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HOW TO LIVE AMONG BEARS IN OUR AREA



Bear encounter at home and in the community.



Bears are omnivores and need upward of 20,000 calories per day. Yup! They live to eat. They eat plant matter such as grasses, berries, nuts, roots, and tree bark, as well as insects, fish, small mammals, and they scavenge. Basically, if it is edible, they will eat it.



If you leave any food outside your home, their impressive sense of smell will guide them to you.

Therefore, your best defence is not to tempt them.



PREVENT FOOD REWARDS – REMOVE THE TEMPTATION



Keep your garbage secure in bear-proof bins or indoors.



Do not compost – bring your kitchen organics to our transfer site.



Keep your BBQ clean.



Do not leave pet food outdoors.



Feeding birds is tricky. Find out more about it before engaging in this activity.



Select bushes and ornamental plants that do not produce fruit.



Protect your garden in a bear-proof enclosure.



Protect your bees or chickens in bear-proof enclosures. Please do your research before engaging in those activities.

IF A BEAR SHOWS UP:



GET TO SAFETY: Bring your family and pets indoors or into a vehicle immediately. If you are already inside, stay calm and keep windows and doors closed.



BACK AWAY: If caught outside close to the house, never run. Back away slowly while facing the bear.



DETER THE BEAR: Speak in a calm, low voice to let the bear know you are human. If the bear does not retreat, make yourself look large, stand your ground, and shout. Have your bear spray ready.



SHARE YOUR SIGHTING on social media and with www.braggcreekwild.ca. Help the community become Bear Aware.



REPORT IT:

911

Call 9-1-1 – for immediate threats to public safety



Alberta Report a Poacher at 1-800-642-3800 – If the bear is persistent, aggressive, or causes property damage



Alberta Fish and Wildlife – Cochrane office at 1-403-932-2388 for non-emergency complaints



FINAL WORD:

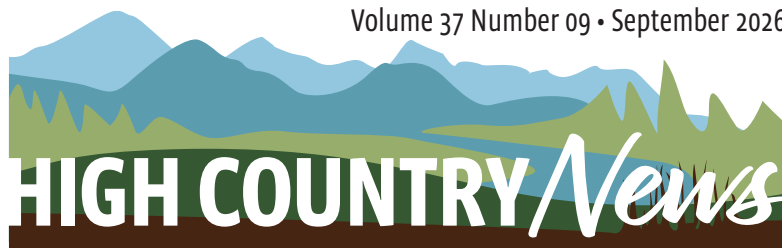
It takes only one human food reward for a bear to learn that people can provide easy calories. Once that association is made, the bear is likely to return to your home, or someone else's, looking for more.



AWARE TODAY, SAFE TOMORROW.



**RESPECT WILDLIFE.
PROTECT OUR COMMUNITY.**



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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 \$499.95 Min 3 mo booking
 Inside Cover Full Pg: Colour \$799.95
 Inside Back Cover Full Pg: Colour \$749.95
 Index 1/4 Pg: \$349.95 Min 3 mo booking
 Classified Page 1/4 Page: \$249.95 Min 3 mo booking
 Kidz Zone (1/4 pg): \$249.95 Min 3 mo booking
 Full Page: Colour \$709.95 2/3 Page: Colour \$509.95
 1/2 Page: Colour \$395.95 1/3 Page: Colour \$269.95
 1/4 Page: Colour \$204.95 1/6 Page: Colour \$154.95
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LETTER FROM THE EDITOR

I appreciate living in an environment where it forces us to stop and take notice. It's not just the scenic vistas, but the communities themselves offer so much and enrich our lives. I think the ability to share this beautiful space with like-minded people (and our pets) is what makes this space so special. Speaking of enriching our lives, please read through the paper and see all the events and updates that are taking place over the next few months. If you've recently moved to the area this summer, these community groups and the respective events they host, are an excellent way to build new relationships and root yourself into the community.

It may be as simple as two locals, stopping to admire the industriousness of our local beaver tribe, and although we've both seen their creative workmanship so many times, we won't allow the vista to become familiar.

We need this community around us. There are so many situations, challenges

and uncertainty we must process. This community can walk beside us as we wrestle with the challenges we face. It's not the advice we need, but the knowledge of their presence and their ability to listen deeply. It's also their willingness to offer some practical assistance. A neighbour we can trust.

This fall, hopefully you can allow for margin to handle the unexpected, and when the unexpected does take place, you can take the time to adjust your balance and continue the journey with hope.

Most the articles you read in this paper are written by people you'll meet at the local coffee shop, trail, or grocery store. Many of the ads are local businesses, living and working in the area. This business support is greatly appreciated. As we don't rely on any government funding, your financial support is and has been appreciated in order to provide the not-for-profit organizations an effective means of reaching their community.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

I grew up on a farm near Okotoks. I studied lettering and illustration at the Alberta College of Art. I worked in Calgary in that field for 20 years. I spent the next 20 years doing backdrops for theatre and films, most notably Unforgiven, Showboat, Ragtime and Wicked. I retired in 2008 and moved to West Bragg Creek. This allowed me to explore painting in oils and acrylics. Subjects range from city street scenes and old houses to landscape subjects.

I can be reached by email to arrange a viewing of my work.

neil.gordon52@yahoo.ca

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.



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JUDITH (JUDIE) ANN NORMAN

**MAY 24, 1947 - CALGARY, AB
AUGUST 4, 2026 - BRAGG CREEK, AB**

It is with profound sadness that the family announces the sudden passing of Judith (Judie) Anne Norman on Tuesday, August 4, 2026.

Judie was a lifelong resident of the Bragg Creek area, a community that shaped her life from childhood onward. Born in Calgary in 1947, this was the same year her mom and dad purchased the Last Break Ranch. Judie and her family travelled to stay at the cabin every weekend. In 1962, Bragg Creek became the full-time residence for Judie.

At a young age, Judie worked as a switchboard operator at the Bragg Creek telephone exchange, a role she was always proud to recall.

After marrying Bruce in 1966, the couple began their life together in Springbank, where they raised their son, Chad. Later, they returned to Bragg Creek to help care for Judie's father, Alex Baptie. Family was always at the heart of Judie's life, and she remained deeply connected to the Baptie family homestead. The Baptie cabin held a very special place in her heart as a gathering place filled with generations of family history, which she worked dedicatedly to preserve. After her father's passing, Judie continued living in the original family home, where she and her sister-in-law, Jo-An, operated the charming Last Break Ranch Tea House for a time, welcoming visitors with warmth and local hospitality.

Judie was also a founding member of the Bragg Creek Historical Society and a contributor to the publication "Bragg Creek - Stories of Our Past". She, along with her co-contributors, Michele, Barbara, and Marie, devoted countless hours to preserving the area's stories, landmarks, and heritage. In addition to her community work, animals brought Judie immense happiness throughout her life.

She especially loved her horses, her cats, and her dogs, along with a variety of other livestock.

She found great joy in life's simple pleasures: spending time in her community, enjoying the beauty of the foothills, caring for her animals, and tending to her home. Judie will be remembered for her strength, independence, kindness, and deep commitment to her family heritage and community.

She was predeceased by her parents, Alex and Doris Baptie; and by her brothers, Art, Peter, and Alex. She is survived by her husband, Bruce; her son, Chad; her sister, Lorraine (Dean); and many nieces, nephews, extended family members, and dear friends.

The family extends a special thank you to all the first responders, the Redwood Meadows Fire Department, and STARS Air Ambulance for their care and support.

A Celebration of Judie's Life will be announced at a later date.

"Those we love don't go away. They walk beside us every day—unseen, unheard but always near." author unknown.



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you're looking for

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SPRINGBANK CREATIVE ARTS CLUB

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

We are pleased to announce that the Springbank Christmas Market has been booked for October 31 and Nov 1st, 2026 at the Springbank Community High School.

The vendors are selected so there is a good variety and not a lot of the same type of products. So, if you are looking for that special gift – you will find it at this market.

Expected products are handmade quality items, baking, crafts, wood working, pet items, jewelry, sewing, knitting, hats, clothing, upcycling, original art, stained glass, quilting, bags, kitchen towels,

microwave bowl cozies, preserves, perogies, sausages, pretzels, Christmas cakes, lotions, soaps, honey, candles, camping knives, metal art, horse items, cookies, and more You name it and it will be in the sale.

There will be tables with a limited selection at the Springbank Old Tyme Fall Fair September 12, 2026.

This event draws people from the community and the surrounding areas. The past year saw a record crowd and the vendors were pleased with the set up and the sales.

The Springbank Christmas Market is one of the earlier sales in the season and it helps folks get started on their shopping lists. So please mark your calendars and attend the sale Oct 31 & Nov 1, 2026

Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett,
Springbank Creative Arts Club



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Location: Priddis Community Hall

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BUSINESS PROFILE

A New Local High Speed Internet Choice, Built for Foothills

During the summer and fall of 2026, Mage Networks, an Alberta company, is completing a \$5.89 million project funded by the Alberta Broadband Fund (ABF) and Mage Networks to provide high speed Internet service in Foothills County. ABF funds 75percent while Mage Networks contributes the 25percent. The ABF is a collaboration between the Governments of Canada (GOC) and Alberta (GOA), who each contribute 37.5percent of the total budget. The project includes 25 kms of fiber and 120 kms of Data Pipelines using Fortis Power poles.

The project targets Priddis and HWY 768 south of Bragg Creek all the way to Millarville. ABF has determined that they fall below the federally mandated speeds of 50 Mbps download and 10 Mbps upload. To provide sufficient speed, three Points of Presence (POP) feed this network from the Alberta Supernet with fiber coming in from Bragg Creek, Millarville and Tsuut'ina.

Mage Networks' service exceeds the mandated levels by a large margin, providing 100 Mbps download and upload. The company designs the network to minimize or eliminate the typical congestion that occurs with most internet service providers when too many users are online simultaneously. They are the only provider to offer Guaranteed Streaming Bandwidth(TM) which commits them to a minimum performance level whereby subscribers can always stream a movie in HD and have a video conference under the worst circumstances.

The company's focus on customer delight is demonstrated by their 4.6 star rating on Google. Their customer success team answers the phone without going through the multitude of menus other companies prefer. The technical team is on call nights and weekends and responds remotely within minutes to the vast majority of issues.

Whenever a hands-on repair is needed, the team goes above and beyond to fix the problem. Several of the field techs have shown true dedication by driving out in



blizzards to repair the network, despite the CEO's express orders not to risk it.

The company applies its technology to meet additional needs of residents or businesses, such as delivering Wi-Fi outdoors, connecting security cameras around their property, monitoring various sensors in fields, or tracking devices on livestock.

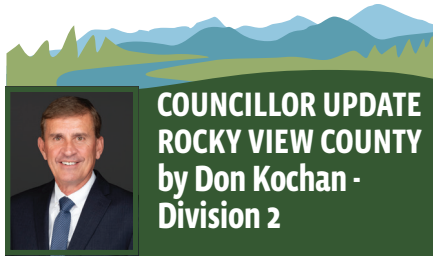
MagiNet™ integrates with all existing technologies such as Fiber, Wireless or Satellite to deliver high level of performance everywhere.

Data Pipelines are a unique feature of MagiNet™. They consist of very high-capacity multi-hop wireless and wired networks that deliver 1Gbps (1000 Mbps) over long distance while overcoming obstacles such as hills and foliage. MagiNet™ also uses customer locations as relays in the Data Pipeline. This extends the network to neighboring houses without degrading performance. Because of the characteristics of wireless transmission, adding a relay improves network performance. So, often more customers mean better service.

Some may ask: I have Satellite Internet, why should I care about Mage Networks' service? Mage is constructing permanent infrastructure that will remain under control of Alberta and Canada. Its service better with equal download speeds and much better upload speeds, and lower latency. Because Mage's Internet subscription is lower and its electric power consumption is much lower, you can save up to \$500 per year.

"We are very excited to be able to deliver high quality Internet service to Foothills County as part of our commitment to connect everyone, everywhere." says Dr. Sayed-Amr El-Hamamsy, CEO of Mage Networks, "It's even better when we are doing it in our local community."

Indeed, these are exciting times for Foothills County with Mage Networks bringing high speed internet service to keep Foothills connected for years to come.



RVC Division 2 news items for your information:

Residents Day - Thank you to everyone who joined us at the County Hall on July 22nd to connect, celebrate and enjoy the day together. From family activities and local vendors to interactive displays and community conversations, it was great to see residents from across Rocky View County come together. A thank you also is extended to the many partners, vendors and businesses who helped make this year's event possible: Great Events Catering, Airdrie Bouncy Castles, Ballon Blast Face Painters, Rental Brothers, ATCO, Blue Grass, Brandt, MarketPlace24, Ralph's Motorsports, UTB Specialty, Polaris Theatre, Sage Mustang, 211, BGC Cochrane, Centre for Sexuality, FCSS Cochrane, FCSS Irricana, Marigold Library Systems, North Rocky View Community Links, Seniors for Kinds, Synergy, a nd Variety - The Childrens Charity. It was wonderful to see neighbours reconnect, new friendships form, and residents of all ages come together to celebrate the communities that make Rocky View County such a special place to call home. Events like Residents' Day are only possible because of the enthusiasm and support of our residents, vendors, volunteers, community partners, and County staff. We hope you had a fantastic day, and we look forward to welcoming you back for Residents' Day next year!

Fire Master Plan- Rocky View County is developing a Fire Services Master Plan to help guide future decisions related to fire protection, emergency response,

community safety, and long-term service planning. As the County continues to grow and change, resident feedback is essential to ensuring the plan reflects community priorities and local needs. Residents have attended several open houses and shared their perspectives on the future of Fire Services in Rocky View County. The open house in Springbank on July 18th was well attended with nearly 100 participants providing their feedback. The Fire Master Plan is expected to be presented to council near the end of 2026.

Agricultural or Environmental service requests - Rocky View County has enhanced its online Agriculture and Environment service request process with additional specialized request options for residents. While service requests were previously available online, the updated system offers more specific forms to better match the type of assistance or information being requested. Residents can now access dedicated forms for reporting weed concerns, requesting plant identification, seeking guidance on livestock, wildlife and nuisance animals, booking rental traps and agricultural equipment, obtaining information related to County roads, ditches and municipal lands, and accessing environmental stewardship resources. The expanded options help ensure requests are directed to the appropriate team and processed more efficiently. Visit the Agriculture and Environment section of the Rocky View County website to learn more and submit a request.

