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Bragg Creek's Oktoberfest set for September 27 Tickets on sale now

This year's celebration at The Bav + The Tav (75 White Ave) promises to be bigger, and more delicious than ever - complete with live music all day, and a timed buffet of authentic Bavarian fare.

Presented in collaboration with Cowboy Trail Brewery, the event will transform the heart of Bragg Creek into a slice of Germany. Guests can choose between Day Tickets (\$75) and Evening Tickets (\$90), each including the buffet, one drink ticket, and a take-home Cowboy Trail Brewery Oktoberfest glass.

Organizers say early ticket sales are key to making the event a success. They note, "We want to make sure we have everything ready for an unforgettable day, and the best way to do that is to have people lock in their tickets now."

Whether you're coming for the beer, the bratwurst, or the German bands, this year's Oktoberfest is shaping up to be a can't-miss community celebration. Space is limited, so secure your spot early. Tickets are available now via Eventbrite - scan the QR code to get yours and be part of the celebration



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Oktoberfest

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SEPTEMBER 27, 2025

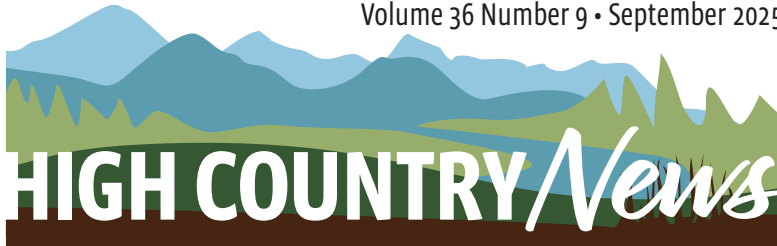
At The Bav + The Tav - 75 White Ave, Bragg Creek
Tickets include food, drink ticket & take home glass

Scan here for tickets

Day Tickets
\$75 per person



Evening Tickets
\$90 per person



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HIGH COUNTRY NEWS is published monthly by:

High Country Business Services Ltd.

Box 476, Bragg Creek, AB, T0L 0K0

Editor: **Lowell Harder**

Layout & Design: **Kate Bushey**

ADVERTISING RATES:

Circulation: 12,500

Front Page Banner: Colour Only \$250.75 Min 3 mo booking

Inside Cover Full Pg: Colour \$773.50/ B&W \$655.99

Index 1/4 Pg: \$227.50 Min 3 mo booking

Full Page: Colour \$702.50/ B&W \$595.35

2/3 Page: Colour \$494.00/ B&W \$418.95

1/2 Page: Colour \$377.00/ B&W \$319.75

1/3 Page: Colour \$260.00/ B&W \$220.50

1/4 Page: Colour \$201.50/ B&W \$167.75

1/6 Page: Colour \$149.50/ B&W \$126.78

Business Card Colour \$97.50/ B&W \$82.69

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LETTER FROM THE EDITOR

With our desire to live productive fulfilling lives, if you're like me, we tend to pack the schedule with well-meaning activities which leave us drained and frazzled. To quote from Michael Bungay Stanier's book, *The Coaching Habit*, "The wheel is spinning but the hamster's dead". He goes on to say that the essence of strategy is knowing what not to do. This fall, hopefully you can give yourself to that which matters, and have the courage to say no to what doesn't fit. We can then give more of ourselves to what we're passionate about.

With all that's happening this fall, please keep in mind the municipal elections. A reminder that you need to register to vote. For more information, please refer to your respective municipality:

Rocky View County:

www.rockyview.ca/elections

Foothills County:

www.foothillscountymb.ca/government/elections

From my family to yours, Lowell Harder



45TH ANNUAL TERRY FOX RUN

The 45th annual Terry Fox Run is set for Sunday Sept 14 at Mitford Park in Cochrane. Registration will be open from 9am until 12:45, you can register there & then ... but it is significantly easier to pre-register (easy) at terryfox.org.

Walk, wheel, jog, anything at the distance that is comfortable for each participant: 2, 5 or 10k.

For information contact us at cochrane@terryfox.org OR phone (587) 225-3710.

PS: want to bring your dog for a walk in the park? Ask us about our new feature 'Puppies on Parade' ...



COVER ARTIST PROFILE

I am a retired Calgary high school teacher, now living in Diamond Valley, who has been bitten hard by the landscape photography bug. As an amateur photographer, I shoot in Alberta during spring, summer and fall, and then in Utah and the American Southwest during the winter. I especially enjoy hiking to unique locations, camera in tow, in search of landscape photo opportunities.

I can be reached at my email address (andrewm.gage@gmail.com), and would love to meet up with other landscape photographers in the Diamond Valley/ Southern Alberta region. My advice for/ to other amateur photographers ... "Get out and shoot!" -Andrew Gage

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



TERRY FOX RUN

SEPTEMBER 14, 2025

FINISH IT.

TERRY STARTED A MARATHON AGAINST CANCER. TOGETHER WE CAN END IT.



Participants are welcome to walk, run, skate, roll or cycle. Fundraise or donate to support cancer research at terryfox.org




MITFORD PARK

Time and location: ... Registration open 9am-12:45 ... OFFICIAL START 10am

INFO: cochrane@terryfox.org OR (587) 225-3710

Photo by Gail Harvey 2016



SPRINGBANK CREATIVE ARTS CLUB

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

Summer has galloped by again. At the time of this writing everything is looking so lush and green. The mix of hotter, rainier and cooler weather has been interesting as well. Hope everyone enjoys these lovely days as we head into September.

We are pleased to announce that the Springbank Christmas Market has been booked for Nov 1 and 2nd, 2025 at the Springbank Community High School. (use the community use entrance)

We are also happy to say that all vendor spaces have been filled and the variety of handmade items is extensive. Everything from baking to bat houses and lots in between. Customers are guaranteed to find something for everyone or themselves.

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

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

There is also room for new members to join the Springbank Creative Arts Club! If you are live in the Springbank area, have organizing, teaching or decorator skills that can be utilized, or just want to meet with likeminded people, 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. For more information about membership email yjo999@gmail.com

Please contact Janice – email janice3lambert@gmail.com for any new business to be introduced at meetings, dates that are to be determined.

Stop by our table Sept 6/25 at the Springbank Old Tyme Fall Fair to see some of the items that will be selling at the Springbank Christmas Market. Membership information will also be available.

Follow us on facebook.com/springbankchristmasmarket

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*



MP UPDATE - FOOTHILLS John Barlow

The Foothills Youth Advisory Council (FYAC) is looking for new applicants for the 2025-2026 year! FYAC is recruiting youth between the ages of 14-24 in the Foothills to bring new energy and ideas to the committee and be a voice for the youth of your community.

"The youth of Foothills have strong and passionate voices, and I want to hear from them. This Youth Advisory Committee will be a platform to encourage engagement and participation for those that want to be

involved and want to be heard. I'm here to listen", said John Barlow, Member of Parliament for Foothills.

Please go to johnbarlowmp.ca to fill out the application form. If you have any questions, you can reach out to foothillsyac20@gmail.com.

Once selected, committee members will meet several times throughout the year to discuss issues that matter to you and your community.

Stay up to date on the application process by following FYAC on social media: Instagram: [foothillsyac](https://www.instagram.com/foothillsyac)

Don't miss out - apply to FYAC today.



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items
for your information:

Community Event Centre and SPFAS Rec.

Facilities - At its Meeting on July 22, Rocky View County (RVC) passed motions pertaining to the Building of SPFAS Multi Sports and Turf Training Field facility and the Springbank Community Hall Event Centre. Council approved that Rocky View County is to wholly fund, construct and own the facilities consisting of: Phase 1 of South Springbank Community Facilities Business Case (Community Hall Event Centre with a preliminary cost estimate of \$14 million); and Phase 2 of the South Springbank Community Facilities Business Case utilizing the Springbank Park For All Seasons Facility Expansion Business Case (indoor running track, courts and turf fields with a preliminary cost estimate of \$11.5 million). Council approved that Administration is to complete the design for the South Springbank Community Facilities at a cost not to exceed \$1 million funded from the Springbank Recreation Reserve. The design, cost estimates, funding strategy, and operating models are to be presented to Council for final decision by Q1 2026.

Vacation rentals - On July 8, 2025, Rocky View County Council has approved Bylaw C-8640-2025, establishing a comprehensive new framework for vacation rentals within the County. The bylaw introduces clear, enforceable standards aimed at balancing tourism and economic opportunities with the need to preserve the quality and character of County neighbourhoods. The proposed regulations were shared with the public for review and feedback between September and October 2024. Input from the public, vacation rental operators and Homeowner Associations emphasized the importance of maintaining

high community standards through responsible operation and management.

Bylaw Highlights:

- Vacation rentals must be located on the operator's primary residence, verified through land title, ID, and utility records.
- Maximum occupancy is limited to two adults per designated sleeping area (excluding children), with safety standards for window egress.
- On-site parking is required (one stall per bedroom or sleeping area) with no use of on-street parking permitted.
- Vacation rentals must comply with any existing Homeowner Association or Condominium Board bylaws.
- Operators must submit noise and site management plans, including outdoor use restrictions and complaint response protocols.
- All vacation rentals will operate under temporary development permits, with renewals contingent on compliance history.

Bylaw C-8640-2025 takes place as of July 8, 2025. Prospective vacation rental operators expected to comply with the new standards. Renewal applications for existing vacation rental operators will be reviewed in relation to the new requirements. More information, including application forms and guidance materials, will be made available on the County's website.

Aggregate Master Plan—On July 15, 2025, Rocky View County Council has approved a new framework to guide and regulate the extraction of aggregate resources, following public engagement and review by a stakeholder advisory committee.

This framework aims to balance community and industry needs by introducing consistent standards for aggregate operations across the County. Key elements include buffer zones around residential areas, mandatory site-specific planning, and performance standards. A new bylaw also establishes regular monitoring of active sites to ensure compliance. Related documents, including background reports and policy details, are available at: rockyview.ca/aggregate.

Quick Facts:

- New requirements introduce buffer zones between aggregate operations and residential areas (1.6km) within Area Structure Plans and provincial parks (800 m).
- New or expanding sites will now be required to submit a Master Site Development Plan and comply with updated zoning regulations before development permits can be issued.
- The County may conduct scheduled inspections, up to four per year, at active aggregate sites to ensure compliance with development permit conditions.
- Operators must meet clear performance standards covering dust, noise, stormwater, water use, lighting, and traffic.
- Operators must also demonstrate thorough public engagement has been undertaken as part of their application process, ensuring residents have an opportunity to provide input.

Harmony Developments - At the July 16 Public Presentation Committee meeting, Harmony Developments Inc. provided a comprehensive update on the overall progress of the community, including key milestones that have been achieved. Please refer to the link at the QR code to view



2025 Municipal

Election: October 20th is the next municipal election. Considering there are still some major business decisions facing the County I have decided to put my name forward in the hopes of representing Division 2 once again. I will provide more information in future monthly newsletters. If you know of others that wish to receive the newsletter, please send me a note at the email address listed below.

Don Kochan - Deputy Reeve
Division 2 Councillor
kochandiv2@gmail.com



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SPRINGBANK HERITAGE CLUB

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

September will see many of our activities resume. Here are just a few, we hope you will join one of these activities and learn more about our club.

Senior Adult Fitness class will restart on September 8th

This is a low impact CO-ED class that offers a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living. Equipment is provided (ie. 3, 5 and 8 lb weights, bands, balls). Sign-up sheet via email plus e-transfer to springbankhc@telus.net stating "Exercise" and which days you will be participating. There are no options for drop-in fees or prorated fees,

you can attend only those day(s) of the week that you sign up for. Fees must be paid BEFORE first day of class.

2025 Fall classes

(12 weeks from 9am to 10am)

Monday Sept 8 – Dec 1 (Oct. 13 Thanksgiving cancelled)

Wednesday Sept 10 – Nov. 26

Friday Sept 12 – Nov. 28

1 day per week as registered - \$85 for members - \$95 for non-members

2 days per week as registered - \$170 for members - \$190 for non-members

3 days per week as registered - \$255 for members - \$285 for non-members

Singing group will restart on September 9th. The group meets every Tuesday from 10am to noon, no experience necessary!

Page Turners book club will restart on September 12th at 10:15am. We will be discussing Madeline L'Engle's book "A Wrinkle in Time". This is a young adult book of the science fiction genre. First published in 1962 it won many awards including the Newbery Medal and looks at issues such as "the war between good and evil" and raises "questions of spirituality

and purpose". The book is available in the Rocky View library system in all formats.

Please remember to bring your own tea, coffee, etc. – a treat will be provided.

Turner Valley Camp Trip – We are looking forward to our second group camp trip this season September 12-14. We will be staying at the Diamond Valley Municipal Campground (www.diamondvalleytown/facilities/facility/details/diamond-valley-municipal-campground-27). You can click the link to reserve your spot. On Saturday September 13th, there is an opportunity enjoy a musical evening with Secondhand Dreamcar, who are performing as part of the Beneath the Arch concert series. Tickets for the concert are \$30 and you can buy them at www.beneaththearch.ca/upcomingconcerts. The concert venue is adjacent to the campground.

Even though everyone is responsible to reserve their camp spot and purchase concert tickets, we would like to know if you plan on joining. Please email springbankhc@telus.net if you plan to camp in September.

For more information check out our website at springbankheritageclub.com



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TRAINING CLASSES

PUPPY OBEDIENCE

SATURDAY, SEPT 6 - OCT 18	9:00 - 10:00AM
WEDNESDAY, SEPT 24 - OCT 29	6:00 - 7:00PM
MONDAY, SEPT 29 - NOV 10	6:00 - 7:00PM

GET STARTED OBEDIENCE

SATURDAY, SEPT 6 - OCT 18	10:00 - 11:00AM
SATURDAY, SEPT 6 - OCT 18	11:00 - NOON
WEDNESDAY, SEPT 24 - OCT 29	7:00 - 8:00PM
MONDAY, SEPT 29 - NOV 10	7:00 - 8:00PM

SMALL DOG PLAY

THURSDAY EVENINGS	6:45-7:30 PM
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PUPPY PRESCHOOL

THURSDAY EVENINGS	6-6:45 PM
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FOR MORE INFORMATION VISIT
COCHRANEHUMANE.CA





COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

The roadwork on the Highway 8 bridge over the Elbow River continues. The large stockpile of material piled on the north side the highway is slowly disappearing as it is being used to fill the large temporary storm pond between the old roadbed and the new west-bound bridge and highway lanes. It has been interesting to watch them sorting through the material, removing large boulders with screen buckets on the excavator shovels, hauling, then layering in and compacting the clay material on the south side of the road. Work continues in the river bed with mobile cranes replacing the excavators that started the work. Soon we should see the abutments leading up to the new bridge span forming which will give us an idea of the location of the new span, and the alignment of the new eastbound highway lanes.

Emergency Special Council Meeting

A special council meeting was called on August 12th with a single agenda item: Flooding Impacts on County Infrastructure. Just prior I had heard on the news that Okotoks had the most rain of any Canadian city in July. They also reported the Springbank Airport was the second rainiest spot in Canada in the month of July.

The day before the meeting I stopped into the Elbow Valley Resident's club to talk with the community managers about the performance of the overland storm water system, and if there were any problems. They indicated that everything was performing well, other than the amount of bio material being flushed into the lakes - putting water quality off-side of provincial standards and requiring the posting signs that the beach is closed for swimming. This is a normal occurrence about twice a year - the Lott Creek snow melt run-off from Tsuu T'ina; and fall migratory goose poop. They mentioned a number of residents were reporting sump pumps running, but nothing that was causing issues. Good news.

I had also been the Bragg Creek community a number of times observing the impact of the high water-table on a

significant number of resident's in the hamlet. For example, some houses on Burntall Drive had up to 4 large sump pump lines running across their property and discharging into the ditch.

Related to the high water-table, abnormal amounts of water were entering the sanitary sewer line and overwhelming our treatment plant. This is a forced-main type of system, so water ingress into the piping is not possible downstream of the grinder pumps. Rocky View staff were onsite the hamlet, inspecting and going door-to-door educating folks on the limitations of the sewer system, and to not be directing storm water into the sanitary upstream of the grinder pumps. Safe and Sound messages also went out informing folks of the same. The situation was that for every 10 units of potable water going out we were getting over 30 units of sanitary sewer back.

At the special council meeting we heard from Administration that the June and July total rainfall was more than triple the average, and a number of areas in the County were being impacted. Most of these areas were on the east side of Rocky View, but the report also highlighted the situation in Bragg Creek, especially the overwhelmed sanitary waste water treatment plant issues.

Admin outlined some short-term initiatives including emergency drainage activities of which about half were for vacuum truck haulage related to the Bragg Creek waste water situation. We were also informed that we would eventually be submitting a claim

to the Provincial disaster recovery funding streams to seek assistance for additional costs - once all the bill's are in.

They also informed us about locking at longer-term projects to improve the county's storm water infrastructure from a new lens of climate resiliency. We know the investments pay off - Bearspaw had no issues this year - usually a chronic problem area. I am sure this summer's experience will impact this fall's capital budgeting discussions.

