do not stick to

the pan. When the vegetables start to release their juices, bring the heat up to a boil. This first step should take about 45 to 60 minutes.

Gently incorporate the zucchini and the bouquet of fresh herbs into the mix. Reduce the heat to a gentle simmer and leave the cover of the pot ajar. Cook for another 45 minutes.

Gently separate the juices from the vegetables using a colander. Place the vegetable in a dish and reserve. Reduce the juices into a syrup - approximately one hour. Then, return the vegetables to the pot and mix gently, coating them with the liquid.

Place the vegetable in a serving dish. Sprinkle with freshly ground pepper, flaked salts, drops of your best olive oil and freshly cut basil leaves.

Serve warm or cool.

Recommended wines: The ratatouille has intense fruity and earthy flavours. Select a wine that can sustain the intensity of flavours and has bright acidity that can bring out the fruitiness in the dish.

If you like whites, go for full-body, dry, crisp wines with citrusy and herbal aromatics. For example a sauvignon blanc, Vermentino, or a Southern Côte du Rhône whites made from the Marsanne and Roussanne grapes.

If red is your preference, I recommend pairing it with a medium body, low tannin, high acidity, dry wine such as a young Chianti or Tempranillo (Rioja) from Spain.

Let me know what you think.



Invitation to food artisans, growers, producers and restaurateurs:

*Do you produce, make or serve quality local food that best exemplifies our terroir?
Interested in being profiled?*

Please email Renée at mail@tastingpleasures.ca



Renée Delorme
Sommelier

www.tastingpleasures.ca
403.200.9961

mail@tastingpleasures.ca
*Indulge in the pleasures
of private tastings*



Neil Patterson
OPAM ASA SFCA RMPAP SCA

Oil Paintings
Stoneware &
Porcelain Pottery

By Appointment

neilpatterson.com

Bragg Creek AB
403.949.4072

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



Oktoberfest is served
Starting Sept 18th
Book today BavTav.com

THE
BAV

MOUNTAIN
DINING

THE
TAV

MOUNTAIN
DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB

SUNCATCHERS DESIGN STUDIO

STAINED GLASS CLASSES AND SUPPLIES
and

The River Dragonfly

a small store with a big heart

Jewelry, antiques, gifts, clothing

Garden decor

Monday and Tuesday by appointment or chance
Wednesday - Sunday 11:00 - 5:30

55 Burntall Dr 403-949-4332

www.suncatchersdesigns.com

Discover something unexpected



RED DEER LAKE UNITED CHURCH

We are pleased to announce that we will resume in-person services beginning on Sunday, September 19, 2021 at 10am. We are very excited to welcome you once again to our friendly, historic, and beautiful church in the Foothills.

If you plan to join us, please consult our website at reddeerlakeuc.com for the latest information, as we do intend to observe COVID-related protocols at this time. We will continue to keep you informed as we slowly re-introduce our in-person programs and events.

We are also thrilled to tell you that the On the Edge Concert Series has five concerts planned for the 2021-2022 season, beginning with John Reischman and the Jaybirds, a bluegrass and gospel group out of Vancouver, on Friday, October 29, 2021 at 7:30pm. Tickets are now available for \$25 per person (or for \$100 you can buy a season ticket, saving yourself \$25!) All the information and a link to purchase tickets can be found at reddeerlakeuc.com/concert-series-2021-22.

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more information about our church, please call us at (403) 256-3181.

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. You're welcome, wanted, and accepted. Join us on the journey.



TRUE NORTH TREE SERVICES INC.

- Tree removal
- Hazardous tree mitigation
- Pruning
- Trimming
- Brush chipping
- Bucket truck services
- Stump grinding
- Property fire-risk management (FireSmart)
- Land clearing

CALL NOW FOR A FREE QUOTE

403.690.1269 f@
www.truenorthtrees.com

SAC MOBILE LAW

To keep you safe in these times, SAC LAW offers:

REMOTE SIGNINGS & VIRTUAL CONSULTATIONS

Wills • Powers of Attorney • Personal Directives • Estate Administration • Corporate / Company Matters

**Thanking you for supporting SAC LAW in 2020
Wishing you and yours Health & Happiness in 2021**

Let SAC LAW assist you!

**Call or email to
discuss your options**

Sylvia A. Carruthers, LL.B.

*Over 35 years
legal experience!*

**Email sac.law@shaw.ca
or call 403.554.8535**



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

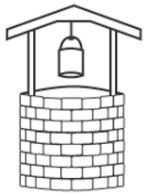
Email: rdlmeats@telus.net
Web: www.rdlmeats.ab.ca



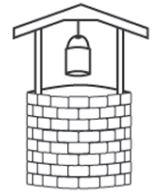
Sylvie's Massage Bragg Creek

Sylvie Lappa RMT • NHPC
403.828.5408
sylvielappa@gmail.com

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



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

Local family owned business for over 27 years.



25 years in Business

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

**SOFTENER
SALT DELIV-
ERY AVAIL-
ABLE!**



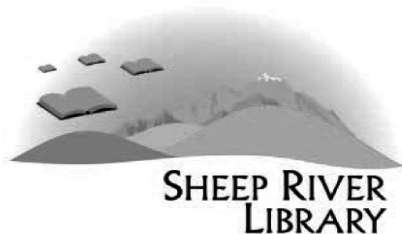
**ACRES WEST
POWER & WATER**

*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**



SHEEP RIVER LIBRARY

It's September and time to talk about Fall programs running at the library. Although we do not have as many as we would normally have, some old favorites are returning along with some new classes. For times and dates, please go to sheepriverlibrary.ca or pick up a program brochure at the library.

For preschoolers, Elone and Janine will once again be running Toddler Rhyme Time, Songs and Rhymes for Movers and Songs and Rhymes for Babies on Wednesday mornings. The outdoor program, Children in Nature will take place on Wednesday afternoons. The Greater Foothills Family Centre will be running Kids in Motion for 3 – 6 year olds on Thursday mornings in September and the Moms Coffee and Playgroup Time has moved to Monday mornings at 10 am.

For adults, most of our monthly clubs and groups will be back at it again: Diamond Valley Book Club, Poetry by the Fireside, Community Drumming Circle and Diamond Valley Songwriters have confirmed their start dates which are on our website. Single evening classes offer this fall are Library 101- the basics of library life and how to use the library will be hosted by resident library expert Doris Mehl. How to Solve Cryptic Crosswords will be taught by library manager Jan Burney. If you have been mystified by the crosswords on the back page of the few issues of the High Country News, then this is the class for you.

Weekly classes such as Qi Gong, Inductive Bible Study, Quilting and Sewing and Fibre Fiends will also be back at the library in September.

Please note that all of the above could change if the province mandates any changes to COVID protocols. (But we are going to hope that does not happen!)

Our Out Loud Series will run this year, but one month later in November. We have a great line up that should have something for everyone. First up on Friday, November 5 is Sherri-D Wilson. Sheri-D was the Poet Laureate of Calgary from 2018-2020. She is the award-winning author of 13 books and four albums which combine music and poetry. She received an honorary Doctorate of Letters from Kwantlen University in 2017 and was awarded the Order of Canada in 2019. Known for her electric performance-style and surrealist perspective, she is a favourite of festivals around the world. Sherri-D will also be teaching a workshop From Creation to Oration the following day, November 6. Anyone interested in writing or performing poetry is welcome.

Saturday, November 13 sees Notable Exceptions arrive from south of the border (fingers crossed). The Notable Exceptions sound is a potpourri of Folk, Western, and novelty tunes. From house concerts to concert halls, Judy Coder and Jennifer Epps are known in the world of western music for their finely crafted vocal harmony. Their original tunes are lighthearted and conversational. For accompaniment, Judy's tasteful rhythm guitar is right on the button; Jennifer sweetens the sound with tidbits of harmonica, rhythm instruments, flutes and whistles. To round out our series we have The Best of the Storytelling West Show with Bj Smith and Ol' Ugly (John Glawson) on Saturday, November 20. Bj Smith is a winner of the Academy of Western Artists Will Rogers Award for best cowboy poetry CD of the year. His performances have been featured at Cowboy Poetry Gatherings and Festivals across western Canada and the USA. John Glawson's clean, hilarious stories about his older brother, Blue, his eighty-six year old, Aunt Tilley, and her boyfriend, Creaky Olson has earned Ol' Ugly the reputation, throughout Western Canada and the Northern USA, as 'One of Canada's Funniest Storytellers.'

Free tickets for all Out Loud events will be available September 15. To register for any other program, either call (403-933-3278) or drop in and see us.

For more information on either of these opportunities, please call Jan at 403-933-3278.

Refresh old landscaping with new ideas and solutions!

We can address...

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

Call Us Today!

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

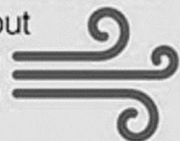
Member of Bragg Creek Chamber of Commerce,
Cochrane & District Chamber of Commerce, Landscape Alberta



3 MINUTES

without

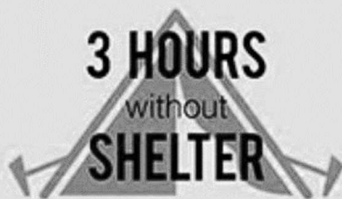
AIR



3 HOURS

without

SHELTER



3 DAYS

without

WATER



30 DAYS

without

FOOD



Ever consider who is responsible for the safety and health in your home ?

- Food – Health Canada assures food safety
- Water – your municipality purifies your water, unless you are on a well
- Shelter – your municipality assures compliance to codes; utility providers look after gas & electricity
- Air – You are responsible for the air quality inside of your family's home

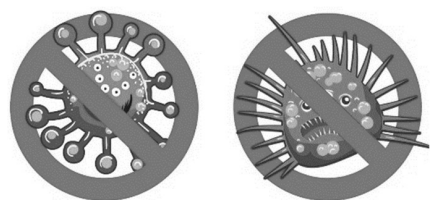
So How Healthy is Your Home's Indoor Air ?

Is it Disinfected ? Sterilized ? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.



Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day; that's a lot of contaminated air filling your lungs, affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



Back to air, how can you disinfect or sterilize the air that recirculates through your home ? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more !