RVC 2026 Farm Family Award - Raven's Nest Farm, a Rocky View County operation redefining local food production through innovative indoor farming and community partnerships, has been named the recipient of the 2026 Master Farm Family Award. The 2026 award honours Keith and Laura Chitwood for their outstanding contributions to agriculture, innovation, sustainability, and community service. The farm was

established with a vision to revolutionize the way communities' access fresh, healthy food through innovative modular indoor farming technology. By growing produce close to the people they serve, Raven's Nest Farm supplies local markets, restaurants, and direct-to-consumer customers with fresh, traceable, Canadian-grown produce throughout the year. Together, Keith and Laura have built a business that blends agricultural tradition with innovation. Their Canadian-made modular indoor growing system is designed to withstand Alberta's climate while producing high-quality leafy greens and herbs year-round. Community engagement is at the heart of Raven's Nest Farm. Through active social media channels and a monthly newsletter, the Chitwoods share recipes, educational content, seasonal updates, and initiatives that encourage community participation. Their commitment to giving back is reflected in projects such as a reusable bag collection campaign supporting the Airdrie Food Bank, along with their ongoing efforts to strengthen connections between local food producers and consumers.

Stay Safe and Sound! - Want to know what's happening in your community? Sign up for Safe & Sound, the County's alert and information system, to receive updates that matter to you and your family. In an emergency, Safe & Sound can help the County quickly reach you with important information about a crisis, including what's happening and what you should do to stay safe. You can also choose to receive updates about things happening in your area, such as road closures, fire bans, development applications, bylaw changes and more. It's easy to sign up, and you choose the information you want to receive. Take a few minutes to sign up today by visiting the county's website.

Don Kochan - Division 2 Councillor
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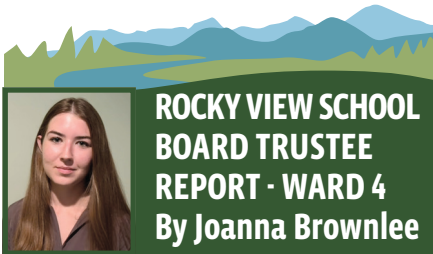
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Rocky View Schools (RVS) is receiving an additional \$3.08 million in provincial Class Size and Complexity Grant funding for 2026/27, increasing the classroom complexity supports the division will provide beyond the initial \$3.6 million approved earlier this year. Announced by government on July 3, the new funding expands the program to include support for Grade 7-12 students and will be used to introduce nine additional Classroom Complexity Teams across elementary, middle and high schools, providing direct, school-based support where they are needed most. On August 10th the Board of Trustee's held a special board meeting, to finalize the decision of which schools would be receiving a team.

The nine additional complexity teams will be located at:

- Northcott Prairie School
- Ralph McCall School
- Herons Crossing School
- Glenbow Elementary School
- Chestermere Lake Middle School
- Meadowbrook Middle School
- Bow Valley High School
- Bert Church High School
- Chestermere High School

This investment supports the Board's budget priorities by directing resources to schools, advancing student learning and promoting student and staff well-being. It also connects with RVS' 2026 – 2030 Strategic Plan, supporting the priorities of equipping students for success and fostering optimal learning environments. Most of the funding will be used to add teachers and educational assistants, while the remaining funds will support specialized behavioural services, professional learning and emerging student needs. These additional supports will help schools and classrooms that are increasingly stretched by student complexity, strengthening RVS' capacity to better address barriers to learning, support positive classroom environments and enhance access to timely, targeted interventions that support success.



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.



that's how we work

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September in Banff-Kananaskis: Back to School and Prepping for Back to Legislature

I love September mornings. The cooler, crisp air, and that golden slant of light that gives everything a golden glow. The leaves start to change, and the best hiking is yet to come! Around Alberta, it also means backpacks by the door, school buses back on the highways, and community halls filling up again with the season's first meetings. I always enjoy this time of year. It feels like the whole community exhales after a busy summer and settles back into its rhythm.

I've spent much of the last few weeks talking with folks at farmers' markets, on trails, in Bragg Creek and Millarville, and everywhere in between. I've loved every chat and interaction and it's all stewing in my mind as I get ready to head back to the legislature next month.

Back to School in Banff-Kananaskis

I love the energy that Back to School brings to our communities. I have so much respect for the teachers, educational assistants, and school staff across our riding who pour themselves into this work every single year. The year ahead looks bright because of the hard you all do throughout the year!

Parents have been sharing what they want for our schools too – more support for

students who need it and teachers who aren't spread impossibly thin. Our local schools are great spaces that welcome our diverse constituents and work with students to help them succeed. I've enjoyed visiting schools across our riding and meeting many of our young students as they learn about provincial politics and democracy. The future is bright with this next generation at the helm – they ask great questions and are very engaged! Families here are proud of their local schools. They want to see that pride matched with real investment, not just kind words in September.

Looking Back on the Teachers' Strike

One year ago, so many of us felt differently about the Back to School Time. The Teachers' Strike was hard for many of us and was an important reminder of the critical work our teachers do! Missed school days, disrupted routines, and anxiety on all sides. The strike put a spotlight on the fact that our public education system has been asked to do more and more with less and less for a very long time.

Looking back, I think the strike shows us just how much teachers are carrying. Not only lesson planning and marking, but supporting kids with complex needs, managing overcrowded classrooms, and often paying out of pocket for basic supplies. It also showed how much Albertans care about public education. People showed up, in record numbers at protests across the province. People talked to their neighbours, wrote letters, and made it clear that they expect better for their kids and for the people teaching them.

And the government responded by invoking the Notwithstanding clause on our first day back in the Legislature and took away teacher's rights, forcing them back to work. It's a day that still haunts me. I never thought I'd be an MLA debating the need for people to retain their Chartered Rights.

A year later and many of the same issues persist. Class sizes are still too large in too many schools. Supports for students with additional needs are still stretched thin. Teachers deserve support from the province for the critical job they do. Along with my colleagues, I will keep advocating for investing in our public school system to make sure that all teachers, staff, and students can succeed!

Upcoming Referendum

The Alberta Government will be holding a referendum on October 19th, 2026.

Everyone needs to get out and vote! Referendums are an important part of our democracy at work where a government asks people important questions so that all Albertans can have a voice in policy decisions. This referendum will have 10 questions, each of which will be on a separate ballot. There are 5 questions centering around immigration policy, 4 around constitutional reform, and one around Alberta staying in Canada. The questions are complicated and may take a bit of time to research and understand. It's a good idea to do some research online to understand what the questions are and what their implications are. The results of the referendum may guide the government's mandate over the next year.



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As ballots will be hand counted and each question is on a separate ballot, the line ups on voting day will be long and the process may take a while before results are complete. I am encouraging people to sign up for mail-in ballots or plan to visit an advance polling station. All the information for voting procedure and the questions themselves are on the Elections Alberta website. Mark your calendar, put a vote plan in place, and VOTE!

Let's Stay In Touch

September always feels like a fresh start, and I'm genuinely looking forward to the work ahead this fall both at home in Banff-

Kananaskis and in Edmonton. If there's something on your mind, whether it's about schools, healthcare, our parks, or anything else affecting your family or your community, I'd love to hear from you. Reach out through my constituency office the way you always have. Your stories are what motivate the work I do on your behalf, and I always value hearing your thoughts.

Here's to a good September, Banff-Kananaskis. Enjoy the fall colours while they last!

Sarah Elmeligi



MLA SARAH ELMELIGI BANFF-KANANASKIS

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MLA ON TOUR

Is paused for the month of September.

Stay tuned for more chances to meet Sarah in October!

Meet Sarah's Staff At

Old Tyme Fall Fair
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Avoid Financial Failure: Set Goals

Are you feeling anxious about your retirement savings? You certainly aren't alone. As the old saying goes, "People don't plan to fail, they simply fail to plan." When getting ready for retirement, losing sight of your target – or never having one to begin with – is an incredibly easy trap to fall into.

Let's look at recent numbers. According to the 2025 CPP Investments Retirement Survey, 59% of Canadians actively worry they will outlive their savings. And a recent Manulife report highlights that 48% of Canadians are behind schedule on building their nest egg. Without a clear target to aim for, it's no wonder so many fall short.

If It Is to Be, It's Up to You

This reality check isn't just about your golden years; it rings true for any financial milestone. Whether you're funding an education, saving for a down payment, buying a car, or seeking true financial independence, the bottom line remains without clear, intentional goals, what you want most probably won't happen. Major financial successes rarely occur by accident.

To actually work, your goals must be inspiring. They need to feel real enough to motivate action. Without an emotional connection to what you're saving for – or a vivid picture of life once you achieve your goals, it will likely end up buried on a to-do list under a stack of mail.

5 Keys to Setting Achievable Financial Goals

To turn your aspirations into reality, here is a practical roadmap:

1. Decide What Is Important (And why)

We'd all love to do everything financially, but realistically, resources are limited. Since every goal has a price tag, it's crucial to value and prioritize your desires. Figure out what matters most to guarantee you hit your top priorities.

2. Quantify Your Goals

If you don't know the exact cost, you won't know if a goal is realistic or how much to set aside. Don't shoot for a vague target high in the sky. Pinpoint the specific dollar amount and give yourself a concrete timeframe.

3. Determine How Much to Save

Saving involves several moving parts: your time horizon, expected investment returns, inflation, and the final cost. Factor these together to calculate one manageable number: your monthly savings target. (The online calculators on our website can do the heavy lifting for you!)

4. Set Your Budget

A fundamental rule of saving is to pay yourself first. Allocate the first slice of your paycheck directly to your savings. If your goal is saving \$500 monthly, make that your very first non-negotiable expense. Build all other spending around it.

5. Monitor and Measure Progress

Setting a goal is just step one; tracking it gets you across the finish line. Properly set goals let you know exactly where you stand. Regularly monitor your progress so you can make necessary adjustments – like tweaking your monthly contribution or shifting the timeline – along the way.

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

We will look at your sources of income, the physical assets you have, such as home, other real estate, etc. We will also review the various investments that you have that will be generating retirement income, now and into the future.

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

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Future postal code.

Funny thing about making plans for the future, it can creep up on you unexpectedly.

Tanya and I had a plan. We were going to stay in Alberta a few more years, eventually downsize, and then move to Osoyoos, BC for warmer temperatures, new business opportunities, family and our healthspan, Oh. And a longer golf season. Then along came an opportunity.

A client, Rendezvous Resort, opened the door to a lifestyle and business opportunity that made us look at each other and say, "What exactly are we waiting for? We're empty nesters!" So, we've decided to move. Not eventually. Soon.

We're trading in our Bragg Creek lifestyle for a substantially smaller one in Osoyoos, BC because nothing says "new chapter" quite like discovering you own 2260 things you haven't touched in decades. The purging process has been liberating to say

the least. I've apparently been the curator of a museum dedicated to my past. Art portfolios. Gym equipment. Furniture. Music equipment. Tools. Stuff I bought because I was absolutely, positively going to use it someday. Well, those days have passed.

So, I've become a FB Marketplace entrepreneur. I've been having a blast writing humorous descriptions of things we're selling. If I'm going to announce that I'm selling a good piece of furniture because it's passed its "best before" date, I might as well make use of my skills.

And something wonderful has happened. People I've never met on FB Marketplace have started responding, not only because they want to buy something, but because they enjoyed the posts. Some have actually said, "I don't want your stuff, but you made me laugh. Want to be Facebook friends?"

That makes me so happy.

I've always believed creativity isn't simply about selling something. It's about making people feel something. Curiosity. Emotion. Connection. Apparently, I can now add "making strangers laugh while trying to get rid of my possessions" to my creative resume.

Another important part of this move is that we're not leaving our AB friends, clients and relationships behind. We're just changing

our postal code. The people we've met, worked and built relationships with will always be near and dear to us. Geography doesn't erase relationships. If our AB friends or clients need us, we're still here. Kate, my creative partner, who lives in Calgary, is still an integral part of the AdMaki package.

AdMaki isn't retiring. It's expanding. Our move to Osoyoos gives us the opportunity to explore new markets and creative possibilities while continuing to serve the people and businesses we've worked with in AB. It's not an ending. It's an expansion with a lakefront view. And we welcome you to visit.

At 65, I'm increasingly aware that great opportunities become fewer with age. So when something genuinely exciting comes along, perhaps the smartest thing to do is stop asking, "Is this the right time?" Maybe the better question is, "Why not now?"

As I mentioned, Osoyoos gives us many new possibilities (more acting roles perhaps?). The chance to reevaluate and reinvent. We're downsizing our house but upsizing our lives. And I've learned that letting go of things can create room for things you never expected, including new friends who don't want to buy your stuff but want to connect. And that's a good trade.

Cheers, mark



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BRAGG CREEK TRAILS

Safety on the Trails: BCT Passes Annual COR Maintenance Audit



Bragg Creek Trails (BCT) builds, maintains and grooms 166 kilometres of multi-use trails in West Bragg Creek (WBC). Keeping that network in great shape involves everything from clearing trees and operating motorized equipment to digging, hauling, tamping and plenty of other hands-on work.

With that work comes a responsibility to make sure it is done safely.

BCT has a strong safety culture and is committed to ensuring our staff and volunteers have the training, tools and processes they need to work safely and head home healthy at the end of the day. Just as importantly, we recognize that our work takes place in a beautiful natural environment valued by those who live, work and recreate here. Protecting that environment and minimizing the impact of our activities remains an important part of how we approach trail work.

In mid-2025, BCT achieved a Certificate of Recognition (COR) for our occupational health and safety systems through the Alberta Association for Safety Partnerships. Achieving COR required a rigorous audit of our safety programs, practices and results and represents an important milestone for the organization.

The work doesn't stop once the certificate is on the wall. To maintain COR, BCT must successfully complete annual

maintenance audits throughout the three-year certification period. These audits help ensure our safety systems continue to meet the required standards while adapting alongside our work and operations.

Our first annual COR Maintenance Audit took place in early July, and we're pleased to share that BCT successfully passed the audit.

While it was a great result, the audit also highlighted opportunities to continue improving our processes and safety culture. Those recommendations will be incorporated into our work over the coming months as part of our ongoing

commitment to doing things well – and doing them safely.

Want to experience a BCT Trail Day firsthand? Come join us! Our volunteers are an important part of caring for the trails we all enjoy, and no previous trail-building experience is required. Learn new skills, meet some great people and spend a day giving back!

Visit www.braggcreektrails.org to learn more about volunteering and upcoming Trail Days.