Council unanimously approved a budget adjustment of up to \$1.5 million from the Tax Stabilization Reserve "to fund contracted services and conveyance of flood waters to support Rocky View County's flood mitigation efforts. By adopting both the immediate and the sustained measures, the County aims to reduce flood risk by strengthening infrastructure, accelerating emergency preparedness, and fostering broad based collaboration".

Contact: KRHanson@RockyView.ca
or call 403.463.1166.





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NEWSLETTER

Judi Hunter - Ward 5 Trustee

A new school year has begun. Staff and administration have been hard at work in August, preparing for a successful school opening.

September also marks a municipal election which includes the position of School Board Trustee. Our ward, as of the election will be Ward 4 resulting from the Ward Boundary Review last year, which combined the former Ward 2 and 4 boundaries and added a Trustee to the new Ward 5, Cochrane.

It is with a sense of loss that I will not be running again, having thoroughly enjoyed my tenure as your trustee. I sincerely appreciate the faith that you placed in me as your elected representative and hope that I have lived up to your expectations. Over my time in office, I have pushed for reform regarding specialized services for students, assisted schools in their fundraising efforts, improved support for French Immersion

programming in Springbank, and have been a strong advocate for your children and communities. Again, thank you, for your kindness and support.

Drawing on a landmark 25-year study that followed Quebec children into adulthood, McGill University researchers have identified two distinct patterns in how suicidal thoughts emerge and the early signs that are often missed. www.mcgill.ca/newsroom/channels/news/youth-risk-suicide-show-early-warning-signs-adults-often-miss-366080

Do you have a child heading into Grade 7 in the 2025–2026 school year? Know a curious tween with big ideas and a love for discovery? Starting today, students across Calgary and surrounding areas can register for a FREE Purple Galaxy Pass to TELUS Spark Science Centre, thanks to the generous support of TELUS Communications Inc.

The Purple Galaxy Pass unlocks unlimited admission from August 1, 2025, to August 31, 2026, a full year of hands-on science, creativity and fun.

The Aggression and Complexity in Schools Action Team held its first meeting on July 23, bringing together teachers, school leaders, school board trustees and other

front-line professionals with classroom experience to help address the growing challenges in Alberta's classrooms.

The action team's mandate is to provide advice and recommendations to Alberta's government on how to:

- reduce incidents of aggression in schools
- address increasing classroom complexity
- improve safety and support for students and school staff

Full story: www.alberta.ca/release.cfm?xID=936683907CEAF-049E-6D7B-0E8180F4CE79D3D7

A policy change in British Columbia requires Naloxone kits and defibrillators in all secondary schools by the end of the year. The change is part of an updated health emergencies policy from the province that will also see Grade 10 students trained in first aid during gym class, beginning in September.

A development permit has been submitted to the City of Airdrie for approval for the new Airdrie High School which will provide an additional 18010 student spaces by the fall of 2029.



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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

How is it September already?! I've had an incredibly busy summer traveling all around the riding and connecting with you, your families, and friends, and our incredible communities. From parades in Canmore & Banff, pancake breakfasts and BBQs in Priddis and Jumping Pound, community clean ups and resident days in Rocky View County and Elbow Valley, Pow Wows in Tsuut'ina and Miní Thnì, and fun filled days at annual festivals, fairs like Canmore Folk Fest, Bragg Creek Days, the Millarville and Priddis fair, and the Ghost Lake Regatta. MLA on Tour events, meeting with community groups, and door knocking in local communities have also given me a chance to have those more personal conversations and find out what is top of mind for you right now.

I am so grateful for a diligent and committed team of staff and volunteers during these summer months to help me be everywhere all the time. You may have opened your doors this summer to find me or my staff hoping to chat – if we missed you, look for the leaflet we left with information about how our office can help residents. Having the opportunity and the time to chat with you both one-on-one and at community events is exactly what I need to best represent you in the House. After all, how can I represent the great people of Banff-Kananaskis, if we haven't chatted? Thank you for welcoming all of us and giving us a chance to listen to your stories.

We're hearing that people in our riding are growing increasingly frustrated and angry that this government isn't listening, continuing to push an agenda and spend money in ways that don't address the real problems that Albertans are facing. Many residents are sharing worries about being stretched thin by rising costs and the uncertainty that looms over our economy. Over and over, we're hearing from families

who want a school in their communities and are worried about a possible teachers' strike; educators who have too long been struggling to support our kids properly in overpacked and underfunded classrooms now forced to collective action to be heard. Facing a lack of information available to the public, people are asking us questions about this government's decisions regarding coal mining and the huge cost of settlements, hunting regulations, and changes to health care and vaccine availability, wondering where and how they can get their covid & flu shots this fall.

Overwhelmingly, people are sharing their concerns that this government's agenda shows that they aren't listening to Albertans. Through the Alberta Next panels, the government is seeking public approval on major overhauls that support separatism like pulling out of the Canadian Pension Plan and replacing the RCMP. Frustrating folks is the feeling that they've been asked these questions before and have answered with a resounding "NO thanks", and yet here we are... being asked again.

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You can also still join us virtually on Facebook Live or YouTube
Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
www.braggcreekchurch.ca

People are understandably worried that these sweeping changes are risking our jobs, our public services, and wasting our money - without offering stability or solutions to the real challenges Albertans are facing. I hear you and I share those frustrations.

Maybe your concerns are mentioned here and we haven't had a chance to connect, but there's still a couple of months before I'm back in the legislature. Your voice matters: your emails and conversations at our ongoing MLA on Tour events are what continue to guide my actions. Here are a few more ways to make your voice heard and join together in holding our government to account:

Action Pro Tips: Advocate Effectively for Issues Important to You

Better Together: Talk to your family and neighbours about your concerns and find out their thoughts. Find people and organizations who share your passions and/or concerns. Boost your impact by participating in a group campaign or initiative. Volunteer. Donate. Support one another.

Get Loud: Amplify messaging by sharing information and content across social media, the kitchen table, and community events. Learn more and ask questions

directly at an Information Session, Open House, or Town Hall. Get your opinion on record by filling out a public survey. Join a protest or rally. Our voices are louder together.

Speak Out. Again, and Again: Call or Email all the government representatives with your concerns – it keeps everyone on the same page and increases accountability. Start at the top of those responsible for your specific concerns: the Premier and the Minister for the related government department. Be sure to CC the Shadow Minister (the member of the official opposition who mirrors the minister's portfolio) and me as your MLA. Including me on your correspondence with the Premier and Ministers not only alerts me to investigate issues that are important to me, but it also gives me materials in the legislature for Question Period and Bill Debate. When I stand up and say: "The Good People of Banff-Kananaskis are telling me...", I need to know what you need me to say! When you CC me as your MLA, my office is tracking your concerns, and I am proud to stand in the House and share your views and needs.

Sarah Elmeligi



MLA SARAH ELMELIGI
BANFF-KANANASKIS

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MLA ON TOUR

Springbank Fall Fair
SPFAS
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10 am - 4 pm

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Beaupre, AB
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Mabel & Marie's
Bragg Creek, AB
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9 Common Ways Canadians Erode Their Wealth

Managing money isn't always glamorous, but small missteps can quietly chip away at your nest egg. Avoid these nine wealth-killers, ranked from "minor leak" to "financial sinkhole."

9. Chasing Loyalty Points

We all love a deal, but loading up on loyalty points by spending more than you planned is a losing game. If you spend \$5,000 just to earn "free" rewards, you've negated any benefit—and if you carry a balance, interest charges wipe out any perceived gain.

8. Impulse Buying

That "add to cart" click can really add up. Nearly half of Canadians admit they spend more than they know they should, and 15% say impulse purchases have blocked their progress toward financial goals. Before buying on a whim, pause and ask: Do I really need this?

7. Skipping a Budget

Flying blind without a budget makes overspending almost inevitable. Even as 77% of us report tweaking our spending to beat rising costs, a whopping 74% say saving feels tougher than ever—often because there's no formal plan to guide us. A simple spreadsheet can transform anxiety into action.

6. Home-Bias Investing

Betting your future on a single asset class—say, real estate or one hot stock—can backfire if markets turn. Canada's TSX is heavily weighted toward financials and energy, reflecting "home bias" that leaves many portfolios vulnerable. Diversify across sectors and geographies to smooth out the bumps.

5. Counting on an Inheritance

Nearly half of investors under 35 expect to inherit, yet 31% don't expect—or aren't sure they'll receive—any payout. Inheritances should be bonuses, not budgets. Plan your finances independently and treat any windfall as a welcome surprise.

4. Undervaluing Your Worth

Education pays off. A recent Statistics Canada study found that bachelor's-degree holders earn a median \$60,100 five years after graduation, compared to \$43,700 for diploma grads—a 37% premium. Whether it's a degree, certification, or negotiating a

raise, maximizing your earning potential compounds over a lifetime.

3. No Retirement Roadmap

Saving is great, but a plan is better. While 72% of Canadians 35+ have started putting money aside, 42% do so without any retirement strategy. Even modest monthly contributions to RRSps or TFSA's can snowball—if you know exactly where you're headed.

2. Living on Plastic

Credit cards should be tools, not traps. Today, 55% of Canadian adults carry card debt—up from 43% last year—and average balances now exceed \$4,600. At ~20% interest, one missed payment can balloon rapidly. Aim to pay in full each month and rethink using credit for routine expenses.

1. Divorce

It's uncomfortable to admit, but divorce is the biggest wealth-destroyer for many families. Over one-third of Canadian marriages end in divorce—around a 38%

rate—and the legal, housing, and support costs can devastate personal finances. While not all splits are avoidable, shared financial planning and open dialogue can lessen the blow.

Bottom line: Wealth grows through consistent, intentional choices—and shrinks through small, avoidable leaks. Plug these nine money-wasters, and you'll be surprised how much you can save (and sleep easier at night).

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

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

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MAKE YOUR MARK By Mark Kamachi

Why give back?

Let's face it, building your brand in a small community like Bragg Creek is tricky. There's no place to slap up a billboard and hope people stop mid-deer-sighting to read it. In our neck of the woods, reputations are built on neighbourly waves, how many kilometers you've logged on a bike, and whether you're the person who bought the last date square at Cinnamon Spoon. But here's the icing on the cake. Nothing boosts your brand quite like the giving of your time (and your wallet) to community causes right outside your door.

Take for example, the Bragg Creek Community Association. Supporting them is like paying dues to the unofficial social club of the hamlet. Every pancake breakfast, concert, or event such as Winter in The Woods, brings the community together. Sponsoring their events isn't just charity, it's brand exposure with maple syrup on top. When your logo shows up

on posters, social media and event programs, you've hit marketing nirvana. Suddenly you're not just a business. You're "that business who helped keep the gym lights on."

Then there's the Bragg Creek Snowbirds Fellowship. These are the folks who know everything about everyone. Think of them as the original social network. No Wi-Fi required. Want word-of-mouth advertising? Bake some cookies for their next Thursday social gathering or open mic night. Within days, you'll be trending harder than gossip at the Powderhorn Saloon. And let's be honest, seniors are the toughest brand ambassadors out there. If Mrs. (insert name here) says your company is solid, then half of Bragg Creek will be lining up at your door. If she says your coffee is weak...

And let's not forget Swamp Donkey Musical Theatre. Aside from the fact that their name alone deserves applause, supporting them is like getting front-row seats to your brand's personality. You may sell insurance, bake cookies, or run a boutique advertising agency, but when your logo flashes across a playbill for Oklahoma! (performed by your neighbours in cowboy boots), suddenly you're not just a business, you're a patron of the arts. People will associate your name with laughter, applause, and possibly a

memorable rendition of "Surrey with the Fringe on Top." Not bad for a few night's sponsorship.

But here's the kicker. When you donate to these groups, you're not just doing good, you're doing well. Community involvement builds trust, and trust builds loyalty. In our area, that means people will choose your service over a faceless competitor from the outside.

Sure, it costs a few yen, and yes, your Saturday evenings might disappear into volunteer hours, but the return on investment is worth it. You'll earn goodwill, credibility, and maybe even a standing ovation. Plus, nothing beats the sight of your logo nestled amongst other volunteer businesses on the poster outside the post office because in that moment, your brand isn't just recognized. It's respected, trusted, and shows you are dedicated to the community.

So go ahead, sponsor a raffle, donate to the theatre, or flip burgers. Your brand recognition will grow. Your neighbours will remember you. Your community will thank you. And who knows, you may even land a starring role in next year's musical. Donating has its rewards.

Now go break a leg. *Cheers, mark.*

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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Back to School, Bragg Creek Style: Shop Local, Settle In, and Squeeze the Last Drops of Summer

Crisp mornings, yellowing leaves, and that unmistakable scent of freshly sharpened pencils — back-to-school season is here. Whether your family's calendar is filling with class schedules or you're just here for the fall vibes, there's never been a better time to shop and support local in Bragg Creek.

Lunchbox Love Without the Stress We all know it takes a little time to get back into the swing of daily lunch-making. Ease yourself in with some help from local favourites - bakeries, delis, and cafés offering ready-to-go, wholesome snacks. Think fresh bread, golden samosas, and granola that's as delicious as it is nutritious. Your kids will love it, and you'll love the extra minutes in your morning.

Beyond the Classroom Bragg Creek is full of after-school possibilities: music

classes, sports programs, and art workshops — many run by Chamber members who know how to help kids burn off that "just got home" energy. The Bragg Creek Community Centre also offers programs for all ages, with activities that keep kids learning, moving, and socializing long after the school bell rings.

Perks for Parents Back to school isn't just for kids. Local coffee shops are perfect for a post drop-off recharge, while Bragg Creek's cozy lunch spots make for great catch-up sessions with friends. After a summer of adventures, why not book a spa, salon, or wellness session and enjoy a little well-earned me time?

Mark Your September Calendar

Don't miss the last Bragg Creek Farmers Market on Sunday, September 21 — your chance to stock up on fresh produce, baked goods, and handcrafted treats. Wind down every week with Live Music Fridays at The Powderhorn, and mark September 27 for Oktoberfest at The Bav Tav — steins, live music, and Bavarian cheer. And on September 17, join us for the next Chamber Meeting — fall's the perfect time to start fresh, get involved, and help grow our business community.

Extra Local Good News

Trailer parking by Ida Mays (thanks to Dick Koetsier) continues, along with two portal-potties until the end of September. While the weather holds, get those bike rides in — the five locally designed racks are perfectly placed for sweet treat stops on the way home from school.

Bragg Creek Days Success

This year's Bragg Creek Days drew over 1,000 more attendees than last year — a fantastic turnout! The Chamber is proud to have been part of such a vibrant celebration and extends a big thank you to all the volunteers, local businesses, and residents who made it happen. Once again, Bragg Creek proved that when we come together, we make magic.

Whether you're grabbing last-minute school supplies, treating yourself to a latte, or signing the kids up for their next after-school adventure, every dollar spent in Bragg Creek fuels our small-town heartbeat. This school year, let's make it a win for students, parents, and our incredible local businesses.

W: visitbraggcreek.com/bragg-creek-chamber

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On behalf of your Bragg Creek & Area Chamber team.

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ESSENTIAL INFORMATION FOR PHYSICAL THERAPY FIRST TIMERS

Welcome back, readers! In this month's article we will be chatting about information that you might find useful in preparing for (or considering) a visit to a physiotherapist for the first time.

First things first... what is a physical therapist?

You may have heard the titles "Physiotherapist", "Physio", "PT", or "Physical Therapist". These names are synonymous and are protected titles. For a professional to identify themselves by the above, they must have completed all of the necessary schooling, pass their licensing examinations, and be registered in the province where they practice. Protected titles are to ensure that you are receiving services from a qualified and authorized professional. The Health Professions Act legally protects these titles to maintain standards of practice and protect your safety.

Currently in Canada, physical therapy is a masters degree. Meaning, that your physical therapist has completed a 4 year undergraduate degree prior to completing ~2.5 years of a physiotherapy masters program. So, your physiotherapist has studied for ~7 years! Once done the schooling, they take the required licensing examinations, and (when passed) complete the final steps to become fully registered.

Now that you've got the run down on how one becomes and is able to call themselves a physiotherapist, you probably want to know what they can help with and do?

The scope of physiotherapy is quite broad in the sense that there are many areas where physiotherapists work (i.e., private clinics, hospitals, home care...) and lots of special interests (i.e., pelvic health, sport, vestibular, aging, respiratory, chronic pain...).

In a general sense, physiotherapists assist with physical concerns that you may have - whether that is an injury, illness, chronic condition, or prevention of the same. Your goals are at the centre of physiotherapy care. Whether that is to be able to continue to play with your grandkids, return to your sport after an injury, or manage your chronic pain (for example). My goal (very simply) is to help you reach your functional goals and equip you with self management strategies! Treatments in physiotherapy sessions may include hands on techniques (e.g., joint mobilization, soft tissue work/massage), modalities (e.g., shockwave, dry needling/ IMS, TENS), comprehensive education, and therapeutic exercise (i.e., exercises designed and prescribed specifically for you).