With components added to your existing system, a proper air cleaning system will provide clean air inside your home just like Mother Nature does outside: safe, healthy and reliable indoor air to enjoy with your family and friends.

Does your system ? Free Consultation, Call Our Experts Now

403.230.2690 Experts@AlbertaIndoorComfort.com



COUNCILLOR UPDATE

Rocky View County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Foothills County Petition still open:

Just a reminder that our online Petition, change.org/say-no-to-cmrbc, is open until the end of September for you to express your concerns about the Calgary Metropolitan Region Board and the Regional Growth Plan, if you choose to do so. We ask that you join us in sending a strong message to the Minister of Municipal Affairs that we, the residents of Foothills County, do not support this Board or the Regional Plan. More background information can be found on the County's website: foothillscountyab.ca/services/planning-and-development/calgary-metropolitan-region-board-.html

The 2021 Municipal Election:

will be held on Monday, October 18, 2021. For more information, please visit: foothillscountyab.ca/council/election-2021.html

Foothills County Division 4

Candidate for 2021 Municipal Election:

I have enjoyed getting to know many of you while serving as Division 4 Councillor over the past 11 years, including two years as Reeve. We have worked together to find solutions to challenges and joined forces to make our community a great place to live. It would be an honour to continue as Division 4 Councillor, in partnership with you, bringing my passion and dedication to the many projects currently underway and the new ones that will emerge. I will:

- Continue fighting for our rural perspective to be included by all levels of government.
- Be creative in the face of challenge and stand strong for fairness in decision-making with County matters and with inter-governmental issues, including the Calgary Metropolitan Region Board.
- Gain ground in the areas of interest to residents while being careful of any

associated tax burden, keep taxes steady, the budget well-managed and strike a balance between service level and taxes.

- Make informed planning decisions on developing our area, keeping in mind the cumulative effects of all our activities on the landscape, respecting resident input and direction given through our local and intermunicipal plans.
- Build relationships with neighbouring municipalities and other government to provide solutions that spend tax dollars efficiently and represent the interests of Foothills residents in these endeavors.
- Collaborate on: tackling rural crime, coordinating emergency services, delivering effective 911 service, improving road safety, constructing prioritized road and infrastructure projects, sharing wildfire preparation strategies and dealing with agricultural issues (including - livestock, bugs, disease, crops, environment, land, water, weather, weeds, hunting, wildlife and more).
- Research the many new opportunities and promote dialogue including diverse perspectives.
- Support business, including agriculture, tourism, energy and inviting industrial development to our Highway 2A Industrial Corridor to increase services, diversify our tax base, create jobs and trade prospects.
- Plan for the future, find ways to improve rural internet, reduce red tape, streamline processes and build our community vision for recreation.
- Join in with our local watershed management groups to develop source water protection, support our residents to receive flood protection as recommended by our studies and promised by the Government of Alberta, promote flood intelligent development from lessons learned, and strategize sub-regional water and wastewater developments.
- Help our community maintain its rural character, natural beauty, open spaces and enjoy the benefits of country living.
- Preserve the scenic views along our Highways, promote our "Dark Sky Country" initiative and support areas

for cherished cultural heritage activities, including our community associations and agricultural societies.

- Assist residents in understanding our municipal services, departments, guidelines, plans, budget, taxes, jurisdiction and navigating our processes.
- Provide information on municipal resources and practices to help residents with their proposed projects and guide impacted neighbours when they wish to participate in the public process regarding development that affects them.
- Communicate with residents through writing a monthly article for the High Country News, sending email updates and posting news through Facebook and other media.
- Stay connected with residents by hosting public meetings on relevant topics and by volunteering in the community and with our local rural crime watch.
- Represent residents effectively using experience gained through years of public service, 30+ years in business and as a long-time rural landowner.
- Make a positive contribution to the County by bringing skills to the table: being energetic, organized, a team-player, analytical, technology savvy, future-thinking, resourceful, collaborative, environmental-minded, and respectful in communication with other council members, staff, businesses and residents.
- Welcome continued interaction on the topics which matter to you.

I sincerely thank you for considering support of my candidacy for Division 4. As we face a changing world, I hope to continue working together with you to enhance and protect our beautiful home in the Foothills. Please contact me with any questions or comments you may wish to share and discuss.

For Other News, Updates & Contact info:

Please visit my website: suzanneoel.com

*With Best Regards,
Suzanne Oel*



*The Foothills Full
Service Law Firm*

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

www.mavericklaw.ca

M



MANGO AUTO

CUSTOM DECALS
AUTO DETAILING

*We DON'T SELL Decals or Detailing,
We Create EMOTIONS*

Mango Auto is a licensed and fully
insured company that specializes in
auto detailing, and decals.

825.994.4060

4335 Manhattan Rd SE, Calgary

MANGOAUTO.CA

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*

PLUMBING | GAS FITTING | BOILER | FURNACE



**MOOSE MOUNTAIN
MECHANICAL**

403.471.4159 | MMMECH.CA



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



MILLARVILLE HORTICULTURAL CLUB

Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30 p.m.

Our September 14, 2021 speaker is Gordon Pain, Lodgepole Tree Service, with a presentation on pruning.

There will also be a "Welcome Back" celebration for members starting at 7:00 pm with snacks and cake. If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Membership is a great gift for family and friends and is available through our e-mail address as well as in-person at one of our meetings. Visit us on Facebook for great pictures and gardening tips from local sources.



MILLARVILLE COMMUNITY LIBRARY

Millarville Community Library is set to re-open for regular hours September 7, Mondays through Thursdays 9:00 to 3:00 with Wednesdays open to 7:30.

Of course, as always these days, this will depend on current Covid restrictions. Do check on our website, instagram and facebook pages for updates on happenings.

A big thank you to Kelley Nutbrown and Alberta Smallwood for helping our Librarian Natasha Grusendorf with stories and activities that kept our summer program alive with fun for the children.



PRIDDIS NEWS

Hope everyone had a great summer. The fall routine is starting again with the kids heading back to school. Time to register for programs, courses and fitness classes. This is a great time to enjoy the trails, whether hiking or biking locally or in the foothills. Get out and get moving. Stay safe! The Priddis Hall is open for business.

Open Board Positions:

Currently, we are looking for volunteers as these Board positions are vacant – President, Secretary, Communications, and Tennis Directors. Nominations can be made at the AGM on November 25th.

Parent & Tot Playdate:

Parent and tot playdates started up again in August at the Priddis Hall. The next date is September 10th from 11:00-12:30. Check our website and social media for updates.

We are looking for volunteers to help plan a kids Halloween event at the hall. Email pcayoungfamilies@gmail.com if you are interested in helping. Anyone interested in donating boxes or bins to help organize our toys and equipment for storage would be appreciated. Please contact pcayoungfamilies@gmail.com if you wish to donate.

We are looking for parent and tot event ideas to enable working parents to attend/meet other young families. Feel free to drop any suggestions by emailing pcayoungfamilies@gmail.ca or our Facebook page, Priddis Families: facebook.com/groups/614135582294212



Hot Prices - Great Work!™
PEPPER®

403.888.2000 • hotpeppercleaning.com

**FURNACE & DUCT
CLEANING & DISINFECTING**

WCB Licenced Insured • Support Your Local Businesses!



Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30pm. Due to COVID-19 restrictions, however, we have held Zoom meetings starting at 7:00pm.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club: \$15/year for singles or \$20/year for a family.

Our annual Plant Sale, held on June 5, was a resounding success. While the rain and hail came down around us, we were lucky to have sunny skies at our location. A huge thank you to those who so generously volunteered; without you and all the hard work you did, we would not have been able to do it. Once again, our members provided a wonderful variety of plants; annuals, perennials, herbs, vegetables, shrubs, trees, and houseplants. Without these, there would not have been a sale.

We invite you to like our Facebook page where there are lots of tips and hints posted.



Priddis Early Learning Program - PELP:

There are still a few spots open for preschool classes starting in September for ages 3 and 4 years. For more information, email pelppreschool@gmail.com or check out our website: pelppreschool.wixsite.com/pelp/registration

Our fundraiser is ongoing: Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website campaigns mabelslabels.com

Priddis Panthers:

Priddis Panthers online registration will open on September 15th, accepting applications for ages 5 to 17 years old. We anticipate having a team at each category in the Alberta Recreation Hockey League. The format will be one weekday practice and one Saturday game per week per team. The season will run from early October until the weather is too warm in the spring, and we lose our outdoor ice. All players must have a Priddis Community Association membership. For more info, please follow our Facebook page: [acebook.com/people/Priddis-Panthers-Hockey/100013094406448/](https://facebook.com/people/Priddis-Panthers-Hockey/100013094406448/) or email priddishockey@gmail.com

Tennis Courts:

Now that the weather has cooled off, head over to the Priddis tennis/pickleball courts. You can now go online to make a reservation. Go to priddisalberta.com and book your date and time. Please have a PCA membership to use the courts.

Priddis AGM:

The annual AGM is on Thursday, November 25th, 7:30 – 8:30 at the Priddis Hall. All members are invited to attend. Nominations will be accepted for open board positions. Watch for further details on our website and Facebook page as to whether this meeting will be in-person or virtual.

Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Your donations are greatly appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb, and Jeanie. Thanks Ladies, for volunteering your time to keep the library operational for the community.

Recycling Bins at the Hall:

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

The 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.

Booking the Hall:

We are taking bookings for the Hall for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. 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 Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms

Barn Quilt Painting Class

Join us for a fun afternoon of painting.

Includes all the supplies required to complete a 24 inch square barn quilt to take home and proudly display indoors or outdoors.

Students will have various designs to choose from and several paint color options as well.

Fee: \$110.00

Location: Priddis Community Hall

Email: jane.morgan@outlook.com

Students are asked to bring a hair dryer and an extension cord.

Class space is limited.





SQUARE BUTTE COMMUNITY

Square Butte Community Association

The wall restoration is progressing quite well with main wall cement poured and cured. The next step has been restoring the utilities and re-establishing stairs, floors, handicap ramp, back filling, concrete preparation and parking lot. This is a huge undertaking to get our hall into an operational state. Many hours of volunteering are going into making this all come together. We will not be able to undertake the landscaping until later in September.

