

Bike Cochrane looking for \$100K to build town's first bike park

By Lindsay Seewalt
The Eagle

Cochrane's newest society, Bike Cochrane, is looking to mobilize community support to help build the town's first bike park.

"Springwood Developments has given us support and possible use of lands currently not under development," said an enthusiastic Andrea Marchand, co-owner of local bike store Bike Bros.

With an estimated price tag of \$100,000, the park is looking to build in one of the vacant areas surrounding the new Garmin building in the heart of the Springwood development – although the exact location is yet to be confirmed.

As the wheels of momentum begin to spin, those looking to wear their support can purchase a \$30 T-shirt or \$100 T-shirt – with the latter earning the donor their name listed as a sponsor. There will be business sponsorship opportunities as well.

Members of Bike Cochrane were on deck at the Cochrane Tourism Association's brand platform reveal last Wednesday at the RancheHouse to share the schematic of their dream pump/flow park, featuring a walkway/viewpoint, roller/pump section, a tabletop and snake run, log ride and drop-in area surrounded by pathways and retaining walls with natural elements.

As the group moves forward with the development permit process with the Town of Cochrane – which has been "very supportive" of the group's initiative – Bike Cochrane is looking for volunteers to form committees to help with a number of their initiatives.

Marchand explained that in addition to forming a bike park committee, they are also looking to form a committee to advocate for a permanent facility to encompass all walks of cyclists; a group to map existing trails to improve connectivity within town; and to help out as bike guides with the coming June 8 and 9 "Explore Cochrane" weekend.

Bike Cochrane is one of the sporting groups presenting to the town's recreation and parks committee this Saturday, March 16 to plead its case to be considered as a stakeholder on the 130-acre



Andrea Marchand and Tim Lomenda hold up Bike Cochrane T-shirts for sale at Bike Bros. The new society for all things on two wheels is fundraising for a future bike park they are hoping to begin construction on later this year. To wear your support, the T-shirt on the right can be purchased for \$30 and on the left for \$100 – the latter will list your name as a sponsor. The group is looking to raise \$100,000 to build the park on lands loaned to them by Springwood Developments.

Photo by Lindsay Seewalt

site the town has annexed north of Heritage Hills from Rocky View County, reserved for recreational purposes. Their vision could encompass all types of cyclists.

"Because there are a number of initiatives that Bike Cochrane wants to tackle, within the next

month we will be inviting interested parties to join the conversation," she said.

Check out bikebros.ca to learn more or stop by the shop located at 128 River Ave. to find out how you can help.

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IN BRIEF

Roughnecks fundraiser

The Roughnecks have partnered with Big Hill Haven Women's Shelter, Cochrane Foodbank and Cochrane Activettes for a ticket fundraiser to the lacrosse team's March 30 game.

Tickets are \$23.63 with \$5.00 from every ticket purchased going back to the charity of the buyer's choice.

The Canadian Brewhouse in Cochrane will be also be hosting a pre-party on game day, as well as an option to purchase tickets to a pregame appetizer buffet and transportation to and from game for an additional \$10.50.

To purchase tickets go to calgaryroughnecks.com/cochrane.

Rock and bowl

Big Brother's Big Sister Bowl (BBBS) for Kids Sake, themed rock and bowl, will be this weekend at Cochrane Lanes.

The annual fundraiser, which is March 17 beginning at 3 p.m., helps support BBBS efforts to mentor children and proceeds from the Cochrane event stays in the community.

To register go to bbbscalgary.ca/cochranebowl.

Each team of four is required to fundraise a minimum of \$400. Registration includes food and drinks, complimentary bowling shoes and the chance to win door prizes donated by local businesses.

Moon gazing

The weather has warmed and the Cochrane Public Library is taking advantage of it. The previously postponed moon gazing event will be held on March 15.

Experts will attend the event with telescopes to help people get the most out of their moon viewing.

To register go to cochranepubliclibrary.ca/.

NEWS
More than a feeling

TOURISM ASSOCIATION CAPITALIZING ON WHAT MAKES COCHRANE SPECIAL TO MARKET COMMUNITY TO VISITORS



Cochrane Tourism Association executive director Jo-Anne Oucharek speaks during the association's branding platform launch. Flanking her is Kelly Sinclair of KS Communications. *Photo by Lindsay Seewalt*

By Lindsay Seewalt
The Eagle

Cochrane: It's the feeling.

That is the resounding stand-out theme derived out of a year-long process of redefining the Cochrane Tourism Association's (CTA) new brand platform for marketing Cochrane as a tourist hub.

In a room filled with some 100 members of the local business community, the executive board revealed the visual building blocks or "pillars" that fuelled their storytelling concept – "welcoming," "naturally beautiful," "unexpected," "genuine" and "inspiring."

Executive director Jo-Anne Oucharek said following

the launch, CTA has had "unbelievable interaction" on the website with significant feedback commending the organization and the brand development working group for "getting it right."

"In 2019, our focus is marketing Cochrane as a tourist destination through storytelling," explained Kelly Sinclair with KS Communications before turning to the big screen to showcase one of the handful of storytelling videos featured on the website – such as the story of the coming together of the Heier family to launch Cochrane's premiere brewery, Half Hitch Brewery.

Please see next page



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AMBASSADOR PROGRAM, CULINARY EVENT, NEW RECREATION OPTIONS JUST A START TO COMMUNITY MARKETING IDEAS

Continued from previous page

Capitalizing on showcasing the town for its “nature underscored by history,” the new website highlights events – such as the Cochrane Fair, Lions Rodeo Weekend, the Outhouse Races and summer street markets.

The aim is to also showcase Cochrane as a rising culinary destination – with a smattering of ethnic and down-home cuisine options that have opened in recent years.

Those in attendance were encouraged to share fantastic photos and stories on social media using the hashtag #visitcochraneab before the mingling began and passersby attended a few stations set up in the room: Bike Cochrane’s fundraising launch for a dedicated bike park; an extension of the Cochrane Ambassador Program; and an “Explore Cochrane” weekend on June 8 and 9.

Bike Cochrane

Cochrane’s newest society was on deck to begin building hype on its focus on all things related to two-wheels. Most notably, the society is working on fundraising to build a dedicated bike park on lands lent to them by Springwood Developments located next to the new Garmin building.

See page 1 for the full story.

Explore Cochrane

June 8 and 9 will be a weekend encouraging Cochraneites to explore their own backyards.

The weekend is a partnership between the CTA, Chamber of Commerce and Economic Development and is essentially replacing the former Open Doors event – shuttling people to various businesses and restaurants to sample offerings.

Information about the event will be launched via the website and social media in the coming weeks for people to purchase tickets to the various events and foodie offerings.

This will centre on western heritage, outdoor adventures and the local culinary scene.

“We want Cochraneites to know what there is to do here in town and showcase to locals to stay and play in their own backyards,” explained Oucharek, adding that this came out of a tour with the CTA’s brand development group.

The result was a resounding impression that local businesses deserved showcasing.

Stay tuned to cochrane-tourism.ca for details.

Ambassador Program

Back by popular demand is the Cochrane Ambassador Program.

Hosting some 45 people last year, Suzanne Goyette with the Visitor Centre explained that the focus this year is making residents town experts and tourist guides.

“We’re finding people who have lived here for 20 years are saying ‘I didn’t know that,’” adding that it’s easy to take town knowledge for granted but that understanding the history that supports the town’s western heritage flavour is what creates the buzz for



people to come back again and again.

“You become a tourist in your own town,” she laughed.

Cochraneites are encouraged to sign up for one of the three informative, free sessions this spring that will run on April 17, May 1 and May 15. The sessions take place at the Visitor Centre downtown from 8:30 a.m.-10 a.m. Registration is required at visitor.info@cochrane.ca or 403-851-0933.

lsewalt@cochrane.greatwest.ca

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Olympian promotes healthy



Brigitte Lacquette, Canadian Olympic silver medallist, centre, visits Nakoda Elementary School (NES) on Monday (March 11). NES teachers, Sheryl Cameron, left, and Aimee Dixon, right, organized bringing the 2018 PyeongChang women's hockey national team defencewoman to Morley for a presentation, meet and greet, and skate with the students.