Just like any professional, physiotherapists have differing treatment styles, post graduate training, and special interests. So, not all physiotherapists complete the same treatments, give the same education, or prescribe the same exercises. Which, I think, is quite unique and beautiful about this profession!

So, now you may be considering booking an appointment with your local physiotherapist and may be wondering what to expect at an initial appointment?

First sessions at our clinic are 1 hour long (and follow ups are 30 -45 mins in length). During the initial appointment, you can expect your physiotherapist to take a thorough history. This will include diving into specifics relating to your main concern, relevant health history, your lifestyle (i.e., activity, work, hobbies), and of course ... YOUR GOALS! Next, the physiotherapist will complete a physical assessment which will include guiding you through some movements and physical testing specific to your concern. During the process, your physio will keep you informed and gain ongoing consent. Then, your physiotherapist will discuss the findings with you and go over options for the next steps to work on your goals. You may also receive hands-on treatment and go over exercises to work on outside of the session! Treatment planning is an important part of the first session. This is so that you have an idea of how long you may need to see a physiotherapist for and what you can expect in follow up sessions.

I hope this information was helpful if you were wondering what this physiotherapy thing is all about.

If you think that physiotherapy would be a good fit in your life, I would encourage you to reach out to your local clinic! To see a physiotherapist you DO NOT need a referral from a doctor and the service is eligible to claim under most extended health care plans. If you live in the Bragg Creek area, we would be happy to be a part of your journey!

Bre Maughan

Registered Physiotherapist (MScPT, BScKin)

Bragg Creek Physiotherapy

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

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

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BRAGG CREEK COMMUNITY ASSOCIATION

Hey Bragg Creek! Are you ready for something new this fall? Are you ready and raring to go but don't know in which direction? You've so many options and ideas, but where to start

The BCCA Website (www.braggcreekca.com) will be continually updated with details, dates, registration info, and new offerings.

Farmers Market:

- Farmers Market – Last Sunday is Sept 21st! Be sure to get there every Sunday.

Fall Programming resumes in Sept:

- Rumble & Roar – Thursdays 9:30 am to 11:30 am – Drop In – Ages birth to 6 yrs with Caregiver
- Artsy Afternoon – Thursdays 1:00 to 4:00 pm – Adult Drop In
- Pickleball – Mon & Wed Mornings – 9:00 to 11:00 am – Adults – Purchase Punchpass on Website
- Pickleball – Tues & Thurs Evenings – 6:30 to 9:00 pm – Adults – Purchase Punchpass on Website

NEW Programs:

- Dance Classes – Mondays 3:30 to 8:00 pm – Kids and Youth – Register with Springbank Dancers
- MultiSport Mashup – Tues & Thurs 3:30 to 5:00 pm – School Aged Kids – Register on website.
- New Session of Dungeons & Dragons – Tuesdays 6:00 pm – Adults – Registration required by email to program@braggcreekca.com

NEW Birthday Packages:

- All Ages. Do you need a small space or a gargantuan space? Check us out to see what's new.

Are you interested in getting on board?

The Bragg Creek Community Association (BCCA) will hold the Annual General Meeting (AGM) on Oct 28th. Make sure your membership is renewed and join in the meeting. It is an excellent opportunity to hear about the great year we are setting behind us, and what we can look forward to.

The AGM is when new volunteers can jump on Board, so hop on and help shape your community! There are available spots that might be a great fit for you. Contact the office to find out more.

Bragg Creek Days - Wasn't that a Party!?

We had a record breaking turnout! July 19th started with the Pancake Breakfast brought to us by the Redwood Fire Dept – Thank You! Did you see the Parade this year? It was the longest yet, and the Kidzone knocked it out of the park. The site grounds were filled with fun loving people and activities to fill your summer festive tank. The Live Stage had a music line up that everyone is still talking about and the Pie Eating Contest was over the top fun! Thank you to the Trading Post for the Free Pony Rides again this year – we appreciate all you do to bring smiles to little faces.

We could not have done it without all our sponsors, volunteers, and the ever-capable BCCA staff.

Please take time to read through our list of sponsors in adjacent ad. Take notice and thank them when you see them.

Parade:

A big thank you to all entrants in the 57th Bragg Creek Days Chamber of Commerce Parade! A shout out to the BCCA without who's support this would not happen. Further gratitude to RCMP Constable Marshall, ATS Traffic, our judges, and our "Parade Posse" for helping keep everyone safe. We are pleased to share with you the winners of our 4 categories.

Bragg Creek Days

JULY 19 & 20 2025
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1st Prize – Moose Mountain Adventures
2nd Prize – Powderhorn Saloon/Shire
Ridge Ranch
3rd Prize – Single Tree Ranch

Vehicle Category

1st Prize – Dick Koester Original 1933
Ford Model 40, 5 Window Coup – This is
the same car as the one Bonnie and Clyde
were shot in. One of the fastest cars on the
road at the time.

2nd Prize – Ken Boyce
1960 DIVCO Milk Truck – a beloved
symbol of a by-gone era of home delivery.

3rd Prize – Blake Sinclair
1949 Flixible Clipper – the DC 3 of
Highway buses.

Community Category

1st Prize – Bragg Creek Snowbirds Fellowship
2nd Prize – Bar K-Cee
3rd Prize – Bragg Creek Rink Rats –
Our Parade Marshalls this year!!

Commercial Category

1st Prize – Elsdon's Excavating
2nd Prize – Beaver Tooth Mulching
3rd Prize – Powderhorn Saloon

Bragg Creek is a busy place these days.
Glad to be here with you.

Your BCCA
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T'ina Nation, the Îyâxe Nakoda Nation
(including the Wesley, Bearspaw, and
Chiniki Tribes), and the Métis Nation
(Region 3). We honour the values of
listening, learning, and speaking the truth.

Every child matters, and we feel privileged
to be a part of the lives of so many. Wishing
you all an excellent start to the school year!

Ms. Shelley and The Little Schoolhouse team



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BRAGG CREEK AND REDWOOD MEADOWS WELLNESS NETWORK

By Shannon Parker



Reconnecting Wellness in Bragg Creek & Redwood Meadows

In Bragg Creek and Redwood Meadows, the Wellness Network is reconnecting. The tin can telephone—remember that childhood game?—is more than a metaphor. It reminds us that connection doesn't have to be complicated. In a time of disconnection and isolation, we offer something simple and meaningful: a place to listen, share, and come together. Here among the trees, we stretch the line between neighbours, organizations, and stories—because wellness begins with listening.

Who We Are & How We Gather

I've lived in Bragg Creek for 18 years and now co-chair the Wellness Network. Over that time, I've witnessed how connection shapes our community. The Bragg Creek and Redwood Meadows Wellness Network is a community-rooted, interagency group that brings together residents, service providers, and organizations to support health and wellbeing. We're not a nonprofit, clinic, or government program.

Each gathering begins with recognizing the generations of Indigenous peoples who have gathered here—members of the Blackfoot Confederacy and Métis Nation Districts 5 and 6. From this gentle beginning we follow a rhythm of good news check-ins, a spotlight session from a local organization, and a round table for updates and information sharing. The spotlights help us learn about the work

happening in our community—from youth programs to mental health supports to environmental stewardship. It's a chance to hear directly from those making a difference. Attendees frequently say these gatherings leave them feeling energized, comforted, and hopeful. I often experience awe—those goosebumps moments—when I listen to my colleagues and neighbours describe their essential wholehearted work.

At our in-person gatherings every two months—held in September, November, January, March, and May—you'll find a welcoming space to connect. We share updates, celebrate community successes, and talk about what matters most to residents. You don't need to prepare anything—just come as you are. Whether you're raising a family, running a business, caring for a neighbour, or simply wondering how to make a difference—this is a place where your voice can shape what happens next. You don't need to be an expert or a leader. Whether you listen, share, join our email list to receive meeting notes, or explore ways to be involved, there's a place for you.

Our Roots & Growth

The Wellness Network began in 2013 as part of the recovery process following the catastrophic floods that affected our community. Eric Howey (Alberta Health Services) and Debbie McLean (Calgary Rural Primary Care Network) co-chaired the early Network. Founding members included the Red Cross, Salvation Army, Rocky View Schools, and others.

Since then, we've grown to include over 50 members, including co-chair Sherry Grund from Cochrane Family and Community Support Services, Bragg Creek Community Church, Rocky View County, Banded Peak School, Big Hill Haven, and the Calgary Rural Primary Care Network. Residents are key members and guides for our work—people like myself and many others.

What We Mean by Wellness

People often ask what the Wellness Network does—or assume we're no longer active. That's understandable. We're not a

program or service—we're a place to be. We host a physical gathering space where community members connect, share, and collaborate. Our work is rooted in relationships—with residents, local groups, and agencies—as we identify strengths, surface concerns, and co-create strategies to support health and wellness.

As a registered nurse and relational leader, I use Vollman's Canadian Community as Partner model. In this model, the community—you—are at the centre, surrounded by eight subsystems that shape health:

- Education – Banded Peak School, the Snowbirds
- Health Services – Care in the Creek, Calgary Rural PCN
- Recreation – Bragg Creek Community Centre, trails and parks
- Local Businesses – shops, restaurants, service providers
- Safety & Transportation – emergency services, roadways
- Politics & Government – Rocky View County, local leadership
- Communication – High Country News, word-of-mouth, digital access
- Physical Environment – land, Elbow River Watershed, housing

Each tin can in our metaphor is held by one of these parts. The string between them is the Wellness Network—a living line of trust and collaboration. When one part speaks, the others hear. When one part needs support, the whole network responds. Some cans are still waiting to be picked up—and we're listening.

What We've Done Together

Since 2013, Wellness Network members have come together to address community-identified needs. We helped fund and build the Bragg Creek Community Playground after the original Nicol family playground was destroyed in the floods. We responded to youth suicide by creating the Calm Cabin at Banded Peak School, hosting two Screenagers events, and offering Naloxone



training sessions. We've produced resource cards to be placed around the community, so people know where to reach out for help and funded the Redwood Meadows Community Garden.

We've provided a table for local groups to collaborate. We've launched creative campaigns like Postcards of Connection, where local young artists designed cards with sentence starters like "My favourite memory with you is..." and placed stamped cards around Bragg Creek. These cards went like hotcakes, mailed to loved ones far and wide. I often wonder how the post office staff felt watching those messages of care come and go.

Why It Matters Now

We live in a world that often highlights what's broken. But here, we feel the urge for something different. Our community members tell us there's so much good happening—and no central place to come together. The Wellness Network is that place. We bring groups and residents together to build relationships that support health and wellbeing. In uncertain times, we offer staying power. When the world feels fractured, we stay rooted in what we can do together—right here. We focus on what's close to home: building relationships, responding to real needs, and showing up for one another.

At our meetings, residents share their concerns—what they're worried about and what they'd like to see. From there, we collaborate on shared projects and partnerships. We are creating a community that stands on the shoulders of those who came before, enjoys the moment we're in now, and offers a healthy, connected, comfortable place for those still to come.

Invitation to Join

Please join us. There is a seat for every person at this table. We actively seek to hear as many views as possible. We need your lens on the world—and your heart—to continue the slow, steady process of building a resilient community

We're proud of what we've built together—and we're excited for what's still to come. The Wellness Network is here, and we're listening.

Want to learn more or join our next gathering?

Contact Shannon Parker and Sherry Grund at bcrmwellness@gmail.com or visit BCRMWellness.ca

We'd like to hear from you...



Connecting shouldn't be complicated

In fact, in a time of disconnection and isolation, we make it simple and meaningful for people of all walks of life to listen, share, and come together. Nestled in the comfort of trees, we stretch the line between neighbours, organizations, and stories. We're proud of what we've built over the past 15 years, and we're excited for what's still to come. Remember, wellness begins with listening.



BRAGG CREEK & REDWOOD MEADOWS
WELLNESS NETWORK
Join the Community
bcrmwellness.ca

Tableside Talks

On September 24 (11:30 am to 3:00 pm) at Redwood House, we're hosting Tableside Talks—a World Café-style event where residents will share what's needed to improve health and wellness. Through small-group conversations, we'll gather ideas, identify priorities, and begin shaping community-led action. This is more than listening—it's engaging in what comes next. Pick up the line.

Connect via BCRMWellness.ca or scan the QR code below.

Whether you're a parent, elder, youth, business owner, artist, or neighbour—your voice matters.





BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1-4pm: Ladies Group & Snooker

Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

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

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

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

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Questions? 403-949-3313

Email inquiries:

braggcreeksnowbirdsfellowship@gmail.com

Snowbirds Chalet is pleased to sponsor

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* Clients must provide their own
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Don't let your autumn chores pile up.

We can help you rake in every last bit of summer

Thinking about the coming winter shouldn't be on your mind. After all, the sun's still shining. But not for long. Winterizing your property is essential to the health of your yard come spring. All the work you put into your garden this year shouldn't go to waste. By properly bedding down your plants, shrubs, and trees, you improve their chances of surviving sub-zero temperatures – and hungry spring fauna. Give us a call. We'll provide you with an autumn cleanup checklist that'll help you avoid spring miss-steps and launch you into next summer.

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Living With Hungry Bears • Managing Bear Attractants Around the Home

Did you know that during the Fall months, a bear can consume up to 20,000 calories PER DAY? During this period, called "hyperphagia", bears become intensely hungry and will be on the lookout for anything they can sink their teeth into that will help them fatten up for the winter months ahead, when food is scarce. Being omnivores, bears will eat almost anything. Despite the abundant rainfall this year creating a large yield of wild berries, this food source alone is not enough to fill a bear's belly; they need much more.

Bragg Creek, Redwood Meadows and other nearby forested regions experience bear sightings almost daily. Although bears don't generally show an interest in humans, they are certainly interested in edible tidbits that people may leave around. If a bear should discover food on a particular property, it will expect this food source to be available again and may return to the same property the next day. With that expectation, it will usually check out neighboring properties as well. Such is a bear's logic.

A wildlife/human conflict could arise if someone unwittingly finds themselves between a bear and their food. Bears may not react passively when surprised by an unexpected human (or pet) that comes in close proximity to them while they are feasting on buffalo berries or compost. They may perceive the intruder as a threat and react with aggression.

Avoid getting into dangerous situations during the Fall months by utilizing important information found within the Alberta BearSmart program and in the tips shown below. You will be helping to protect yourselves and our wild and furry neighbors.

- Keep household garbage in air-tight bags or containers, secured inside locked garages or sheds. DO NOT leave trash out overnight under any circumstances. If you must leave trash outside, utilize a certified bear-proof garbage bin.

- Dispose of your kitchen scraps at the local Bragg Creek transfer site. Do not compost in your own backyard.
- Keep your BBQ clean of grease. Bring dirty dishes inside the house after you are finished outdoors.
- Remove bird feeders. Birds have plenty of food between Spring and late Fall. If you choose to utilize bird feeders, provide them during the winter months only.
- Remove all other wildlife feed. Although feeding the local deer may seem kind and endearing, the food you provide may not fulfill the nutritional needs that a natural diet provides and can create an unhealthy dependency. A regular deer presence created by feeding can also attract unwanted predators.
- Ensure that you pick all of the fruit off of the fruit-bearing plants in your yard.
- Feed your pets indoors. Pet food attracts bears.
- Keep livestock feed (cow, horse, chicken) secure indoors.
- Protect your beehives and chicken coops with secure fencing and structures. Do your research to learn what works best.

Bears are powerful and motivated animals and will look for ways to access your honey sources and chickens.

- Do not leave anything with an odour outside, near open windows or in your vehicle, even while you're at home. This includes scented candles, air fresheners, lip balms and lotions. Stories abound of bears venturing into houses and cars in search of the source of the smells they are attracted to.

If all of this advice seems like overkill, consider this: Bears are widely considered to have the keenest sense of smell of all animals in the animal kingdom. Black bears (and grizzlies to a slightly lesser degree) can detect the scent of a sandwich, left-over mac and cheese or a proverbial apple pie from more than a mile away and sometimes up to 18 or 20 km away. Since bears are always on the lookout for a meal, it is wise to expect that they will come for any scraps of food you leave out or discard.

Thank you for being Bear Smart. You will be helping to keep our community and our bears safe!

ROCKY VIEW COUNTY Election 2025

NOW HIRING Municipal Election Workers

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ROCKY VIEW COUNTY





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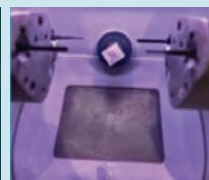
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BEFORE



AFTER



BRAGG CREEK ENVIRONMENTAL COALITION: WHAT HAVE WE BEEN UP TO?

We focus on projects that contribute to evidence-based knowledge, which we can use to help defend our local eco-system.

BCEC Bird Group works to foster protection of birds/bird habitats, especially in the face of planned logging. We've done breeding bird surveys, participated in the Alberta Owl Survey, and training to be bird banding assistants. We've been supported by bird biologists who've volunteered time to ensure the validity of our work.

Bird Club – the social arm of the Bird Group – meets monthly for excursions, discussions, with a WhatsApp group to share sightings, information and photos.