Community and SBCA members are invited to a free Gourmet Breakfast on September 12th from 9:00 am to Noon. This will kick off the 2022 membership drive and a thank you to those who have given so much of their time through volunteering and financial help. The menu features omelette in a bag, fresh fruit, sausage and pancakes.

Square Butte Ladies Group

The ladies group has decided to cancel the annual Potluck and Games Sept. 19th due to not enough members available to host the event. The Quilt Raffle draw will still be held on that date. Please get your raffle tickets from any of the members or at the Millarville Fair. The last market for the Ladies Group will be on Sept. 11th. This small group of ladies still offer up some great pies and baking.

Stories and People from the Past

Fredrick William Wildman

Born in Innisfail, N.W.T. 1904, the third child of Marmaduke and Dinah Wildman. The reason I write about him is that he was my uncle who lived with us all our formative years and we called him Unc. He never did learn to drive a motorized vehicle so most of the hair raising stories involved horses. He truly had nine lives. The move to Square Butte took place in 1947 from Rimbey and having shipped the horses by rail they all contracted distemper at the Calgary yards. Haying that first summer with sick horses was a daunting task.

The hay was stacked using an overshot stacker. This piece of equipment required a team of horses to pull this A frame with hay on it to shoot skyward and drop onto the stack. Unc complained to my Mom that he needed the hay further back so Mother whipped up the team and it shot so far back that my dear Unc was thrown off, landing on his head incurring a broken jaw and several other broken bones.

Several run-a-ways occurred while raking hay as wasp nests were often in the ground.

Unc did the racking with a dump rake and one memorable time the team got stung by wasps and they were off, unfortunately he fell off under the rake and was rolling there when fate saved him. The tongue broke and flipped the rake up and he was able to escape with minor scrapes.

One time Unc rode the appaloosa horse over to visit our neighbours Ivor and Elaine Lysters. On the way there he met up with Ivor's horses and one mule that brayed and set them off for quite a run, through two wire gates leading to Ivor's. Elaine saw them coming and yelled for Ivor to catch his ass and save Fred. The horse and Fred were both trembling by this time.

My brother, David had just finished erecting my Mom a lovely new clothes line, when not 2 weeks later my Mom heard some ungodly screeching. You guessed it, Unc with the hay wagon and a novice team got out of control and ran through the clothes line ripping it down. Unc was small of stature but very strong, he worked for Bill Kendall several winters limbing and choking and often used the work horse to haul logs out.

Fred never had an enemy in his life, being a kindly man, never liking to have trouble with family or neighbours.

Square Butte Hall Contract Information
Address: 290132 Hwy 762

squarebuttehall.com

facebook.com/Sqbuttecommunity Square Butte Community Hall Facebook Page

facebook.com/squarebutteladies Square Butte Ladies Group Facebook Page



**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



CERULEAN

PLASTIC SURGERY CENTRE

Dr. James Kennedy, MD, PhD, FRCS(C), ABPS

Plastic, Reconstructive, Hand and Cosmetic Surgery



**We offer Botox, Dermal Fillers
and Belkyra!**

**15% off Injectables for all New
Clients!**

ceruleansurgery.com
Southcentre Executive Tower
Suite 385 - 11012 Macleod Trail SE, Calgary
403.225.2141
info@ceruleansurgery.ca



ASCCA

New Resident Makes Their Furever Home on the Range

A new furry resident has made the Ann & Sandy Cross Conservation Area (ASCCA) their home. In collaboration with the Alberta Institute for Wildlife Conservation (AIWC), we have helped release and reintroduce this native grassland species to the conservation area. This carnivore is a member of the weasel family, Mustelidae. Can you guess what it is?

It is an American badger, *Taxidea taxus*!

A young male American badger was found orphaned on the roadside after his sibling

and mother were killed. He was rescued and brought to the AIWC, where they began the rehabilitation process. During this time, the AIWC contacted us to ask if we could release him to the conservation area. We said yes, as the ASCCA has not had a badger on the land in over a decade! We scoured the land to find a perfect quiet spot secluded from the public and created a small burrow so he could have a place to live.

At 5:00 am on August 6, the badger was released. He took to the land right away, completely ignoring the burrow we built for him and immediately began making his own. He was ready to be on his own and live in the wild. The ASCCA will be continuing to monitor him and communicate his progress with the AIWC.

The American Badger is a medium-sized mammal with a wide, flat body.

They are easily identifiable with their black-and-white facial stripes running down the sides of their cheeks and nose. They are covered in long, thick, grey-brown fur. Badgers are designed to burrow and build vast tunnel systems underground up to 3 meters deep. Their short, powerful hind legs and long white claws make them incredible diggers! People rarely see badgers as they are mainly solitary and are usually active at dusk, night and dawn.

Found mainly in open forests and grasslands, badgers play a vital role in maintaining and upkeeping our beautiful prairies. They help keep populations of small burrowing mammals under control, as they primarily prey on ground squirrels and pocket gophers. Their burrows are essential to the survival of many other species. Endangered species like the burrowing owl and swift fox use abandoned badger burrows for new nests and dens. Badger diggings also help to aerate and mix up the soil creating areas for plants to grow.

In the province of Alberta, the status of the wild American badger is "sensitive." Due to agriculture and urbanization, habitat fragmentation has caused large sections of land to be divided into smaller, isolated patches. Specifically, this causes badgers' territories to be separated, making it difficult for pairs to come together during the breeding season. By reintroducing a badger onto the land, we hope this will encourage other badgers to make the ASCCA their furever home too. We also hope this will inspire neighbours to embrace this species as a friend and not a foe to their homesteads.

Reanna Varga

Photo taken by AIWC when badger was still in rehabilitation.



SMALL ENGINE SOLUTIONS

Professional Small Engine Repair

CALL US TO GET YOUR CHAINSAW AND SNOWBLOWER IN TOP SHAPE: WINTER IS COMING!

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



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



TURNER VALLEY AND BLACK DIAMOND NEWS

Hello, Diamond Valley.

Hello, Black Diamond and Turner Valley and all the lovely communities that surround us. How was your summer? With restrictions lifting, there was a lot of families getting together, weddings, family reunions, kids going back to school, and elections looming. Smoke from the Canmore fires drifted close to home, combined with the smoke from BC and eastern provinces made some days quite unbearable. We had a nice bit of rain that started on the 17th, much needed and it seemed to clear the smoke away some. How devastating for wildlife and their habitats, these fires.

The first day of Autumn is September 21, and with it returns live music. I attended two shows so far this year, Dueling Piano Show in Longview, and the Travelling Mabels along with Over the Moon and the Blake Reid Band at the Okotoks Ag Society. I really enjoyed both shows. Beneath the Arch Concert Series is delighted to present the Weber Brothers Duo on October 23, their first show since the virus shut everything down. Check out their upcoming season, season's tickets, and bursaries on the website, beneaththearch.com.

Turner Valley Legion is pleased to present Dueling Pianos on September 8. They also have a Sunday Farmer's Market. You don't have to be a member to enjoy the Legion, kids are welcome, and the atmosphere is just right. The food is good and reasonably priced also, and they have done extensive renovations. Stay tuned for the return of pool, darts, and other fun nights. Thursdays are wing nights. For tickets to the show or more information, drop by or call 403-933-4600.

The kids are back in school on September 1, with staggered entry, with all students fully back by September 7. Check foothillsschooldivision.ca for full details. The Foothills Boys and Girls Club accepts children for before and after school care, field trips and outdoor activities, arts and crafts, nutritious snacks are all just part of the fun of the BGClub. They will be partnered with the Town of Black Diamond on September 25 for a fall family-oriented event. There will be a pop-up market and a performance with the dancers and drummers from Eden Valley, reverse parade, food trucks, and an outdoor showing of Jurassic World, with fireworks to end the evening. Follow BCG Foothills and the Town's Facebook pages for times, locations, and activities.

The Most Beautiful Art Tour in Alberta is back again this season. Plan your September 10-12 weekend tour on Facebook or The Most Beautiful Art Tour 2021.com. In the Foothills dotted along Highway 22 and 2A, there is a community of artists, craftspeople, and galleries, and they invite you to explore

their many different works of art and meet the people who craft them. The Tour includes Kristoferson Studio and Mady Thiel-Kopstein in Turner Valley, Bluerock Gallery and Firebrand Glass Studios in Black Diamond, Eversfield Ceramics, and Lineham House and Okotoks Art Galleries in Okotoks. These Studios and Galleries will be open daily, with some exceptions and hours, so print off a schedule online and plan your road trip! Be sure to include the Leighton Centre Art Gallery and admire their exhibits as well.

I haven't been to High River for ages but am excited to see the town again for two major events that are back this year. The Heritage Inn International Balloon Festival is scheduled for September 22-26, with top Hot Air Balloonists from around the world flying over High River. The Festival includes passenger rides, volunteer and sponsorship opportunities, and the Main Event, Balloon Glow, on Friday night from 5-8. Feel the heat, hear the blast, and see the glow on this special night, up front and close, for a once in a lifetime experience. Go to heritageinninternationalballoonfestival.com for more info.

High River's famous River City Classics Show and Shine has got to be one of the biggest and best Car Shows around, with blocks and blocks of antique and classic vehicles to see. Mixed in with the cars are vendors, live music, and businesses opening their doors with specials, bring the family! The Show and Shine runs September 26 from 10-4, check out rivercityclassics.com for more details or to register your own classic car/truck/bike.



There's a new kid in town!

Ok, so I'm not new (Bragg Creek resident 5 years) and I guess only a kid at heart! It would be my pleasure to assist you with your real estate needs. Call or email today to start the conversation!

Sherri Olsen

403-519-5998 | realtor@sherriolsen.com

The annual Kidney March fundraiser will be held September 10-12 this year. Sign up and collect pledges that will go toward research and awareness. To find out more or to sign up for this year's walk, go to kidneymarch.ca.

Our own Sheep River Library is very pleased to get back in the swing of things. Not only can you sign out books and materials again, and use the computers, they have many Fall Programs that will interest all ages and hobbies. Just some of the programs offered this fall are Qi Gong, Digital Photography Scanning, Quilting, Fibre Friends, Sheep River Ramblers (a walking/hiking group), Children's Programs, Book Clubs, Poetry by the Fireside, Drumming Circle, Genealogy, Songwriters, and more. They also bring back the popular Out Loud Series, starting in November. Sheepriverlibrary.ca for more details or to sign up, and the Library is located on Main Street in Turner Valley.