Photo by Jordan Small

By Jordan Small
Rocky Mountain Outlook

A healthy lifestyle plays a major role in the culture of Nakoda Elementary School (NES), and students received Olympic-level encouragement

this week to keep up the good work. Brigitte Lacquette, Canada's first First Nations hockey player on the women's Olympic team, brought her mentorship to the Stoney Nakoda First Nation school on March 11 with

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living at Morley school

BRIGETTE LACQUETTE, CANADIAN OLYMPIC SILVER MEDALLIST, VISITS NAKODA ELEMENTARY SCHOOL

clear motivation for students: put your mind to something and you can do great things.

"It doesn't matter where they come from or who they are," said Lacquette, a silver medallist from the 2018 PyeongChang Olympics. "It's a lot of hard work and determination, perseverance and reminding that going through all that, is definitely worth it."

From Mallard, Man. - Lacquette's father is from O-Chi-Chak-Ko-Sipi First Nation and her mother is from Cote First Nation, Sask. - the Olympian is a Classroom Champions mentor and speaks to Indigenous students about her life, dealing with racism in sport at a young age, and being inspired by Jordin Tootoo, the first Inuit player to make the NHL.

"When they're just watching and listening to my story and I can see that with some kids they can really relate and they make it a point to come see me and say they've experienced the same things," Lacquette said.

During Monday's visit, Lacquette had a school presentation, a meet and greet with photos and autographs, and then played hockey with students and staff to end the day.

"I never really had anyone come in (my school) who had the same background I did and I think it was when, I always say this, when Jordin Tootoo made the world junior team, that's kind of when (hockey) caught my eye, but we never had that high-level athlete come to my school," she said.

Stoney Nakoda is comprised of three bands - Bearspaw, Chiniki, and Wesley - and the younger genera-

tions still experience negative effects and trauma from residential schools, which are well documented as places of physical and mental abuse to Indigenous children in Canada during the 19th and 20th century.

As part of NES's commitment to developing a healthier school culture, Grade 2 teacher Sheryl Cameron and phys-ed teacher Aimee Dixon arranged to have the Indigenous Olympic athlete visit as a role model for students.

"We want to bring in people who are active, who our kids have somebody to look up to and say this is what you need to do and this is what you have to do to get to this level," Dixon said.

The phys-ed teacher has spear-headed active initiatives at NES, such as Workout Wednesdays, planning more active field trips, and partnering the Canmore Eagles junior A hockey team for a hockey and literacy program, which starts next year.

"This is my fourth year (at NES), I'm from the community, and in my four years, we've been trying to promote healthy living - eating right, getting out and exercising, anything to help the kids to get out and be more active," said Dixon.

"Getting familiar with getting them taking care of themselves this young, I think, is so important and they have taken it so well and I think it's getting better from here."

Dixon said she's happy to have the support from administration on the initiative.

"I love it, we've come a long ways in the four years, I'm going to say."



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IN DEPTH

Survey to look into LGBTQ+ senior housing needs

By Chris Puglia
The Eagle

A survey being conducted in Calgary and surrounding communities, including Cochrane, is looking to determine the housing needs of seniors in the LGBTQ+ community.

"It seems the greatest barrier is fear of stigma and discrimination," said Amanda Weightman, project co-ordinator for Habitus Consulting Collective.

Weightman is working with Mount Royal University, which is supporting with ethics and peer researcher training, and the SHARP Foundation, the project's fiscal agent, to conduct the research which has been sponsored by the Calgary Homeless Foundation.

The goal of the survey is to help generate awareness and develop a greater understanding of some of the housing needs and challenges for LGBTQ+ seniors, especially as it might pertain to safety and identity.

"We don't know that it's an issue, but there have been a few statements floating around about people having to go back into the closet," Weightman said of LGBTQ+ seniors who need to go into care facilities.

Catherine Robertson, a Cochrane senior and one of three peer researchers from the LGBTQ+ community, is also involved in the project helping to circulate information around town trying to facilitate responses.

"This happens to be my biggest soap box," said Robertson, who believes there is a systemic problem of discrimination when it comes to older people in the LGBTQ+ community, especially for those in need of care facilities.

Part of the problem, Robertson believes, stems from wilful denial where service providers will state they don't have LGBTQ+ clients, which in a facility of 200 people is unlikely.

"If you deny it and then you see it, you are going to be counter to being positive," Robertson said.

The denial leads to a lack of awareness and resources, which promotes isolation and fear, a fact Robertson said is more prevalent in the senior population on both sides of the equation. People of that generation didn't have the same access to resources, support or even understanding compared to today, which Robertson said has resulted in maintained discrimination and prejudice.

"When I was growing up, transgender as a word didn't even exist,"



Rainbow Elders Calgary, an LGBTQ+ group for seniors is assisting with a research project to investigate housing needs and barriers for elderly people of the LGBTQ+ community. The survey is open to residents of Calgary and surrounding area.

Photo Submitted

Robertson said.

Robertson gave an example of a same-sex couple living in a care facility who are afraid to hold hands in public or others who feel they can't be 'out of the closet, which for Robertson's generation was something that took a long time to achieve.

"I only came out four years ago," the 65-year-old said, explaining it was a severe accident that led Robertson to come out.

Despite the growing elderly population across the province, which means more LGBTQ+ seniors, Robertson said the system has failed to evolve to meet the needs of that demographic.

Rocky Wallbaum, who is with Rainbow Elders Calgary a senior focused LGBTQ++ group in the city, which is working to support the survey, echoed Robertson's concerns.

Wallbaum is also aiding in the development of a new curriculum with Alberta Health Services (AHS) focused on increasing awareness and sensitivity among health care providers. The curriculum is an effort to help AHS staff to consider solutions to issues unique to the LGBTQ+ community.

He pointed to an example of a gay man in a senior's home who developed Alzheimer's. The person, who also had AIDS, developed an increased libido as a side effect of his dementia. As a result, the care facility's method of treatment was to drug the man to the point he was confined to a chair in a near comatose state. There are also more covert problems, such as facility staff who will approach LGBTQ+ clients with Bibles and say "let me pray for you and help you get out of this being gay thing," Wallbaum said.

Aside from the physicality of the living arrangements, Wallbaum and Robertson are hopeful the survey will lead to more awareness and, as a result, innovation into how to deliver services to LGBTQ+ clients allowing them to live more fulfilling lives in their elderly years.

"In the most simple of terms it comes down to looking for respect," said Weightman, who explained the results of the survey will be shared with focus groups comprised of stakeholders including service providers.

From there, recommendations will be developed pertaining to what can

be done to improve everything from access to quality of life," she said, adding that could be anything from something simple like shuttles to pride parades, to housing specifically geared toward LGBTQ+ seniors and allies.

Robertson is hopeful the research will lead to change, but added that change should come from the community developing more awareness and more respect for their fellow citizens through understanding.

"I'd like to see changes made without requiring legislation," Robertson said.

The survey, which is completely anonymous and only asks for postal codes to understand where issues are coming from is open until March 18 at midnight.

For those without computer or Internet access, Weightman has volunteers who will help people connect and navigate answering the questions. To request volunteer support call 403-660-0398.

To access the survey, go to https://www.surveymonkey.com/r/LGBTQ+_SS.

cpuglia@cochrane.greatwest.ca



CURLING ELITE: Elite curler Chelsea Carey out of Calgary, throws the ceremonial first rock during the Bantam Southern Championships March 9 and 10 in Cochrane. Carey is currently the 2019 Canadian and Alberta women's champion and will be competing in the Worlds this weekend in Silkeborg, Denmark.