Freshwater Friends Club - a collaboration between the Elbow River Watershed Partnership and BCEC - is a social/educational group for sharing knowledge, raising awareness, and collaborating on projects in the Elbow River/Upper Fish Creek watersheds. We've had 'Walks in the Watershed', speakers, data collection 'blitzes', invasive weed pulling, fish inventory etc. Volunteers have trained to perform water lab samplings, and as angler outreach educators.

The Bragg Creek Elbow River Environmental Reserve is an ongoing project to establish an Environmental Reserve along the Elbow River Floodway, an area that's home to rare orchid species as well as important wildlife river crossings and breeding pools for endangered fish species.

Working with RVC, in discussion with local indigenous leaders, plans are under way for pathways, signage and interpretive information on natural and human history in the area. Thanks, Rocky View, for the generous grant to move this forward.

Wildlife monitoring

Life for large mammals here is often hard and monitoring helps us understand animals' movements, and better design human flow to ensure they thrive and not merely survive. We've worked with the Bragg Creek Trails to instal 55 wildlife cameras in West Bragg Creek Trails area. They'll record grizzly, black bear, cougar, wolves, coyotes, moose, elk, deer and (we hope) some more rare species. See details in the West Bragg Creek Master Plan (p.46) braggcreektrails.org/west-bragg-creek-trails-master-plan/

Old Growth Project

Old growth trees are successful trees that have withstood fire and escaped logging. We currently plan two initiatives: GIS mapping specifically where old growth trees are, to protect them more successfully; and launching a local family contest to find the largest/oldest trees of our most common species. Look out for more on this in local media.

Fire Smart

A BCEC board member sits on the Fire Smart Committee. Recent rains may have abated fears somewhat of catastrophic right now, but it remains a concern. Local initiatives have investigated ways of protecting homes/businesses via fire smarting, as well as inviting speakers on topics like sprinkler systems. More details soon in upcoming articles.

In the meantime, we have very recently received initial (and minimal) information about an extensive provincial fuel reduction plan for West Bragg Creek (in



addition to the commercial logging areas as currently defined), and the hamlet of Bragg Creek. For more on this, see the article in this edition of the HCN by Conrad Schiebel (President of Greater Bragg Creek Trails Association).

ASP

A BCEC Board Member sat on the RVC Area Structure Plan visioning committee. This phase of the current ASP process is now complete, and the ASP team has moved on to the technical studies phase, with the new ASP being finalized in Fall 2025. The visioning committee identified 5 key areas of focus:

- an inclusive community,
- a vision for regenerative development,
- a sustainable visitor economy,
- a community living within limits
- the governance challenges Bragg Creek faces.

It's crucial that we all stay aware of what's happening with this process, and engage with RVC whenever there is an opportunity.

If you're interested in volunteering/helping out, let us know. Follow us and like our posts on Instagram [@braggcreekenvcoalition](https://www.instagram.com/braggcreekenvcoalition)

Photo caption: A Chlosyne palla butterfly pollinating Blanket Flowers (Gaillardia aristata) evokes the delicate and interconnected nature of life in our Foothills.

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ROCKY VIEW COUNTY

Shape the Place You Call Home

Residents needed to fill Board and Committee Vacancies

APPLY TODAY!

Want to have a say in the future of Rocky View County?

We are looking for residents who are ready to listen, learn, and lead. Join a Board or Committee to contribute to the well-being, growth, and spirit of our community.

Agricultural Services Board

ALUS Partnership Advisory Committee

Vacancies to Fill: One member at large from east of Highway 2

Appointment Term: Three years (to expire in 2028)

Number of Meetings: Five meetings annually

Assessment Review Boards

Vacancies to Fill: Four members at large

Appointment Term: Three years (to expire in 2028)

Number of Meetings: Meetings held as needed, typically during the summer and fall seasons

Family and Community Support Services Board

Vacancies to Fill: Two members at large

Appointment Term: Three years (to expire in 2028)

Number of Meetings: Five meetings held annually

Bragg Creek FireSmart Committee

Vacancies to Fill: One member at large

Appointment Term: Two years (to expire in 2027)

Number of Meetings: No less than two meetings per year held at the call of the Chair or as determined by the Committee

Subdivision and Development Appeal Board

Enforcement Appeal Committee

Vacancies to Fill: Three members at large

Appointment Term: Three years (to expire in 2028)

Number of Meetings: Meetings held every third Thursday

THE DEADLINE TO SUBMIT YOUR APPLICATION IS FRIDAY, OCTOBER 3, 2025

If you are interested in becoming a member of a Board or Committee, details and application form available at rockyview.ca/boards-committees or by emailing legislativeofficers@rockyview.ca

Appointments will be made at Rocky View County Council's organizational meeting on **Tuesday, October 28, 2025**



BRAGG CREEK TRAILS

Trail Talk - West Bragg Creek Forest Management & Community Fuel Reduction Update

Reflecting on the summer trail work, it's been a busy season. While frequent weather challenges meant some trail days didn't go ahead as planned, they didn't dampen our enthusiasm. Top of mind now is ensuring ski trails are ready for the upcoming season. We're hopeful the recent trend of increased precipitation continues — it's been far too long since we've had a winter with enough snow to set a proper ski track.

Forest Management Update

From the outset, BCT's approach has been to advocate for trails by working directly with other authorized land users, including West Fraser Timber (WFT), to identify opportunities to mitigate potential impacts on the trail network. In summer 2024, field visits with BCT, WFT, and Alberta Parks and Forestry resulted in several positive outcomes: reduced cut block sizes, strategic trail buffers, improved views, and exploration of opportunities to use some disturbed areas for re-routes or new trail alignments identified in the West Bragg Creek Master Trail Plan. This harvest is planned to begin in late fall 2026.

Earlier this year, the Alberta Government announced the Community Hazardous Fuels Reduction Program (CHFR) in response to the growing threat of wildfires in communities bordering forested areas. With recent events like the Jasper fire highlighting the impact wildfires can have, community protection has been prioritized. Bragg Creek has been identified as a community at risk, prompting WFT to accelerate its harvest sequence for West Bragg Creek in line with CHFR objectives. These objectives include removing hazardous fuels to reduce wildfire intensity which in turn improves firefighting effectiveness.

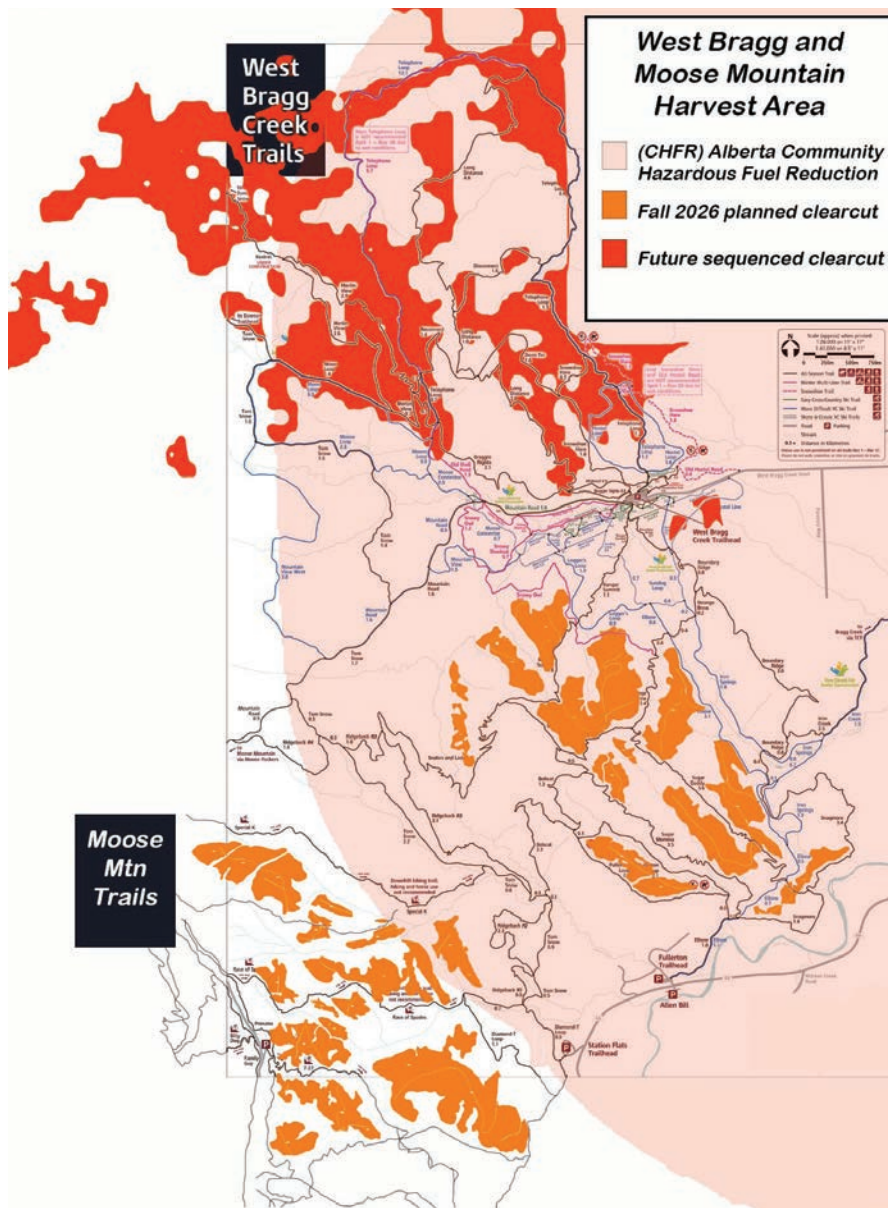
Potential Trail Impacts

Most of the proposed harvest under CHFR is north of the West Bragg Creek parking lot, though few trails will remain unaffected. The red areas on the provided map show where timber harvest could potentially occur. The same collaborative process used in 2024 is now underway to help ensure the trail community's perspective is considered. Field visits began in August 2025 to gather feedback and data to help inform WFT's cut block and haul road design. Final approval of the harvest plan and alignment with CHFR will rest with the Government of Alberta.

Harvesting under CHFR is scheduled to begin in winter 2027/28, with timber extraction planned through the Jumping Pound area to reduce impacts to the WBC trailhead and Bragg Creek community.

Public Engagement

There will be ongoing opportunities for the public to provide input as planning continues. We encourage trail users to attend WFT open houses and share their perspectives with government officials. More information on the CHFR can be found on the West Fraser Timber and Alberta Forestry and Parks websites.



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SWAMP DONKEY MUSICAL THEATRE

String October 17-19 & 24-26, 2025:

Swamp Donkey Musical Theatre is excited to be back in the theatre after our summer break rehearsing for *String*, our upcoming fall musical.

String tells the story of the Fates, goddess sisters who spin, measure, and snip the strings of life for every human on earth. After angering Zeus, they find themselves banished to an office building in the mortal world where they continue their work hidden among the mortals. Eldest sister, Atropos, meets Mickey, the building's overnight security guard, and love gets the better of her. She steals his string to keep him immortal, defying all the rules she must follow as a goddess. This exception to the rules begins to disrupt the natural order. Can the tapestry of the universe and her sisters stand this flaw? (synopsis from broadwaylicensing.com)

Tickets for *String* and all our theatre productions are available now on our website at www.swampdonkeytheatre.ca.

Season & Group Tickets:

Season tickets are available NOW on our website at www.swampdonkeytheatre.ca. See all three of our 2025/2026 mainstage productions, *String*, *Nuncrackers*, and *9 to 5: The Musical*, at a discounted price.

Are you interested in bringing a group to one of our performances? Contact us at swampdonkeytheatre@gmail.com about discounted group ticket pricing. We can arrange alternate dates for your group if the performance dates currently offered don't work for you.

Restaurant and Retail Partners:

Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants, the Bragg Creek Distillers, and a number of local retail shops. Our partners offer discounts on meals and beverages on performance dates when you present your Swamp Donkey performance ticket. A complete list of our partners and their offers is available on our website. We look forward to seeing you at the theatre!

Swamp Donkey Musical Theatre Society

SWAMP DONKEY
MUSICAL THEATRE PRESENTS:

String

Book by Sarah Hammond
Music & Lyrics by Adam Gwon

PERFORMANCES:
October 17-19 & 24-26, 2025

**SWAMP DONKEY THEATRE,
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TICKETS & INFO:
swampdonkeytheatre.ca

String is presented by special arrangement with Broadway Licensing Global.
www.broadwaylicensing.com



ROCKY VIEW COUNTY



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BRAGG CREEK PERFORMING ARTS PRESENTS:

Bragg Creek Performing Arts Celebrates It's 42nd Season

Bragg Creek Performing Arts is looking forward to its upcoming season, starting with The Woodshed performing on September 19th, 2025 at a dinner concert at the Bragg Creek Snowbird Lounge. Woodshed consists of two renowned musicians, in their own right, John Wort Hannam and T Buckley.

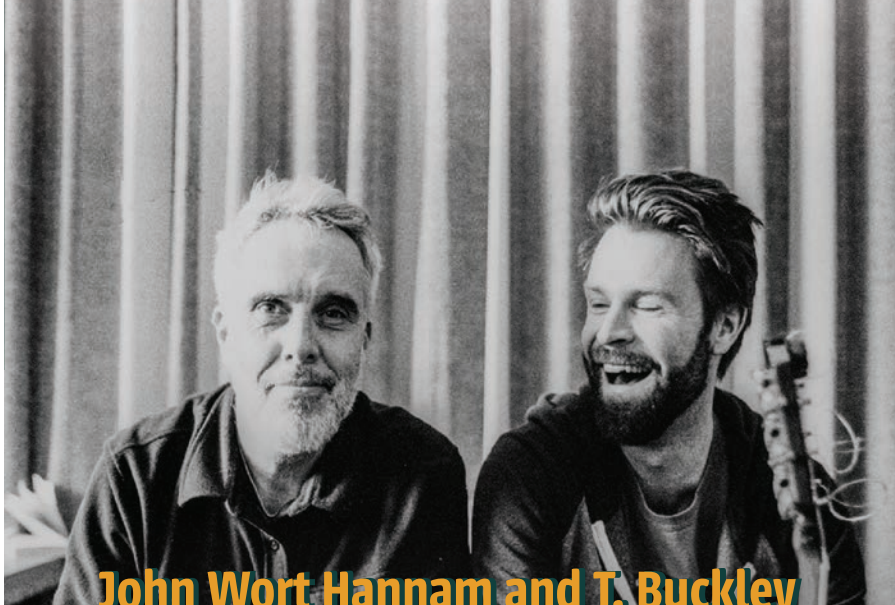
John Wort Hannam is a gifted storyteller and a past winner of Contemporary Album of the Year and Solo Artist of the year at the Canadian Folk Music Awards.

T. Buckley is also a gifted singer/songwriter and past award winner. Together they make music magic. Enjoying an evening of classic music and fine dining on Sept 19th, 2025

Next on the schedule is another dinner concert at the Bragg Creek Snowbird Lounge on November 22nd 2025 with our own Dani Moon.



DINNER CONCERT WITH THE WOODSHED



John Wort Hannam and T. Buckley

**Friday
Sept 19
2025**



**Bragg Creek
Performing
Arts**

Doors	Dinner	Concert	Tickets
6:00	7:00	8:00	\$75

Bragg Creek Snowbirds Chalet
19 Balsam Ave, Bragg Creek, AB

The Woodshed, an Alberta modern folk duo featuring John Wort Hannam and T. Buckley, blends rich harmonies, strong songwriting, and skilled guitar work. Gather with us for a good meal and a beautiful evening of folk music.

For tickets visit

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

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Fish and Wildlife Officers

I recently had the opportunity to meet with a Fish and Wildlife officer for our area. The information I received along with investigation of various Alberta government websites identifies some important aspects of Fish and Wildlife enforcement that you should know about.

Fish and Wildlife officers are members of the Alberta Sheriffs Branch and have specific provincial and federal appointments charging them with the investigation and enforcement of fisheries and wildlife laws. Fish and Wildlife officers are appointed as fishery officers under the Fisheries (Alberta) Act, but actually receive their authorization as fisheries officers under the federal Fisheries Act. In addition, they are Alberta peace officers appointed for all provincial and federal legislation to enable effective delivery of conservation law enforcement programs.

Subsequently, one of the core duties of Fish and Wildlife officers is to enforce wildlife laws, manage human-wildlife conflicts, and public education.

For example, if you believe a predator has killed one of your livestock, Fish and Wildlife are who you want to call. Fish and Wildlife officers investigate numerous predator kills a year and submit cases for market value compensation.

When you are aware that livestock in your care have been killed or injured, it is imperative to notify them as soon as possible as other wildlife such as scavengers will be on the kill quickly and they may make it difficult to determine whether the livestock was killed by wildlife or if it died of natural causes.

Alberta has a Wildlife Predator Compensation program where you can receive compensation for livestock killed or injured by wildlife. For more information on how the program works you can do a search for the program online. It should be noted that only cattle, bison, sheep, swine and goats are eligible for compensation. Loss of horses, donkeys, and exotic animals such as llamas and alpacas are not covered.