Millarville Race Track's Chucks, Chariots, and Bullriding is back also this season, the weekend of September 10-12. Friday night the Chucks and Chariots will race starting at 5pm. Saturday morning there will be an antique tractor pull at 10:30, and the Famous Millarville Farmer's Market will be on from 9-2. More Chucks and Chariot Racing at 3:30, with BRC Bullriding under the lights starting at 7pm. The night caps off with a Cabaret featuring Bucking Horse Moon (love this band) at 9:30. Sunday rounds out the weekend with the Chucks and Chariots Finals at 3pm. Camping is available, for full details and tickets, visit millarvillacerack.com.

The history of Chuckwagon Racing started back in 1923 at the Greatest Outdoor Show on Earth, aka the Calgary Stampede. The races were thought of by Guy Weadick, a cowboy who created the Stampede back in 1912. Before the Chucks debuted in 1923, the first Stampede in 1912 presented Stagecoach Racing. Colonel Felix Warren, an American, won the top prize of \$250. Chuckwagons were mobile kitchens back in the day, and Chuckwagon Racing involves cutting a figure eight around two barrels. It used to be at the end of the figure eights, your team had to light a fire, and the first smoke won the race. They no longer light a

fire but Chuckwagon Racing continues to be a popular sport.

September 19 marks the Bar U Ranch's Chore Horse Competition. Today's teamsters will guide their heavy horse teams around a course of skill-testing manoeuvres. See how skills of days-gone-by are demonstrated by drivers. The Competition starts at 1pm. The Bar U Ranch is a historical working ranch located just south of Longview on the Cowboy Trail, for more info, go to pc.gc.ca/baru.

Horse lovers may also enjoy Spruce Meadow's National Show Jumping on September 1-5. This is an international Show Jumping Show with lots of other things to see and do also. I attended years ago and the Queen of Denmark was there also! The National Show is followed by the Masters September 8-12, and the North American from September 9-14. Millions of dollars are up for grabs in this extraordinary horse jumping show with beautiful horses, often worth millions of dollars on their own. For a full schedule of events, visit sprucemeadows.com.

It's Election Time again, please vote! We have a municipal election in Black Diamond on October 8. Nominations for mayor and six councilors is open until September 20. Maybe you have a voice that you would like heard and will run for a position on Council. Information on candidates and the election can be found on Black Diamond Town's website.

Information regarding the pending amalgamation can be found there as well.

And there will most likely be a Federal Election called for September 20. Dissolution of Parliament is not automatic and Governor General Mary Simon could say no to an election, but this is a rare occurrence. All I can say, is vote! Take some time to review candidates and make a difference in our world.

Finally, condolences to the family of Rolly Magee, who was Black Diamond's mayor for many years. He started out as a councilor in 1995, and served as mayor from 1998-2008. Rolly was instrumental in many projects around town, including the Main Street Revitalization Project, developing the Scott Seaman Sports Rink, and Street Paving Program, among others. Rolly volunteered for many events and was just a real sweetheart all around. It's nice to see his work still in place after all these years.

If you have any events happening in October that you would like to see in the High Country News, please drop me a line at elaine.w@telus.net. The deadline for this issue is September 15.

Happy Grandparents Day on September 12 to all the wonderful grandparents out there!

Elaine Wansleebe



**HARMONY
BLINDS**

Free consults with Lynnell Henning

**Turn your house into a home!
The right window coverings can
change everything. They
change the light and give you
texture, they add warmth in the
winter and protect us from the
heat in the summer. We
offer top quality brands that
will complement any style.**

**403 466 2204
HARMONYBLINDS.CA**



LONGVIEW LIBRARY

It's September and time to talk about Fall programs running at the library. Although we do not have as many as we would normally have, some old favourites are returning along with some new classes. For times and dates, please go to sheepriverlibrary.ca or pick up a program brochure at the library.

For preschoolers, Elone and Janine will once again be running Toddler Rhyme Time, Songs and Rhymes for Movers and Songs and Rhymes for Babies on Wednesday mornings. The outdoor program, Children in Nature will take place on Wednesday afternoons. The Greater Foothills Family Centre will be running Kids in Motion for 3 – 6 year olds on Thursday mornings in September and the Moms Coffee and Playgroup Time has moved to Monday mornings at 10 am.

For adults, most of our monthly clubs and groups will be back at it again: Diamond Valley Book Club, Poetry by the Fireside, Community Drumming Circle and Diamond Valley Songwriters have confirmed their start dates which are on our website. Single evening classes on offer this fall are Library 101- the basics of library life and how to use the library will be hosted by resident library expert Doris Mehl. How to Solve Cryptic Crosswords will be taught by library manager Jan Burney. If you have been mystified by the crosswords on the back page of the few issues of the High Country News, then this is the class for you.

Weekly classes such as Qi Gong, Inductive Bible Study, Quilting and Sewing and Fibre Fiends will also be back at the library in September.

Please note that all of the above could change if the province mandates any changes to COVID protocols. (But we are going to hope that does not happen!)

Our Out Loud Series will run this year, but one month later in November. We have a great line up that should have something for everyone. First up on Friday, November 5 is Sherri-D Wilson. Sheri-D was the Poet Laureate of Calgary from 2018-2020. She is the award-winning author of 13 books and four albums which combine music

and poetry. She received an honorary Doctorate of Letters from Kwantlen University in 2017 and was awarded the Order of Canada in 2019. Known for her electric performance-style and surrealist perspective, she is a favourite of festivals around the world. Sherri-D will also be teaching a workshop From Creation to Oration the following day, November 6. Anyone interested in writing or performing poetry is welcome.

Saturday, November 13 sees Notable Exceptions arrive from south of the border (fingers crossed). The Notable Exceptions sound is a potpourri of Folk, Western, and novelty tunes. From house concerts to concert halls, Judy Coder and Jennifer Epps are known in the world of western music for their finely crafted vocal harmony. Their original tunes are lighthearted and conversational. For accompaniment, Judy's tasteful rhythm guitar is right on the button; Jennifer sweetens the sound with tidbits of harmonica, rhythm instruments,

flutes and whistles. To round out our series we have The Best of the Storytelling West Show with Bj Smith and Ol' Ugly (John Glawson) on Saturday, November 20. Bj Smith is a winner of the Academy of Western Artists Will Rogers Award for best cowboy poetry CD of the year. His performances have been featured at Cowboy Poetry Gatherings and Festivals across western Canada and the USA. John Glawson's clean, hilarious stories about his older brother, Blue, his eighty-six year old, Aunt Tilley, and her boyfriend, Creaky Olson has earned Ol' Ugly the reputation, throughout Western Canada and the Northern USA, as 'One of Canada's Funniest Storytellers.'

Free tickets for all Out Loud events will be available September 15. To register for any other program, either call (403-933-3278) or drop in and see us.

*Happy Reading,
Sylvia Binkley
sliv@telus.net (403) 395-2418*



Your front row seat to a Who's Who of Western Canadian wildlife

\$1,325,000

84 Beautiful acres surrounding 14 acre reservoir. Visitors include loons, mergansers, blue heron, swallows, bluebirds, red winged blackbirds, sandhill cranes, deer, moose, elk, fox and so many more. 5 minutes to Bragg Creek. SPECIAL.

Let's talk:

SUE WINSOR

403-333-3717 winsosu1@gmail.com

Coldwell Banker Mountain Central



MASHA SCHEELLE, HCN STAFF

Introducing the federal candidates of Foothills

Canadian Prime Minister Justin Trudeau called an election for Sept. 20, prompting a 36-day campaign period— the minimum length of a campaign in Canada. This election comes less than two years since the last election in October 2019 and less than a month before Alberta's municipal election on October 18.

The New Democratic Party and the Conservative Party both condemned Trudeau for calling an election while the country is still reeling from the impact of COVID-19 and the wildfires in BC.

"While Canadians are focused on their health, their children getting back into school, getting back to work or trying to get their business back up and running, Justin Trudeau is taking advantage of the pandemic to try and secure a majority," said John Barlow, incumbent conservative candidate.

Liberal candidate Paula Shimp said, "The COVID-19 pandemic has impacted nearly every part of our lives and Canadians deserve a say on the kind of leadership they want as we look towards recovery."

Currently there are four candidates in the Foothills riding including; John Barlow, the incumbent candidate for the Conservatives; Paula Shimp from the Liberal Party; Josh Wylie from the Maverick party; and Daniel Hunter from the People Party of Canada (PPC).

Maverick candidate, Josh Wylie, moved into the Foothills riding about two and a half years ago from Calgary. His wife's family has lived in the riding for more than three generations. Prior to taking on politics, Wylie worked in the oil and gas sector since 2007. He has a bachelor of commerce degree from the University of Calgary with a major in petroleum land management.

Wylie got involved with the Maverick Party in March 2021 when he learned about their policy platform and mandate to represent western Canada.

"I think the conservative party has turned their backs on Albertans in favour of the Ontario and Quebec vote and I think we need a viable alternative here in the West. We need regional representation here in the west and that's what the Maverick Party is offering," Wylie said.

Wylie's top priority is scrapping the existing equalization formula, increasing autonomy for the Western provinces, and market access for energy exploration. Greater provincial autonomy includes areas such as taxation, pensions, immigration, and policing.

"Once voters come across the federal Maverick party and see what we have to offer of only running candidates in western Canada and advocating for constitutional change that's really going to resonate with them," Wylie said.

Liberal candidate, Paula Shimp, and her family have called the Foothills riding home for five generations. She grew up listening to stories about her great-grandmother surviving Alberta's harsh winters in a two-room sod house west of Nanton, her grandmother riding in a horse and buggy to a small rural school, and her grandfather's passage as a child in the steerage of a ship bound for Canada from Scotland.

Shimp has degrees from the University of Calgary in political science and social work and first entered politics in December 1985 as a political pollster and campaign office manager for Sheldon Chumir in Calgary Buffalo. Later, in the 2004 provincial election she was recruited as the Liberal candidate for Cardston-Taber-Warner.

Shimp's top priority in this election is safeguarding water and air from coal mining developments and operations.