Photo by Bill Marsh

Veteran reaches out with Legion fundraiser

by Lindsay Seewalt
The Eagle

A fundraiser for the Cochrane Legion is looking to shed light on the bravery of those who have served, as well as those who continue to suffer the after effects of that service.

Legion member and Afghanistan war veteran. Cpt. Bryce Talsma (ret.) of 1 PPCCL (Princess Patricia's Canadian Light Infantry First Battalion) is facilitating a screening of Peter Jackson's *They Shall Not Grow Old* at the Cochrane Movie House on April 4.

With tickets available for purchase for \$25 for non-members and \$20 for members, the event encourages formal attire – dressing your best to take part in the cocktail reception and screening at the local theatre.

The event is flagged as community outreach – to let people know about the “jewel” that the Legion is with its many fundraisers and events running throughout the year.

While the Legion, which continues to grow in its membership and community outreach in an era when many other Legions are shuttering their doors, is always looking to fundraise for flagship community projects – most recently the bronze statue and revitalization of the Cenotaph park area – Talsma also wants to make the message loud and clear that veterans and their family members of all walks can reach out at any time.

“Because it's life or death for them ... I lost a couple of very good friends overseas violently and now I'm losing friends here violently,” explained Talsma, who is on a mission to help fellow soldiers make the difficult transition into civilian life.

Bryce's story

“I was platoon commander of 40 members ... I'm one of approximately 114 Canadians who commanded a platoon in combat in Afghanistan,” he explained, telling his own story of a seven-month combat tour in Afghanistan from 2009 to 2010.

Talsma's tour coincided with a return three days before the birth of his first child, as well as the winding down of combat tours. The next available tour was a clean-up tour and he opted to start a new

venture that was better suited to his new family life.

The now father-of-three reflects on the first years since leaving his six years of military life.

“The transition out of the service is really tough ... finding meaningful employment out of the military is usually a step down, so it can be quite demotivating,” he explained, adding that the military is such a well-oiled machine centered on order and process and camaraderie – often quite opposite of how the real world operates.

The skills acquired by those in military service rarely translate well to civilian life – meaning that one who has climbed his or her way up the military ranks may have to start at the bottom in regular society.

Leaving the Canadian Armed Forces (CAF) in 2011, Bryce, wife, Laura, and their young family moved to Calgary from his station in Edmonton with \$17 in their bank account. They later moved to Cochrane in 2014.

The first couple of years were good as he found himself stationed in Chad, Africa working in project management for oil and gas. But when the economy lagged, Bryce found himself at a turning point and battling his own challenges of PTSD – having lost brothers both overseas and at home.

Working through his own regime of therapy has allowed the veteran to come to terms with his military past and now he wants to help fellow soldiers move past their demons.

“All of that legacy of violence ... it's trying to put it in its place and it's trying to reconcile myself and others to live meaningful lives again,” he said. “Soldiers are suffering machines and you get rewarded for suffering.”

Explaining that the symptoms of PTSD often don't appear for many years post-service or a traumatic event (and it is often not any singular event that triggers it) Talsma said what is frightening is how quickly the change happens – telling stories of soldiers taking their own lives with no warning.

Seemingly these individuals make the transition to civilian life quite well. They start families, they get jobs and life goes on. Then, all of a sudden, with little to no warning, they end their own lives.



The stories shared by Talsma are nothing short of tragic and all too common for those living with undiagnosed mental health issues – sometimes due to a lack of self-awareness and more often due to a lack of help and the resources to acquire it and the stigmas attached to mental health.

According to 2013 Stats Canada statistics, one in six CAF members reported living with some type of mental health issue.

“That would mean a lot to me – just getting one person out of the basement is worth it.”

The Jackson film employs state of the art technology and actual footage to tell the stories of those serving on the frontlines in the First World War, from the perspectives of the soldiers themselves.

For tickets, contact the Cochrane Legion at 403-932-2011.

Any inquiries can be directed to bwtalsma@hotmail.com.

lseewalt@cochrane.greartwest.ca

Empowering young girls with sport

By Lindsay Seewalt
The Eagle

Calling all “tween” girls between ages eight and 12.

There’s a new program in town looking to teach girls powerful tools of self-awareness, self-love and empowerment through running.

Sole Girls is piloting in Cochrane this April 3 – running for nine weeks on Wednesday evenings through the Footstock race weekend and wrapping up June 5. The program is also running on Tuesday evenings in Bragg Creek.

“I’m really about creating community through running and giving back to the running community,” explained Cochrane Sole Girls business owner, Laura Spruyt of Sprout Movement. “It’s focusing on the joys of running ... girls thrive on team dynamic.”

Laura, a passionate trail runner and ultra-marathoner – with 50 km runs in the bank – recently returned from a year abroad in Australia – where her husband, Chris, was able to take part in a school teaching exchange.

Recognizing that tween-age girls are a critical point, she wanted to do something to boost female participation in sports and mental health for young girls.

“That’s the time ... it’s trying to get to those kids when they’re starting to make decisions on their own,” she said, adding that peer influence, body image, media awareness and the finite details of female friendships all begin to collide for that age group.

According to the Canadian Association for the Advancement of Women and Sports and Physical Ac-

tivity (CAAWS), girls experience a sharper decline in sport participation in adolescence than boys.

This is attributed by CAAWS to a number of factors, including a perceived lack of financial opportunities for careers as female athletes; a lack of prominent role models and inadequate media coverage; and a need for coaches who can foster positive experiences in sport for girls.

Further stats by CAAWS reveal that only 16 per cent of female adults report sport participation and if a girl hasn’t participated in a sport by age 10, there is only a 10 per cent chance she will be physically active as an adult.

Sole Girls is a program that has exploded on the West Coast, after Ironman and triathlete Amanda Wiles was compelled to create change after a 15-year-old girl, Amanda Todd, took her own life and released a YouTube video before doing so – telling her compelling story of being cyber-bullied through flash cards.

“It’s getting girls into an inclusive environment,” explained Wiles, adding that around 5,000 girls have run through the Sole Girl programs which began in 2013. “The general feedback is ‘I wish I had a program like this when I was younger.’”

Laura said each week will begin with themes centered on mental health – such as bullying, mean girls, friendship dynamics and body image. This will spur into group activities, fueled by laughter and friendship and finish off with an outdoor run.

The Spruyt family, with two kids in tow, returned from Australia at the end of 2018 – in time for Laura to launch yet another program that builds on her



Laura Spruyt and her daughter, Addison, running two kilometres in Australia. Submitted photo

enthusiasm for combining play and movement for children.

Before she left for Australia, Laura was building Sprout Movement – a series of active programs that promote the coming together of physical literacy and family.

Growing Roots Forest Play is an outdoor preschool that Laura is in partnership with. Sprout Together is a parent and preschooler program centered around movement that she intends to resume at a later date.

To learn more about Sole Girls Cochrane, visit sproutmovement.ca.

The cost is \$220 for the nine-week Sole Girls program, which wraps up the week after Footstock. Parents are encouraged to run with their girls at the annual spring run weekend event.

lseewalt@cochrane.greatwest.ca

**Arrowhead Backstage
Wags & Whiskers
Celebration**

**You are invited to
“Raise the Woof” at Arrowhead
Veterinary Centre’s community-
wide appreciation event!**

**Wed., March 20, 2019
6.00 pm - 9.00 pm**

Bring your family and pets to this red-carpet event, where our wonderful team will be proud to show you the results of our fabulous new expansion!



View our state-of-the-art equipment
Enjoy appetizers and drinks
Meet some exotic pets
Enter our prize draws
Teddy Bear Walk-in Clinic



**Check out our Facebook
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information on this
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Accessible, electric regional bus service a step closer

PROVINCE INVESTS \$2.125 MILLION INTO COCHRANE TRANSIT PROPOSAL, WHICH THE TOWN WILL HAVE TO MATCH

By Chris Puglia
The Eagle

New provincial funding is being proposed to help Cochrane develop an accessible regional bus service connecting the town to Calgary.