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Secondly only attacks by wolves, grizzlies, black bears, cougars and eagles qualify.

Fish and Wildlife have stated that Foothills County and adjacent areas have a very high cougar population. Their primary prey is deer. When it comes to livestock their primary targets are sheep and goats. If you are interested in cougars, I highly recommend a very interesting and informative 2019 report done by the Government of Alberta titled "Human-People Existence in the South Saskatchewan Region". You can do an internet search and find it easily. It is an easy read of about 25 pages and has some good maps and charts detailing cougar behaviour in our area.

You may be interested to know that the report includes this significant fact: "There has been one human fatality due to a cougar attack in Alberta. In 2001, a woman was killed while cross-country skiing in Banff National Park. Cougars do not typically see humans as prey."

Some other good news is that no wild boars have shown up in Foothills County as of yet. Control of wild boar falls under the administration of Alberta Agriculture (as do other invasive species).

Hunting season has started. Landowners and others using crown lands may encounter people out hunting. Alberta Fish and Wildlife officers' enforcement scope is wildlife-specific laws (hunting, fishing and trapping). In Foothills County the biggest issues are the discharge of firearms

from a road, and hunting at night. Fish and Wildlife will use robotic animals as decoys to help catch unlawful hunters.

Alberta also has Conservation officers whose focus is on Alberta Parks and protected areas. Alberta Fish and Wildlife is the lead investigative body for wildlife and fisheries investigations for wildlife problems and wildlife mitigation on private and public lands. An area such as Kananaskis is comprised of both crown land and protected areas and you will find both agencies present. For the purposes of wildlife and fisheries enforcement and dangerous wildlife, Fish and Wildlife is the lead agency. Conservation officers are the lead agency within the provincial parks, protected areas, and public land use access.

There is the Report a Poacher line where you can call 1-800-642-3800 to report suspicious hunting and fishing activity, as well as wildlife emergencies such as a bear encounter. You can file a report online if you prefer. You can also remain anonymous if you wish. It is possible to receive a reward for reporting suspicious activity. I know of an illegal fishing instance that was reported by a concerned citizen, and they did receive a \$300 reward. Fish and Wildlife officers can't be everywhere in our broad and often remote area, so your help is greatly appreciated and encouraged in protecting our wildlife and natural environments.

Dave Schroeder
HCRCWA Board Member



MILLARVILLE HORTICULTURAL CLUB

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

Hort Club Members were invited to the Oilfields Hospital and Rising Sun Courtyard gardens on Monday August 11. Patty Webb and her band of volunteers have built beautiful and meticulous gardens to grace the property. And Janet Scott had a special thank you and presentation for Patty and her crew.

The Garden Committee continues to look after planters at MRAS and Millarville Community School all summer.

Thank you to everyone that volunteered and entered the Priddis Millarville Fair, August 16 and 17. It was a fantastic event over 2 days. The Millarville racetrack participated in Open Farm Days. This brings a great range of people from the

city to the country. Next year the fair is August 15 and 16, 2026 for planning ahead!

Our next meeting is Tuesday September 9, 2025. This will be our potluck so bring something delicious from your garden! 6:30 pm start.

We will be having a Salute to Our Amazing Volunteers. Our speaker will be Kathleen from the Foothills County who will talk about weeds in our fields and gardens. We need to know this!

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

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

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MILLARVILLE COMMUNITY LIBRARY

Did you Know?

We go back to regular hours starting September 2. Monday 9-3, Tuesday 9-3, Wednesday 9-7:30 and Thursday 9-3.

Classes

September 18- Join us at the library at 4 pm for a presentation by Romie Christie author of "See You in Le Touquet: A memoir of War and Destiny."

September 25- Want to preform your own facial acupuncture and cupping at home?

Dr. Mandie Gillette will show us how to improve your skins natural glow, soften fine lines and achieve a more vibrant complexion. Course fee of \$50 includes a set of glass silicone facial cups, a natural stone gua sha tool, a sample bottle of Rae Dunphy Facial oil and a face map with cupping instructions. Please call the library to register 403-931-3919 as space is limited.

October 25- Come create your most spectacular pumpkin racer out of a real pumpkin and win prizes! This will be held at the Sheep Creek Library, Turner Valley. Don't miss out on this family fun event known as the Western Foothills Pumpkin Derby.

Would you?

We are looking for ideas of classes to run in the fall/winter. If you have a suggestion or would like to teach a class, please let Natasha know.

Boquet's

Thank you to everyone who came out for the kid's summer program, it was a great time of crafting, candle making, pool noodle fingers plus counting all of the ducks, dinosaurs, turtles and spiders that came to hang out for the summer too!

Need a read?

"The Miraculous Journey of Edward Tulane" by Kate DiCamillo. "I loved this book because it is full of adventure and while you are reading it, you don't realize how many years have gone by in the book. It is a really sad story but at the same time really good." Abigail, age 10.



LONGVIEW LIBRARY

We have a Summer Reading Bingo game this summer for our young patrons. Complete any five Bingo squares and come down to pick your prize. Books, magazines and audio books all count.

Cowboy Colouring books by Bert Smith are in the library for sale. Bert did art work for the Stock Growers Association and the TL ranch. Bert retired to Longview, where he taught the school children to develop their love of drawing and of western art. His Cowboy Colouring books capture the life and culture of southwestern Alberta.

Proceeds from this book will go to the programming in the library.

Gary Turner, a local resident and author, has very kindly donated his books to our little library. Thank you, Gary.

A long lazy summer read is The Bird Hotel by Joyce Maynard.

Happy Reading

Sylvia Binkley - sliv@telus.net



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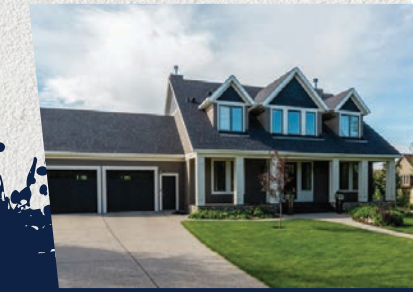
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MARK YOUR CALENDARS FOR UPCOMING EVENTS:

- September 7 – Welcome Back Lunch, following the service

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at reddeerlakeuc.com/concerts

RENTALS

We are excited to launch Meadow Green, Wedding and Events Centre at Red Deer Lake United Church.

Meadow Green is a 45,000 square foot facility that provides a variety of affordable spaces for weddings, workshops, art shows, performances and much more. For more information visit us at www.meadowgreenevents.ca or contact the office 403-256-3181 to book your tour today!

Visit us at www.reddeerlakeuc.com to stay up to date on all our events!

HIGH COUNTRY News

Check us out online:
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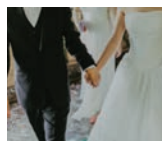


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FROM THE HANDS OF MAKERS

October 18 & 19 2025
10am - 4 pm Millarville Racetrack Hall



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SCW FIBRE ARTS SALE

The change of seasons is evocative. Whether it's the smell of pumpkin pies baking or the sharp clear Alberta blue sky in contrast with crisp yellow aspen leaves something signals that fall has arrived. For me, it's the moment that I slip on my favourite sweater.

It's super soft, cozy, and fits like it was made for me; which it was or at least that's what I always tell myself. I bought it three years ago from the Sheep Creek Weavers Annual Sale. It was hard to decide if I loved the knitted sweater more or the woven shawl. So, I got the sweater and my sister bought the shawl. The tradition of hand-crafted items made by creative women who live in and around our beloved foothills continues Saturday and Sunday October 17 & 18, 2025 in the Hall at the Millarville Racetrack.

The artistry of the guild members includes items from all the conventional fibre art techniques: weaving, knitting, felting, quilting, embroidery, rug hooking and branches out into woven baskets, roving, fleece, dyed locks, and hand-spun yarn from local sheep. I always buy a ticket for the raffle baskets and bid on the items in the silent auction. The best part of the sale is the opportunity to talk to the guild members and hear the story that inspired the creation of the beautiful object that they brought to the sale. If you see me there please say hi. I'll be the one with an arm load of socks, a hat or two, a new scarf, a tea towel, new Christmas ornament, and a special something just for myself chatting in line and admiring what everyone is purchasing.

From the pen of an Anonymous Admirer of Handcrafted Fibre Arts



PRIDDIS COMMUNITY

Fall Workshop Series

We are pleased to have partnered with some wonderful organizations and presenters to bring 3 unique presentations to our community this Fall. All of these sessions will take place at the Priddis Community Hall. They are FREE to attend, but require preregistration.

September 24- Advance Health Care Planning Workshop

Does your family know exactly what treatments you would want and not want if you had a serious health emergency? And who would legally make decisions on your behalf if you could not? Do you have an AHS-recommended Green Sleeve readily available on your fridge for EMS? On Wednesday September 24 from 7 to 9:45 pm, a seasoned senior presenter, Murray Hiebert, will lead a workshop to assist you to prepare (or update) your Green Sleeve to include your Alberta-legal Personal Health Care Directive and Goals of Care. To ensure your questions are answered, the workshop is limited to 20. Please email Murray at hiebert@gmail.com for registration or more information.

September 30 and October 14 - Memory Loss

Jennifer from Brain Health Catalyst will be sharing strategies, giving direction and support to families, caregivers and anyone else facing the journey of memory loss. These sessions will begin at 6pm. Email fcss@foothillscountyab.ca to reserve your spot.

October 21- Cybersecurity

Nicole from Literacy for Life will be presenting about cybersecurity. Topics covered will include phishing, email settings and keeping your devices safe. The session begins at 6pm and there will be time for questions at the end. Email fcss@foothillscountyab.ca to reserve your spot.

Priddis Panthers Hockey

Registration for the 2025/2026 hockey season is now open! Our recreational hockey league offers teams from U7 to U18 and plays against other rural communities such as Bragg Creek, Millarville and Diamond Valley. While the season does not kick off until November, ice has been booked at Oilfields Arena for pre season practices starting at the end of September. The Priddis Panthers are a grassroots, volunteer run organization. Parents are expected to commit at least 12 volunteer hours per child during the season.

Volunteer tasks can include coaching, managing a team, ice maintenance and running the score clock. Click here to register: [TeamSnap](#) :: Priddis Panthers Rec Hockey :: and direct any questions to priddishockey@gmail.com

Yoga

Our popular Yoga program is entering its 3rd year. Classes take place on Mondays and Thursdays from 7:30-8:30pm at the Priddis Hall. The next session runs from Sept 8- Oct 23 (no class Sept 11). All levels are welcome and encouraged. Email loricwbffpro@gmail.com with questions or to register.

Upcoming Events

Sept 13- Pickleball Tournament (rescheduled from June). We have a few spaces left. Register as a team or an individual for what is sure to be a fun event. You are also welcome to come and cheer on the competitors and enjoy a bbq and beer garden

Oct 25- Community Halloween Party

TBD- Fall Supper

Nov 29- Christmas Market

Nov 30- Photos with Santa and Mrs. Clause

Memberships

This is a friendly reminder that all PCA memberships expire on October 31 each year. Before November 1 you will need to purchase a new membership in order to remain a member in good standing. Why is it important to renew your membership? Not only does it give you access to amenities such as the Rink and Tennis/Pickleball Courts, it also provides a cost savings when purchasing tickets to events such as the Fall Supper and Photos With Santa. Furthermore, those who have been a member in good standing for 2+ consecutive years receive a huge discount on hall rentals. Tip- our membership software allows you to set your membership to "auto renew." This is a great way to keep your membership up to date without having to worry about or remember if you renewed it.

Stay Connected

In addition to these monthly articles, we also email a newsletter to our members once a month and post community information on our website www.priddisalberta.com. However, following us on social media is the best way to stay up to date with everything that is going on. You can find us on Facebook and Instagram.

Respectfully, The Priddis Community Association Board of Directors



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SHEEP RIVER LIBRARY

Sheep River Library is joining with the Sheep Creek Arts Council this fall to provide a vibrant celebration of creativity, community, and culture to unfold in Diamond Valley. The town joins dozens of communities across the province in marking Alberta Culture Days in September. This year's festivities promise something for everyone—art lovers, music enthusiasts, families, and curious minds alike—with a dynamic lineup of interactive events and cultural showcases taking place throughout the town.

On Friday, September 12, at 7 pm at the Sheep River Library, an interactive drumming circle will set the tone for the week ahead. This event invites participants of all ages to drum, listen, and connect through rhythm and sound. Special guest Trevor Uruski of Calgary's Didgeridoo Sound Therapy will enhance the evening with a mesmerizing and meditative performance on the didgeridoo.

Saturday, September 20, will be packed with a day of artistic discovery and family-friendly activities at the Sheep River Library and Millennium Park.

From 10 am to 4 pm, explore a dynamic art show featuring work by local artists, instructors, and students of the Sheep Creek Arts Council. Live demonstrations will offer a glimpse into the creative process behind the pieces on display.

From 1:00 to 4:00 p.m., the spotlight shifts to family activities designed to inspire and engage children of all ages. Events include:

- A giant colouring Wall designed by local artist Crystal Salamon, with take-home colouring sheets and crayons provided.
- The Northern Lights Watercolour Project, where kids will use wax and oil resist techniques to create frame-worthy works of art.
- A nature adventure with Connections Nature School, encouraging outdoor exploration and play in Millennium Park.

Also on offer is a Beading Workshop with Nadine Crowchild from 1 to 3 p.m., where participants can learn beginner-friendly beading techniques and gain insight into the cultural significance of traditional beadwork. Attendees are asked to bring scissors; all other materials will be supplied.

All events are free, with more programming expected throughout the celebration period.



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For updates and a full schedule, visit sheepriverlibrary.ca/news.

The Library Board is working on a new five-year strategic plan and we need your input. While we welcome feedback and suggestions at any time, this is an opportunity to help direct the future of our library in a more formal way. To ensure your voice is heard, please fill in the survey either online or on paper and submit it before September 15. Every completed survey will go into a prize draw. Surveys can be found on our website or at the front desk.

Tracpac, the online catalogue, is getting a facelift. Tracpac+ launches on September 17 and it provides a new way to search for

your materials online. Look forward to less scrolling to find what you are searching for. All editions and formats of library items will be at your fingertips! Tracpac+ works with screen readers and other assistive technology. If you have any questions or would like a demonstration, please contact the library staff.

Out Loud 2025 free tickets will be available September 15. You don't want to miss out on CBC science guy Jay Ingram (October 4); sci-fi guru Jason Donev (October 15); blues singer Amy Bishop (October 18) and mature photo journalist Michael Drew (October 25). Details about each of our presenters are available at www.sheepriverlibrary.ca



HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well it's been a bit of a wet summer this year, but still some lovely warm days and I didn't have to water the garden much at all. With fall coming the music scene in the Foothills picks up, and there's some awesome entertainment coming up.

The Foothills Philharmonic Society invites youth to join the Junior Singers Group. The Prelude Ensemble is for ages 6-7 and runs Thursdays at 5:30. The Cantabile Ensemble is for ages 8-12 and runs Thursdays as well at 6:45. Rehearsals start on September 6 and they are all held at the Grace Lutheran Church in Okotoks. To register or to find out more information, go to footphil.com.

Our very own Beneath the Arch Concert Series is pleased to present Secondhand Dreamcar on September 13. This nine piece soul/roots/blues band is based in Edmonton and is one of CKUA Radio's favorite acts. The show will be held at the Flare and Derrick in Turner Valley

with the show starting at 7:30. To get your very reasonable priced ticket, go to beneaththearch.ca.

Also on September 13 is a Waylon Jennings Tribute Band, featuring Robert Rowan and his band Drinkers and Dreamers, playing at the Black Diamond Hotel. The doors open at 5:00 with the show and dance starting at 7:00. Tickets go fast for these shows, you can get yours at the Hotel or Okotoks Sobeys for cash, or e-transfers at 403-612-7046.

The Sustainable Life Repair Café will be held on September 13 at the Griffiths Centre in Black Diamond. Volunteers help fix broken small household items if at all possible. Sustainable Life was created as a source to help you better understand things like water conservation, energy efficiency, local food, and how to work towards and create a sustainable community. To find out more and to book a repair time, visit itsasustainablelife on Facebook. The Griffiths Centre is located at 122 Government Road and the Café runs from 11-3.

Sheep River Health is running another Brain Health and Memory workshop on September 13. I attended one of

these earlier this year and found it most enlightening. This Diamond Valley Memory Workshop will cover resources, skills, and strategies for Brain Health and Memory. Please register for this workshop at bookwhen.com/2025-diamond-valley-memoryworkshop, or call 403-995-5400 for more info. The workshop will be held at the Valley Neighbours Club in Turner Valley, located at 133 Sunset Boulevard, from 1-4.

Priddis Greens author Katherine Matiko launches her debut novel, *Eden's Daughter*, at Sheep River Library on September 19 at 7pm. Set in rural Saskatchewan, it is the story of a young woman's search for the child she was forced to give up for adoption in 1974. Everyone is welcome to attend this free event, featuring a 70's trivia contest, author reading and book signing, and refreshments. Book proceeds benefit Louise Dean Centre, a Calgary school for pregnant and parenting teenagers. More info: katherine.matiko.ca.