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More Than Hot Flashes: The Connection Between Menopause and Your Musculoskeletal Health

Welcome back, readers! This month, we're diving into a topic that doesn't always get enough attention: how perimenopause and menopause can affect your musculoskeletal health. Your musculoskeletal system includes your bones, muscles, joints, tendons, and other tissues that help you move.

As the title suggests, menopause is about more than hot flashes, night sweats, and changing periods. The hormonal changes that happen during the menopausal transition can affect the whole body, including the tissues involved in movement and physical function.

Maybe you've noticed that you're feeling more achy than you used to, that an old injury seems to be bothering you again, or that your body doesn't seem to recover from exercise the way it once did. Maybe what used to feel easy now requires a little more recovery time. Sometimes I even wonder, "What is going on with my body?"

These experiences can be part of the bigger picture of the menopausal transition.

First, let's talk about what perimenopause and menopause is. Menopause is a normal biological transition that occurs as ovarian hormone production declines, particularly estrogen. Perimenopause is the stage

leading up to menopause, when hormone levels can fluctuate. Perimenopause typically begins in one's 40s, although it can occur sooner or later, and everyone's experience is different. Some people experience very few symptoms, while others notice significant changes that affect their sleep, mood, exercise, and overall quality of life.

And this is where things get interesting from a physiotherapy perspective. So, what does estrogen have to do with movement you ask?

Estrogen has effects throughout the body, including on tissues involved in physical function. As estrogen levels change during the menopausal transition, this can coincide with changes in muscle mass and strength, bone health, and connective tissues such as tendons and cartilage. Research suggests that estrogen plays a role in maintaining tendon and cartilage health (Cowan et al., 2022) and preserving muscle strength (Greising et al., 2009). These changes may help explain why some people notice new or changing musculoskeletal symptoms during this stage of life.

If you are going through menopause or perimenopause, you may start to notice some changes. Such as:

- Changes in muscle strength, bone/ muscle mass
- Increased joint or tendon discomfort
- Changes in activity tolerance or recovery
- Feeling more sensitive to pain

Research also points to a higher prevalence of certain musculoskeletal conditions during and after the menopausal transition,

including conditions such as bursitis, greater trochanteric pain syndrome, and frozen shoulder.

So... Bre, are you saying every ache and pain because of menopause? No (and this is an important distinction)!

Not every new pain or injury during midlife is "because of menopause." Hormonal changes can be one piece of the puzzle, but there are many other factors that influence how our bodies feel and respond to physical activity. Things like tissue load tolerance, changes in strength or muscle activation, biomechanics, previous injuries, sleep, stress, and other medical conditions can all play a role. Often, there isn't one single explanation for why something hurts.

This is why looking at the whole person and completing a thorough assessment is so valuable. I think it is incredibly important that your healthcare provider understands your experience through perimenopause and menopause. Knowing what is happening in your body can help us better understand the whole picture.

As physiotherapists, our role is not to "treat menopause." Our role is to help you understand your body, build physical capacity, support your health, and help you stay active through these stages of life. We have a whole team (physiotherapists, massage therapists, a psychologist, and a personal trainer) here to support you!

Bre Maughan
Registered Physiotherapist (MScPT, BScKin)
Bragg Creek Physiotherapy
www.braggcreekphysio.com

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

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

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BRAGG CREEK & AREA CHAMBER OF COMMERCE

Back to School... and Back to Routine!

September has a way of flipping the switch. Summer days get a little shorter, backpacks reappear, calendars fill up – and suddenly we're all wondering how it's already time to pack lunches again.

Lunches: Here We Go Again

The daily lunchbox puzzle is back! Luckily, Bragg Creek is full of great local spots to help with everything from grab-and-go treats to nutritious options ready to tuck into the fridge and make those busy school mornings a little easier.

Coffee. Hot. In Peace.

For some parents, September brings a beautiful milestone: the first adults-only coffee in two months. No sharing. No reheating it three times. Just you, your coffee and perhaps an actual conversation. Savour it.

Back to the To-Do List

That project you've been putting off all summer? September is a great time to tackle it. Whether you need professional advice, home or property services, wellness appointments or help getting organized, our local businesses are ready when you are.

Fall Looks Good on Bragg Creek

Back to routine doesn't mean staying indoors. September brings crisp mornings, changing colours and some of the best hiking and biking weather of the year. Hit the trails, take the long way home, grab a bite afterward and enjoy the start of fall in our own backyard.

What's Happening Around Town

September is still full of reasons to get out and connect. From the Farmers Market until Sept 20 to live music, there's lots happening around Bragg Creek all month long.

Want to Be Part of the Story?

Bragg Creek is built on the people, ideas and businesses that make this community what it is. The Chamber is here to support those connections, celebrate local successes and help our business community thrive. Not a member yet? Come join us at visitbraggcreek.com.

And we know you've got a story worth sharing, so reach out to Gregg from Bragg N' Bout Business and join him on the podcast. It's a great way to introduce yourself, your business and the story behind what you do.

Bragg Creek & Area Chamber of Commerce



BRAGG CREEK COMMUNITY ASSOCIATION

Maybe you've been thinking about how much you enjoy your little spot here in Bragg Creek, maybe you appreciate and welcome all the little things that make your town unique and feel just right. Maybe you have thoughts and ideas that others would want to hear, and could benefit from. Maybe this fall will be different.

The BCCA is starting up the season with some of the old, and some of the new.

Fall Programming resumes in September:

- Rumble & Roar (ages 0-6 with caregivers) returns Thursdays starting September 10th
 - Pickleball (adults) returns 4 days a week starting Monday September 21st
 - Artsy Afternoons (adults) returns Thursdays starting September 24th
 - Dungeons & Dragons (adults) - Tuesdays - full
 - Dungeons & Dragons (ages 12-17) weekly starting September 2nd
- ### NEW Programs: Keep an eye on the website for start dates!
- Master Chef - ages 12-17
 - Lego Social Skills - ages 9-12
 - Dog Training Classes with Fur Person Dog Services - adults with their dogs
 - Women's Writing Circle - adults

Farmers Market:

- Farmers Market – 10am to 3pm - The last Sunday is Sept 20th!

Weddings, Parties, Socials, Meetings

- We have small rooms, big rooms, and an even bigger auditorium! Whatever you can dream up, we can probably find the right fit.
- Weddings happen year round at the Community Centre. It is an excellent venue option for celebrations, right here at home.
- Call or visit us to hear more.

A nod to Christmas:

It may seem early, but when it comes to making magic happen, it can never be too early.

We are recruiting a Spirit of Christmas volunteer event lead (or co-leads). If this is something you would like to hear more about, or know someone perfect for the job, please email program@braggcreekca.com, or stop by the Centre to talk with Shayne.

Are you interested in getting on board?

The Bragg Creek Community Association (BCCA) will hold its Annual General Meeting (AGM) at the end of October. 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 coming up.

The AGM is also an opportunity for new volunteers to jump on Board, so put your hat in the ring and get set to shape your community! Contact the office to find out more.

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

Your BCCA
www.braggcreekca.com



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SWAMP DONKEY MUSICAL THEATRE

A Taste of Things to Come

We hope you can join us for our first production of the 2026/2027 season: *A Taste of Things to Come!* This musical is a laugh-out-loud, fabulously fun romp that celebrates the friendships of four very different women. There was a time when the kitchen was a proving ground for women, a time when cooking up a tasty casserole garnered the same respect as being the CEO of Sears. In 1957, four women see an opportunity to make their mark and enter a Betty Crocker Cooking Contest in hopes of changing their lives. When they meet up again in 1967, what they get is more than what they bargained for... just a little taste of things to come (synopsis from www.concordtheatricals.com).

Performances run October 16 to 25, 2026 at the Swamp Donkey Theatre in Bragg Creek. Tickets are available at www.swampdonkeytheatre.ca.

A Taste of Things to Come is presented by arrangement with Concord Theatricals (www.concordtheatricals.com).

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 Swamp!

*Many thanks, Trisha Dawn Gizen
Founder & Executive Director*

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A
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*A Taste of Things to Come is presented
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BRAGG CREEK COMMUNITY CHURCH

For more than 40 years, Bragg Creek Community Church has been a place where people come together to worship, build friendships and support one another.

The Church held its first service on April 3, 1983, and continues to be an active part of the Bragg Creek community today. Led by Pastor David Zimmerman, the Church welcomes everyone to its Sunday service at 10 am at the Community Centre.

At the heart of Bragg Creek Community Church is a simple focus: knowing God and loving others.

The Church believes that faith is a lifelong journey of learning and growing, with a focus on connecting with Jesus Christ in ways that are practical and relevant to everyday life. Just as importantly, it believes people grow best in community — through relationships that encourage, challenge and support one another.

There is also plenty happening for all members of the community. Each Sunday, following songs and prayer, children are invited to Children's Church, where they explore Bible stories and scripture through fun talks, songs, crafts and games while learning about Jesus and His love for them.

Youth ages 12–17 are also welcome to participate in the Church's Junior and Senior High programs. Families can register through the Church website for information about upcoming activities.

Our Ladies' Bible studies offers an opportunity to build deeper relationships and grow together in faith which runs from September through June. Check it out!

While the Church has a long history in Bragg Creek, its focus remains very much on the community today. That means creating a welcoming place where people can come as they are, meet others, ask questions, explore faith and find support when they need it.

Whether you've been part of a Church for years, are curious about faith, or are simply looking for a welcoming community, Bragg Creek Community Church invites you to come and meet the people who make it what it is.

Sunday services are held at 10 am at the Bragg Creek Community Centre. Everyone is welcome.

www.braggcreekchurch.ca



BRAGG CREEK PERFORMING ARTS

SHARI ULRICH AT THE BRAGG CREEK SNOWBIRDS LOUNGE ON SATURDAY SEPTEMBER 12, 2026

Award-winning Canadian singer-songwriter and multi-instrumentalist Shari Ulrich makes a special appearance in Bragg Creek on September 12th, 2026, at an intimate dinner concert at the Snowbirds

Lounge. Shari has spent over four decades captivating audiences across North America with her unique folk music style and has recorded over 25 albums either on her own or with other groups.

Catch Shari at one of her limited Alberta appearances.

Tickets are available online at braggcreekperformingarts.com or www.ticketpro.ca

SHARI ULRICH

DINNER CONCERT

Award-winning Canadian singer-songwriter and multi-instrumentalist Shari Ulrich has spent over four decades captivating audiences across North America with insightful songs, warmth, and charisma, recording 25 albums solo and with renowned bands.



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Design by Charlotte Taggart



BRAGG CREEK WILD

Hungry Bears, Busy Fall: Living BearSmart in Our Community

There's a good chance a bear has already walked closer to your house this month than you'll ever know. That's not cause for alarm - it's a sign of just how rich this landscape is. Bragg Creek sits in one of the most biodiverse corners of Alberta, and every fall we get a front-row seat to one of nature's great feats of endurance.

Why bears are working overtime right now

From late summer through fall, bears enter a stage biologists call hyperphagia — essentially, an eating marathon. With denning season only weeks away, a bear needs to pack on roughly a third of its body weight in fat to survive four to six months without eating or drinking. To do that, they may spend up to 20 hours a day foraging and consume as many as 20,000 calories, hunting down berries, nuts, roots and insects wherever they can find them.

Here's the catch: a pound of berries might offer a few hundred calories, but a single unsecured garbage bin, bird feeder or backyard chicken coop can hand a bear thousands of calories for almost no effort. When natural food is patchy, that math is hard for a bear to resist — and it's exactly what draws them toward homes and yards instead of forest.

This isn't a story about bears behaving badly. It's bears doing exactly what they're supposed to do. Our job is to make sure our properties don't accidentally become the easiest restaurant in the neighbourhood.

Simple things that make a real difference

The good news: most conflict is preventable, and the fixes are refreshingly low-tech.

- Garbage - Keep bins secured indoors or in a shed until your plan trip to the transfer site.
- Bird feeders - Take them down for the season. Birdseed is calorie-dense and bears can smell it from a long way off.
- Compost - Skip meat, fish, dairy and eggs, and use an enclosed bin.
- Fruit trees and gardens - Pick ripe fruit promptly and consider electric fencing around vegetable patches, chicken coops or beehives.
- Pets and livestock - Feed pets indoors and secure animal feed overnight.
- BBQs - Clean grease traps after each use.

None of this is complicated, but it works because it removes the reward. A bear that finds nothing worth returning for moves on and stays wild — which is safer for the bear and for us.

If you do encounter a bear

Stay calm and back away slowly; never run. Speak in a low, calm voice so the bear can identify you as human. Give it space and a clear escape route, and don't corner it. Keep dogs leashed. If a bear approaches a home or acts unusually bold, report it to Alberta Fish and

Wildlife (call 310-0000) so officers can respond before the situation escalates for the bear or for people.

A shared responsibility, a shared privilege

We live somewhere special. Foxes, cougars, bears, birds and everything in between are part of what makes Bragg Creek feel like Bragg Creek. Let's keep it that way for the bears fattening up right now, and for the generations of neighbours, human and otherwise, who'll walk through this land after us.

Bragg Creek Wild's work, from the Art Walk celebrating wildlife on Centre Avenue to our newest initiative, comes back to one idea: coexistence is a practice, not an accident. That's why we are excited and privileged to share that Bragg Creek Wild recently received first-year funding from the Alberta BearSmart Program, and we're now designing a comprehensive BearSmart implementation plan for our community and area, covering everything from attractant management to community education.

As a volunteer-run organization, we can't do this alone. We're inviting anyone interested in wildlife coexistence to join us and help shape this plan. No experience necessary - just a willingness to help keep our area safe for people and animals alike. Reach out through www.braggcreekwild.ca or email braggcreekwild@gmail.com if you'd like to be involved.

Bragg Creek Wild is a volunteer-run not-for-profit working to protect wildlife connectivity and promote safe coexistence in and around Bragg Creek. Learn more at www.braggcreekwild.ca

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BRAGG CREEK & REDWOOD MEADOWS WELLNESS NETWORK

We are connected in many ways.

Relationships between, and amongst, people living, working, and playing in our communities are essential for the health of all community members. The Bragg Creek & Redwood Meadows Wellness Network makes it simple and meaningful for everyone to listen, share, and come together. We are a local network rooted in community care. We connect neighbours, groups and organizations to do more together and build strong relationships to amplify community well-being. We all have essential roles in caring for each other to improve our social, economic, and environmental factors to benefit everyone.