Cochrane will receive \$2.125 million of the \$215 million that is slated to aid 33 communities develop green transit solutions. A majority of the funding, \$141 million, was earmarked from the province's Climate Leadership Plan.

The Alberta Community Transit (ACT) Fund, which was announced yesterday, will be used to expand the current regional On-It Service to include an electric fleet of accessible buses, expand the schedule, connect

with Cochrane's local on-demand transit service and increase stop options in Calgary.

"The expansion of the regional service and integration with the local on-demand service is another small step to reduce the number of low occupancy vehicles travelling between Cochrane and Calgary each day," explained Mayor Genung. "Investing in electric regional buses furthers Cochrane as a leader in green technology, research and innovation."

Communities are expected to match the dollars they receive. The Town of Cochrane is proposing to raise its portion of the investment through a fare collection partnership with Southland Transportation Ltd.

The new buses will be owned by the town and operated by Southland Transportation Ltd., as part of the local and regional integrated transit service. Ownership of the regional fleet will enable Cochrane to collect fares, negotiate low fare prices and gain greater regional transit autonomy.

The proposed electric regional bus service will connect Cochrane to the Crowfoot Calgary Transit interchange and provide daily service to the University of Calgary and SAIT during the school year. This service will also allow Calgary residents who work in Cochrane to connect from Calgary Transit to the new Cochrane transit hub and then use the new on-demand

transit system to arrive at their place of work. If demand requires, this service will operate six days a week, allowing Cochrane and area residents to travel into Calgary on Saturday and link to the Banff On-It service in the summer months.

"Currently, the regional On-It service operates three routes direct to downtown Calgary with diesel coach buses," added Genung. "These buses are not equipped with an accessible lift or entrance ramp. Investing in electric, accessible buses is a great opportunity for us to enhance an existing service, while also aiming to reduce the service's environmental impact."

cpuglia@cochrane.greatwest.ca



201 Ghost Lake Village

MLS# C4199022

\$1,995,000



7 Glensummit Close

MLS# C4222430

\$419,900



84 West Terrace Cresc

MLS# C4221690

\$424,900



212 Cottage Club Cresc

MLS# C4221535

\$382,500



132 Gleneagles Close

MLS# C4223274

\$525,000



10-181 Rockylegde View NW Calgary

MLS# C4220383

\$269,900



119 Sunset Circle

MLS# C4225730

\$480,000



200 Gleneagles Estate Lane

MLS# C4221187

\$849,900



290039 RR35 Township 290

MLS# C4196928

\$775,000



27 Montenaro Bay

MLS# C4219016

\$1,590,000



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MUNICIPAL matters

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TOWN COUNCIL

REGULAR MEETING

Mon Mar 25 | 6pm

More info: cochrane.ca/Council
403-851-2505

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Infrastructure Services Worker
Eco Centre

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Mar 17
Mar 17

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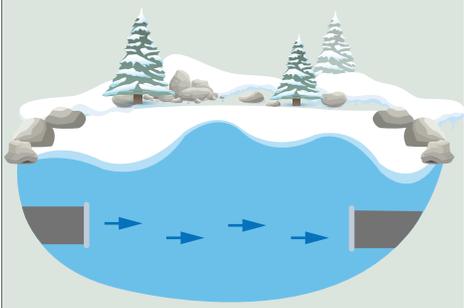
EVENTS & ACTIVITIES

VISITOR INFO CENTRE

Local info and public washrooms
Visitor Centre will be open 10 to 4:30 Monday to Saturday and 12 to 4:30 on Sundays.
Come and view our showcase wall! March showcase: Painter Karen Orser



STAY OFF STORMWATER PONDS



STAY OFF STORMWATER PONDS

Stay off all local stormwater ponds no matter how the ice looks. There are NO circumstances in which the ice on stormwater ponds is safe: the surface may look solid, but changes underneath present a significant danger.

LET'S TALK

GIVE YOUR FEEDBACK ON ACCESSORY SUITE REGULATIONS

Find out more:
LetsTalkCochrane.ca/suites

TAKE NOTE



Due to technical difficulties, some Town services are unavailable and/or delayed:

- **Tax installment payment plan:** March 1 automatic payment delayed until March 15.
- **Pre-authorized utility payments:** February 28 automatic payment delayed until March 15. (You can pay your bill through your financial institution or at the Ranchehouse.)

Watch cochrane.ca for updates.

CURRENT RFPs

Eight (8) low-floor mid-sized gasoline or propane transit buses.

CLOSING DATE

Mar 25

More cochrane.ca/RFP

It's not cute, it's eeeeeeeew...



BE RESPECTFUL, CLEAN UP AFTER YOUR PET.

Our parks and pathways are for everyone.

Fines

- \$150: No suitable means to remove feces
- \$300: Failure to remove animal feces immediately

Fines double for feces not removed in playgrounds, tennis courts, cemeteries, school grounds and sport fields.

Visit Cochrane.ca/AnimalServices or call 403-851-2532 for more information about responsible pet ownership.

HORSE CREEK SPORTS PARK USERS DELEGATION DAY

Saturday March 16, 9am-2pm

Cochrane RancheHouse

We want to hear from any local groups that want to provide input into how the new recreational lands north of Heritage Hills could be used.

Reserve your five-minute spot by calling **403-851-2590** or emailing operations@cochrane.ca

NOMINATE A YOUTH: LEADERS OF TOMORROW

Nominate a Youth for Leaders of Tomorrow Awards

Cochrane.ca/nominatealeader

403-851-2252

2019 SIP OPEN HOUSE

Thu Mar 21, 6pm-8pm

St. Peter's Lutheran Church

Find out about this year's streets improvement work:

- Upgrading George Fox Trail
- James Walker Trail extension
- Griffin Road

More: cochrane.ca/Events

All businesses located or operating in the Town of Cochrane must hold a current business licence. This includes non-resident business owners or operators whose premises are located outside of the Town, but who travel (or have their employees travel) to Cochrane to conduct business.



CENSUS WORKER OPPORTUNITY

The Legislative Services section is currently looking to employ responsible citizens to conduct a municipal census this year. Hours of work are flexible; however, census workers will be required to provide service from April 1 to April 3, 2019 and April 12 to April 30, 2019 inclusive. Apply by: March 18, 2019

Email resume to: legislative@cochrane.ca

More: cochrane.ca/CensusWorkers

Administration: 403-851-2500

Waste & Recycling: 403-851-2277

Outdoor Facility Status: 403-851-2552

cochrane.ca



/townofcochrane
cochrane.ca

Sunset Ridge Stage 3

Council gave the green light to the final stage of Sunset Ridge on Monday night, paving the way for a long-awaited second access into the largest community in Cochrane.

It also paves the way for eventual build out for more than 1,800 residents – which is why Coun. Morgan Nagel gave pause and voted no to the development, sticking to his guns that he won't support any further development in Cochrane at this time.

Mayor Jeff Genung and Coun. Tara McFadden both emphasized the importance of getting a second access for the community, with Genung noting that he hears about this need from the community almost every day.

The *Cochrane Eagle* confirmed with Melcor, the Sunset Ridge developer, that while no timelines can be nailed down yet – as development is always market-dependent – the second access and any development in Stage 3 (the first phase being Phase 23) would likely be a few years away, possibly longer.

While Melcor is not building any phases this year due to the slow market conditions, the company confirmed it must finish building the final three phases in Stage 2 prior to commencement of Stage 3.

The land use approval now allows for Melcor to begin community planning, estimated at six phases.

The Neighbourhood Plan includes 61 per cent of homes to be single detached; close to 29 per cent

COUNCIL BRIEFS

semi-detached; and 10 per cent townhomes.

Public service zoning includes a two-acre dog park, the finalization of a central green space and northern park.

Phase 23 is the first phase and includes the dog park and the second access, as well as some residential development.

No Car Wash

Council unanimously voted against a land use amendment to allow for a car wash next to the Lube City along Railway Street, coinciding with administration's recommendation to refuse.