The Sheep Creek Arts Council is celebrating Alberta Culture Days in September. They are also hosting their annual Open House on September 25 from 7-9. Come see their newly renovated space and see what classes and courses they have



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to offer, as the instructors will be there to chat about their classes. Complimentary coffee and desserts and door prizes for members. Membership is only \$20 per year at the SCAC. Come check them out at 133 Sunset Boulevard in Turner Valley, more info at sheepcreekarts.ca.

The annual Terry Fox Run for Cancer Research will be held on September 14 in Sheep River Park in Okotoks. Workplaces, sports teams, community groups, families and friends are encouraged to form teams and gather pledges. You can run, walk, rollerblade, or cycle. Terry Fox did his amazing run across Canada in 1980, the Marathon of Hope, and we have kept up his tradition all these years later. There will be a BBQ afterwards for participants, sponsored by Fountain Tire, Sobey's, and Save-On Foods. To register or find out more, go to terryfox.org/terry-fox-run.

Lastly, my friend and I took the Turner Valley Gas Plant Tours a few weeks ago, and what an amazing place this is. The tours run during the summer on weekends and stats, so if you are any kind of history buff this is a must to visit here in our own backyard. I will write more about the Plant next season, but I learned how the Plant

was started and run and it was quite the operation during its day, and a little fun fact was that several movies have been filmed there including Ghostbusters.

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, before Sept. 15.

Hope we have a nice warm sunny September!

Elaine Wansleben



HIGH COUNTRY News

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SQUARE BUTTE COMMUNITY

As we head into the fall we look forward to gathering with our neighbors for some fun-filled community events. Here's what's coming up:

Sunday, September 7th 9am -noon Free Community Breakfast

Drop in for one of the best breakfasts in the Foothills! This is a great event to mix and mingle with your neighbors and kicks off our annual membership drive.

Sunday, September 14th

Annual Family Potluck & Games

The Square Butte Ladies Group is hosting this amazing family event. The fun and games start around 4pm followed by a delicious potluck dinner. More details will be posted on our website.

Also mark your calendars for

Saturday, November 15th and be sure to take in our Annual General Meeting and Community Appreciation Dance. If you have a passion for community, and the thought of getting more involved sparks some interest, please consider joining our board. There are a few vacant seats that are waiting to be filled! Elections will take place at the AGM, but even if you don't want to dive into a full-time role, please still come out for a fun-filled night. After a VERY BRIEF meeting, we will get the party started with some live music to celebrate all our volunteers and the people who call this community home. More details coming soon, check our website for more information!

Square Butte Community Association
www.squarebuttehall.com
info@squarebuttehall.com





SCREEN TEST

Is it time for your mammogram?

Screen Test is coming to Diamond Valley September 3 to 6, 2025. Screen Test is a free service provided by Primary Care Alberta that offers screening mammograms. Our mobile screening units travel to 120 communities throughout Alberta to provide convenient access to breast cancer screening.

Having regular screening mammograms is the best way to find breast cancer early, before symptoms appear and when treatment may work better.

Who should have a screening mammogram?

If you're 45 to 74, you don't need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

If you're 40 to 44 or over 75, discuss the risks and benefits of screening with

your healthcare provider. You will need a referral if you're 40 to 44 and it's your first mammogram, or if you're over 75.

Call toll-free to book an appointment:
1-800-667-0604

Breast density scores are now included in your Screen Test result letter

Breast density is the amount of dense tissue compared to the amount of fat in a person's breasts. It can be harder to find cancer in dense breasts because this tissue appears white on a mammogram, the same colour as many kinds of breast cancer. It's common to have dense breast tissue.

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your healthcare provider about your breast density score and your personal risk of breast cancer.

For more information on Screen Test and breast cancer screening, visit screeningforlife.ca/breast

A screening mammogram is the best way to find breast cancer early.

And it can save your life.

SCREEN TEST



Mobile mammography screening is coming to:

Diamond Valley

September 3 to 6, 2025

Call toll free to book an appointment:

1-800-667-0604

screeningforlife.ca/breast

*If you're 45 to 74 years of age, have a mammogram every 2 years or as decided by you and your healthcare provider.
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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing with you...

Upcoming 2025 Municipal Election: will be held on Monday, October 20, 2025. For more information, please visit: www.foothillscountyab.ca/

Foothills County Division 4 Candidate for 2025 Municipal Election: I have enjoyed getting to know many of you while serving as Division 4 Councillor over the past years. We have worked together to find solutions to challenges and joined forces to make our community a great place to live. As noted earlier this year, I have submitted my nomination papers and am running as a candidate for Division 4. It would be an honour to continue as Division 4 Councillor, in partnership with you, bringing my passion and dedication to the many projects currently underway and the new ones that emerge. 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, issues between neighbouring communities, and with inter-governmental dynamics.
- 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 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 9-1-1 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 services, reduce red tape, streamline processes and build our community vision for recreation.

- Join in with our local watershed management groups to develop water protection, share awareness about flood and drought preparedness, promote resilient development from lessons learned, and strategize sub-regional water and wastewater projects.

- 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 processes 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 public service, 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. continue working together with you to enhance and protect our beautiful home in the Foothills. with any questions or comments you may wish to share and discuss.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

Visit High Country News online for my previous articles.

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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

There is always something to do in our community. I have had a very busy time since the last newsletter went out; not counting gardening in the rain.

This month I thought I would try something different. I am sharing a short summary of what I have been up to so far this summer:

July 12

Pop up at the Millarville Market promoting the Priddis & Millarville Fair

I spent the morning with Fair volunteer Sheila Virgo, Secretary of the Fair Kathleen Arkes, and Kathleen's baby Saanen doe kid goats named Nymph and Nyiri. Saanen is the most popular breed of dairy goats that typically produce the most milk. We also had her rooster named Casanova, who crowed for the crowd. He will be entered in the Fair as the most coloured crossbred between a Bantam Wyandotte and a Nankin.

July 12

Millarville Christ Church
Festival of Flowers Tea in the afternoon.

July 14

Met with the MLA for Banff-Kananaskis at Square Butte Community Hall to discuss issues that affect Division 3 and Foothills County.

July 15

The Longview Parade
This is a well-organised event and a lot of fun. Everyone gets to see the parade twice as it goes down one side of Highway 22, turns around at the school, and comes back again on the other side.

July 16

Went to A & J Trophies in High River to pick up a special Trophy for the Priddis & Millarville Fair awards. Also, dropped off my Council paperwork to shred at the County office.

July 24

Okotoks Library
Board meeting in the evening.

July 26

Neil Silvester's Celebration of Life at the Square Butte Hall - Many memorable stories - happy and sad.

August 7

Priddis & Millarville Fair
Final meeting before the Fair, we are all set to go!

August 8

Miss Marple's Café in Millarville
Attended the grand opening of an outstanding new place in Millarville. Check it out!



Miss Marple's Café, Millarville
Photo: Barb Castell

August 9

After shopping at the Millarville Market with friends from Airdrie, I took them to Miss Marple's Café – it was so busy.

August 11

Millarville Horticultural Club
Tour of the gardens at Rising Sun in Diamond Valley

Patty Webb and Janet Scott honoured for all their dedicated work in the gardens and organising the many volunteers to help.

August 14

Information Booth Meeting
Morning meeting for the Priddis & Millarville Fair Information Booth volunteers.

August 14

Foothills County - Development Appeal Board

Spent the whole afternoon listening to 3 Development Appeal hearings at Foothills County Council chambers in High River.

August 15

Priddis & Millarville Fair – Entry Drop Off
Dropped off my Fair entries at the Arena. Interesting fact: the total entries for all classes for this year is 2,714!

August 16

Priddis & Millarville Fair
I will be at the Information Booth most of the day so stop by and say hello!

August 17

Priddis & Millarville Fair
I will be at the Information Booth most of the day so stop by and say hello! I will give a report on the Fair in my next Newsletter.

August 18

Family and Community Support Service (FCSS) Meeting to allocate funds to organisations in Foothills County.

August 23

Marigold Library Board Meeting in Strathmore.

August 27

Foothills County - Council Meeting
Another all-day meeting.

Many of you have been asking, and the answer is YES, I am running again in the Municipal Election for Councillor of Division 3. Election day is Monday, October 20.

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca

FOOTHILLS SCHOOL DIVISION LOCAL AUTHORITIES ELECTION ACT NOTICE OF NOMINATION DAY

LOCAL JURISDICTION: FOOTHILLS SCHOOL DIVISION, PROVINCE OF ALBERTA
Notice is hereby given that **Nomination Day is Monday, September 22, 2025** and that nominations for the election of candidates for the following offices will be received at the location of the local jurisdiction office set out below within the period beginning on January 1, 2025 and ending at 12:00 noon on Nomination Day.

Office(s)	Number of Vacancies	Ward
Trustee, Ward 1	1	1
Trustee, Ward 2	1	2
Trustee, Ward 3	1	3
Trustee, Ward 4	2	4
Trustee, Ward 5	1	5

Location of Local Jurisdiction Office:

Foothills School Division Office
Suite 300 - 129 4th Avenue SW
High River, Alberta T1V 1M7

Dated at the Town of High River, in the
Province of Alberta, this 13th day of August, 2025

Returning Officer
Katelyn Nickel

foothillsschooldivision.ca

Foothills
SCHOOL DIVISION



DUANE HARDER

You Reap What You Sow!

Growing up as a child in the Crossfield area, the time of harvest was a highlight - almost as important as hockey. It brought the community together as families helping one another bring in the crops before Alberta's unpredictable winter came upon us. Our lives and relationships are very similar to the natural harvest. We reap what we sow. Unfortunately, many of us sow wild oats and then pray for crop failure or gaze in disbelief at the field full of wild oats. Let me suggest four seeds that will always produce a good crop.

Kindness

Kindness is an undeserved act of benevolence. We open the door for someone, not because they deserve it, but rather to show kindness. We allow the person to merge into our lane, we prepare a meal for someone, and the list goes on. Showing kindness has a way of developing gratitude within us.

Love

Remember, love is action not an emotion. I will seek to benefit others at my own expense. I will give without expectation of anything in return. I will own my part in the other person's failure. I will be willing to walk with vulnerability and transparency. I will not hold anyone else responsible for my actions and attitudes.

Mercy

Mercy is compassion or forbearance, particularly to one who is an offender. A man who led a group of holocaust survivors said, "We will not respond to our enemies as they have treated us lest we become like them." Mercy says, "I know you are wrong but I am not going to give you what you deserve." If we want mercy, we need to sow seeds of mercy.

Forgiveness

Forgiveness is more than just a verbal statement. I think it was Shakespeare who said, "To forgive is Divine." In order to forgive we have to take our eyes off our hurt. Bitterness comes when we saturate our mind with the wrong we have experienced. Forgiveness is allowing that wrong to open our eyes to the need of the person who has wronged us. Unresolved hurt usually prompts us to hurt others. Forgiveness is proactive in looking for ways that help can come to the person who caused the hurt.

We can hang onto our hurt and become bitter. We can close the door to mercy and become calloused. We can emotionally shut people out and stunt our growth. We can hoard what we have and live in isolation. Join me in planting seeds that cause us to flourish and nourish others.

Duane Harder



LANDSCAPING IMPACT ON YOUR PROPERTY VALUE: CREATING A PLAN

by Wayne Chaulk BComm., Realtor

You may not be planning to sell soon but looking ahead to one day when you will it is a good idea to take stock of the impact of the outside of your property, particularly the landscaping. It is not only beneficial to do landscaping to enjoy as long as you live at your property but to consider the impact it will have in the future when you do sell. Maybe take this fall/winter to work on a coordinated plan you can start or build on your existing landscaping early next year.

Well done landscaping can add significant value to your property. In fact, it is one of the home improvements you can make that not only adds value immediately but also increases in value as the years go by. While interior decor and design concepts regularly go in and out of style and mechanical systems wear down needing replacement, plants and vegetation grow fuller and more robust as the years go by enhancing the look of properties and offering much enjoyment to the owners in the meantime.

Landscaping encompasses hard landscaping and soft landscaping, the two main approaches in landscape design, focusing on living and non-living elements. Hard landscaping, or hardscaping, uses durable, non-living materials like stone, concrete, and wood to create structures, pathways, retaining walls, decks, pergolas and patios. Soft landscaping, or softscaping,

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focuses on living elements like plants, trees, shrubs, mulch, topsoil and flowers to add beauty, texture and ecological value.

A well-landscaped home and property usually has a significant price advantage over a home with no landscaping or minimal landscaping. The advantage range depends on the type of landscaping and the home's original value. There's more to landscaping than planting some seasonal flowers and a few shrubs in the ground, however. The number one thing that buyers are attracted to in landscaping is a balanced, purposeful design. Close behind is plant size and maturity and attractive usable grassed areas. A lesser factor, but one still worth considering, is the diversity of plant and tree life within the landscaping design.

Furthermore, a well designed and integrated landscaped entry area, particularly on acreages and larger city lots, helps create that special 'street appeal' and entry appeal that helps set up a positive attitude towards a property and sets the tone on entering the home. This is particularly important when selling and trying to capture buyer interest.

Planning the Landscaping

The biggest landscaping mistake that homeowners make is not having a coherent plan. They decide to put a few small trees in, and then a few years later add some flower beds, and then maybe put in some shrubs and another tree or two. A landscape that's assembled piecemeal can look disorganized and scarce looking, and that can turn buyers off. Come up with a plan before you do any landscaping or if working with existing landscaping on a property purchased. Even if you don't have – or won't spend the money to hire a landscape designer, which is a good idea in my opinion, at least draw up a master plan for your yard and property and try to stick to the design plan. Even an amateur can get a professional-looking landscape for a minimal outlay for materials if he or she is willing to do the work. Look at yards and properties you like and gather ideas and take the time to layout ideas on a drawing

before spending money on a 'piece meal' approach. Search the internet for ideas as well and look at sample landscape layouts in magazines or online. Many designers place samples on line to attract potential customers.

Mature Gardens Add the Most Value

A landscape full of large, mature plants with variety and balance is obviously one that has been carefully tended to over the years, and that sends a signal to buyers. That's a good indication that they've taken care of the inside of the house as well, which is appealing to home buyers. Do not let your grounds be overtaken with out-of-control weeds & long grass areas or dead trees or shrubs. Of course, pastures if you have horses, and natural tree growth areas are exceptions. Also, protect any patios of interlocking stones becoming unattractive with crevices overcome with weeds which often happens with that type of design. These areas also constitute part of your overall landscaping. Driveways bordered by mature trees create excitement and expectation so consider lining your driveway with trees to create that feeling of anticipation.

Landscaping Tips for All Budgets

Having a long-term landscaping plan is great if you're in the house for the long term. If you plan to sell within a year or so, you can take several immediate steps to dress up your landscape and boost your selling price. For example, cutting fresh

edges around your planting beds; having a sharp, well-defined edge between grass and mulch or dirt gives the landscape a professional look. Also begin regular fertilizer treatments on your lawn; you want potential buyers to see a lush carpet, not a patchwork quilt. And add splashes of color with flowers; pick up some colorful annuals and be willing to invest a few hundred dollars in larger perennials and shrubs, so that your yard doesn't look as if you just started working on it – even if you did. Using pot plants also helps with landscaping to provide focus areas as you wait for planted flowers to develop. And for sure use mulch generously to tidy up beds and place under trees and feature areas. Mulch quickly improves the look of any garden.

Most of all make sure your property is tidy, that weeds are kept under control, trim bushes and get rid of dead branches. Seed bare ground areas around the home or sod as well as tidy up all shrubbery close to the home so that windows are not blocked.

I would like to state in closing that if one puts disproportionate amounts of money into property landscaping there is a point at which one will likely not realize its full return. I have visited some properties that have put well over \$150K to \$200K into extensive landscaping but it is likely the owner will not see that same amount as return as buyers still place most value on the home itself, land size and location.



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US TRADEMARK by Bill Stemp

Regarding the trademarking process, we would need to conduct a trademark search in the US to see if your trademark has been registered or applied for. The cost for this is \$475.00 plus GST per trademark.

The initial cost for a US trademark application is \$1,900.00 plus GST plus \$350.00 USD (this fee is based on filing for one class of product or service). Again the application is examined and if the US Trademarks Office opposes your application then we would need to file a Response which can range from \$700.00 to \$800.00.

There is a chance that we could receive more than one Examination Report resulting in more fees being due. If the application is approved after this then it will proceed to be advertised in an official Gazette which gives anyone in the public a chance to oppose your trademark if they wish. If nobody does then your application will be allowed and we are required to pay final fees of \$650.00 plus GST plus agent's fee of \$200.00 USD per class plus

a government fee of \$150.00 USD per class. After the final fees are paid then your trademark would be fully registered.

In the event that we are required to request a 6 month extension to complete the registration of the trademark application from the Patent and Trademark Office, there will be additional legal fees payable to our office of \$450.00 plus GST plus agent's fees of \$100.00 USD plus Trademarks Office cost of \$125.00 USD per class. We are allowed a maximum of 5 such requests.