As a Network, we continue to focus on engagement and creating connections. Our work to understand our communities, prioritize, plan, implement and evaluate our activities has resulted in new programs in Bragg Creek. Thank you to the network members who are contributing to these efforts.

Meals for Your Freezer: Meals are now available with Bragg Creek pick-up. Low-cost, nutritious frozen meals made more accessible thanks to Snowbirds Seniors Fellowship and Cochrane Family and Community Support Services. Visit www.cochrane.ca/foodprograms

(Bragg Creek orders have a separate order form) or call FCSS: 403-851-2250

Volunteer Driver Program: Community members who are ill or injured, seniors, or people with low income can access transportation for medical appointments and essential visits. Helping Hands

Cochrane accepts clients and drivers for this program which has recently reopened client intake. Please refer to www.helpinghandscochrane.ca/

Conversation Café: Dementia Network Calgary and the Snowbirds Seniors Fellowship offer a welcoming space for people with dementia and their care partners. All Conversation Cafés have a host and often a co-host to facilitate conversation. These are places for discussion, laughter and friendship, uphold privacy and confidentiality, and help café members feel connected to others on the same or similar journey. They are held on the first Monday of the month at the Snowbirds Chalet, 19 Balsam Avenue. Drop in and join anytime. Contact: Jane at Braggconcafe@gmail.com

Cochrane Public Library Outdoor Adventures: Hosted at the Bragg Creek Playground this summer, these playful adventures spark imagination, build gross motor skills, and kick start early literacy.

Rockyview Schools Summer Mental Health & Capacity Building Programming: During this summer program, at the Bragg Creek Playground, participants move, breathe, create, and connect in this playful and supportive experience designed to nurture the whole self. Another program, Grow in Nature, created space to move, breathe, notice, and grow to foster a deeper connection to both the natural world.

We continue to prioritize community engagement, creating connections, and understanding our community as we plan, implement, improve and share our activities. You can join our efforts.

Reach out at bcmrwellness.ca to find out how connection could look for you.

Shannon Parker MN RN, co-chair
Co-chair, Bragg Creek and Redwood Meadows Wellness Network



THE LITTLE SCHOOLHOUSE

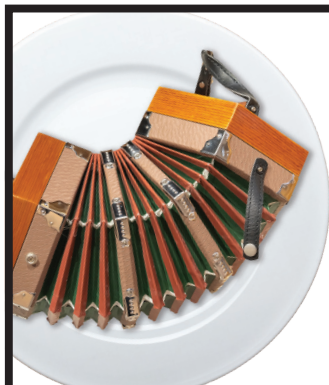
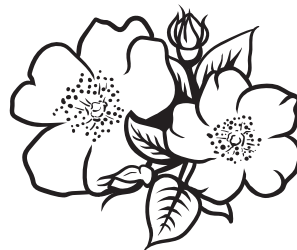
Laughter, play, and exploration are just around the corner at The Little Schoolhouse! We're delighted to welcome all our families to another exciting school year and look forward to the adventures ahead.

Our committed and talented teachers are working diligently to create a safe, fun, and engaging environment where every child can explore, learn, and build meaningful connections.

With gratitude, we acknowledge that we learn and play on the traditional territory of the Blackfoot Confederacy (Siksika, Piikani, Kainai), the Tsuu 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 part of the journey. We're looking forward to a great start to the school year—one filled with new friendships, adventures, and endless possibilities!

Ms. Shelley and The Little Schoolhouse Team



Sounds of Oktoberfest

Let us fill your plate with the sounds of Bavaria while our special Oktoberfest menu treats your tastebuds between September 18 and October 4. We're well known for this time of year by locals and travellers alike. Book your table early and save your spot in the festivities appreciating this beeriest time of the year. Prost!

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MOUNTAIN DRINKING

AT THE BAVARIAN INN



REDWOOD TAE KWON DO

From Redwood Meadows to the World Cup: Training for Excellence

For more than three decades, Redwood Meadows Tae Kwon Do has been a cornerstone of martial arts training in the Bragg Creek and Redwood Meadows communities. Families have long trusted the school for its welcoming environment, high quality instruction, and commitment to teaching the original, traditional style of Tae Kwon Do. Led by a 7th Degree Black Belt instructor and supported by a team of experienced black belt instructors, Redwood Meadows Tae Kwon Do offers students of all ages a place to grow, challenge themselves, and discover the confidence that comes from disciplined practice.

At Redwood Meadows Tae Kwon Do, students learn far more than physical technique. Classes emphasize the foundational tenets of Tae Kwon Do: courtesy, integrity, perseverance, self control, and indomitable spirit. These values shape every lesson, helping students build character, resilience, and respect for

themselves and others. Parents often share that the benefits extend well beyond the training hall — improved focus at school, increased confidence, and a stronger sense of responsibility at home.

The school offers programs for children, teens, adults, and families, making it a unique community space where generations can train together. The teaching team brings decades of combined experience, ensuring that every student receives thoughtful guidance and authentic instruction rooted in the original teachings of Tae Kwon Do's pioneers.

Redwood Meadows Tae Kwon Do is also part of a broader martial arts community through United Traditional Tae Kwon Do Canada, giving students opportunities to participate in seminars, workshops, and tournaments across the country and around the world. This year, the school proudly sent a team to the 2026 Tae Kwon Do International World Cup, held in Lethbridge, Alberta — an event that brought together more than 500 competitors from over 15 countries.

Congratulations to our Redwood Meadows team, who faced outstanding competition. We are incredibly proud of every athlete for stepping onto the mats, giving their best, and representing our school with such strong spirit. Our team brought home four medals — an incredible achievement.

Beyond the podium finishes, they gained valuable experience, made new friends, and created memories that will last a lifetime.

Achievements like these reflect the dedication of both students and instructors, and they highlight the strength of the training environment at Redwood Meadows Tae Kwon Do. While competition is optional, many students find it to be a rewarding way to test their skills, build confidence, and connect with martial artists from around the world.

Above all, Redwood Meadows Tae Kwon Do remains committed to serving the local community. The school continues to welcome new students throughout the year, offering a supportive space where individuals can build fitness, learn self defence, and develop lifelong skills. Whether you are looking for a first activity for your child, a meaningful family program, or a way to stay active as an adult, Redwood Meadows Tae Kwon Do provides a place to learn, grow, and belong.

Residents of Redwood Meadows, Bragg Creek, and surrounding areas are invited to visit the school, meet the instructors, and try a free class. With its strong leadership, experienced teaching team, and deep community roots, Redwood Meadows Tae Kwon Do is proud to continue its tradition of excellence in martial arts education.



Meals for Your Freezer Bragg Creek

In collaboration with the Bragg Creek Snowbirds, Cochrane Family and Community Support Services (FCSS) are offering affordable meals thru the Meals for Your Freezer program.

Orders due Tuesday by 12 p.m. and available to pick up the following Tuesday afternoon at Snowbirds Chalet.

For more information or to view the menu, visit www.cochrane.ca/foodprograms or call 403-851-2250.

Meals: \$6.50 each
Soup: \$5 each
Breakfast: \$3.25 each

Renal, dairy and gluten free options available





REDWOOD MEADOWS Tae Kwon Do

Confidence. Respect. Focus. Community.

31 Years of Traditional Tae Kwon-Do

Registration is now open!

- Classes for all ages: 6 yrs+, teens, & adults
- Lil' Kickers class (4-5 yrs)
- Affordable pricing & family discounts
- 7th Degree Black Belt Master

TRY A FREE CLASS

RedwoodTaekwondo.com





BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1 - 4pm: Ladies Group & Snooker

Thursdays

1 - 4pm: Snooker

4 - 9pm: Open House/Pub Night

Second Wednesday each month

1:00pm 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

2026 MEMBERSHIPS

New members always welcome.

50+ to join - annual fee \$25

Questions? 403-949-3313

Email inquiries:

braggcreeksnowbirdsfriendship@gmail.com

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RMES UNVEILS NEW 120 UTV

Redwood Meadows Emergency Services Unveils New 120 UTV to Strengthen Wildfire Response, Remote Rescues, and Community Safety: Partnership with Basecamp Motorsports delivers advanced off road capability for emergency operations

Redwood Meadows Emergency Services (RMES) has unveiled its new 120 Utility Terrain Vehicle (UTV), a mission-critical addition to the department's wildfire response, remote rescue, and community protection capabilities after it's previous one was destroyed in a devastating outbuilding fire in December 2025. The Can-Am Defender 6X6 was custom-built and delivered in partnership with Basecamp Motorsports, a leading Western Canadian motorsport and off road equipment provider, thanks to private donations.

The 120 UTV enhances RMES's ability to reach difficult terrain, transport medical equipment, and support crews during wildfire and severe-weather events. Its arrival marks a significant investment in modernizing emergency response tools for Redwood Meadows and the greater Bragg Creek area, including Tsuut'ina Nation and the Kananaskis.

"This UTV is a game-changer for our operations," said Redwood Meadows Fire Chief Rob Evans. "Our crews regularly respond in areas where traditional vehicles cannot go. The 120 UTV gives us the speed, stability, and carrying capacity to reach people faster and operate more safely in challenging conditions."

Basecamp Motorsports worked closely with RMES to configure the UTV for emergency use, including off road suspension upgrades, medical transport capability and equipment racks. Range Mobility donated and installed enhanced lighting for night operations.

"We're proud to support RMES with a vehicle built for the realities of emergency response," said Brandon St. Martin, Basecamp Motorsports General Manager. "This partnership reflects our commitment

to helping first responders access the tools they need to protect their communities. When lives are on the line, this crew needed a vehicle that wouldn't quit, and the Defender Limited 6x6 delivers."

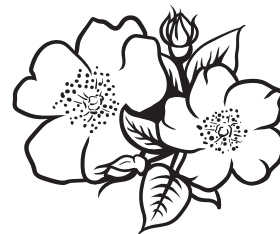
120 UTV will be deployed for wildfire response, remote medical calls in Kananaskis, and community safety. RMES publicly unveiled the vehicle at a formal push-in ceremony yesterday, which saw RMES members ceremonially "push" the new UTV into the station for the first time.

About Redwood Meadows Emergency Services

Redwood Meadows Emergency Services provides fire suppression, medical response, rescue operations, and community safety services to Redwood Meadows, Tsuut'ina Nation, and surrounding areas. RMES is powered by dedicated volunteers and supported by strong community partnerships.

About Basecamp Motorsports

Basecamp Motorsports is a full-service powersports dealership serving Alberta and Western Canada. Known for its expertise in custom builds, fleet outfitting and performance upgrades, Basecamp supports recreational, commercial and emergency service clients.



DONATIONS ACCEPTED

Help rebuild RMES after a fire in December 2025 destroyed infrastructure and equipment.

For more information contact:

RebuildRMES@redwoodmeadows.ab.ca





REDWOOD MEADOWS EMERGENCY SERVICES

Fall in Redwood Meadows and the greater Bragg Creek area brings cooler evenings, colourful foliage, and the return of fireplaces, heaters, and seasonal décor. It's also a time when fire risks increase - often quietly - as households shift into autumn routines. Here's a Fall Fire Safety Guide to help your family stay safe, informed, and ready.

1. Home Heating Safety

As temperatures drop, many homes begin using fireplaces, wood stoves, and space heaters again. These are among the most common sources of fall and winter fires.

- Have your chimney inspected and cleaned before your first fire of the season. Creosote buildup is a leading cause of chimney fires.
- Use a sturdy fireplace screen to prevent sparks from escaping.
- Keep space heaters at least 1 metre away from furniture, curtains, bedding, and décor.

- Plug heaters directly into a wall outlet, never a power bar.

- Turn off all heating appliances before leaving home or going to bed.

2. Smoke & CO Alarm Readiness

Fall is the perfect time to test and refresh your home's alarm systems.

- Test smoke alarms monthly and replace batteries if needed.
- Ensure you have carbon monoxide alarms on every level of your home, especially near sleeping areas.
- Replace alarms every 10 years, even if they appear to work.
- Vacuum alarms gently to remove dust that can reduce sensitivity.

3. Seasonal Décor & Holiday Safety

Autumn decorations are beautiful - but some can introduce fire hazards.

- Avoid placing dried leaves, cornstalks, or wreaths near candles or fireplaces.
- Use LED candles instead of open flame candles.
- Check all string lights for frayed wires or damaged plugs.
- Keep exits and pathways clear, especially during gatherings.

4. Outdoor Burning & Yard Cleanup

Dry conditions can persist well into fall, increasing wildfire risk.

- Follow local burning rules and be mindful of burning restrictions.
- Never burn leaves or yard waste - compost instead.
- Store firewood at least 10 metres from your home to reduce ignition risk.
- Clear gutters and roofs of dry leaves and needles.

5. Emergency Preparedness for Fall

Autumn storms, power outages, and early snowfall can create unexpected challenges.

- Prepare a 72 hour emergency kit with water, food, medications, and flashlights.
- Review your home escape plan with all family members - especially visitors!
- Ensure house numbers are visible for emergency responders in the middle of the night.
- Keep driveways and pathways clear as leaves accumulate.

Your professional volunteer firefighters at RMES respond to hundreds of calls each year. By taking simple steps now, you help reduce preventable emergencies and keep our community safer.

Until next month, Stay safe!

Smile with Confidence at Bragg Creek Dental Centre

We're growing to better serve our community! Bragg Creek Dental Centre is pleased to welcome Dr. Chaisson as our new Associate Dentist, working alongside Dr. Clancy to provide the exceptional, personalized care our patients have come to trust. Your community dentist since 2000.

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WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

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

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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

Hunters and Trespassers

What follows below clears up a number of misconceptions or questions with regard to third party hunters and private land access rights. It is gleaned from the Alberta Guide to Hunting Regulations and from Fish and Wildlife representatives during a Provincial Crime Watch Association meeting.

It is clear that hunter trespassing is a problem in Alberta. For other than criminally-minded poachers, it is usually the result of two things: a lack of planning on the part of the hunter, and buck fever where a hunter's good senses are temporarily overcome by the prospect of an animal opportunity right in front of them.

Every year, on average, there are upwards of 200 prosecutions under the Wildlife Act and Petty Trespass Act related to hunting trespass in Alberta. Cases are usually instigated by landowners and Fish and Wildlife will definitely investigate every complaint.

To help with the investigation it is best to obtain a licence plate, vehicle description and any other pertinent information that is then recorded and provided to the investigating officer. Date, time, description of the individual(s) will also help toward a successful prosecution.