Coun. Alex Reed moved the motion to strike, based on "grave concerns" relative to traffic flow and congestion that would result at that location, with respect to the other businesses on the premises. Nagel was in agreement with Reed's reasons.

McFadden added that "this needs to be a pedestrian-focused area, not a vehicle-focused area."

Public Hearings

Back-lit signs will be brought to the next council session, as a public hearing has been set for March 25 in chambers.

Administration is proposing to amend the land use bylaw to allow for back-lit signage in five com-

mercial and industrial districts in town – not including Historic Downtown – based on a growing ask from the business community.

A public hearing for the re-designation of Rivercrest has also been scheduled for March 25. This is a housekeeping matter looking to match minor changes made to the area during the detailed design stages of the subdivision process.

Bridge Borrowing

Council unanimously approved the next phase of the Bow River bridge project Monday night, approved the budgeted \$12.323 million for the south arterial road bridge construction, with \$9 million to be funded from debt and the balance from grants.

Council passed the borrowing bylaw this week to allow for this. The interest rate will be finalized at the time of borrowing later this year.

Future of recreation

Community user groups will have the chance to weigh in on the future of Horse Creek Sports Park, new recreational lands north of Heritage Hills that will transfer to the town this summer.

On Saturday, from 9 a.m. to 2 p.m. user groups will present their vision for the lands and so far Bow Valley Rugby Club, Bike Cochrane, pickleball and the mixed slowpitch league have registered to present.

Others who want join the conversation can call 403-851-2590 or email operations@cochrane.ca.

MUNICIPAL matters

www.cochrane.ca | Ph 403-851-2500 | Fax 403-932-6032 | 101 RancheHouse Road, Cochrane, AB T4C 2K8



PUBLIC HEARING NOTICE: Bylaw 16/2019



Statutory Public Hearing

Mon Mar 25, 2019 | 6pm | Cochrane RancheHouse
Any member of the public may attend to hear comments.

What is Bylaw 16/2019?

Bylaw 16/2019 proposes changes to the Land Use Bylaw to allow Back-lit signs to be considered by the Cochrane Planning Commission in certain commercial and industrial districts; C-SC, C-HWY, C-S, M-BP, M-1 as a Discretionary Use. The Bylaw includes sections regarding clarity of approving authority, listing Back-lit signs as a Discretionary Use in certain districts, and new regulations for Back-lit signs. These regulations address issues for back-lit signs including proliferation of signs, total amount of light produced, reduced level of light at night, consider the impact to adjacent uses, and promotion of "dark-sky friendly" urban lighting solutions.

What does this mean?

This means that the Bylaw is proposing to change Back-lit signage from a prohibited sign type to a sign type that could be considered by the Cochrane Planning Commission in certain districts including regulations to help guide their decisions.

How can I get more information?

Come to the Cochrane RancheHouse (101 RancheHouse Rd) between 8:30am and 4:30pm, Mon to Fri. Planning staff can explain what is proposed, how it might impact you and how the Public Hearing process works.

Can I provide comments?

Interested parties can submit oral and written comments about the proposed change in person at the public hearing or by email before the Public Hearing.



Questions?
Call us:
403-851-2570.



Speak at the Public Hearing (5 minute time limit):

Please arrive before the start time and sign the speakers' list. If you're making a presentation, please send us a copy by 10am Thursday, March 21st: Town of Cochrane, 101 RancheHouse Rd or planning@cochrane.ca (quote Bylaw 16/2019).



By email: Send comments or questions: planning@cochrane.ca (quote Bylaw 16/2019).

Charges stayed after witnesses fail to appear

MORLEY MAN FACED MULTIPLE CHARGES AFTER TWO DIED IN CAR ACCIDENT

By Jenna Dulewich

Canmore Outlook

Charges have been stayed against Stoney Nakoda man McFarland Kootenay, 35, after no witnesses showed up for the Calgary trial that was set to start March 11.

After a 2016 vehicle rollover where two people were killed and five were injured, Kootenay was facing 10 charges including criminal negligence causing death, criminal negligence causing bodily harm and impaired

driving causing bodily harm.

"We didn't have any witnesses. They didn't show up. We couldn't find some of them and the ones we did subpoena didn't show up," Crown Prosecutor Doug Simpson said.

On the day in question, Cochrane RCMP and other emergency personnel responded to the complaint of a single vehicle rollover on the Trans-Canada Highway near Hermitage Road, approximately 10 km west of the intersection with Highway 22.

Of the seven people in the vehicle, five were ejected with Travisha Powderface, 23, and Charlie Shortneck, 30, found dead on the scene.

The other two were extracted from the vehicle and all the survivors were taken to hospital in serious condition.

Alcohol was suspected to be a factor.

Initial reports from the accident indicated the driver was a female in her 30s who was airlifted by STARS ambulance to Foothills Hospital in

Calgary, but it was later discovered through the investigation Kootenay was the suspected driver.

The trial was set to proceed at the courthouse in Calgary.

When a Crown prosecutor stays criminal charges, it means the legal proceeding is no longer being actively prosecuted in the courts, however the charges are not officially withdrawn. The Crown has a year within which to reactivate the charges should new evidence be found.

MUNICIPAL matters

www.cochrane.ca | Ph 403-851-2500 | Fax 403-932-6032 | 101 RancheHouse Road, Cochrane, AB T4C 2K8



PUBLIC HEARING NOTICE: Rivercrest Land Use Amendment (Bylaw 17/2019)



Statutory Public Hearing

Mon Mar 25, 2019 | 6pm | Cochrane RancheHouse
Any member of the public may attend to hear comments.

What is the Rivercrest Land Use Amendment?

The Rivercrest Land Use Amendment is a minor clean up amendment that ensures the land use matches what is being constructed.

What does this mean?

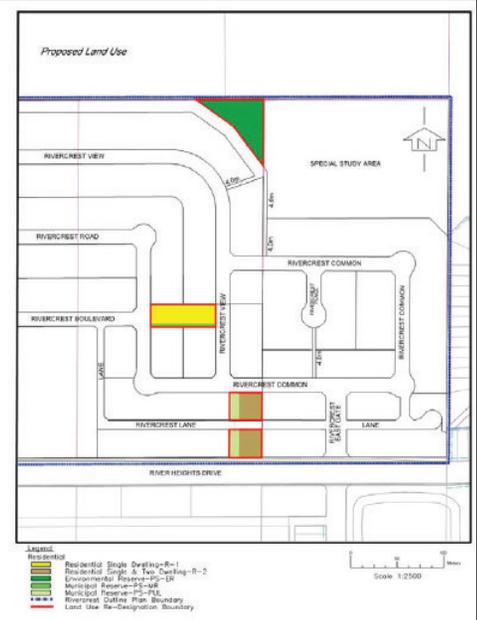
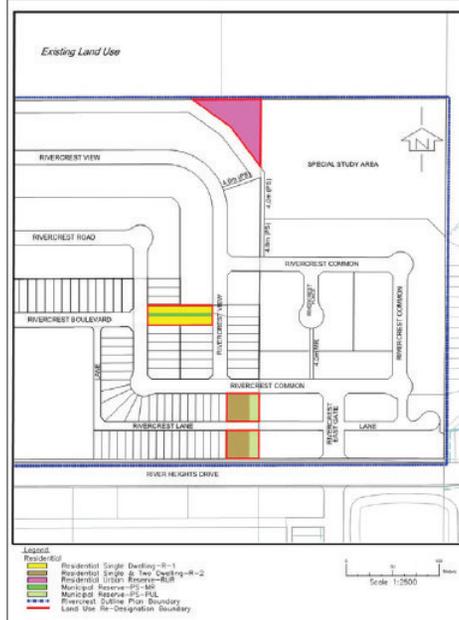
The land use amendments proposed will provide for the northeast corner to be dedicated as Environmental Reserve and preserved in its natural state due to slopes, and alter the location very slightly of one pathway connection and a Public Utility Lot that contains utility connections due to changes necessary through the detailed design stage of the phase.