"[I] believe the environment - our water and our air - is our responsibility," she wrote.

Having first-hand experience with a poorly understood medical condition, Shimp is committed to highlighting the challenges in accessing effective and responsive disability programs and services.

Conservative candidate, John Barlow, moved to High River in 1996 and remained in the area ever since. His award-winning career as a journalist spanned almost 25 years, starting with hockey publications in Calgary and ending with 17 years at the Okotoks Western Wheel.

"Working as a journalist in community newspapers provided an excellent training ground for politics as I knew the issues, I know the communities, I listened to people's stories, their concerns and the important issues, I know how to ask questions and research and I believe my work as a community journalist and community advocate earned the trust and confidence of my constituents," he said.

Barlow first entered politics through a 2014 by-election. He was re-elected in 2015 in the Foothills riding and again in 2019.

His priority after the election is economic recovery, including access to high speed internet for all rural communities, a competitive tax and regulatory regime for farmers, ranchers, and agriculture-businesses, and access to markets for the energy sector. If elected, he wants to push his Private Members Bill C-205 across the finish line, which is an amendment to the Health of Animals Act to protect biosecurity on farms and processing plants and help address the mental health crisis in agriculture. He also hopes to see the development of a national strategy to address the mental health and addiction crisis within Canada.

PPC's candidate, Daniel Hunter, has been in the riding for 53 years. He worked as a successful entrepreneur for 35 years, including 18 years in the movie theatre business and 10 years in construction. He holds a BA in Political Science and an MBA from University of Calgary. Currently, he is a consultant and involved in a green hydrogen startup.

As a lifelong conservative, Hunter has never held nor run for office but worked as a campaign and Get out the vote (GOTV) manager in the past. He stepped into the candidate position when he realized he wanted to vote for Maxine Bernier, the leader of the PPC, and found there was no candidate for Foothills.

"When I saw Pastor Artur being dragged away by police on Deerfoot Trail I was mortified. My top priority is to re-establish the primacy of our protected Charter Rights and Freedoms. In my opinion, Maxine Bernier is the only leader committed to these principles," Hunter said.

*Masha Scheele, HCN Staff
media@highcountrynews.ca*



DUANE HARDER

Words - Hot Air or Substance!

Churchill knew the power of words and used them effectively during World War 2. In one of his speeches he said, "You ask, what is our policy? I can say: It is to wage war, by sea, land and air, with all our might and with all the strength that God can give us; to wage war against a monstrous tyranny, never surpassed in the dark, lamentable catalogue of human crime. That is our policy. You ask, what is our aim? I can answer in one word: It is victory, victory at all costs, victory in spite of all terror, victory, however long and hard the road may be; for without victory, there is no survival."

Churchill's words inspired hope and courage. They helped galvanize a nation and infuse them with perseverance and resolution.

On the other hand, we have the conversation of the young man with the young lady he is seeking to impress. He says, "My beloved, I have such great love for you. I'd swim across the raging river to be with you. I'd climb the highest mountain to have your company. I'd cross the barren, blistering desert for a moment with you." She responds with, "That is so touching. Are you coming over tonight?" His response, "Certainly, I'll be there if the rain holds off."

Churchill's words kept a nation persevering to victory. The boyfriend's words were full of hot air. I often ask myself the simple question, "What kind of words are coming out of my mouth?"

There is an ancient proverb that says, "An appropriate word is like a golden apple in a setting of silver." These are words that add value to life. To bring words of value we need to guard our tongues, discipline our minds and engage our will.

First, let's look at words to be avoided.

Careless Words - In other words, put your mind in motion before you put your tongue gear. The same Churchill

who released empowering words to the nation also put his tongue in gear before engaging his mind. A woman approached him and said, "Mr. Churchill you are drunk." To which he replied, "I may be drunk but tomorrow morning I'll be sober. Tomorrow morning you will still be ugly." Like Churchill, we can use careless words to deflect from the real issues. Our quick responses help us avoid issues that are being addressed. Our "smart" responses are often like the thrusts of a sword. They put people on the defensive and precipitate conflict.

Crushing Words - These are words that strike at the heart of one's value and identity. "How could you be so stupid?" "Your day dreaming will get you nowhere." "Why can't you be smart like your sister/brother?" "You'll never amount to anything." And the list goes on. Crushing words usually express our insecurity and frustration. The more secure we are in our own value and identity the less likely we will be to crush others with demeaning words.

Corrective Words - These are words that come alongside a person rather than coming down on them. They help

ST. JAMES ANGLICAN CHURCH

www.meotaparish.ca

Rector: Ven. Rev. Alan Getty & the Rev. Jacquie 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



ARE YOU HIDING YOUR SMILE BEHIND YOUR MASK?

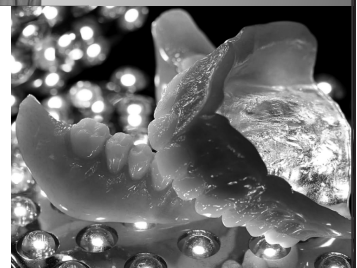


"I thought now is the perfect time to get a smile makeover. I can make a change behind my mask and have a dazzling smile for when the mask comes off. Thank you Dagmar and her staff for the wonderful service."

Julia P.
Black Diamond, AB

WHAT WE DO:

- + Precision Dentures
- + 3D Printed Partial
- + Implant Retained Dentures
- + Custom Shading, Clear Palates
- + All denture related services: relines, repairs
- + Emergency and rushed cases
- + Economy and immediate dentures
- + All our work is fully guaranteed!



Call for A Free Consultation
132 Government Road, Black Diamond • 403-933-0009

someone analyze the causes of their failure and then look for strategies that will help them get back on the right path. Corrective words are more than a map that outlines a journey, they are an affirmation of the other person's value and a commitment to help them on the journey. It is one thing to tell a person what to do, it is another to show them how to do it. The words of a person who will help us fulfill our responsibility are more valuable than silver.

Caressing Words - This sounds like the language of a lover. You are right, it does. Caressing words are spoken to win the affection of the one to whom they are addressed. They are words that travel through the emotion to the will. Caressing words can be used to manipulate or they can be persuasive words that help direct our decision making. Consider these proverbs. "The wise in heart will be called understanding and sweetness of speech increases persuasiveness." Or "The heart of the wise adds instruction to his mouth and adds persuasiveness to his speech."

During my preteen years my parents were dissatisfied with my piano teacher and insisted that I change and start taking from

a friend of theirs. This meant traveling to a neighbouring town and investing most of my Saturday afternoon to music. That meant limited time for hockey. When I arrived for my first lesson Miss Carey started by asking me about my life interests. She asked me what I would rather be doing than being there for a music lesson. I told her bluntly that I'd much rather be playing hockey. She then asked what position I played. I told her I was a goalie. She then said, "You must need real good coordination for that position." My answer was in the affirmative. She then said, "Let's test your coordination. We'll both do a two-octave chromatic scale." She was finished before I was halfway through.

She then said, "I see your co-ordination needs some work. In piano you need to coordinate your hands, eyes, and feet. That is the same as a goalie. Work with me and I can help your coordination." She used caressing words to tap into my interest and connect hockey to music. Through it I developed a love for music that has been transferred to our children and their children.

Words are powerful. Select them carefully, direct them purposefully and watch them produce transformation in character and increased productivity in life. Life and death are in the power of the tongue. Choose to release life and I'll see you at the top.

Duane Harder



We have heard and spoken the words, "He/she is full of hot air." It is another way of saying that a person's words don't have the substance in life to back them up. Hot air will only take you so far before it lets you down.

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 ASSES
MENT
AND FREE
ESTIMATE

#403-308-9075



BE MORE
THAN FIRE
SMART
BE FIRE READY



Acreages • Driveways • Pathways
Resurfacing • Parking Lots
Parking Pads • Patch & Repair

FREE ESTIMATES

KEVIN REDIGER

403.651.1900

WWW.BULLDOGPAVING.CA



ROCK, WATER, SPIRIT by Andrea Kidd

"Look! You can see Neptune!" exclaimed Travis.

"Where? Let me look!"

Travis moved aside and let Natalie peer into the eyepiece.

"What's it like on Neptune?" asked Natalie.

"No one knows for sure. If it's anything like Mars, it'll be rocks and craters."

"I wonder what we would look like if someone were standing on Neptune looking at Earth through a telescope."

"Probably just a little bright pinprick in the sky, like Neptune is for us."

"Solid, though, don't you think? I mean, Earth is solid. We wouldn't be able to see Neptune if it weren't solid, would we?"

"Yup. It's real; hard as a rock, I should think. Could be flaming gases though."

The next morning, the littlest cousin, who had been put to bed before dark, wasn't interested in the chatter about Neptune. She was fascinated by a different rock. She selected one ordinary piece of gravel from the driveway, clasped it in her fist and held it tightly until snack time.

"Let's wash hands!" I coaxed, and showed where to place her treasured rock on the edge of the sink.

A small stream of water flowed from the tap. I stretched out my hands, palms up, to let the water flow over them, and encouraged my little granddaughter to do the same. But she didn't. She stared at the stream of water then grasped at it, trying to pick it up in her

hand as she done to the rock. The water would not stay; it ran through her clenched fist, down her arm and disappeared down the drain. She tried again, and again. The water was real; it looked solid, but she could not hold it.

Lunch was late that day. New discoveries are exciting. Soap bubbles followed, then splashing in the sink and finally water gurgling and disappearing when the plug was pulled. Then there were many bubbles to swish about with clean hands in a clean sink.

Spirit is like water. Whether it is Holy Spirit or an evil spirit, it cannot be grasped. And spirit cannot be held, touched, bitten or analyzed in a chemistry lab. Like water, spirit is real. Like water, spirit is lost when grabbed, but it flows, fills and causes health or disease. What grows depends on whether it is a stream of Holy Spirit or an evil, destructive spirit. As I have separate taps for hot and cold water at my kitchen sink, I, also, can choose which stream I am going to keep on returning to.

Snatching at the Spirit of God, trying to contain it, package it and be certain I have the formula of its composition is like grasping at a waterfall.

But God's Holy Spirit flows, filling a person's spirit with health.