Trespassers are armed, and while most hunters are good people, if they are trespassing their integrity may be compromised so don't confront trespassing hunters. Safely gather information at a distance. Then your best bet is to call your local Fish and Wildlife officer the Report a Poacher line 1-800-642-3800. Reports can also be made online through the Report A Poacher website.

Landowners have very powerful rights. They:

- Have 100% control over access to lands they own.
- Can put restrictions on where to hunt, what species to hunt and other aspects of granting permission a landowner deems important.

A posted No Hunting sign is a general notice to the public; however a landowner can still allow selected people to hunt on posted land. If land is fenced or cultivated it is obviously private land and it does not have to be posted.

With regard to leased Crown Land such as grazing leases, access is governed by the Public Lands Act and the Recreational Access Regulations. It is a recreational user's responsibility to contact the leaseholder and discuss the current conditions of access before arriving at agricultural public land. It is a leaseholder's responsibility to allow reasonable recreational access. Both parties must work together to respect the land and follow the Recreational Access Regulation. You can find more information on this topic at alberta.ca/AgriculturalPublicLand

As with fee simple landowners, a lease holder can put conditions when granting access for such things as the presence of livestock, vehicle use, overnight stays, and campfires.

If a wounded animal enters your land, there is an implied duty for the hunter to pursue and kill the animal. However, it is also the legal duty of the hunter to get permission for access to the land. A landowner can refuse permission – landowner rights are paramount and he has total control of access. It should be noted that the landowner cannot shoot a wild wounded animal unless they have a valid hunting licence or specific permission from Fish and Wildlife.



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A landowner should keep good written records of permission given including any conditions, time limits on access and the number of people allowed as hunters. Good written records protect landowners and provide very valuable evidence in court. Above all it is imperative to have good and clear discussions and communication with anyone to whom you grant hunting access.

One of the items that should be made clear is how long hunting access is granted not just the specified period of time access is granted during a hunting season, but also if it is limited to the present year or some other timeframe. Hunters may assume that once permission has been granted it remains in place for perpetuity. Be sure to make it very clear that access permission is only good for one year or whatever timeframe you agree to grant.

It should be noted that guides and outfitters need to identify themselves as such when seeking hunting permission on private land.

Indigenous people do not have a given right to hunt on private land without permission. The landowner has complete jurisdiction over his/her land.

The practice of good hunters is to post a written notice on their vehicle window that they have permission to hunt and from whom. It is even better if the landowner has a form that he can fill out and give to the hunter to post in his vehicle.

Dave Schroeder - HCRCA 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

Our next meeting is Tuesday September 15, 2026 at 6:30 pm

This is our potluck so bring your favourite harvest dish to share. Always lots of flavours to enjoy! Note this is the third Tuesday. Our theme will be to celebrate the 50th anniversary of the Millarville Horticultural Club.

Congratulations to everyone who entered the Priddis Millarville fair. There was a large number of entries. 117 vegetable and fruit entries and 151 flower entries. Thank you!

New members always welcome at our upcoming meetings.

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com



MILLARVILLE HISTORICAL SOCIETY

We're excited to share that this Fall 2026, the Millarville Historical Society will open the Millarville Historical Society Museum in the upper mezzanine of the MRAS arena - a new space dedicated to preserving and celebrating our local history.

This will allow us to have our first ever Museum in this area. The first Millarville Historical Society, members who authored the two history books in the 1970's, dreamed of having a local museum for all to enjoy. Now this dream will be a reality and cherished for years to come.

Our dedicated directors have been working very diligently to finish constructing the new space, organizing our artifacts, photos, and stories so that we can provide a learning space for all ages.

Our 2026 MHS Events coming up:

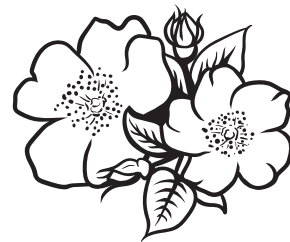
Sept. 3 - MHS Annual General Meeting
- renew your membership (Sept 1,

2026-August 31 2027) and celebrate with us on our accomplishments this year. See you at the Millarville Racetrack Hall at 6:30pm.

Sept. 17th- Millarville Community School 75th Birthday Celebration - as part of the school celebration, we are showcasing displays of the history of the Hamlet 3-6 pm at Millarville Community School

Oct. 3rd - Members Dinner at Millarville Racetrack Hall, excellent catered supper and two special local speakers who will share stories of 125 years of Ranching in our area, and Stampede Royalty celebrating their 80th Anniversary. Reserve your dinner by Sept. 23rd by email: millarvillehistoricalsociety@gmail.com

Consider becoming a member and help us continue collecting photos, artifacts, and stories about our Foothills areas in our new Museum.





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MILLARVILLE COMMUNITY LIBRARY

Calling all community members!!! Whether you are new to Millarville or have just discovered our little library, we would like to offer you and your family a free one-year membership. Pop in to see us and learn more about the library's resources and offerings!

Please note that our email has changed and you can now reach us at amclibrary@millarvillelibrary.com

We are excited to host author Bonnie Beswick on Sept. 24th at 7pm. Bonnie's varied experiences in law enforcement, owning a small restaurant, time in the oil patch and traveling the world, add authenticity and depth, to both her murder mystery series (The Janice Maidstone Mysteries) & a women's fiction series (Lady Mary, Argentina).

Some of our other upcoming events are; 2nd Annual Pumpkin Derby to be held in collaboration with the Sheep River Library in Diamond Valley on October 24th; Bow Making Workshop to be held in late Oct (contact us if you're interested); and Children's Author Krista Phillips is coming in November.

The Turner Valley Bottle Depot continues to help the Library with our fundraising efforts. When returning your bottles, please let them know that your deposit is going to the Millarville Community Library. Thank you so much!



SQUARE BUTTE COMMUNITY

Wow... the Square Butte Hall sure was buzzing with activity this summer. Now it's time to spread some positivity and connect with our neighbors! This is your official invitation to come on out and support OUR community and the volunteers who keep this place running:

Mark your calendars for these upcoming events:

Sunday, Sept 13th Annual Free Community Breakfast 8:30 – 11:30am

Come for a coffee... Come for the company... Come for the scrumptious cuisine! Join us for one of the best breakfasts in the foothills. If you can help, we have volunteer shifts available! See website for details.

Sunday, Sept 20th Family Potluck & Games Fun starts at 4pm

Square Butte Ladies Group is hosting its annual potluck event. Games and races for all ages kick off at 4pm, followed by a delicious potluck dinner (drink will be provided). Bring a dish of your choice and impress your neighbors. The traditional cake walk & quilt raffle draw will wrap up the day. \$5 per family or \$2 per person. For details contact Jody 403.931.2451

www.squarebuttehall.com
info@squarebuttehall.com
[Facebook @squarebuttehall](https://www.facebook.com/squarebuttehall)



PRIDDIS COMMUNITY

Hello Priddis,

With September comes the return of routines. With that in mind, many of our local programs are starting back up again. Did you know that there are exercise classes, yoga, martial arts, and a playgroup right here in our community? Check out our website for all the details and links to register.

It is also time to register for the upcoming hockey season. Registration information for the Priddis Panthers can also be found on our website. Our grassroots hockey program offers teams from U7 to U18 and each team has one practice and one game per week. The season begins at the Diamond Valley rink, and then transitions to our outdoor rink once the ice is ready.

We are in the process of planning fun community events and the Christmas market. Furthermore, we will soon be looking for volunteers to install the brand new boards on our rink. Follow us on social media to get updates on all of these exciting happenings.

*The Priddis Community Association
Board of Directors*



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Join us at 10:30am every Sunday – **onsite or online** (YouTube - [@RedDeerLakeUnitedChurch](https://www.youtube.com/@RedDeerLakeUnitedChurch)) as we explore faith, hope, and connection together.

We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

SPECIAL EVENTS AT RED DEER LAKE UNITED

- Saturdays (September 12- October 10) – A Life You Make: A Five-Week Creative Studio Experience for Adults 50+ <https://reddeerlakeuc.com/tickets/a-life-you-make>
- September 7 – Our office is closed for the Labour Day Holiday
- September 9 – Coffee with the Minister, 10 am - Noon
- September 13 – Start Up Sunday following the Worship Service a BBQ Lunch

SPECIAL EVENTS AT MCDOUGALL UNITED

- September 11 – Then Let Us Sing, 7 pm (www.mcdunited.com/calendar-events/then-let-us-sing)
- September 26 – Decolonizing Gender & Sexuality, All Day Event (www.mcdunited.com/calendar-events/he-fyrefly-institute-day-long-workshop)
- September 30 – National Day for Truth & Reconciliation, 12 – 3 pm (www.mcdunited.com/calendar-events/national-day-for-truth-and-reconciliation)

*Please note there will be no service at Red Lake on September 6. Join us at McDougall for our Joint Pride Service, beginning at 10:30 am

ON THE EDGE CONCERT SERIES

The 2026-2027 Season Tickets are now on sale! Experience an unforgettable season of live music at Red Deer Lake United Church. Enjoy a lineup of talented performers spanning a variety of genres, and share in an afternoon/evening of music, community, and connection. Learn more and see upcoming concerts at reddeerlakeuc.com/concerts

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Stay connected and explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

**Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.*



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Proclaiming Christ in the Heartland!



Greetings! Sharing my News Update...

Observatory invites neighbours to a BBQ Event: Do you live around the Rothney Astrophysical Observatory? Ever wondered what's going on up there? Wondered about the Dark Sky initiative? Neighbouring residents are invited to attend a free and family-friendly BBQ at the Rothney Astrophysical Observatory! Join in for a bite to eat and enjoy a tour of the site. The event runs from 5 pm to 8 pm on Thursday, September 17th, 2026. Please RSVP by noon on September 14th, 2026. Link to RSVP: <https://forms.gle/cA7STEGzcehPcR4A9>

Accidents and EMS: Following recent, serious, fatal accidents at the intersection of Highway 22 and Priddis Greens Drive, I have asked for an evaluation of this intersection through Alberta Transportation and for a review of the EMS responses through Emergency Health Services. Many of us are concerned about these accidents and about the current practice of flexing the Priddis Ambulance to cover other communities when the Priddis Ambulance is well-justified to remain in the location serving Foothills County NW and adjoining areas. Division 4 experiences a high population surge and increased risk especially during the many months as a recreation destination including motorist touring, golfing, cycling, community and charity events, and travelers en-route, mixed in with

ongoing agricultural operations, industry, and resident activities throughout this area. With recent and ongoing incidents occurring along Highway 762, Highway 22, and within the Foothills NW, we are asking for the Priddis Ambulance to stay in Priddis and be ready to cover us here, instead of us receiving a response to our medical emergencies from distant ambulances. Foothills County Council has also asked to meet with Emergency Health Services representatives within the next month. We are asking for the Province to solve this situation as they have elsewhere: keep the Priddis Ambulance at its home station to serve the residents and visitors here. When I hear back about these inquiries, I will write about this topic again.

Next Generation 9-1-1 Announcement: Foothills County is a partner in the Commission that owns and operates Foothills Regional 9-1-1. A "milestone" has been achieved in providing state-of-the-art service to our residents. As of August 17, 2026, our 9-1-1 Centre has connected with the "Next Generation 9-1-1 Network" ahead of the March 2027 transition deadline mandated by the CRTC. This upgrades a system that is over 30 years old. Public safety will be enhanced with the addition of modern features including more accurate data about each 9-1-1 call, improved location tracking, greater system resiliency with backup capability, and readiness for future communication options such as live video calls, and real time text to 9-1-1. We thank all those on our team and our technical partners who have been a part of this successful advancement. NG9-1-1 info: www.alberta.ca/next-generation-911

Priddis Bridge Upgrade Project: During a meeting with Alberta Transportation on June 17, 2026, Foothills County was informed that the Priddis Bridge upgrade,

on Highway 22 and Priddis Valley Road, will be tendered in the Fall. If all goes according to schedule, the construction will go ahead in 2027. Here's hoping that it will proceed and will improve safety at this intersection!

How to Save 5% or 6% on your Property Taxes: In Foothills County, property taxes are due by October 1. As I am sure you know, there are virtually no reasons that the County will accept for late payment, which then imposes the penalty of 6% the day after October 1 and 12% the day after Dec. 31. However, there are two options for you to save money, plus alleviate any worry about forgetting to pay on time before any late penalties apply. You can pay the full amount of property taxes by Jan 31 and save 6%. Or, you can pay monthly through the Tax Instalment Payment Program (TIPP) and save 5%. On the County's website, view the instalment payment plan terms, the TIPP application, school support info, discounts/penalties info, tax search/certificate options, enter "Virtual County Hall" to setup/access your account (link at top of page), and see payment details: www.foothillscountyab.ca/services/taxes

For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>
Email: suzanne.oel@foothillscountyab.ca
Please visit High Country News online for my previous articles: <https://highcountrynews.ca/?s=suzanne+oel>

With Best Regards,
Suzanne

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The Diamond Valley Chamber of Commerce is an association of business leaders and community builders focused on business vitality in our part of the Alberta Foothills along the Cowboy Trail – Priddis to Chain Lakes, Alberta.

Our MISSION is regional business and community prosperity through advocacy, access to leaders, economic development, networking and business education. This Association has connection with Chamber of Commerce influence Provincially and Federally.

The VISION of this Association of local businesses is a resilient, innovative and prosperous region, providing sustainable economic opportunities for individuals, families, businesses and visitors in ways that reflect our rich local history.

The Board of Directors – volunteer leaders from our business community – have worked hard to bring focus to the work that we do. We expect the things that we put time, money or effort into serve to move us

forward in our Mission and Vision here in the Foothills West region.

Something that will serve to celebrate LOCAL BUSINESS in our region is our NEW WEBSITE, that features a SEARCHABLE, CATEGORIZED LISTING of local businesses and not-for-profit community organizations.

Take a minute to look for your favorite business listed on our website at WWW.DIAMONDVALLEYCHAMBER.CA

Our intension is to celebrate, encourage and promote local businesses, business owners and community group leaders.

We have a lot to celebrate here in the Foothills West region. As our Association gains strength, we will see an increase in local pride,

confidence, creativity, risk-taking, cooperation, and hopefully increased resilience as a community.