How can I get more information?

Come to the Cochrane RancheHouse (101 RancheHouse Rd) between 8:30am and 4:30pm, Mon to Fri. Planning staff can explain what is proposed, how it might impact you and how the Public Hearing process works.

Can I provide comments?

Interested parties can submit oral and written comments about the proposed change in person at the public hearing or by email before the Public Hearing.



Questions?
Call us:
403-851-2570.



Speak at the Public Hearing (5 minute time limit):

Please arrive before the start time and sign the speakers' list. If you're making a presentation, please send us a copy by 10am Thursday, March 21st: Town of Cochrane, 101 RancheHouse Rd or planning@cochrane.ca (quote Rivercrest Land Use Amendment).



By email: Send comments or questions: planning@cochrane.ca (quote Rivercrest Land Use Amendment).

Get ready to run with Red Rock Runners



By Lindsay Seewalt
The Eagle

Are you ready to run?

If that question makes you hum and haw and dip deeper into your bag of potato chips, you just may be the perfect candidate for the spring Run to Footstock Clinic 2019 beginning next week through local running club, Red Rock Runners Cochrane.

Local club staple Pete McBreen will lead the program – bringing the fun into run and building strength and fitness levels on an individual basis for those attempting the five-kilometre or 10-km runs that take place on June 2 this year.

“The club runs all year-round, but every spring we run a clinic that leads up to Footstock,” explained McBreen, whose been lacing up since 1976 and running the clinic for the club for the last six years.

Footstock is a signature Cochrane running event for kids and adults, including the five-kilometre and 10-km for adults, and a kids triathlon event. Last year approximately 500 adults and kids took part in the scenic run along with Bow River.

Membership has doubled in the last couple of years, with some 50 participants dusting off their running shoes from the drudges of winter, with a handful of new runners keeping on with the club past Footstock each year.

One size fits every-body is definitely not the club’s mantra.

“Much of what I do is get people to build very, very slowly – a lot of drills, play on hills ...” explained McBreen. “The idea is to build strength in the legs

and then you can start to run longer ... when you first start out, your bones, your joints – they’re not ready.”

McBreen said that injury too often results from excitement and putting fitness level ahead of body readiness. He explained that it takes eight to nine weeks for the tendons to build strength properly, often taking longer than the muscles – particularly in those who are fit in other sports.

“It’s such a great club and such a fantastic opportunity for those who are afraid to try running,” said three-year running club member Brenda Samborski – who is readying for her first full marathon this year.

“The clinic helps people gain the confidence needed to become a runner.”

The 11-week clinic comes with a \$65 price tag and includes 2019 running club membership, as well as a club T-shirt. Note that the clinic does not use the “run-walk” training method.

The first meeting takes flight on Wednesday, March 20 at 6:30 p.m. from Community Yoga.

The clinic includes Monday and Wednesday evening training sessions at 6:30 p.m. and Saturday morning long runs at 8:30 a.m. Participants are encouraged to take part in as many of the weekly sessions as they can and to run three days each week, either with the clinic or making it up on their own.

Print off, scan and email forms online and bring your cheque made payable to Red Rock Runners on March 20. Visit redrockrunners.ca to learn more.

lseewalt@cochrane.greatwest.ca



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Ian Kruger

What is the shingles virus?

The varicella zoster virus, also known as the shingles virus, is the same virus that causes the chickenpox. If you have had chickenpox, and that’s over 90% of adults, your immune system may have been able to keep the virus under control. However, as we age our immune system naturally weakens. As a result, the shingles virus may reactivate, increasing the risk of developing shingles.

What are some shingles symptoms?

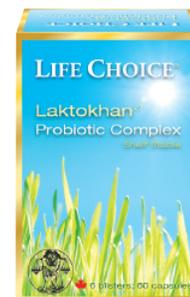
Shingles can result in a painful and blistering rash that can last several weeks. The pain from shingles can be severe, disabling and may interfere with doing normal day-to-day activities including walking, sleeping and social activities. It may also lead to serious complications such as long-lasting nerve pain (also called postherpetic neuralgia or PHN), which can last for months or years.

Other symptoms may include:

- Burning, numbness, or tingling
- Sensitivity to touch
- Fever
- Headache
- Vision problems/loss of vision
- Upset stomach
- Loss of hearing

A vaccine that demonstrated over 90% effectiveness in preventing shingles in people 50 years of age and older has been developed and is available at TWO Pharmacy. SHINGRIX is a vaccine that helps protect adults against shingles (also called herpes zoster). As we age, the risk of getting shingles increases. SHINGRIX is specially designed for adults 50 years of age and older to help the body build its protection against shingles, regardless of increasing age. In clinical trials, SHINGRIX was shown to be over 90% effective at preventing shingles for people 50 years of age and older. You will receive two SHINGRIX doses, with a gap of 2 to 6 months between doses. When you get your first dose, ask your doctor or pharmacist to schedule your next dose. To maximize the protection offered by SHINGRIX, it is important that you get both doses.

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your spot.



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INBOX

Alberta is a dying pond

On Feb. 19, 2019 Devon Energy announced it was exiting Canada by the end of the year no matter what. In its news release, it talked about how great the US market was. It made no mention as to why it was leaving Canada outside of strong US plays.

We have a number of Devon Canada employees that live in Cochrane and many are a big part of our community. It is sad to see another group of people put under intense pressure and stress not knowing what the future brings for them and their families.

But should this shock us? Should we be surprised another foreign company is leaving this country? Under the incompetence of the NDP and Federal Liberals should we really be outraged?

There is a story about the lily pad in the pond that highlights what we are dealing with in this province and country. As the story goes, there is one lily pad

on day one. On day two there are two. Day three there are four. Day five there are eight and so on and so forth until the pond is full and starts to die. The lily pads double every day for 29 days. On day 30 the pond is full and dies.

The people responsible for the pond see the lily pad on day one, then two on day two and then four on day three but do nothing to stop the doubling. Because, to them, it isn't a problem, it is only a few lily pads. To them, the pond has more space than there are lily pads. However, on day 29 they realize the pond is now half full, tomorrow it will be full. They never notice until it is almost too late.

Devon Canada leaving is day 29 of the lily pad problem for the province. The lily pads had been doubling day-by-day over the course of the NDP's incompetent governing. Did the NDP do anything to stop the doubling? Of course not, in fact, they made it worse and hastened the doubling.

ConocoPhillips left and Shell and Murphy and Marathon and Statoil and Total and now Devon. Double, double, double one more day and the pond is dead.

This NDP government should have seen the problem after the first exit when as the lily pads first began to double. They should have listened to those that shouted from the rooftops this was a problem. But they didn't. They made it worse by increasing costs and then not understanding how things were not improving. "Geez," they said, "we have more lily pads today. Still not a big deal."

We're on day 29 and the pond, Alberta, is in critical condition. We cannot allow the NDP to continue governing this province. This must be stopped. Strong leadership would have recognized the problem after the lily pads doubled after the first three days. The UCP will have that strong leadership. They will see the problems before it becomes unmanageable. They will not let the lily pads take over the pond.

Kevin Wilson

Uneducated opinions hurt

I am writing to the *Cochrane Eagle* rather than feed the negativity of the local online 'gossip' site(s).

Since I closed the doors of my Fabutan, I have endured the sadness of people's uneducated "opinions" (being relayed to me as I do not grace them any of my time). These media sources are not governed by humane and legal standards such as the *Eagle* is, therefore I want to reach out to people in Cochrane so that hopefully they understand the situation more fully and the pain that those sites can cause.

After two years of struggling to keep my business going, putting all of my savings into the business, the stress effected my health badly as at 67 this was to have been my 'working pension.'