Please note that before we can complete a US trademark application, you must use your trademark whether it is a phonetic mark or a design mark, in commerce meaning you must be providing your service or selling your product in the United States using your trademark, which must be clearly displayed. If your application is allowed before you begin using your trademark in the United States, we must request a six-month extension of time to file what is called a Statement of Use. These types of extensions can be requested a maximum of 5 times.

Note there are 2 types of trademarks, phonetic and visual. A phonetic trademark protects the sound of the alphanumeric characters spoken out loud. Therefore 7-Up is the same as SEVEN UP, since it is the sound of the trademarks which is

being registered and secured against any competitors. Similarly, the number 5 and the word FIVE are the same trademark.

With a visual design, also known as a logo, it is the appearance of the design which is protected. The design could include or not include alphanumeric characters. An example of design which does not include alphanumeric characters is the Shell logo. An example of one which does include such characters is the Esso logo.

If you have a visual design or logo, both the logo and the phonetic trademark need to be secured by filing applications in the Trademarks Offices in the countries where you wish to sell your products or provide your services. For example, if you plan to promote your trademark or your business in the US, we need to file in Canada and US. If you want to secure your trademark overseas we need to do searches and applications in the countries in which you plan to do business.

Successfully filing to register your trademark whether it be a phonetic trademark meaning the sound of the words, letters, numbers, graphic design or logo, is the only way to protect the trademark in the US. Incorporating your business will not protect the name of the business at all. Your trademark will be registered for 10 years and your registration can be renewed

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every 10 years for an unlimited number of terms. So long as you continuously use your trademarks and make sure that you renew their registration, they will never expire. Having a registered trademark puts you in the position of being able to control who is allowed to use your trademark anywhere in the US since this is Federal jurisdiction. You can license your trademark to any number of licensees that you wish. If you are buying or selling a franchise, the most important asset of the franchise are the registered trademarks owned by the franchisor.

Not registering your trademarks leaves you in jeopardy of having anyone else use your trademarks without your knowledge or consent, thereby diminishing the value of your trademarks. It could also result in your losing the right to use your trademarks by virtue of someone else registering the trademarks and owning them and then being in a position to demand that you change the name of your business to something that is quite different from what it has been up until then. Imagine the damage to your business if after 5 or 10 years of using your trademarks you are forced to stop using them and change your name, signage, marketing materials and even your phone number.

You want to protect your good name and reputation or the name and reputation that you may have already worked very hard to create and to build up. Federally trademarking your name plus any graphic designs, logos or slogans is the only means to do this. You have worked very hard to create a good reputation; why let someone else to take your name, use it without your consent and to even go so far as to register it as their trademark? You can imagine the damage to your reputation in business of that were to occur.

Please note that if you have a trademark or trademarks for which your company is the applicant and the company will own the trademarks, it is very important to make sure that the company which owns the trademarks has as little debt as possible. If the company is put into receivership or bankruptcy, you will lose the trademarks because the receiver or bankruptcy trustee as the case may be is required to sell all of the assets including the trademarks.

Stemp & Company
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Bill Stemp
403-777-1125 bill@stemp.com



BIG COUNTRY SENIOR SPORTS SOCIETY, ZONE 2 OF AB 55PLUS

Eleven hundred seniors, aged 55 to 95, will be attending our 2025 provincial Summer Games, being held Aug. 21-24 in Leduc, AB, reports Doug Campbell, Vice President, Big Country Senior Sports Society, Cochrane AB. Big Country, or "BCSSS" is Zone 2, one of 8 geographic zones making up Alberta 55Plus. It covers a gigantic swath of Alberta, from the BC to SK borders, from Sundre-Olds-Three Hills on the north, to Longview-High River-Empress on the south. (It excludes The City of Calgary, Zone 3). Within Zone 2 are 9 Areas. Area 7 covers Bearspaw, Cochrane, Springbank, Bragg Creek/Redwood Meadows, & Elbow Valley, i.e. all of western Rockyview County.

"We're sending 37 athletes from Area 7, noted Campbell. "A listing by Sport of our local Players who won Qualifiers between March & June, & earned the right to advance to the Provincials, is presented below:

BOCCE: Jennifer MacKenzie, Shirley Smith, No Sharon, No Myrna.

BRIDGE: Lee & Linda Edwards, Nancy Gibbie, Lucia Ciupa, Babs Bastido, Ken Munro.

CULTURE: Linda Edwards, MF-anon, TH-anon.

CYCLING: Clint Docken, Brent Gross, RH-anon.

DARTS: B. Bee.

FLOOR CURLING: TH-anon.

FLOOR SHUFFLEBOARD: Doreen & John Mattson, Doug Campbell.

GOLF: Kim Dumanowski, Trevor Beynon, Chris Logan.

PICKLEBALL :Vladi Hudec, Kim Pearson, Doug Gillman, Steve Katulka, Gary Hawkes, Colin Gilbert, G. Bee.

SLO-PITCH: Dan Muhlbach, Reg MacDonald

SWIMMING : Joan Gunn-Allard

TRACK & FIELD: Lynda Gross, Lyndon Emro, Brian Hill

If readers wish to get involved in future events, go to www.alberta55plus.ca, or contact Douglas Campbell, Big Country Senior Sports Society (Zone 2), V-President;

Alberta 55Plus, www.alberta55plus.ca, & Cochrane Seniors on the Bow - Sports Coordinator; e. dec@cabsi.ca / c. 403-932-6866



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MORTGAGE MATTERS by Candace Perko

Mortgage Professionals Canada Housing and Mortgage Market Review

We're pleased to share our third-quarter market review, offering both regional and national insights. Below are the key findings from our report.

Highlights of Alberta's housing market:

- 122,400: The projected population increase over the next two years. This 2.5% increase will bring the total number of residents to nearly 5.1 million by 2027.
- \$509k: The forecasted average house price in 2025. This is up 2.3% from the average level recorded in 2024.
- 45,400: The expected number of housing starts in 2025. This is down 5% from the starts registered in 2024.

Canada's Outlook: Trade-Induced Recession To Last Until End-2025

Recession Likely Began in 2025Q2 and Will Last through End of the Year

- Early data is indicating that Canada's economy entered recession in Q2, driven by the US

trade war and related uncertainty. Compared to our March forecast, the recession is expected to be more front-loaded with overall growth for 2025 revised down to 0.8% but recovery starting already in early 2026, supported by new federal government stimulus. Successful UMSCA renegotiation in mid-2026 is projected to result in the removal of most tariffs and promote a sustained recovery Housing Market Will Contract in line with Broader Economy

- The national unemployment rate reached 7% in May and is expected to peak at 7.6% in Q3, as 150,000 jobs are lost in sectors both directly and indirectly impacted by tariffs. Higher unemployment will prompt distressed home sales and combine with lower demand from reduced immigration to cause house prices to fall by 8 to 10% from end-2024 levels by end-2025. A gradual housing market rebound is expected to begin in early 2026 and last until 2028.

Inflation Pressure Is Easing in the Near Term

- On April 1, the new Liberal government removed the consumer carbon tax. Moreover, a reduction in the US effective tariff on Canadian goods prompted the Canadian government to remove or pause a large portion of its counter tariffs as of April 15. These two policy changes will result in inflation being much lower than previously expected at 2.2% in 2025 before rising to 2.6% in 2026 as temporary counter tariff exemptions expire.

Mortgage Rates Are Rising among Elevated Uncertainty

- We expect the Bank of Canada will continue to hold the policy rate steady for the foreseeable future, as it balances the downside risks to growth from the trade war against the upside risks to inflation from tariffs. However, rising risk premia will likely push government bond yields higher and gradually lift fixed mortgage rates. We thus forecast the five-year conventional mortgage rate will rise from 5.1% in Q2 2025 to about 5.5% by the end of 2025. The housing downturn is expected to deepen until the end of 2025, followed by a gradual recovery
- Although sales of existing residential units stabilized in Q2, national unit sales in May were still about 16% below the 5-year average and inventory has reached 5 months. We expect a further slump in turnover of resale housing as job losses lead to more distressed home sales and weigh on demand amid heightened uncertainty, a shrinking population, and rising mortgage rates.
- Housing markets in the Prairies should remain relatively more resilient, as these regions continue to see tighter supply-demand conditions than the rest of the country and remain in more affordable territory.

Insightful facts and trends from MPC — valuable information to keep in mind when making financing and housing decisions.

Candace Perko, Mortgage Broker

BARRISTER & SOLICITOR, NOTARY PUBLIC Linda A. Anderson



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GET RIPPED by Jari Love

New to Exercise or a Lifelong Mover? Your Benefits Are Different and Incredible

Whether you're lacing up your sneakers for the very first time or you've been a gym regular for decades, here's something you might not know — the rewards of exercise aren't the same for everyone. Science shows that beginners and seasoned pros experience different benefits. But here's the exciting part: both sets of benefits are powerful enough to change your life. The trick is recognizing your wins and building on them.

The Beginner's Rush When you're starting out, changes can happen fast, and they're easy to see and feel. That's because your body is adapting from a lower baseline, so improvements are dramatic.

Here's what happens first:

- Your heart gets stronger fast – In just 2–6 weeks, it pumps blood more efficiently and your resting heart rate drops.
- Muscles grow stronger quickly – You could see strength jump by 20% in your first two months.
- Fat loss feels easier – Your calorie burn rises and your insulin sensitivity improves.
- You feel happier – Endorphins and dopamine bring on that “post-workout high.”
- Your sleep improves – Exercise helps you fall asleep faster and sleep deeper.

Beginner Bonus: Results often show in weeks. Clothes fit differently, energy skyrockets, and confidence blooms making it easier to stick with the habit.

After months or years of consistent exercise, progress isn't always about the scale or mirror. The changes run deeper, sometimes invisible until they matter most.

For the Veteran Exerciser: The Longevity Edge For seasoned movers, fitness becomes less about fast transformations and more about staying strong, mobile, and independent for life.



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Long-term benefits include:

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- Bone strength – Reduces osteoporosis risk.
- Brain protection – Boosts blood flow to the hippocampus to support memory and cognition.
- Better balance & reaction time – Lowers your risk of falls or injuries.
- Metabolic stability – Maintains healthy insulin and cholesterol levels.

Veteran Bonus: Your fitness isn't just about today's workout; it's about staying active and independent for decades. You're building the strength, mobility, and endurance to keep skiing at 70, play with your grandkids without pain, or explore trails you love well into the future.

The Overlap: Wins for Everyone

No matter your starting point, exercise gives you:

- Lower risk of chronic disease
- Better mood and stress resilience
- Improved posture and movement efficiency
- A supportive, uplifting community

The Takeaway: Keep Going — or Start Now

If you're new, celebrate every win. Each step, squat, or push-up is a building block for a healthier, stronger future.

If you're a seasoned mover, you're not just “maintaining.” You're fortifying your body and mind for the decades ahead. Wherever you start, the benefits are incredible. They may look different from one stage to the next, but one thing's for sure, your body and future self will thank you for every workout.

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



FIRST DAY OF SCHOOL by Andrea Kidd

I sit up straight, large brown eyes wide open. My seat is 'ttached to a little low table called a 'desk'. My 'desk' is one, two, three from the front, by the window. I stare around. Mummy always says 'Don't stare!' There's lots and lots of 'desks'! Lots and lots of boys and girls! A boy with orange hair stares back at me. He sticks out his tongue! I look down at my new navy blue gymslip. I tug the skirt over my knees. I feel the familiar scab. I mustn't pick it!

Teacher claps her hands. My eyes lock on her. "Put up your hand if you've ever been to the dentist."

I hear a rustle. I peek round. Hands are up. Many hands. Sinking in my seat, I finger the stuff my skirt's made of.

I don't know what a dentist is. We just go to shops, and once we even drove 'cross London to Auntie's house in Hatch End. She's got a budgie in a cage. He says "Pretty Boy!" She's got a rabbit and a frog in her garden. Not real ones. They're stone ones, by the bird bath.

Teacher claps her hands again. "Put up your hand if you go to church."

I hear rustling again, and peek.

Ev'rybody's hand is up, 'cept mine! The stuff my skirt's made of's got little lines in it. I run my finger down them. There's a funny hot feeling on my cheeks. I want to run away. But then ev'ryone would see me.

"Have you never, ever been to church? Not even for a baptism or a wedding?"

I gasp. Auntie Kath's wedding! Mummy made me my lemon yellow dress for it. I got new white socks and shoes and a tiara for my hair and a posy of flowers. They said I was pretty.

My hand is allowed to go up. I'm all right!

In the afternoon I feel sick. My school dinner spills down my white blouse onto my gymslip. Teacher wipes up the sick, but the nasty smell stays. Nothing stays back where it should. Hiccups jerk, and sobs, then tears run down to join the sick.

Now Mummy's here to take me home. But she's worried. She doesn't know what to say to the teacher. Something inside me says, 'I mustn't do this. I mustn't worry Mummy.'

For a child, many things are new, scary and overwhelming.

"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a (wo)man, I put the ways of childhood behind me."

As an adult, I would like to kneel down beside this little girl at her desk and reassure her. I want to help her navigate her rough sea. I

want to clamber into the boat with her and show her how to sail.

Even now, there are times when I cower beneath waves that threaten to engulf me. A storm blows in and I don't know how to navigate. It's a new situation for me. I have never had to deal with this before. I want to be in control. I feel like a frightened five-year-old again.

But, I have some resources available to me that were not there for me when I was child. I know now to begin by taking a deep breath. I can use my reason to separate truth from lies. I realize I am not alone, that Jesus is kneeling beside me, reassuring me. And, I can reach out to another person to help me through; maybe someone who has had the same problem.

One day I will look back on these adult situations with new understanding, just as I now look back on that first day of school, and understand that child's separation anxiety.

"For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known."

Meanwhile, I continue to have faith in God who knows all; I believe in the sure hope of a future in God's goodness; and I pursue love since God Himself is Love.

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

SAC
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A NEW CHAPTER HAS ARRIVED!
Sylvia A. Carruthers is retiring so SAC MOBILE LAW is no longer offering and providing legal services.

I thank those who have entrusted their legal needs to me and want to let you know how much I have appreciated your support and trust.

My law practice is being transferred to Harwinder Johal of Virtual Law Group Canada

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I wish you and yours all the best.

Sylvia A. Carruthers, LL.B., C.E.A.



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OUT OF THE RUT Chapter 181

Let me tell you a story...

Christmas Day, Chiang Mai, Thailand:
I walked around a corner to my first sight of a stranger, without context. My head was suddenly full of questions and fascination. From this first moment I wanted to know more, to find out who this man was, what he was... and the more I discovered, the more I found to discover. I fell deep into the pool of life with Fantuzzi.

We've traveled together across continents, to festivals, gatherings, events, memories, faces and friends. I've met many of the characters that populate his stories, each one has a bucket-load of Fantuzzi stories to share.

To capture Fantuzzi's life on paper, share the meaning of his journey through the power of the written word, that is the challenge. Across the past five decades and five continents, from the original Woodstock to the west coast festival scene of the 2000s, from the harsh streets of 1950s New York to the blossoming of his sanctuary dream in Hawaii, Fantuzzi has made music, made friends, expanded his family and above all, stayed true to his spirit. He is uncompromising, unashamedly loving, sharing, caring and humble, outrageously joyously celebrating life... he continues his

journey, living on a shoestring, striving to do what he knows he is here on earth to do. He has been called a bodhisattva, a troubadour, a mystic, often less admirable things, but all he is, if you ask the man himself, is Fantuzzi.

In The Beginning...

a rattlesnake bite, memories, mostly of Mother India



Under the blue sky's arch and bright Topanga sunshine I first notice your beautiful skin and voluptuous curves. I see a glint of something fascinating in your eyes so I reach out to caress you. I want to draw you to me and kiss your smooth body, talk to you, stroke you. My breath hovers between lips and sky, motionless you hang, beautiful. Whipped back and forth, faster than a gasp of air, your head blurs my vision as you strike; deadly aim, piercing irrevocably deep, pumping poison through blood and skin. You sink your fangs into the base of my thumb and index finger and grin. I reel from your sting.

Rattlesnake, if you would have shook your spine-trembling rattle before I stooped to gather you into my arms, I'd have known what was coming, but you coily hid your true self until I was utterly under your spell, bending close, stretching out my fingers to touch your diamond-scaled back.

This is how I live, acting as my heart tells me - living without a safety net, embracing whatever comes, my direction steered by the grace of the goddess.

I look at my hand and the feeling is strange. I'm disconnected from my brain. Suddenly I hear the pounding of my blood surging from heart to arms and legs, now I feel and see my skin pulsing with every heartbeat and I know I am surely going to die.

We've all seen it in the movies, I know I have to suck out the poison. I look around and pick up a stick, scratching and stabbing at my hand until I bleed. I suck.

No-one in the movies feels the way I do. All that poison that was out there at the end of my arm... now I have sucked it into my body, into my head, so close to my heart. That was a dumb thing to do!