Another support for business leaders is a half-day conference that we are hosting with Community Futures Highwood on September 24th:

Roots & Results: Diamond Valley Workforce Conference

September 24, 2026

9am – 1:30 at the Eau Claire Distillery Speakeasy

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Diamond Valley Chamber of Commerce in the Foothills West region – We Do Business Here
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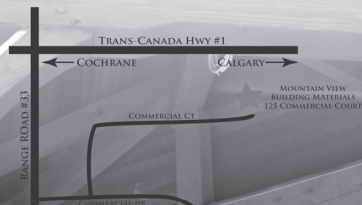
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Country Lane Quilter's Guild began in 1989 offering members classes, work days, retreats, plus support and camaraderie.

Since 2004, the Country Lane Quilter's Guild has contributed handcrafted quilts to the Children's Hospital Mental Health Cuddle Quilt Program. To date, our guild has produced over 1,500 quilts for hospitalized children aged 3 to 14. These quilts, created with care and skill by our quilt members, allow each child to select a personal quilt for comfort during their stay and to bring home, providing reassurance and emotional support.

The quilts are a welcome comfort for recipients, as voiced by some of the recipients.

"Your thoughtful gift keeps me warm and snug when I'm all alone in the hospital at night. Thank you, so very much" wrote one child.

"My quilt makes me feel a little happier when I see it to know someone cares about people like me. I am so grateful that there are people like you in this world who would take the time to make a quilt for someone they never even met to raise their spirits."

"Feeling un-special is always the worst, but this quilt will be my stronghold. When I'm feeling hopeless, I can say: A random stranger, cares, so I must matter, right?"

"I love the quilt. It makes me feel strong inside."

Another focus of our guild is creating comfort quilts for community members to comfort them in times of need, thus sustaining the tradition of quilting while supporting the broader community.

We meet the first Saturday of each month from Sept to June at the Millarville Christ Church House at 9:30 and visitors and new members are welcome.

If you are interested in finding out more about Country Lane Quilter's Guild and perhaps joining our group, learning quilting skills in a positive and caring atmosphere, contact our Facebook Group- Country Lane Quilters Guild or email: clqgmillarville@gmail.com for more information

Lorretta Stabler



Hello, Diamond Valley. Well, it was a different summer with July being nice and hot and then a fair amount of rain in August. Let's hope we have a nice start to fall and also that the forest fires have abated by now.

The kids are back to school, I understand from the Foothills School Division calendar that most started back August 31. They will be off Sept. 7, Labour Day, and the 30th is the National Day for Truth and Reconciliation. The Boys and Girls Club of Diamond Valley offers out of school care, please check their website for details. The Club is also holding a 50/50 raffle, one ticket is \$10. 4 for \$20. 20 for \$50, and 100 for \$100. You have lots of time to get your tickets for this very good cause, the draw date is December 5. Another area where children and youth aged 4-18 could be interested in are the Oilfields Sports Association, with soccer, baseball, swim club, floor hockey, and pond hockey. Check our town's website for full details.

I received some more information about the Valley Makerspace in Turner Valley. This is a not for profit organization and part of the Diamond Valley Sustainable Living Centre, located at 218 Kennedy Drive. They offer a community minded centre where members can use their tools and facility 24/7. They have extensive tools, such as CNC machines, laser cutters, 3D printers, a full woodworking area, textile room, leather working area, electronics, welding, etc. People are welcome to drop in for a tour during regular hours: M/W/F noon-5. Tuesday 10-2 and 7-9, and Saturdays 10-2. Drop by a take a look!

Sheep Creek Arts in Turner Valley will be holding their Open House on September 9 from 7-9pm. Come meet their instructors, explore upcoming programs, and register for classes. Enjoy complimentary coffee and dessert, and there will be door prizes for members. Membership is extremely reasonable, only \$20 for the year, and the event is open to everyone with free admission. Drop by the Open House, located just up Sunset Boulevard, or visit their website for more information on the variety of clubs and classes they offer.

Fall is a time to start learning something new, and our Sheep River Library has lots to explore this season. Coffee with a Uniform will be held on September 19 from 1-3. This is an opportunity to meet Diamond Valley Fire Rescue members, Municipal Enforcement Officers, and RCMP Officers. Enjoy a refreshment and chat with these very important members of our community who help keep us safe. Admission is free.

The annual Terry Fox Run will be held on September 20 with registration starting at 9am

in the Sheep River Park in Okotoks. The Run/Walk starts at 10 with options of a 1.5km loop or a 10km loop. Participants can run, walk, cycle, or wheel, and there will be a free BBQ afterwards provided by local sponsors. You can sign up or donate ahead of time at terryfox.org.

Another Walk for a fantastic cause is the Kidney March. The start line is at the Millarville Racetrack on September 10. Help fight against kidney disease and for organ donation. You can do the walk, which is a 3 day walk with lots of pampering in between, or you can support the crew. To find out more or to sign up, go to kidneymarch.ca.

Over in our neighbouring town of High River, the River City Classics Brian Chipchase Sr. Memorial Show and Shine will be held on September 27 from 9-3. This is an amazing Show and Shine with blocks and blocks of cool cars, trucks, and motorcycles, vendors, entertainment, and local restaurants, bars, and shopping. High River has a neat little museum by the trains as well. There will be a very cool Burn-Out Show September 26 from 1-3. All events take place in the downtown area. Volunteers are most welcome and needed, for full details, visit rivercityclassics.ca. According to their website, they also meet with their one of a kind vehicles at the Aldersyde A&W on Wednesdays at 5:30 for a Show and Shine.

High River also hosts the Heritage Inn International Hot Air Balloon Fest from September 23-27. This is a free event with the signature Balloon Glow on Friday night. The event originated in 2013 with a local balloonist, and the first one was in the same year when devastating floods hit High River. The event helped serve as a powerful symbol of community resilience and recovery. They host pilots from Canada, the U.S., and Europe. For a full schedule of events and parking information, go to heritageinternationalballoonfestival.com.

Beneath the Arch Concert Series is back for the season with Steve Dawson and Joachim Cooder on September 19. Nashville based, Canadian born Dawson along with the son of Ry Cooder are stopping by as part of their Western Canada Tour. Get set for an awesome evening of blues, folk, country and global roots tradition music from these two wonderful musicians. The show starts at 7:30 at the Flare and Derrick, get either rush or ahead of time tickets, or buy a season's pass to save even more. Every single show I've attended has been so good, to get tickets, or to find out more, visit beneaththearch.ca.

If you are a classical music fan, High River's Gift of Music Concert Series offers a free show in George Lane Memorial Park at 2pm. Bring a lawn chair and enjoy this open air concert featuring among others the music of Gershwin and Brahms. Go to highriversgiftofmusic.com to find out more.

If you have any events or news for the October issue, please drop me a line before September 15 at elaine.w@telus.net.

Hope your autumn is joyful,

Elaine Wansleben



SHEEP RIVER LIBRARY

October is Canadian Library month and since 2012, our library has celebrated this with our Out Loud series. This year's theme is Timeless Troubadours. We kick off the series on Saturday October 3 at 7:00 pm, with Tim Hus in concert. Tim is a Canadian country and folk singer-songwriter from Nelson, British Columbia, based in Sundre, known for his "Canadiana Cowboy Music" celebrating the historic West and working-class life. With his Travelin' Band, he has toured nationwide, shared stages with Stompin' Tom Connors, Ian Tyson, and Corb Lund, and released albums including Hockeystown and Western Star. His vivid storytelling draws on a wide range of personal work experiences.

This great night of music is followed by John Wort Hannam on Saturday, October 10. John is Alberta's sixth Artist-in-Residence and Art ambassador. A Canadian folk musician hailing from Lethbridge, Alberta, John is known for his storytelling

music, his focus on life in Western Canada, and the human experience as seen through the eyes of working folk. Following these two concerts by modern day troubadours, we will revisit one of the English language's most famous and revered troubadours: William Shakespeare. On Saturday,

October 17, you will be transported back to Elizabethan England and enjoy some scenes from A Midsummer Night's Dream, presented by The Shakespeare Company. This merry band of actors is united in the shared celebration of classical theatre, where every audience member can re-discover the works of Shakespeare and his peers, and feel they belong to the story.

Our final Out Loud presenter and storyteller is historical fiction author Elinor Florence. Elinor will be speaking about her most recent novel Finding Flora as well as her other books on Saturday, October 24 at 7:00 pm. Elinor's novels explore life for women in the early days of the Canadian West.

All Out Loud events are free, but you must have a ticket to reserve your seat. Free tickets are available starting September 15.

Information about our fall programs is available at sheepriverlibrary.ca. If you prefer, you can pick up a brochure at the

front desk. Some new additions to our line-up include: Yoga Nidra, Pilates, Giant Poinsettia Décor and the Brain Boost Series. In addition, we have a few special events occurring over the fall months. Dallas Dixon leads a Drumming Circle on Friday, September 25 at 7:00 pm to recognize the upcoming National Day of Truth and Reconciliation. The 2nd Annual Western Foothills Pumpkin Derby takes place on Saturday, October 24. If you need help decorating or building your pumpkin, come along to the preparation session on Monday, October 19 at 1:00 pm. Sets of wheels will be available for purchase from the library. Vested Interest: Climate Change Walking Art Show is set for Sunday, November 1 and the Remembrance Day Special edition of Hollywood Got It Wrong will be on Saturday, November 14.

Details for all programs and events can be found on our website.

The Library will be closed Monday September 7 for Labour Day, and on Wednesday, September 30 for National Day for Truth and Reconciliation.



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Square Butte Community Farm Kids Prove Inspirational

As is often the case during haying season I experienced a few break downs this year. One of the worst was finding myself enroute to a cutting job with a flat tire on the Heston Cutter. Luckily I found a side road so was in a good safe place to pull over. It is quite a cumbersome job to unhook from the tractor requiring two large bolts to be removed. I sat down to tackle one of my least favourite jobs. I noticed two motorbikes travelling towards me. I did not wave them down to help. To my surprise they stopped to ask if everything was OK. Yes just a flat tire I replied. I put my head down to the task at hand expecting them to go on their way. I looked up to see helmets off and a couple of young boys standing by their bikes. We chatted about who I was

working for, where we all lived and how the farming was going. Again thinking they would carry on I put my head down only to find them standing beside me offering to help me with the wrenches.

I had not flagged them down, I had not asked them to help they just offered. One said he was caught up on his raking so his Dad gave him the day off. Obviously a farm kid who saw a job to do and wanted to make himself useful I thought! How great!

This act of kindness and common sense made my day. In a day and age when one

is worried about flagging strangers down or bothering people who are in a big hurry to get where they are going, these kids restored my faith that the young people of Square Butte exemplify the real meaning of our community spirit. They instinctively and nonchalantly stepped up and helped a fellow farmer in need. We all need a reminder about our true community values once in a while. Helps keep things in perspective. Thank you boys!!

Laura Kendall - Division 3 Foothills County
laura.kendall@foothillscountryab.ca



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THE ROI OF AN ORGANIZED HOME

Living among a sea of postponed projects and delayed decisions feels exhausting. Storage rooms overflow. To-do lists mount up. When our home falls below our standards, it begins eroding our mental wellbeing.

For High-Performers and Professional Decision-Makers, this friction matters. An organized home is far more than an aesthetic luxury. In a world vying for your attention, it can become a strategic advantage. Your home is either nurturing your state of mind, or undermining it.

A Home That Reflects Your Ambition

You didn't invest in a beautiful property just to store your belongings. You chose your home for something far more valuable: freedom, space, privacy and the ability to live life on your terms.

But as life evolves, our homes don't always evolve with us. Children grow up and renovations reshape rooms. Belongings accumulate, occupying valuable space in your home and mind. Over time, a disconnect develops. Your surroundings no longer reflect

the precision, excellence, and intention you bring to the rest of your life.

Aligning your living environment with your values yields immediate and profound results. Your familiar sigh of discontent is replaced with a sigh of total relief at home.

It's about walking through your front door after a demanding week and actually relaxing. Having friends over on a whim without clearing piles off the counters first. Loving and appreciating everything that occupies your space and mind.

You have made a substantial investment in your home and lifestyle. Are you maximizing your daily returns?

The Real ROI: Cognitive Freedom

It's easy to grasp the measurable returns of a well organized home. The hundreds of hours reclaimed. Thousands of decisions lifted from your mind. Countless belongings donated to serve families who need them. But the most valuable returns are intangible and elusive:

- **Protecting Decision Capacity:** Your attention is your highest-performing asset. An organized home stops siphoning your daily bandwidth and starts compounding your capacity to lead, decide, and execute.
- **Restoring Emotional Energy:** Your home has the potential to feel like a personal retreat designed specifically to restore you and your family. Removing that friction preserves your attention for Grandkids,

Golf, Mahj, reading, creating... Whatever you love!

- **Feeling Ready for What Comes Next:** Physical clutter is an invisible anchor that keeps you tethered to your environment. Whether you're empty-nesting, planning a renovation, heading south for the winter, or considering your next move, clearing decades of accumulated life sets you free. It leaves you feeling completely unencumbered and open to spontaneous adventures or new opportunities the moment they arise.

What is it worth to walk through your front door and feel that your home finally matches the life you have built? To live in a space that honours your past, clears your present, and actively attracts your ideal future?

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Variable Mortgages Are Back: Are They Worth the Risk?

After several years of volatility in Canadian interest rates, variable-rate mortgages are once again attracting attention. With variable rates now priced competitively against fixed-rate options, borrowers are asking a familiar question: Is it time to consider variable again? The answer depends less on predicting exactly where interest rates will go and more on understanding your financial position, tolerance for risk, and future plans.

Why Variable Mortgages Are Back in the Conversation

Variable mortgage rates are generally tied to a lender's prime rate, which is influenced by changes to the Bank of Canada's overnight rate. After the sharp rate increases experienced in 2022/2023, declining rates significantly improved the economics of variable-rate mortgages.

By 2026, the difference between variable and fixed mortgage pricing has become meaningful again. Bank of Canada data for July 2026 showed average rates on newly advanced variable mortgages of approximately 3.55% for

insured mortgages and 3.95% for uninsured mortgages. Comparable fixed mortgages with terms of three to five years averaged approximately 4.19% and 4.09%, respectively.

That difference means borrowers choosing variable may begin their mortgage with a lower interest rate rather than paying a premium for the certainty offered by a fixed mortgage.

What Is the Risk?

The obvious trade-off is uncertainty. With a fixed-rate mortgage, your interest rate is guaranteed for the mortgage term. With a variable mortgage, your rate can move when your lender changes its prime rate.