Other business owners in Cochrane are suffering from the chronic financial state of our area and far too many gone or going bankrupt. However, it is a heartbreaking and an extremely distressing position to be in, so having people berate you on a mindless online site just adds to the trauma. I just hope that anyone reading this will take time to reflect on the fact that venting on these 'chat' sites is nothing more than online bullying.

I apologize sincerely for the abrupt closure and that lotions are still in the studio but legally I had to tell no one what was happening until I had closed and I had to leave everything in the studio. I have asked the landlord when and where the clients may collect their items. Clients can call Royal LePage Integrity for information at (403) 932-2101.

I have put a card of apology in the lotion bags as I truly am sorry and have really appreciated your business and visits. I will miss you all.

Lucy Mills



Kendra Watt
& Associates
KENDRAWATT.COM



Kendra Watt
403 437 4041
kendra@kendrawatt.com



Dawn Park
403 540 4158
dawn@kendrawatt.com





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Silence, Lent and Stoney way

"For everything there is a season," the oft-quoted wisdom declares; "a time to be born, and a time to die; ... a time to keep silence, and a time to speak" (Ecclesiastes 3:1-7).

"A time to keep silence"? These words are especially meaningful for me because of two important insights granted to me over the years. The first is from a recent Lenten meditation; the second, from over a half-century of learning at the feet of Stoney Nakoda Elders at Morley.

Lent is the 40-weekday period of prayer and contemplation celebrated by many Christian traditions that begins on Ash Wednesday (March 6 this year) and ends at Easter. Embracing silence is an intimate part of the Lenten journey through the "desert."

Langley, BC, spirituality writer **Naomi Toms** – yes, my granddaughter! – reflected on silence in her online Lenten posting for March 10:

"Silence and isolation ... returned to our lives," she writes. "The crowd of distractions, ever present in our contemporary everyday existence, has begun to melt away. This is our chance to embrace the silence. May we allow it to transform us ... in that spiritual battle that has been there before us all along."

As they say, "silence is golden." And



in my life among the Stoney Nakoda community I have experienced that gold as a life-changing mirror reflecting some of the finest qualities in this respect-based culture.

Silence in the Stoney way is all about the art of real listening – the art of being mindfully present to the moment and to those with whom we share the moment. It's about discernment and patient waiting. It's about not exploiting another's intentional stillness to push our own agenda.

Some folks tell me I'm not a bad conversationalist. If that's true now, it certainly has not always been the case. I grew up in a social context where verbalizing ideas was a fast-and-furious sport. Even the slightest pause on the part of the person speaking to me was to be latched onto as an opening for me to bulldoze through with my own two cents' worth.

Fifty-four years with **Stoney Nakoda First Nation Elders** have dramatically changed all that for me.

When I became associated with the Stoney community in 1965 as a linguist and Bible translation consultant, I



Sunset from Robyn MacKay and Bruce Robert's deck in the foothills northwest of Cochrane refreshes soul with silence. Photo by Warren Harbeck

naively assumed I had much to say. And weren't my hosts fortunate to listen to me?

Now in 2019, I know it's really the other way around: Stoney Elders have long had much to say, and I'm the fortunate one if I indeed do the listening!

Stoney Elders would sit down with me over tea and begin sharing their wisdom. But then they'd pause, and I would consistently misread their momentary silence as an invitation for me to cut in with my own inappropriate comments.

They'd be incredibly indulgent of my ignorance, allowing me to ramble on and on.

Then, when I finally ran out of words, they'd pick up where they'd left off and

continue what they were saying.

In the Stoney way, silence is an important feature not only of conversation, but of life as a whole. I noticed this early on at wakes. You sit in the living room with 30 or 40 others, and never say more than a word or two the whole time. Your physical presence speaks more eloquently and comfortably than all the fancy words in the world.

Yes, "a time to keep silence." Thank you, Naomi and my Stoney Nakoda Elders. Your wisdom refreshes my soul with silence like a beautiful sunset at the end of a noisy day.

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Arts & Entertainment

DANCE THE NIGHT AWAY: Snap Dance members Aviva Courte (left) and Sophie Cox (right) performed for various retirement homes across Cochrane in order to prepare for their upcoming competition season. More photos on page 21. PHOTO BY TROY DURRELL

20

Chinook Films will begin its spring series on March 20.

22

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Chinook Films presents *All the Wild Horses*

By Troy Durrell
The Eagle

Chinook Film Group is kicking off its spring series with the screening of *All the Wild Horses* on March 20 at the Cochrane Movie House.

The Mongol Derby is the longest and toughest horse race in the world. A recreation of Chinggis

Khaan's *Morin Urtuu* postal system, the 1,000 kilometre (700 miles) race is strung along a network of 27 horse stations on the Mongolian steppe, and has in its short life become an epic equine adventure of no equal.

All the Wild Horses follows endurance horse riders from the United States, Canada, South Africa, Ireland, United Kingdom and the Netherlands as they try and compete in this race.

The riders are out on the steppe on their own and navigate with GPS from horse station to horse station, spaced around 40 kilometres apart. They battle extreme heat, extreme weather, swollen rivers and wild dogs, often on their own. They change their horses at every station, staying the nights out in the wild or with nomad families along the way. One wrong horse and they could be bucked off and lose their horse with help being hours away. Serious injuries, broken bones and heat exhaustion are a common and debilitating factor in the race.

After a dramatic start with first casualties already medevaced off the field, 22-year-old American rider Devan Horn battles heat, exhaustion and wild dogs as she takes an early lead. South African horse whisperer Monde Kanyana is challenged with ever more difficult horses; and Irish jockeys Donie Fahy and Richie Killoran try to overcome setback after dramatic setback as they chase down the front runners. The film throws up twists, turns and a lot of drama as it builds to an unexpected, nail-biting finish.

All the Wild Horses has already won eight international film festival awards as well as a few more nominations.

The director, Ivo Marloh, rode the complete race twice in order to film the action first hand and docu-



ment exactly what compels riders from all around the world to risk broken bones, life-threatening injuries, their life savings and often a good dose of mental sanity to experience one of the last true wildernesses on Earth, on the back of wild horses.

Tickets are now available at The Gentry. *All the Wild Horses* begins n at 7 p.m. at the Cochrane Movie House. All tickets are \$10 and will also be available at the door.