Much about water is a mystery, yet these things I am sure of: water is good; water is wet; water is real; water is accessible. Water is a gift, generously given for our health.

Much about the Spirit of God is a mystery, yet these things I am sure of: God is good; God is love; God is real; God is accessible. The Holy Spirit is a gift, full of truth, honesty and wisdom, generously given for our health.

Andrea Kidd



Do you have a **Will or Enduring Power of Attorney** or **Personal Directive**? Do you know what they are? What does **Probate** mean?

Stemp & Company

1-403-777-1122

Toll Free 1-800-665-4447

www.stemp.com email: reception@stemp.com

#1670, 734 7th Ave S.W., Calgary, AB T2P 3P8



**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



MORTGAGE MATTERS

2021 Mortgage Consumer Survey Results

I love consumer survey's! They are such excellent insight and the fact that we've experienced a massive home-buying boom during a pandemic ... the stats are very interesting on what drove buyer's decisions earlier this year. Between February and March 2021, CMHC contacted 3,502 recent mortgage consumers across Canada. CMHC asked housing related questions of all kinds including consumer behaviour, attitudes and expectations.

Homebuyers were asked to select their 3 main reasons for buying:

42% indicated that a home is a safe and secure investment

37% thought a home offered greater stability

34% wanted to take advantage of the low interest rates

Here's the breakdown of what people said were the reasons for refinancing (top 3):

26% to reconcile debt

24% to fund home improvements / renovations

7% to fund financial investments

Impact of COVID-19 on mortgage consumers

25% purchased a home sooner than expected

31% were involved in a bidding war in the search for homes

46% of buyers had concerns or felt uncertainty during the home buying process

The pandemic did impact purchasing decisions

37% responded the location of the home

32% indicated the type of home

30% said the physical space/surface required

15% cited outdoor amenities

Mortgage consumers

65% of buyers paid the maximum price they could afford on the purchase of their home

43% of mortgage consumers solely researched online for information about mortgage options

84% of mortgage consumers are confident that they will be able to make future mortgage payments

61% of first-time buyers took out their current mortgage with their existing financial institution **85%** of mortgage consumers agree that homeownership is a good long-term financial investment **70%** of mortgage consumers plan to renovate in the next 5 years

85% felt that a mortgage broker would get them the best mortgage rate or deal

There are many more questions and some interesting responses. See the full findings at cmhc.ca/2021MCS

Candace Perko, Mortgage Broker

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



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

DECKING
TREATED
CEDAR
COMPOSITE
PVC

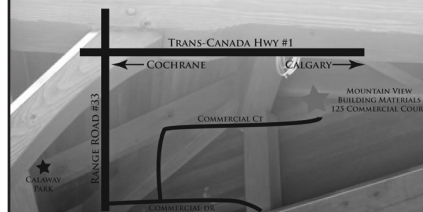
FENCING
TREATED
CEDAR

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



QUESTIONS DURING THE SELLING PROCESS!!

Over the many years I have been selling real estate and helping buyers purchase country properties I have experienced the challenges of gathering important information on a property to assist in both marketing listings effectively and in helping buyers make wise choices in their purchasing process. Below are many of the frequently asked questions that can come from prospective buyers on country properties. I strongly recommend that if you are planning to sell your property in the near future that you gather and know the answers to as many of these as possible and provide as much helpful information for the process as possible. Having these details and information available improves buyer confidence, enhances the presentation of the property and helps achieve a more positive inspection process.

- What is the water like? Flow rate and quality? Is there a chemical report and driller's report I can review?
- Where is the well located? How deep is it? When was it last serviced – (shock chlorinated/pump replaced?)
- Is this property on a Co-op water system or an individual well? If Co-Op water what is the annual rate?
- How large is the septic tank and where is it located (a diagram is useful)? Has it been serviced regularly?
- What water processing equipment is in the home? (labeling the equipment is very useful)
- How old is the furnace and what is its efficiency rating? Has it been serviced regularly?

- Age of windows, type and are there any broken seals?
 - Has there ever been any water damage? If so was it properly remediated?
 - Is the basement concrete or preserved wood? If preserved wood is there an engineer's report? Very important as homes with preserved wood foundations often get some buyer resistance although there is nothing inherently wrong with a wood basement if designed and installed properly. They are just not as common and have a shorter life than concrete.
 - Are there Home Owner Association fees? Who manages it? What does it cover?
 - Are there Restrictive Covenants on the property? What are they?
 - Who was the builder of the home? How old is it?
 - Is the plumbing Poly B?
 - Size of wall construction – 2x4 or 2x6?
 - Would I be able to build another outbuilding on the property? (MD bi-laws)
 - 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? (boundary staking is helpful)
 - Is there a Real Property Report to review? (Order one if there isn't!)
 - Can I further subdivide the land (MD bi-laws)
 - What are the monthly utility costs?
 - What are the annual taxes?
 - Has the property been recently appraised for mortgage or estate purposes?
 - How old is the roof? Has there been any recent hail damage?
 - What renovations have been done? (Back-up information and related invoices would be helpful)
 - Who are the neighbours? Are they helpful, friendly, look after their property?
 - How many horses/animals can I have on the property? (MD guidelines)
 - Is any suite on the property legal (i.e. it includes MD required suite design and services)
 - Who does garbage pick-up?
 - Who ploughs the roads and when?
- There are other questions arise, but these are many of the most common ones.

Wayne Chaulk



Wayne, Rebecca & Denise Chaulk



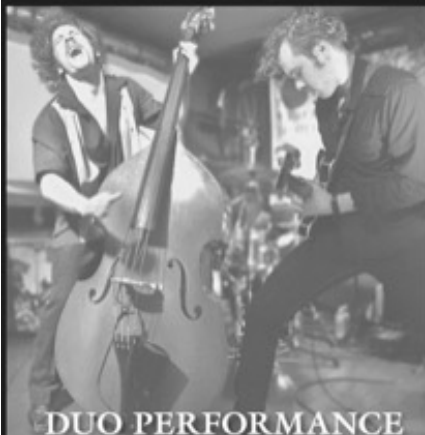
A TRUSTED NAME IN REAL ESTATE

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

ROYAL LEPAGE
SOLUTIONS

403-863-7920 WWW.CHAULKREALESTATE.COM

BENEATH THE ARCH CONCERT SERIES



DUO PERFORMANCE

Weber Brothers

Saturday, October 23, 2021

Concert at 7:30 pm ~ Doors Open: 7:00 pm

Adult: \$25 / \$30 at the door

Child (6-12 yrs): \$10 Kids under 6: Free

Flare & Derrick Community Hall, Turner Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets

or in person from Bluerock Gallery, Black Diamond

Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca



MASHA SCHEELE, HCN STAFF

Maverick Party announces Foothills candidate

There's a new federal party in town by the name of Maverick, and they've gained some serious momentum over the last nine months.

Joshua Wylie, of Millarville, will run in Foothills riding during the next federal election.

The Foothills riding runs north of Bragg Creek to the US border in the south, with the BC border on one side and the edge of Calgary on the other.

The Maverick Party is a West's only federal separatist party, taking over from the Wexit Canada Party founded in January 2020. It was renamed the Maverick Party in September 2020.

The party now has members across the four western provinces, predominantly in Alberta.

"We've come a long way in basically nine months since we transformed to Maverick.

We've now established 33 riding associations," said Jay Hill, longtime Conservative politician who became the interim leader of the Maverick Party in 2020.

Hill hopes the campaign will reveal the next leader of the party

The Maverick Party will run only in the West and the Northern Territories, setting them apart from the Conservative party, according to Hill.

The party developed a twin track approach, track A requires greater autonomy, fairness, and respect for Canada through constitutional change, and track B paves the foundation for an independent Western Nation.

"The Canadian constitution, which we believe is an archaic democratic instrument that clearly discriminates against Western Canada, [needs] to change and in that sense we have developed five proposed Constitutional Amendments," Hill said.

For details on each amendment, go to their website maverickparty.ca.

Hill stated that if the amendments are enacted, it would enable the West to reach its destiny and goals while remaining within a united Canada.

The party's first guiding principle states that Maverick welcomes all people from

Western Canada, regardless of religion, age, ability, ancestry, race, sexual orientation, or gender identity.

"We have no bias for or against anyone, we're not looking to be another conservative party, we don't view ourselves as right or left. We view ourselves as being common sense Western Canadians," Hill said.

Hill added that the Mavericks have always been people willing to take risks and work hard, no matter their background.

"The people we hope to attract are people willing to take a bit of risk, obviously we're a new party, but we believe our goals and aspirations clearly distinguish us from others," Hill said.

An inaugural one-day convention was held on Aug. 7 and hosted virtually on the Zoom Webinar platform. Hill stated that a leadership race would ideally occur in late November.

Hill was first elected to Parliament in 1993 under the Reform Party and later for the Conservative Party. He ended his career in 2010 when he was a cabinet minister with Stephen Harper.

Masha Scheele, HCN Staff
media@highcountrynews.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

**BRAGG
CREEK
PLUMBING &
HEATING LTD.**

Box 1148, Bragg Creek, Alberta T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

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



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

www.treeworxpro.com

24 HR
Emergency Service

Call Jeff Hughes at 403.554.2370

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!



GET RIPPED

Edition 1

Do you sometimes feel as though you're practically chained to your chair? With so much of our lives tied to our PCs, from work to Zoom meetings, we're sitting a lot! You've likely heard the expression that, "sitting is the new smoking," and how sitting for too long impacts your overall physical and mental wellbeing and can increase your risk of a number of serious chronic health issues. Well, pull up a chair as we asked Jari Love, certified personal trainer, author, and creator of the incredibly popular and scientifically tested Get RIPPED! workout series, to create a ten-minute full body workout that you can work into the busiest of schedules and do from the comfort of your own chair! Over the course of the next few articles, we will share a total of 11 exercises, with the next edition covering exercises #3-5.

*Before beginning, for safety, be sure to use a sturdy chair on a flat surface. Avoid using a chair with wheels as they are unstable.

1. Chair Step-ups (advanced):

Place a chair firmly against the wall. Place your right foot in the middle of the chair and your thigh should be at a 90 degree angle. Step up on the chair with your right foot on top and bring your left foot up beside the right foot in the middle of the

chair. Step down with your right foot and then step down with your left foot, feet together. Do 8 repetitions with the right leg leading and then 8 with the left leg leading.