There are also different types of variable mortgages. With an adjustable-payment mortgage, the payment typically changes as rates move. With certain fixed-payment variable mortgages, the payment may initially remain unchanged, but the proportion going toward principal and interest changes. If rates rise sufficiently, the borrower can eventually reach a trigger point requiring higher payments.

For this reason, borrowers considering variable should ask themselves a simple question: Could my household comfortably absorb a higher mortgage payment if rates unexpectedly increased?

If the answer is no, the certainty of a fixed rate may be worth paying for.

The Advantages of Going Variable

Variable mortgages offer more than the possibility of a lower rate. They can also provide

valuable flexibility. Depending on the lender and mortgage product, variable mortgages may have more favourable prepayment penalties than fixed mortgages. This can become important if you unexpectedly sell your home, refinance, access equity, or otherwise need to break the mortgage before maturity.

Some variable mortgages also provide the ability to convert into a fixed-rate mortgage during the term, although borrowers should carefully review the lender's conversion conditions and the fixed rate that would be offered at that time.

So, is Variable Worth the Risk?

For financially secure borrowers who have room in their budget, understand that rates can move in either direction, and value flexibility, variable mortgages deserve serious consideration again.

For borrowers with tighter monthly budgets or those who simply prefer knowing exactly what their mortgage payment will be, a fixed mortgage may remain the better choice.

Ultimately, the best mortgage isn't necessarily the one with today's lowest interest rate. It is the mortgage that provides the right combination of rate, flexibility, payment stability, prepayment options, and risk for your individual circumstances. Before choosing between fixed and variable, consider more than where interest rates might go. Consider where life may take you over the next three to five years.

Candace Perko, Mortgage Broker



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GUT-BRAIN AND MENTAL HEALTH

DOES MY BRAIN CARE WHAT I EAT?

The connection between diet and mental health is a fascinating topic. Research studies show that healthy diets filled with vegetables, fruits, legumes, whole grains and healthy fats i.e. Omega-3, are linked to lower risks of anxiety and depression.

The fact that microbiomes in our gut influences mental health may surprise some people. For example, many neurochemicals needed for brain function and mood regulation, are actually produced in the gut. Want to know how it works?

YOU ARE WHAT YOU EAT

If you eat ultra processed foods every day, your gut microbiome will be very different from somebody who mostly eats healthy food. What we consume, affects our cognition, stress, sleep, inflammation and gut microbiome composition. The link between food and mental well-being is a bit complex. Scientific evidence explains the links in different ways. Basically, what you eat, changes your gut microbes and gut microbes produce compounds that are linked to mood and cognition.

HOW DOES IT WORK?

We have a sophisticated network that bridges our digestive system and mental functions. It's called the enteric nervous system which is the "brain in your gut". It consists of a mesh-like web of neurons in the lining of the gastrointestinal tract and plays a key role in controlling digestive functions. It also communicates with the central nervous system which allows for a two-way exchange of messages between the gut and brain. So, disturbances in your gut sends signals to the brain that affect

mood and cognition. In turn, your mental state can trigger gut issues i.e. irritable bowel syndrome, nausea, etc.

THE PROOF OF THE PUDDING?

Neurochemicals that are linked to mood and brain function are acetylcholine, dopamine, GABA and serotonin. Did you know that a whopping 90% of serotonin is produced in your gut? Protein triggers neurotransmitters responsible for inducing alertness, while carbohydrates trigger drowsiness. It also prevents surges in blood sugar that may increase restlessness. It's not called 'comfort food' for nothing. Plant-based and high fiber foods such as fruit, vegetables, whole grains and legumes help stabilize energy levels. If you take medication, a low-fat breakfast (or home-made smoothie) will maximize its effectiveness. High fat content can cause the body to absorb the medication more slowly, thus delaying efficacy.

WHAT ABOUT COFFEE?

So many of my clients say that they simply cannot function without their first cup of coffee in the morning. It positively affects their ability to learn and remember throughout the day. First of all, coffee is a food. It's not a supplement and, it is not a prescription for gut or brain health. However, there are well-documented studies to show the effects of caffeine on

the brain i.e. alertness, attention or arousal. On the other hand, those who drink decaffeinated coffee show improvements in sleep quality, physical activity and learning performance. Coffee contains hundreds of biologically active compounds i.e. polyphenols and phenolic acids, aside from caffeine. These plant compounds have anti-oxidant and anti-inflammatory properties that act as food for beneficial gut microbes. This is not only a coffee story. It is a gut microbiome story.

SHOULD WE ALL EAT THE SAME?

The short answer is no, not necessarily. It's important to consider cultural differences in diet. Each culture is rich in its own nourishing food traditions, from Mediterranean olive oil to Indian spices, to East Asian fermented foods. That means that diet and mental health need to hold space or borrow recipes from other cultural traditions. This opens up new avenues not only to explore, but for the treatment of overall well-being. After all, Hippocrates said: "Let food be thy medicine and medicine be thy food."

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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STEPHANIE GILKER

September Back to Wine School: How Red Wine Is Made

September has that unmistakable back-to-school feeling. Fresh notebooks, new routines and the realization that there are probably a few things we should have paid more attention to the first time around. So this month, we are going back to wine school.

Instead of memorizing wine regions or grape varieties, let's start with the basics: what actually happens when grapes become red wine? The biggest difference between red and white wine is what happens to the grape skins. For most red wines, the grapes are fermented with their skins, which is where much of the wine's colour and tannin come from.

When grapes arrive at the winery, they may be crushed and destemmed, or some or all of the stems may be left intact. The winemaker then places the grapes into a fermentation vessel. Yeast consumes the natural sugar in the grape juice and converts it into alcohol and carbon dioxide.

As fermentation takes place, the grape skins rise to the surface and form what is called a cap.

Winemakers need to keep that cap in contact with the juice to encourage extraction. They might pump wine over the top of the cap, called a pump-over, or physically push the skins back down, known as a punch-down.

This is where winemaking becomes particularly interesting. The amount of time the wine spends with the skins, along with temperature and extraction techniques, can influence the colour, tannin and overall structure of the finished wine.

If you have ever tasted a Beaujolais that was incredibly juicy and bursting with fresh fruit, you may have experienced the effects of a technique called carbonic maceration. With carbonic maceration, whole grapes are placed into a vessel filled with carbon dioxide. Because

the grapes remain intact, fermentation begins inside the individual grape cells. This is known as intracellular fermentation.

Rather than extracting large amounts of tannin, the technique tends to emphasize bright fruit and aromatic character. Think strawberry, cherry and raspberry, sometimes with a distinctive candied quality. It is particularly associated with Gamay from Beaujolais, although the technique is used in other regions and with other grapes too.

Then there is a completely different approach to concentrating flavour: appassimento, the traditional technique behind Amarone della Valpolicella. Instead of sending freshly harvested grapes straight into fermentation, selected grapes are dried for several months on racks or mats in ventilated drying rooms. As the grapes lose water, their sugars, acids and flavour compounds become more concentrated. The partially dried grapes are then crushed and fermented, resulting in a wine that is typically rich, full-bodied and high in alcohol, with concentrated flavours of dark fruit, dried cherry and spice.

Once alcoholic fermentation is finished, the wine may be pressed and then undergo malolactic conversion. This process transforms sharper malic acid into softer lactic acid, helping create a rounder texture. After that, the wine may be aged in stainless steel, concrete or oak, depending on the style the winemaker wants to create. Oak can also influence the wine's texture and aroma while allowing gradual oxygen exposure that helps soften tannins.

So the next time you drink a red wine, think beyond whether you simply like it. Ask yourself: Is the tannin firm or soft? Does the fruit taste fresh or concentrated? Is the wine light and juicy, or structured and powerful? Those characteristics are clues to how the wine was made.

Welcome back to wine school. Class is officially in session. *Cheers!*

Stephanie Gilker is the founder of Saint Wine Society, curating polished wine tasting experiences and Champagne service across Alberta. She holds WSET Level 3, French Wine Scholar, and Master of Champagne certificates, bringing expertise, creativity, and elegance to every glass.



ON LEADERSHIP

Last month I touched on the fact that we are all leaders and how our actions and responses influence the world around us. This month I would like to touch on developing our leadership habits.

The amount of material on leadership development is staggering, and yet, the question remains, if we have access to all this material, why is there a suffrage of good leadership?

In order to develop leadership (or any new skill), you need three things: A plan, a defined course of study with measurable progress, and finally, accountability.

Finding material on leadership is relatively easy. The challenge isn't a lack of availability of knowledge; it's knowing how to implement the knowledge in a way that becomes habitual.

A few years ago, I had to make some significant changes in my life. These changes didn't necessarily involve learning new material. The challenge was understanding how to put the information together to form a manageable plan and embrace new patterns of living. As I embarked on this journey of lifestyle change it was stated. "You're not going to change overnight, but implementing small manageable changes over time, you will see results." This program, facilitated by a handful of people ensured I stayed with the plan and I'm happy to report that so far, I've stayed on track!

I believe the critical component of developing our leadership is accountability. Who is going to walk with you as you wrestle with new ways of thinking and how to approach your responsibilities? This is often the missing ingredient in most leadership development programs. We all need someone to help us stay on track, be a sounding board, and celebrate with us as positive change becomes evident in the way we lead.

If you would like to learn more about how you can develop your leadership skills, or those of your team, I'd be more than happy to speak with you.

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Q&A Aging Exerciser - 2

In my previous article, we explored the importance of strength training, cardiovascular exercise, and staying active as we age. My colleague, Dr. Rosanne, continues to answer some important questions about exercise and healthy aging, including how to improve heart health, whether walking is enough, how exercise supports independence as we get older, and whether we should be lifting heavy or light weights.

How can I improve my heart health as I age?

Move more and sit less. Regular physical activity remains one of the most powerful tools for protecting heart health. Aim for a combination of strength training, cardiovascular exercise, and daily movement.

Other important factors include getting adequate sleep, managing stress, maintaining muscle mass, eating enough

protein, and controlling blood pressure and blood sugar levels.

Heart health isn't determined by one workout. It's the result of consistent habits practiced over many years.

Is walking enough exercise?

Walking is one of the best activities we can do for overall health. It's accessible, low impact, improves cardiovascular health, supports mental well-being, improves joint health, and helps people stay active throughout life.

However, walking alone is not enough to preserve muscle, maintain bone density, or optimize physical function as we age. Think of walking as a foundation. It's excellent, but it works best when combined with strength training and some balance-focused activities.

The Importance of Exercise in Our 80s and Beyond

One of my favourite concepts is the distinction between the "young old", ages 65-75, and the "old old", ages 85+.

Chronological age tells us how many birthdays we've celebrated, but it tells us very little about function. I've met 60-year-olds who struggle to get off the floor and 85-year-olds who travel, hike, carry groceries, and live independently.

The difference is often not age – it's function.

As we move into our 70s, 80s, and beyond, exercise becomes less about aesthetics and more about preserving independence. Strength allows us to climb stairs, get up from a chair, carry groceries, recover from illness, prevent falls, and continue doing the activities we love.

The goal isn't simply to live longer. It's to maintain the strength, mobility, confidence, and resilience to fully enjoy those extra years. Exercise remains one of the most powerful tools we have to influence how we age.

Heavy versus Light Training: What adaptation are we trying to achieve?

One of the biggest misconceptions in fitness is that there is only one "right" way to strength train. The reality is that different training approaches produce different benefits, and a well-rounded exercise program often includes a variety of training styles.

Programs that use lighter weights with higher repetitions, particularly when performed continuously through compound movements, can be extremely effective for improving muscular endurance, cardiovascular fitness, movement efficiency, calorie expenditure,



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and overall work capacity. These workouts challenge the body's ability to sustain effort over time, which can translate well into everyday activities such as climbing stairs, carrying groceries, gardening, traveling, and keeping up with an active lifestyle.

For older adults, this style of training can also be appealing because it allows participants to accumulate significant training volume with lower joint stress and often feels more approachable for individuals who may be intimidated by traditional strength training. Many participants report improvements in energy, stamina, confidence, and their ability to perform daily activities without fatigue.

That said, muscular endurance and muscular strength are not the same thing. While lighter loads can help maintain and improve muscular endurance, research consistently shows that heavier resistance is generally more effective for maximizing strength, preserving muscle mass, and improving bone density—three factors that become increasingly important as we age.

Rather than viewing these approaches as competing philosophies, I view them as complementary tools. Muscular endurance helps us do activities longer. Strength helps us do them more easily. Cardiovascular fitness helps us recover and sustain activity. Together, they create a foundation for healthy aging.

My goal with clients is not simply to help them exercise today, but to ensure they can continue doing the things they love ten, twenty, or even thirty years from now. For most people, the best program includes some combination of strength training, cardiovascular conditioning, balance work, mobility training, and muscular endurance exercise.

The most effective exercise program is ultimately the one that is safe, enjoyable, sustainable, and aligned with an individual's goals. Whether someone is lifting heavy weights, participating in an endurance-based group fitness class, or doing a combination of both, the most important thing is that they are challenging their body regularly and consistently.

To learn more about strength training, healthy aging, and midlife wellness, visit DrRosanneWoods.com/stronger-with-age

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.



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DUANE HARDER

WORDS, WORDS, WORDS

There is an ancient proverb that says, “Death and life are in the power of the tongue, and those who love it will eat its fruit.” Our words are as powerful as a match in a very dry forest or a gentle rain on parched soil. We chose the content of our speech. Words do not just flow from our brain out of our mouth. However, there are times when it may seem to be that they flow from the mouth without passing through the brain.

We will look at words of death and words of life and then chose which words we want to use.

The uncontrolled tongue releases words that inject poison into the mind that continues to affect us long after the conversation has ended.

There is sweet speech that is persuasive – that is speech coated with honey. It goes like this: “When you say that I’m lazy are you trying to help me see where I chose what brings me pleasure over personal responsibility? An illustration of that would be helpful.” Rather than defensive argumentation I am opening the door to correction.

There are words that are like a noisy gong or clanging cymbal. They draw attention to the speaker and highlight that person’s virtues.

Gracious speech looks for a way to honor the character qualities of people. A person may have an aptitude for negativity. Everything is black or white. “We need people like you to keep us honest and on track. You have clearly identified a real problem. It would be helpful if you could share your thoughts on how the problem could be remedied.”

Harsh words stir up anger. Rather than face the criticism, we deflect it. “It is easy for you to point out where I’m wrong. Have you ever looked in the mirror and seen how you hurt others.” And the battle begins. You never win a war with harsh words.