A kaleidoscope explodes in my head and it's brilliant! I love it, wow! What an awesome experience, this is the coolest thing... except...

a great wave of exhaustion sweeps over me, I can hardly lift my head and I want to lay down and drift away on this wonderful cloud of sensations until a small voice inside reminds me that if I do, I'll die. The voice whispers to me that I've gotta run back up the trail to the house and get help. So I turn and force my legs to move, although my head is swimming. Wow, this trip is great! I feel higher than any time in the '60s, it's more profound than any revelation from my teachers, this is a journey deeper, wider, stronger than all my meditations...

Kat Dancer
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ADHD, SLEEP AND ME: IT'S COMPLICATED

WHAT IS THE CONNECTION?

Sleep should be simple. The sun goes down, your brain and body get sleepy, you go to bed and close your eyes and you drift into slumber. Well, not so fast! People with ADHD are more prone to (usually undiagnosed) sleep problems. On the other hand, people can be misdiagnosed with ADHD when they actually have a sleep disorder. Either way, getting to the bottom of your quality of sleep is often overlooked and can help you consider how to manage ADHD symptoms.

ADHD IS ALWAYS AWAKE

Your neurobiology does not go off-duty when the day ends. ADHD works 24-7 to distract, delay and disorder your capacity to get restorative sleep. The outcome? ADHD symptoms get worse. Research during the last five years substantiates what ADHD experts have suspected for decades: ADHD has intrinsic sleep challenges. In fact, "restless sleep" was part of the 1980's-era diagnostic criteria for ADHD. What is more boring to the hyperactive person than lying in the dark waiting for nothing to happen?

BUZZING BRAIN OR FAULTY SENSE OF TIME?

Some adults say "I like to stay up late because it's quiet and I can get a lot done". In other words, daytime distractibility and disorganization can lead to late bedtimes. Yes, poor sense of timing is a lifelong trait where two kinds of time matter: now and not now. Others battle out their "brain chatter" when trying to fall asleep or playing video games or on social media.

Sleep deprivation with ADHD is not something you choose.

SHOULD I SEE A PHYSICIAN OR A THERAPIST?

Sleep disorders often mimic ADHD symptoms, causing inattentiveness and restlessness in people who don't have ADHD.

There are two types of sleep disorders. Primary - physical conditions that disrupt sleep i.e. obstructive sleep apnea, restless leg syndrome, delayed sleep-wake phase disorder or bedwetting in children. Secondary - behaviorally based problems i.e. co-existing anxiety or mood disorders or children who cannot make the transition to bedtime or in adults who follow habits

that disrupt sleep. The first step is to review your sleep behaviors. If that doesn't help, then consult your physician.

HELP WITH SLEEP PROBLEMS

Sleep deprivation is no joke and ADHD symptoms often take it from bad to worse.

Trick the brain to surrender to sleep - dim the lights, change into pajamas, avoid screens of any kind an hour before turning in, keep the room cool with heavy comforters nearby, keep a journal or read a boring paperback.

Delayed sleep phase syndrome - it is not uncommon for people with ADHD to become energized around 10 or 11pm.

Your brain does not send sleep signals until 2am. Your biological clock is off-track.

Morning light, melatonin and wearing blue light blocking glasses might help.

Restless legs syndrome (RLS) - the urge to move your legs and ease the discomfort, but leading to sleeplessness, is increasingly linked to the dopamine neuro pathways.

Have a routine - go to bed and wake up at the same time, reduce alcohol and caffeine intake, exercise regularly.

Organize your brain - stimulant medications can help many people with ADHD to focus on the task at hand, while tuning out distractions, whether it is focusing on paperwork or sleep.

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

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PUPPET POWER 2025: PUPPETRY MEETS IMMIGRATION, INNOVATION, AND IMPACT

October 18–19, 2025 | Hybrid
(Calgary + Online)

Get ready to be inspired, informed, and galvanized at Puppet Power 2025, a dynamic two-day conference exploring immigration through the transformative lens of puppetry. This unique hybrid event brings together international and local artists, educators, social workers, and community members to engage with complex global issues in imaginative and meaningful ways.

Organized by Calgary's WP Puppet Theatre, Puppet Power is now in its 13th iteration and continues to grow as a powerful platform for applied puppetry — puppetry that's used not just for entertainment, but as a tool for education, social change, and personal transformation.

A Focus on Immigration

This year's theme tackles the timely and layered topic of immigration. Puppet Power 2025 will explore the journeys, challenges, and triumphs of newcomers

through storytelling and performance. The conference seeks to:

- Raise awareness of the global and local forces that shape immigration experiences.
- Provide space for immigrants and those working in immigrant-serving organizations to share their personal stories.
- Offer practical tools and inspiring ideas for applying puppetry in classrooms, therapy rooms, community centres, and beyond.

Puppetry's power to engage empathy, bridge language barriers, and safely explore difficult topics makes it an ideal medium to address this pressing issue through heartfelt stories, bold interventions, and creative breakthroughs.

What to Expect

Puppet Power 2025 is designed as an accessible and engaging mix of professional development and community-building. The hybrid format ensures both in-person and online participants can benefit from the full experience. Highlights include:

- Five live-streamed watch parties featuring curated presentations and interactive puppet-making activities from around the world.
- Hands-on master workshops in puppet construction and performance techniques.
- A puppet-infused Rapid Ideation Generation session, where Calgary social

agencies working with immigrants will partner with puppetry experts to co-create potential project ideas.

- An evening community celebration with dinner, professional puppet performances, and time to network and connect.
- Post-conference access to session recordings and resources to keep the inspiration going.

Whether you're a teacher looking for new ways to engage your students, a therapist exploring expressive tools, a social worker wanting to deepen your practice, or simply a puppetry enthusiast, Puppet Power 2025 has something for you.

Join the Movement

Puppet Power has always been more than a conference — it's a call to action. It invites participants to reimagine what puppetry can do and who it's for. With a focus on creativity, connection, and community impact, the event supports mental health and wellness while sparking new ideas and partnerships.

Early bird rates and bursaries are available to help make this experience as accessible as possible.

Learn more and register today at wppuppet.com/puppet-power — and be part of a global conversation where puppets have the power to open minds and have positive social impact.



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POINTS TO CONSIDER ON ANTLERS

by Laura Griffin

One of my favourite sightings in Autumn is that of the male ungulates with their delightfully polished antlers protruding from their heads. Whether deer, elk, or moose, all of them have managed to do an amazing feat, which is to regrow two new bones in less than a year. I have never managed to regrow any of my bones, so the miracle of this rapid regeneration never gets old.

Unlike horns, which have a bone core with a keratin covering that grows constantly, male ungulates are starting from scratch every year. They have two round pedicles on their head from which their antlers will “spring,” growing from the tip outwards. The bone antlers are covered in a blood rich velvet that feeds the growth which can be 2 cm a day in deer or 2.7 cm a day in elk. To put that into perspective the bucks (male deer) and bulls (male elk or moose) that you are admiring at this time of year have grown those antlers in three to five months, depending on the age. Antlers are the fastest growing bone in mammals. For an elk with antlers averaging between twenty to thirty pounds they would need to consume around sixteen pounds of food to keep the levels of calcium and phosphorous nutrients up. If they cannot, their antlers will not grow to be as impressive.

They say size doesn’t matter, but female ungulates are not convinced. One of the main purposes of the antlers is to impress the females. It helps them choose the males that are best at finding good nutrition and have the energy and strength to wander around with that much weight on their heads, which in turn means they will pass on those successful genes to their offspring. When the antlers are done growing the blood flow to the velvet is cut off and it quickly dries and falls off. This enables the bucks and bulls to polish the antlers on trees to make them really stand out.

There is a notion that antlers are also designed for fighting. While it is true that males can and do spar to gain access to females, fighting is not a great idea right before winter when food supplies decrease and more energy is required to travel over cold snow-covered terrain; any fight injury

could be a death sentence. Males use the antlers to prevent fights by judging the other males’ strength against their own. It is only if the antlers are close in size that a fight will occur. This keeps all the young males from being mortally wounded by the more powerful suitors.

Photo by Jackie Sills



Antlers also help ward off the predators in the winter. The longer they keep the antlers attached in the winter the less likely they are to be eaten by predators. However, the new antlers can’t start growing until the old antlers are shed. A difficult “point” to ponder, start growing antlers sooner to impress the females for the rut, or keep your antlers a little while longer to prevent being someone’s lunch.

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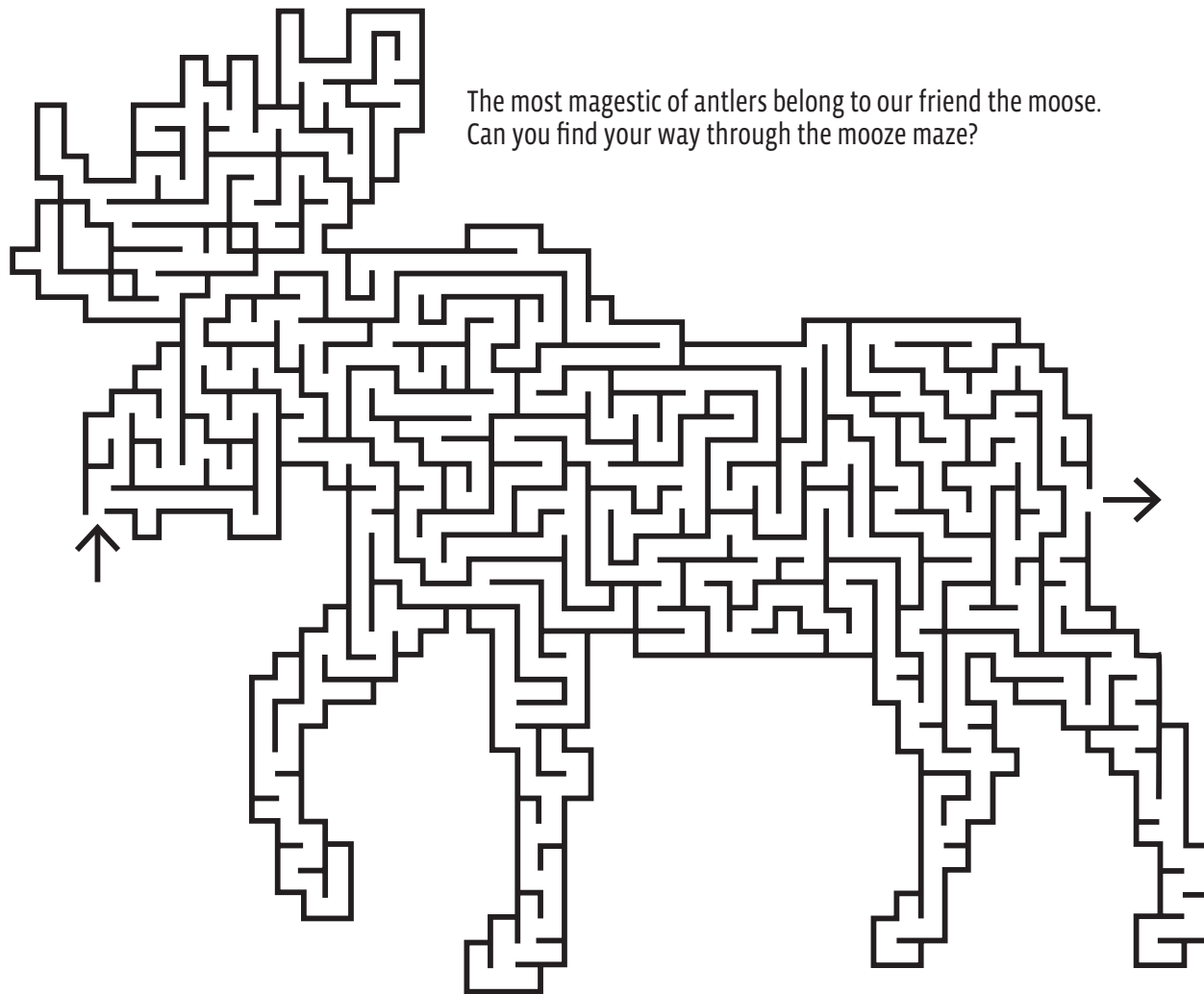
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KIDS ZONE

Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

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Diamond Valley Transfer Station

1160 Drive West, East of 402 Ave West (Diamond Valley East)

Priddis Transfer Station

Priddis Green Dr West & Hawk's Landing Drive

(South East of Priddis Greens Golf & Country Club)

Saturday, September 20, 2025 – 10:00 am to 4:00 pm





ACCOMMODATIONS

GALLOWAY NEST, Priddis 403.680.8683

ACCOUNTANTS & BOOKKEEPING

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

BEAVER TOOTH MULCHING LTD, dennis@BTMDen.com 403.850.4888

BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreeexperts 403.401.3939

BORDERNORTH TREE SERVICES, micah@bordenorth.com 403.700.7792

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

RED MOUNTAIN RIGGING, redmountainrigging.com 825.945.8733

TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com 403.519.5144

TREEWORX TREE CARE, www.treeworxpro.com 403.554.2370

AUTOMOTIVE SALES & SERVICE

BUCK IRON HEAVY DUTY LTD, buckironheavyduty@gmail.com 403.818.7621

KAT AUTOMOTIVE, www.katautomotive.ca 825.734.1043

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HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.975.9843

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

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES BOUTIQUE, OLD WEST MALL 403.949.4264

CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations 403.230.2690

BRAGG CREEK EXCAVATING 403.949.2756 / 587.968.7720

CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842

GREAT WEST FENCING, www.greatwestfencing.ca 403.907.0184

LT EARTH SERVICES - Full Service Excavation 403.478.0050

RENOVATE FOR GOOD, Stephen@RenovateForGood.com 403.863.2085

WOOLRICH DESIGN AND CONSTRUCTION - woolrichgroup.com 403.851.0076

COUNSELLING

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

EQUIPMENT RENTALS

DIAMOND VALLEY RENTALS; LIKE US ON FACEBOOK, rentalsdvr@gmail.com 403.701.3013

EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403.949.3939

REDWOOD MONTESSORI - PRESCHOOL AND KINDERGARTEN, redwoodmontessori.com 587.225.7030

ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca 403.932.9289

BRIGHT EARTH ELECTRIC, office@brighthouse.ca 587.435.2244

LB ENERGY CORP, lbenergycorp.com 587.225.7610

FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY 403.949.3513

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403.949.2599

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ALBERTAINDOORCOMFORT.COM, Indoor Air Quality 403.230.2690

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ALLURING ELEMENTS HAIR STUDIO 403.949.2168

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BRAGG CREEK PHYSIOTHERAPY 403.949.4008

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THREEPOINT MASSAGE & YOGA THERAPY 403.829.1148

HOUSE CLEANING

BUSY BEE SERVICES, BusyBservices@pm.me 403.585.3800

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

TINDER RIDGE CONTRACTING, tinderridgecontracting.com 403.818.3477

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

LOCKSMITH

OKOTOKS AUTO LOCK AND KEY, John McComber 403.988.8691

MEAT PROCESSING

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

PAINTING

DIAMOND THERMAL COATINGS LTD Architectural painting contractors 403.651.0254

MOUNTAIN VIEW PAINTERS, www.mvpcanada.ca 403.607.0316

ON POINT PAINTING, facebook.com/onpointpainting20 587.888.4353

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LAMBERT BROS. PAVING 403.287.3252

PEST CONTROL

ABSOLUTE PEST CONTROL 403.238.7400

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING, BRKon762@gmail.com 403.949.2963

CAECORANCH.COM, Training/Lessons/Board/Sales/Hauling, caecoranch@aol.com 403.933.5503

FUR PERSON DOG SERVICES, furplepersondogservices.ca 403.949.4147

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

STEPH'S FUREVERFRIENDS, Dog Boarding & Daycare, stephmarsh@telus.net 403.679.8821

PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning 403.230.2690

BRAGG CREEK PLUMBING & HEATING LTD. 403.931.0486

BRICO PLUMBING INC. 403.998.5580

THE PIPE MECHANIC LTD, pipemechanic.ca 587.205.8505

VALLEY HEATING & COOLING - furnace, AC, hot water, www.valleyheating.ca 403.775.6423

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DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek/ Elbow Valley/ Redwood 403.835.3385

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SUE WINSOR, MAXWELL Canyon Creek. Country Life 403.333.3717

TRAVIS VANDERVEEN, EXP REALTY, Travis@vanderveenrealty.com 403.966.2912

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com 403.252.5900

RESTAURANT

BAVTAV AT THE BAVARIAN INN, Bragg Creek, bavtav.com 403.949.3632

CREEKERS BISTRO, Bragg Creek 403.949.3361

POWDERHORN SALOON, Bragg Creek 403.949.3946

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

RETAIL

BRAGG CREEK TRADING POST 403.949.3737

MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DAZA ROOFING dazaroofing.com 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. 403.264.7844

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

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FOOTHILLS SEPTIC, foothillsseptic.ca 587.999.4678

STEELHEAD VENTURES, svlgroup.ca 587.318.2205

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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

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TRADEWEST FABRICATION tradewestfabrication.com 403.700.4570