2. Sit Up Sit-Down Squats:

With your chair against the wall, sit back on the chair and have both knees at 90 degrees. Your feet should be shoulder width apart and your arms relaxed by your sides. Come to a standing position and keeping your core tight and your body weight transferred onto the back of the heels. Be sure not to lean forward as you are coming up to a standing position. Come back down and keep your hips back as you sit and remember to keep the knees at 90 degrees when sitting. Do 12-15 reps for 1-2 sets.

About the authors:

Charlene Bazarian is a health and lifestyle writer as well as a fitness and weight loss success story after losing 96 pounds. She mixes her no-nonsense style of fitness advice with humour on her blog at Fbjfit.com. You can follow her on Facebook at FBJ Fit and @FBJFit on Instagram.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® Series that garnered her international attention as a top trainer and fitness personality. Jari makes her home in Calgary, Canada, and most recently has been busy filming and preparing for the launch of her brand new Get RIPPED!® Live + OnDemand. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.



DRAGONLAND TREE SERVICES

30 YEARS EXPERIENCE

NCHA - Fully Insured

EXCAVATING: Culverts, Demolition, Frost Free Hydrants, RV / Motorhome Parking Pads.

TREES: Felling / Sectional Felling, Forestry, Burn Piles Built, **SPECIALIZING IN ACREAGES.**

Text 403-809-2926 or 403-466-3132

e-mail: dragonlandtreeservices@gmail.com

GET RIPPED! IN BRAGG CREEK

IT'S NEVER TOO LATE TO GET INTO SHAPE!

TRAIN IN THE PRIVACY OF YOUR OWN HOME OR AT MY HOME GYM.

DISCOUNTS FOR THOSE AROUND THE
BRAGG CREEK AREA WHEN YOU PURCHASE A PACKAGE.

GET STARTED TODAY!

GETRIPPEDJARI@GMAIL.COM
WWW.JARILOVE.COM



COMING SOON!

GET RIPPED!

LIVE + ON DEMAND

OVER 400

VARIETY WORKOUTS!





OUT OF THE RUT

Chapter 133

Well hello Fall. It seems like five minutes ago we were just emerging from the frozen hiatus of last winter and here we are looking down the barrel of the next. I do enjoy our winters as you probably know. I may not be leaping mountains and slithering down slopes, but hiking and watching the world go through its endless transformations always appeals. Finding the newness that is just around the corner keeps things fresh and vibrant, like stumbling across a buffalo herd & sitting to watch their activities for a while. I'm discovering and exploring almost every time I step outside the door.

Although these past few weeks have been mainly obscured by smoke, a couple of beautiful lung-inspiring clear days had me on horseback revelling in the blue sky that makes this place so stunning. I am blessed once more with opportunities to share and enjoy aspects of our fabulous Foothills. As the weather finally begins to cool down we can appreciate how fortunate we are not to suffer the prolonged extreme heat that has been blistering other places. The lack of water, however, is going to cause numerous knock-on effects that will be felt over the coming months by everyone. There are always challenges and opportunities to pull together.

Monday August 16th... late evening I'm sitting on my deck with the gentle sussuration of mist becoming drizzle, soon to be rain. I can feel such a swell of electric excitement in the earth and plants surrounding me, it feels as though the land is on the verge of an explosion; the pent-up thirst is palpable, an ache of desire that reaches up through each limb, each trunk, each leaf that's seeking out the promise of rain. Then it arrives in fullness. I sit in my house listening to it gulp the life-giving force as it cascades off the roof, into the gutters, overflowing onto the ground which swallows up the welcome libation with gusto. What joy to greet rainfall this way.

Meanwhile, back on the Yoga track:

Plans to play on the mat with folk again are moving ahead. Priddis, Red Deer Lake

and Square Butte Community Halls are the targets of our Yoga advance. Dragging ourselves out of our comfort zones (otherwise known as couches and homes) into a community space, a safe space where we can learn a little, laugh a little and do something positive for our selves and each other is something we can all aspire to.

All you need is the desire to change. No experience needed, no level of fitness for entry. Please, if you are considering this, drop me a line - bodymudra@gmail.com.

I resurrected my website after spending quite some time building other people's. Check out www.kat-dancer.com and let me know what you think. If there's something missing you'd like to see, please, tell me about it. I am hoping as time passes I will be able to review all these old articles and re-post through the website along with the other writings and musings I will be adding as I go along.

What were you doing 9 years ago?

I thought I'd have a cruise back through the archives to see what's changed:

"Now we are in England. I am in a great old house of thick wooden beams and dangerously low ceilings surrounded by red brick walls about small sun-trap gardens and wide sweeping yards, a small hen coop by the black barn... the next-door building is an oast house. We are somewhere in East Sussex. We had a gathering today; people from all around this location came together to sit around a fire in the soft English air and mellow late summer evening, sharing songs, dance, friendship... and some good food too.

I have been sleeping long nights since we arrived, but now I am awake when I should be asleep. Ideas and messages running through my head. I've been talking to my friends back here in England and hearing the question "how long are you going to do this? Forever?" Who knows? As long as it continues I guess.

... I am drawing a slender thread of a web hither and yon, hoping that the strands will remain strong and provide me with a framework to dance upon for a long time yet. The shape of the dance may change dramatically though. Anything is possible.

Tonight the circle of friends included Scottish, Lancashire, Brummie, Londoners, Sussex, Essex and others... all coming together from diverse origins, drawn to this location by the energy of our host who provides a sanctuary-like retreat in an out-of-the-way home. Always I am finding things I did not know exist. We may think we have a broad perspective on life, but we are so puny. There is more out there than a tiny human brain can accommodate in several lifetimes, let alone one."

Always new people to meet, new experiences to live through, new energies to bounce off. We have much to be thankful for. I must remind myself on a daily basis, that no matter how bad it looks, somewhere, there is a light that is not the oncoming train!

With gratitude and love, Kat Dancer
bodymudra@gmail.com
 403-931-3866 (h)
 +1 415 525 2630 (c)





PERCEIVED ADHA ADVANTAGES

Is there any benefit to having ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A different perspective

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments

over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

Undeniable power of ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD can nurture and hone their

unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

The hidden positives

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).
- Ingenuity, creativity - no, not just for starving artists and broke writers. Some of the most successful people in the world value the importance of thinking outside-the-box.
- Spontaneity, a love for new experiences, okay, sure... sometimes a little forethought goes a long way, but you are a quick starter, jump right in and do not get stuck in analysis paralysis.
- Laser focus - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.
- Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD quotes

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting... remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

Sources: Quinn, P. (Ed.) ADDitude: The Five Faces of ADHD. Monthly subscription magazine.

Roché Herbst, M. A. R. Psych.

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



MOUNTAIN'S EDGE RENOVATIONS

QUALITY... INTEGRITY... ATTENTION TO DETAIL



Complete Custom Renovations



WCB, Insured, Licensed, 2 Year Warranty



www.mountainsedgerenovations.com

403-949-7727 or 403-461-2710



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

MAXWELL SEPTIC: Engineered solutions for new installations & repairs. Ph 587.576.7036. Servicing Bragg Creek & Area

HIGHWEST ELECTRIC:

Residential or commercial projects, large or small, free estimates. Friendly master electrician, insured, licensed, certified, bonded. Competitive rates for quality electrical work. Service panel upgrades, sub panels, new home wiring, renovations, aluminum rewiring, hot tubs.. 403-874-7035 or cmkish1@gmail.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

MATH TUTORING SERVICES. Does your child need help with their math skills? I am a teacher recommended grade 10 high school student with a 93% average in math. I offer one hour long sessions on Zoom for only \$15 per hour! I am available on weekends from 10am-6pm. Email tutorbeevaneeza@gmail.com. Currently accepting payment through eTransfer

WELDER/ENGINEER/FABRICATOR

Contact: Nigel Phone: 403 201 7181
More Information: Acreage workshop, can repair trailer, RV frames or farm machinery, replace jack legs, tow hitches, ramps or remanufacture etc. Emergency work undertaken.

HELP WANTED

CONSTRUCTION AND OR MASON JOURNEYMAN WITH LANDSCAPE EXPERIENCE NEEDED.

Must have a valid drivers license and clean drivers abstract. Equipment experience with skid steers and small excavators required. Send resumes to info@exteriormaintenance.ca

WANTED

I'm paying cash for unwanted firearms in Black Diamond, Calgary and surrounding area. I will also pick up unwanted gas chainsaws, garden tillers, generators, lawn tractors and attachments, etc. I'm looking for a lawn tractor running or not. Preferably with hydrostatic and hydraulic lift. Call, text or email Al_awionzek6@sasktel.net, 306.641.4447

Senior lady with small dog looking for a spot of land in the country to occasionally camp in my motorhome. Would be maybe 3 days at a time. It's self contained, no generator, so would not compromise your land. I pack out what I pack in. Can negotiate price or barter cook, clean, babysit, paint, or chores. Yvonne 403-475-9232
Seeking rural 2 bedroom home rental Contact K. Matcyk Phone: 4034667898

Free- for fix up or parts - older Sears lawn tractor (still fires up but fuel line cracked) with attachments (snow blower , tiller) Call Brian 403 880-3248

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

Capable, retired gentleman for occasional help with watering & farm chores. Must live in the Priddis/ Millarville area with own transportation. Phone 403-931-2201

FOR SALE

1988 CHEVY G30 CITATION CAMPER VAN,
Contact Vera at 403.949.3770 or verakruger@yahoo.ca
190,000 Kilometers - No Rust on Body

HORSE HAY FOR SALE Contact: Don
Phone: (403) 931-2457 or (403) 651-5852
Price: \$ 8.00 - More Information: FURTHER PRICE REDUCTION, \$6.00/bale for premium grass horse hay. Bragg Creek/Priddis/Millarville. Call (403)931-2457 or (403)651-5852

CANON PC41 HOME PHOTOCOPIER, enlarges/reduces 141-70%, ltr/lgl sizes, no warm up, 19" w x 18"d x 12"h. incl. rolling metal 2 drawer storage cab, 26" w x 20"d x 24"h. Very good cond. Asking \$130. Twin size metal bed frame, box spring & mattress w/white tubular semi-circle head frame. Incl. is a white one drawer night stand. Very good cond, clean, used once. Asking \$175. Delivery for items avail. Warren 403.949.3452

Model LT125 plastic water tank for sale. 125 gallon capacity. Used only for hauling potable water. \$175. Call Ken 403.809.7518.