On the other hand, a gentle answer deflects wrath. “I deeply regret that there are things that I have said and actions I have taken that have wounded you. I trust that you will find it in your heart to forgive me and trust God to bring change in my life.”

Rash words are a relative of harsh words. Rash words are those that I release through my mouth without letting them pass through my brain. They are like the thrusts of the sword. They are desperate attempts to preserve my reputation. You may save your reputation only to discover you have destroyed the other person.

A person who desires to do what is right and fulfill responsibility in a relationship, will ponder how to respond. Vulgar, disrespectful language is often framed by deep frustrations that have been experienced. I may be the person who gets all the vomit but I am not the cause of it. A simple question like, “Hey, what’s causing the frustration?” may help build a bridge that strengthens the relationship.

Lying reveals hatred in the heart. A lye is a picture of the reality that I want you to see, not a portrayal of what exists. A lye is like an emotional wall that separates us. The only way I can handle your power is to keep you at a distance from me.

What picture do I need to paint that will encourage a person to trust me with the truth. Words that consistently attack the character of a person and express my disapproval of them, weaken the bridge of trust.

Over the years, I have outlined many character qualities that have both a negative and positive side. We can either highlight the negative side – rebellion, or the positive – self-determination. Self-determination can be unbending in my stand for truth or rebellious in my stand against authority.

Words are powerful. They will either build up and encourage or discourage and defeat. Join me in choosing words of life and I’ll see you at the top!

Duane Harder



ANDREA KIDD

What a Racket!

Loud raucous squawks and screams outside disturbed my concentration.

Three magpies were in the back alley. One hopped along in front. Why didn’t it fly? If I were that magpie I would have flown away just to escape the demanding screeches from the other two magpies fluttering along behind. But, although they all seemed to be the same size, the one in front was silent, wings folded tidily against its body, completely unperturbed and at peace. It just walked nonchalantly in front of the other two.

“Keee, keeeee, keeeeeya, keeeyaya!” complained the other two magpies, beaks wide open, heads thrust forward and wings flapping haphazardly. They were beak to tail with their impassive parent, whining and shrieking for attention.

I shut the windows and door to keep out the noise, racket and commotion;

The squawks of the young magpies were muffled now, but I could still hear them.

I wondered what that parent was thinking.

Go feed yourselves! Quit bugging me! I’ve fed you for long enough, now get on with your own lives!

And, what were those youngsters thinking?

Life was just great the way it was! I used to open my beak wide and a grasshopper or caterpillar would pop into my mouth. What happened? You’re supposed to look after me! You owe it to me! YOU laid my egg! I don’t like change!

I wanted to ask those lazy fledglings, “Don’t you realize you are not babies anymore?”

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Look at you! You are as big as your parent!
Stop pestering them.”

Then a song that came into my mind.
It's a song with a pounding, foot-stomping
beat. It runs through my memory blaring
brazenly that there's no point running to
your mother because now you are on
your own.

Well, I can't go running to my mother
now! She left this life a while ago. I used to
though. As a child I ran to her when I fell
off my bike, and I pestered her, too, when
I was hungry or bored or couldn't do my
homework. Patiently, she taught me to
cook and look after myself.

That magpie mother, or father, I'm not
sure which, calmly and patiently led her
children saying, "I'm still here. Follow me
and keep exercising those wings of yours.
Soon those muscles will be strong enough
to carry you over the rooftops so you can
escape the cats and cars that can kill you."

God is a loving parent to us, calmly and
patiently going ahead of us saying, "I have
given you wisdom, faith and love. Use
them. Be strong. Follow me."

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US PATENTS Part VI

CAN I MAKE USE OF MY INVENTION BEFORE FILING THE PATENT APPLICATION?

Any prior use of your invention through
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In the next issue we'll discuss if you can
file your own patent application without a
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OUT OF THE RUT by Kat Dancer

Chapter 193

Dear friends, how extraordinary it is to be writing this again. So many chapters over so many years, the universe continues to demonstrate an endless supply of surprises, challenges, opportunities and magical moments. Often I'm at a loss where to begin or end.

This past week I appear to have used pretty much all my reserves of energy in an assistant coach incarnation for a 5-Day Advanced Intensive Training. Not only was I up early every morning, at times driving quite long distances to get to where I needed to be, but the days have been packed full of intense mind-focused activity on top of physical demands. For this work with horses, we have between four and six animals who have to come in, be brushed over, checked for condition and presented for work with the students. Constant cleanup throughout the day followed by the cleaning and tidying of each barn so the generous natures of the owners are shown to be appreciated.

I watch and listen to the Head Coach who is my own mentor, absorbing all the information shared for the second or third time, picking up new nuances, verifying some back-of-the-mind questions, applying illustrations to experiences I have had. I and my partner assistant are watching the time, moving horses, helping students as they attempt to master new and old techniques. Occasionally called upon to give an alternative opinion or demonstrate a technique, there is never a moment in the whole day when one can slip into neutral.

After four days of this I was feeling quite drained. On the fourth evening, I arrived home shortly before 8pm to get a call from my own barn to go check on a horse there. That little adventure kept me out for another 90min or so, by the time my head hit the pillow I was exhausted.

The final day was relatively relaxed, although still on my feet pretty much all day. I was switching in to work with horses while each student was called away for a one-to-one guidance moment with the Coach. Some of these moments were so satisfying as it became just me and the horse in front of me for a time... unraveling layers of tension, awakening neurological responses and allowing the horse to switch from tension (flight, fight, freeze) into a



state of rest and relaxation, watching it all unwind before me. Lovely moments.

Standing on the edge of the arena, watching a group of students at the end of this advanced training, appreciating the indications of improvement in comfort, softness and communication and the relative changes from the beginning of the week. It's a very satisfying place to be.

Today I got to spend time with my own horse again, sinking into over an hour of deep softness and communication with her, gently peeling a layer or two from her tension patterns, enjoying the moments she released and let go.

Being able to slow down, appreciate a moment of tension, back off and allow space, ask a softer question. The techniques we employ in this practice are so pertinent to life in general.

I think tomorrow I will do the same for myself. Back off, allow some rest, let go of the need/desire to get everything done immediately. There is time...

Enjoy your moments.

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LAURA GRIFFIN

Feathered Friends Need Help on Their Fall Odyssey

As summer draws to a close, the daylight hours slowly dwindle into increasing twilight and darkness, telling me that one of nature's most incredible feats is about to begin. The young birds that have made it from egg to nestling to fledging have come to what might be their greatest test of strength as a juvenile, the fall migration.

Around 70% of the birds that nest in North America are migratory, traveling hundreds or thousands of kilometers across the globe to make it to their winter grounds. The calliope hummingbird — with a wing span of just over 10 centimeters and weighing somewhere between the weight of a penny and a nickel — is thought to be the world's smallest bird migrant and will migrate over 4000 kilometers this fall. The juvenile birds are doing this journey for the first time. In order to do this task, they must pack on as much fat as possible into their tiny bodies, a trick indeed when one still has to overcome gravity. Some bird species have even been known to reduce the size of their internal organs in order to make space for extra fat stores.



Photo by Jackie Sills

On this journey they will be up against many perils. From habitat loss in stopover sites, to ingesting pesticides as they move over agricultural spaces, to unfamiliar predator species, the migrating birds run the gauntlet. In addition, 80% of our migrants do so at night where light pollution adds the threat of window strikes, building collisions and the loss of view of the stars from sky glow that some species rely on to navigate safely to their overwintering sites. Bird mortality rates are highest for birds during fall migration and some estimates state only half will return the following spring.

But why migrate at all if it is so dangerous? Why can't the birds just stay where it is warm all year? There are a few reasons. One, is to move to an area with more food and less competition. Another reason is better breeding grounds, with fewer

predators and safer nesting sites available. The northern latitudes also have longer daylight hours in the summer giving parents more opportunity to forage for their young, increasing their chance of survival. There simply would not be enough resources to support the biodiversity of birds we have currently on the planet if they were all competing in the tropics all year long. Our summers would be far more dull and our ecosystems much more strained.

If you would like to help the migrating birds with this arduous journey, there are simple steps you can take:

1. Turn off your lights from 11pm to 6am between now and November for nocturnal migrants
2. Give the birds a respectful viewing distance to help them save their energy reserves.
3. Plant native plants in your yard so the migrating birds can bulk up with the proper nutrition.
4. Provide safe and shallow water drinking sites.
5. Prevent fatal collisions by using an effective method to treat your glass railings and windows
6. If you live in town, keep your cat indoors

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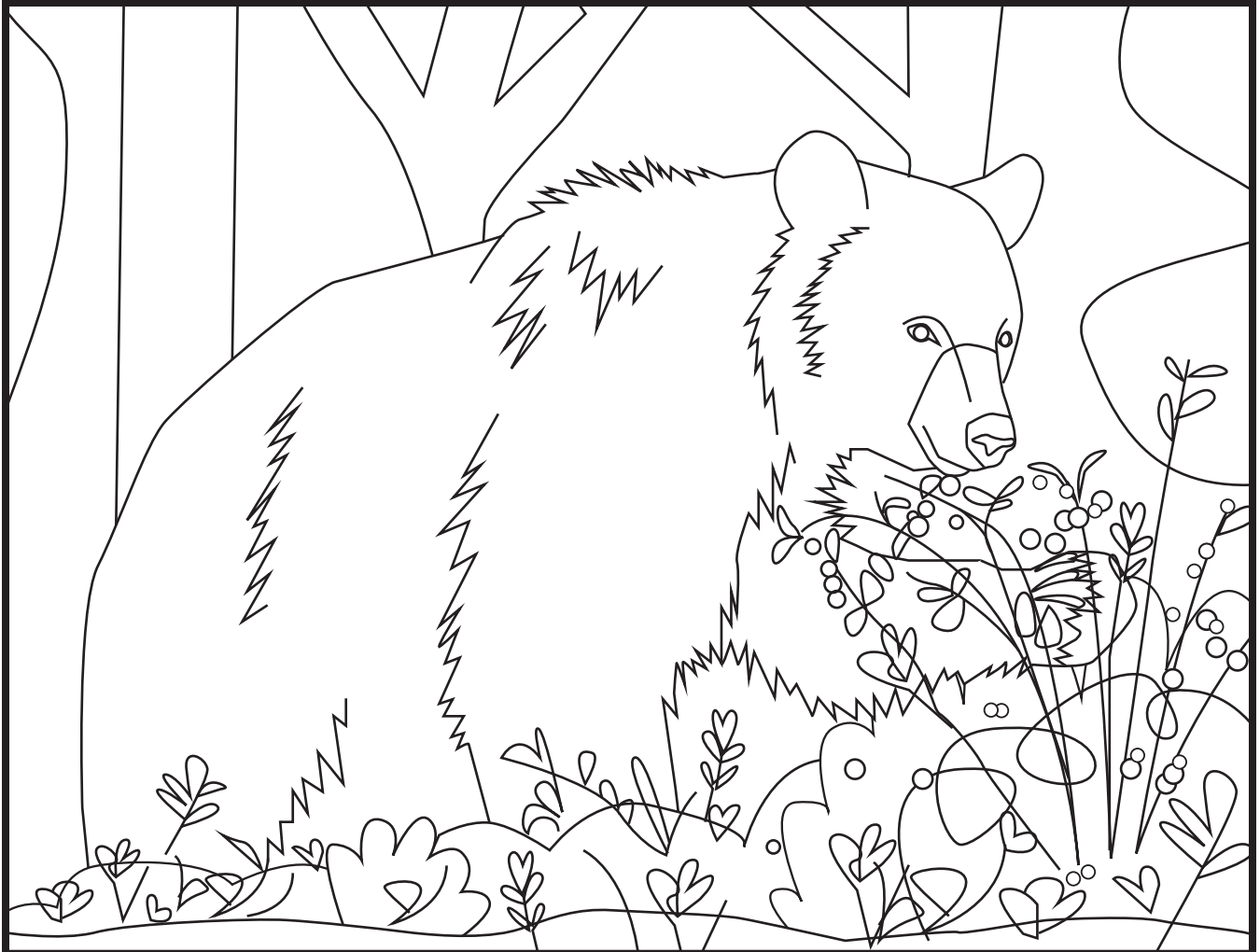
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Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

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



This month's Kids Zone is generously sponsored by:



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ACCOMMODATION

SNOWBIRD PLANNING?

In Victoria BC: Oak Bay heritage home steps from ocean and village - photos and details go to oakbayhouse.webflow.io

In Arizona: Wickenburg casita 45 minutes northwest of Phoenix in the heart of horse country- go to riovistacasita.webflow.io
CONTACT: Carmen 250-580-9055

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WANTED: CATTLE PASTURE for 2026 and beyond. Contact David 403 999-2404
Responsible rancher with a small herd. Repair fencing and check the herd on a weekly basis.

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-651-5852

ISO 1-2BDRMS LONG TERM RENTAL

Contact Robin Phone: 403 953 4009
Local couple operating small business in the area seeking long-term rental. Cabin, tiny house, home; 1-2 bdrms; unfurnished ok. 2 parking spots, yard or garden. 2 cats in/out. Non smokers, quiet.

RANCHER BUNGALOW ON ACREAGE

Contact Amber - michelleamberwhite@gmail.com 403-200-8422 Actively seeking to purchase a rancher bungalow heavily treed acreage property within Springbank. Open to off market opportunities and properties needing fixing up or renovation projects.

SEEKING RURAL ACCOMMODATION

Single professional female, n/s, n/d, two cats, two horses, seeking long-term acreage rental. 403.971.4545.

WANTED

5 AND 10 PIN BOWLING BALLS

Contact Mark Farris Phone: 4035544747
I'm looking for old 5 and 10 pin bowling balls (bocce balls might work too) to use for mosaic projects. The balls can be worn, cracked and even chipped. Happy to come and pick them up.

SHOTGUNS WANTED

old shotguns wanted by retired engineer and collector, any gauge, prefer Hammer, single or double barrel, not for resale, please phone 403-201-7181, valid firearms license holder.

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PET PANELS portable outdoor

Contact Colleen Thomson 403-804-1329 \$ 100.00
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TOOLS Craftsman 3.0HP 10" table saw w/stand \$125. Mstrcrt 12" dual bevel compound miter saw w/laser guide \$450. Delta 8" drill press \$125.00. Lumber roller support adj to 44" high \$30. Warren 403 949 3452

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MISC ITEMS McLane 5 bladed gas powered reel lawn mower. \$325. Contact Warren 403 949 3452

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