TWIN BED AND TWIN SIZE METAL BED FRAME, box spring & mattress with white tubular semi-circle head frame. Included is a white one drawer night stand. Very good cond, clean, used once. Delivery avail, asking \$175. Warren 403 949 3452

PICNIC TABLE - Wood picnic table, 72" L x 27" W top x 28" H with attached benches, total width 53". Good condition. Asking \$65.00. Phone Warren at 4039493452. Can assist with delivery in area.

FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462.

49 firepit bricks in excellent condition, asking \$100.00. Vintage GUESS patent synthetic leather handbag. Excellent condition, asking \$50.00. American made, floral vintage Springmaid queen size bedspread. Excellent condition, asking \$40.00. Pictures of all items available upon request. Call Monica at: 403.949.4900 Or email: jscheel@shaw.ca

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



The best home to be in is your own.
Home Instead offers personalized
in-home services.

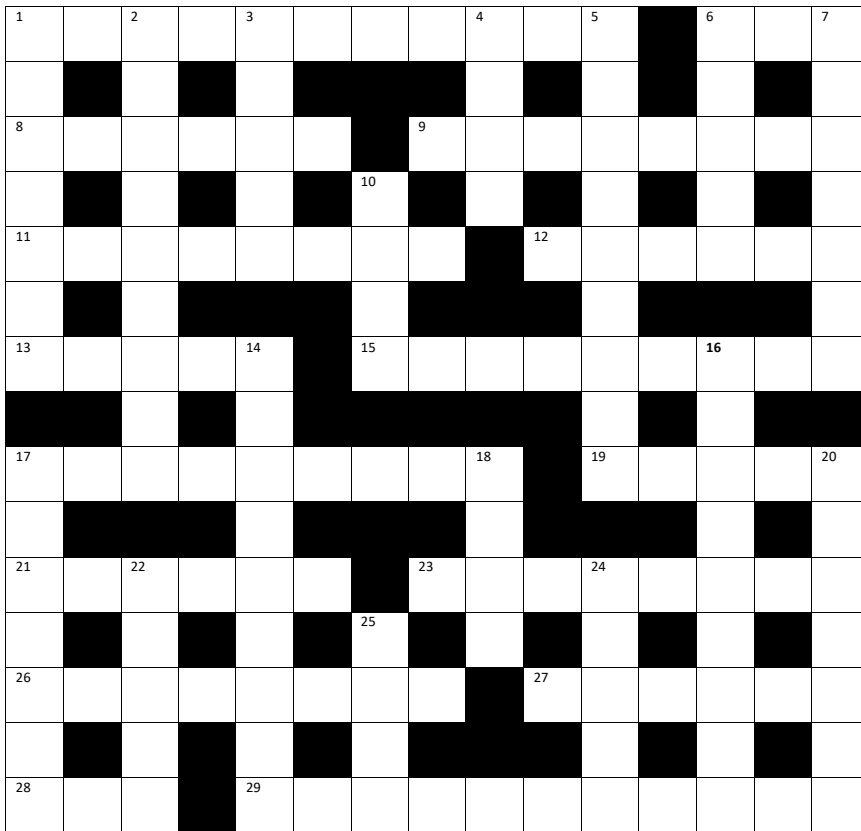
**Home
Instead**
SENIOR CARE®
To us, it's personal.

403.984.9225

HomeInstead.com/Calgary

PERSONAL CARE | MEMORY CARE | MEALS & NUTRITION | NURSING SERVICES | MEDICATION ADMINISTRATION

Each Home Instead Senior Care Franchise is independently owned and operated. © 2020 Home Instead, Inc.



Across:

1. Swindle team for a price is thoughtful. (11)
5. Three-quarters of farm is not close. (3)
8. Pens, one would say, one's freedoms. (6)
9. Dines around harbour and gives assistance. (8)
11. Fundamental, especially when used in mathematics. (8)
12. Comic exclamation with the German talc. (6)
13. Girl follows \$1000 to find something transparent. (5)
15. Scheme to search layers of rock to get a precious stone. (9)
17. Butchered archery and French with this betrayal. (9)
19. Reach inside model vessel. (5)
21. Constant spun backwards for these posters (3,3)
23. Modernise art cap for example, for a lot of money. (2,1,5)
26. A group of actors at a distance from shipwrecked person. (8)
27. Red strand. (6)
28. To set down a song? (3)
29. Incoherently, I moan titles, for this tribute. (11)

Down:

1. Craving an internal shake up for this type of artwork. (7)
2. Does a dark horse feature in this scary dream? (9)
3. Have a dig at messy name badge. (2,3)
4. This colour can be found in a quandary. (4)
5. Former scheme including me and Edward was abused. (9)
6. Evergreen tree given to editor when he was let go. (5)
7. On the dais, play guitar after Roy Orbison initially. (7)
10. Does a Roman Catholic sacrament tell us the amount of matter in an object? (4)
14. Sounds like crazy person with back end of pachyderm might be a yes man. (9)
16. Tablet returns in prison on island near this Turkish peninsula. (9)
17. Current is right out of this equatorial region. (7)
18. Still, I have not seen this imaginary Himalayan creature. (4)
20. Getting up late around mid-term? No end to it. (7)
22. Primarily, nauseatingly, awful situations, truly yucky, are really unpleasant. (5)
24. Quiet keyboard instrument. (5)
25. Faucets, dance shoes or bugle melody. (4)

Answers:
Across:
Down:

1. Considerate 5. Far 8. Rights 9. Supports 11. Integral 12. Powder 13. Transparent 15. Stratagem 17. Treachery 19. Delve 21. Pin Ups 23. At a price 26. Castaway 27. Maroon 28. Lay 29. Testimonial
Down:
1. Carving 2. Nightmare 3. ID Tag 4. Aqua 5. Exploited 6. Fired 7. Rostrium 10. Mass 14. Sycophant 16. Gallipoli 17. Topical 18. Yeh 20. Eternal 22. Nasty 24. Piano 25. Taps

Cryptic Crossword
By Jan Burney

KIDS!

Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print!

We will include your first name and age if you include that information

This month's Kids Zone generously sponsored by:

The Bragg Creek Trading Post

117 White Ave • 403.949.3737 • Open daily 10am - 5pm or by appt.

Did You Know... The Trading Post is fuller than ever!

New arrivals include:

- Books by Indigenous authors (KIDS: We have books for you, too!)
- Mother Earth Essentials: bath and beauty products from natural Indigenous recipes
- Bragg Creek casual wear: t-shirts, hoodies, jackets, etc.
- Western decor items: blankets, pillows towels, etc
- Fur, bone, & antler items as well as herbs and botanicals.
- Moccasins are finally well stocked again
- And as usual THE Eggs, JERKY and "Master CHOCOLAT"



BUSINESS DIRECTORY

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



ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER SCULPTOR 403.990.1266

ADULT LIVING

MOUNTAINVIEWVILLAGE 403.493.4993

ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast 403.949.3951

KRUGER'S GUEST HOUSE ACCOMMODATIONS 403.949.3770

ACCOUNTANTS & BOOKKEEPING

PRIDDIS BUSINESS CONNECTION INC 403.680.8683

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

BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreeexperts 403.401.3939

BORDERNORTH TREE SERVICES, micah@bournorth.com 587.216.8372

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com 403.690.1269

TREWORX TREE CARE, www.treeworxpro.com 403.554.2370

AUTO SALES & SERVICE

KAT AUTOMOTIVE, www.katautomotive.ca 403.850.1043

BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS 403.466.2204

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.246.1482

CHILDCARE

BRAGG CREEK OUT OF SCHOOL CARE at Banded Peak School, I. Schieman 403.619.0136

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, Residential Carpentry and Renovations 587.433.3161

LT EARTH SERVICES - Full Service Excavation 403.478.0050

ON POINT PAINTING, facebook.com/onpointpainting20 587.888.4353

RENOVATE FOR GOOD, Stephen@RenovateForGood.com 403.863.2085

TKMS GROUP, tkmsgroup.ca 877.651.0398

TOOLTIME 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. 403.510.9984

PRIDDIS - ERICA BERNARD, MSW, RSW 403.874.0176

KATERINA RENNY, 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, bowcurrentelectric.ca 403.932.9289

CALGARY SOUND, calgarysound.com 403.932.9289

CLEAR SKY ELECTRIC, clearskyelectric@gmail.com 587.225.4294

HIGHWEST ELECTRIC, cmksh1@gmail.com 403.874.7035

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com 403.803.7102

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, timberlineinteriors.com, Bragg Creek 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

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

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY 403.829.1148

MASSAGE - SHEENA TAGGERT, connectivewellness.ca 403.999.1471

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 PARTS, www.dr mower.ca 587.329.6642

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

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING 403.949.2963

FUR PERSON DOG SERVICES, furpersondogservices.ca 403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eeason@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 SOUND

CALGARY SOUND, calgarysound.com 403.932.9289

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 Capital Realty 403.560.5468

MEGAN STUART Greater Calgary Real Estate 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

SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages 403.519.5998

STEVEN HILL, Sotheby's International Realty Canada 403.863.6344

WILLIE PREBUSHESKY, REAL ESTATE PROFESSIONALS INC. 403.660.3767

TATYANA BAKANOVA, REALTOR®, STAGER CSPTM, GREATER PROPERTY GROUP 1.877.837.0220

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 dazareroofing.com 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. 403.264.7844

GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnroofing.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

STEELHEAD VENTURES, svlgroup.ca 587.318.2205

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITZTRUCKING & BOBCAT 403.809.8949 / 403.949.3573

LT EARTH SERVICES - Full Service Trucking 403.478.0050

ROSS TRUCKING 403.651.9428

TOWING

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., svlgroup.ca 587.318.2205

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

DIAMOND VALLEY WATER HAULING, www.dvwh.ca 403.933.4438

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991

STEELHEAD VENTURES, svlgroup.ca 587.318.2205