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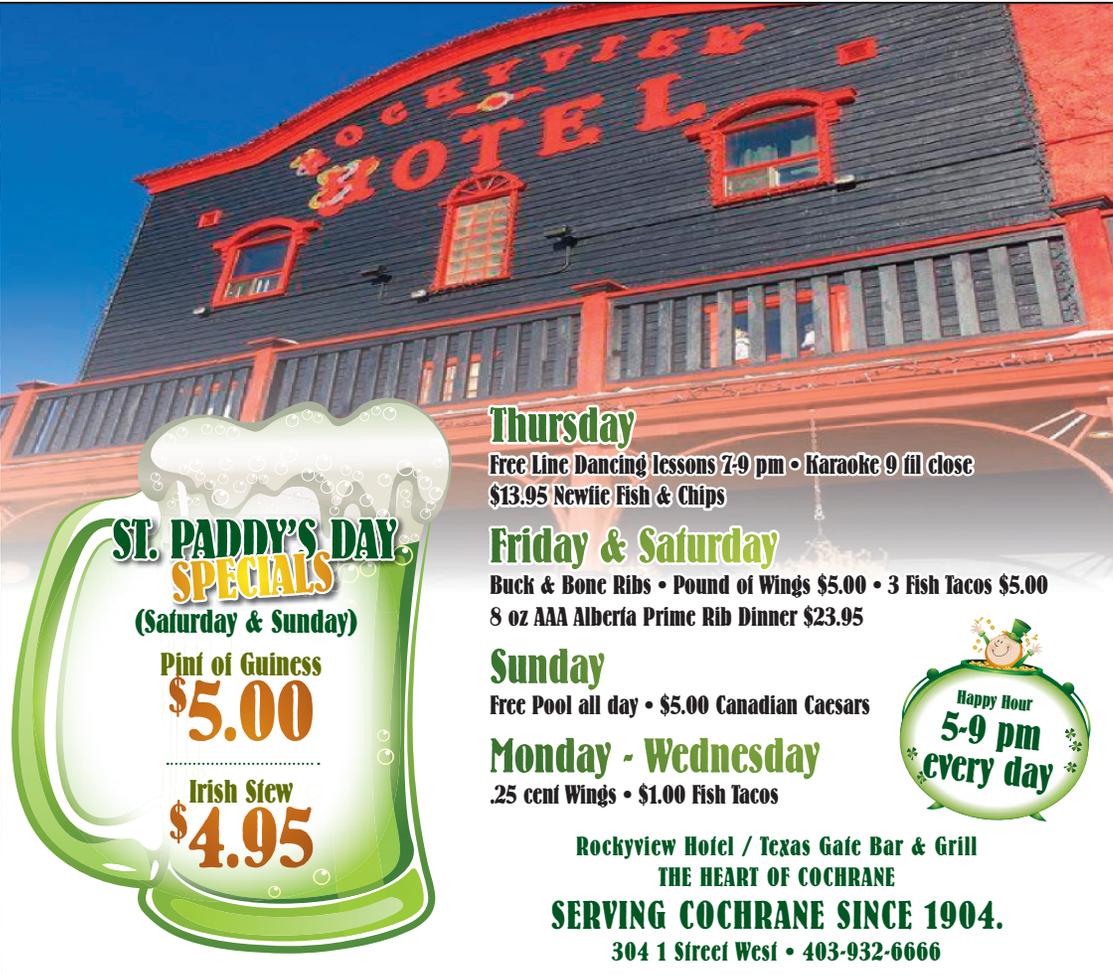
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DANCE IT UP: Snap Dance Studios dancers Kenzie Aucoin (left) and Gracie Moffet and Julia Kinch (right) showed off their skills for the residents of the Bethany Care Centre, Big Hill Lodge and Grand Avenue Village retirement homes on March 9 in preparation for their upcoming dance competitions. The studio members did a number of solo and group pieces demonstrating multiple genres during their performance.

PHOTO BY TROY DURRELL

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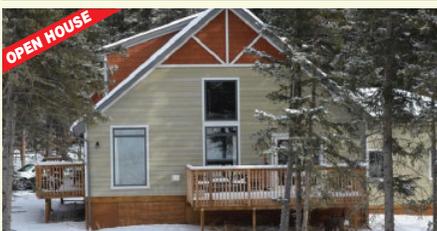


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TWO Pharmacy hosting monthly featured artists

By Troy Durrell

The Eagle

TWO Pharmacy owners Ian and Mia Kruger and Kelly and Dianne Kimmett are starting a new initiative where they feature different Cochrane artists every month in their store.

The first artist being featured will be Shona Paterson of Simply Dotty Designs. Paterson uses fluid painting which was discovered in the 1930s by artist David Siqueiros, who called it accidental painting. It mixes experimentation and magic, movement and colour.

"Fluid painting allows me to experience those relationships and allows the paint to lead me in all kinds of surprising directions," she said

She uses acrylic paints mixed with pouring mediums and manipulates them on the canvas or substrate using a variety of ever-changing techniques.

Paterson said it was a big opportunity for her to showcase her work at TWO Pharmacy, she used to paint at the now closed Just Imajan Art Gallery.

"It's huge. As an emerging artist new and fresh to the market, I believe it's vitally important to be able to gain a local presence," Paterson said. "With the closing of Just Imajan Art Gallery, it didn't feel as if there were a lot of opportunities to do that, and without a vehicle, it's difficult for me to get out to things like art shows."

"Back in November, when I heard that they would be doubling their retail space, I asked Ian (Kruger), one of the owners, if they would ever consider carrying a local artist's work," she recalled.

"I made them a heartfelt piece (their logo) for Christmas to say thank you for all they'd done for me over the years. I emailed Dianne a request with some

photos of my pieces, and she let me know they would consider it but could I be patient because they were in the midst of the expansion."

In mid-February, Patterson received word the plan was a go and she arrived with a suitcase of work to set up the display.

"There was a huge level of comfort for me to be able to partner with them. My long association with them has shown them to be completely trustworthy, fair, kind ... so for my first foray into the retail market, they were a wonderfully obvious choice," she said.

Paterson has been diagnosed with fibromyalgia, chronic fatigue syndrome, delayed sleep syndrome, chronic insomnia, depression, generalized anxiety disorder, irritable bowel syndrome, transmandibular joint dysfunction, chronic migraines, and costochondritis. She said the pain inspires her.

"Pain is where the art came in. It first started with colouring mandalas. I found it so soothing, and a return to working with colour, which had been so prevalent in my life as a graphic designer. Then I picked up a paintbrush and began experimenting, moving into spatter-painting and sponge painting, before discovering pointillism and fluid painting," said the 55-year-old Cochrane resident.

"I've always loved writing, and write fiction when my brain allows. I've finished the first draft of a novel but it has been languishing for a year as the art has taken priority. I'm keeping my hand in by regularly blogging, and am hoping to get back to it soon."

Paterson will be donating 25 per cent of any of the sales she makes to the Lindsay Leigh Kimmett Memorial Foundation.

tdurrell@cochrane.greatwest.ca

Announcement

Did You Know? Alberta Condo Rules Are Changing!

On December 14, 2018 Service Alberta Minister Brian Malkinson announced major changes to the Condominium Property Act Regulation which will impact all Alberta condominiums.

The changes are reflected in a 91-page document: [Alberta Regulation 168/2000](#)

Most changes are effective July 1, 2019

Learn More About These Changes and Strategies to Implement Them!

Condo Owners Forum Society of Alberta has developed a workshop to assist Boards and Owners in managing this transition:

Changing Condominium Regulation in Alberta Challenges and Opportunities

Register to attend our workshop at Lofts on the Bow
77 George Fox Trail | Cochrane, Alberta T4C 0N1 | Canada
Tuesday, 26 March 2019 from 7:00 PM to 9:30 PM (MDT)

THIS WORKSHOP IS FREE TO OWNERS AT LOFTS ON THE BOW AND AVAILABLE AT A NOMINAL CHARGE OF \$10 FOR COF MEMBERS AND OTHERS at \$25.00.

<https://changing-condo-regs-lofts-on-the-bow-cochrane.eventbrite.ca>

SEATING IS LIMITED, ADVANCED REGISTRATION IS REQUIRED

The Changes Will Initially Affect Condo Board Operations:

- | | |
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| <ul style="list-style-type: none"> • Condo documents • Reserve funds • Meeting notice, rules and condo board accountability | <ul style="list-style-type: none"> • Proxies and voting • Insurance • Arrears and Sanctions (fines), Borrowing, and Rental Deposits |
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And Will

- Impact every condo differently, Increase transparency and improve governance
- But they will increase administration workloads – impacting Board Secretaries and Condo Property Managers – *in change there is opportunity*

- Our [Events Page](#) provides details of upcoming COF workshops <https://cofsab.ca/events/>

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SPORTS

SPORTS REPORTER

Troy Durrell

tdurrell@cochrane.greatwest.ca



ONTO THE FINALS: The Cochrane junior 'A' Chaos punched their ticket to the Alberta Junior Female Hockey League (AJFHL) Finals after they defeated the Central Alberta Amazons 7-0 in Game 3 of the second round of the playoffs on March 12 to take the series two games to one. They will face off with either the Edmonton Wolves or the Sherwood Park Steele in the finals.

Submitted Photo

Generals trying to stave off elimination in HJHL third round series

By Troy Durrell
The Eagle

The Cochrane Generals are on the brink of elimination and are trying to fight their way off the ledge in their third-round Heritage Junior Hockey League (HJHL) series with the Coaldale Copperheads.

Coaldale has the Gens on the ropes winning the first three games 5-2, 3-1 and 4-2, the latter in dramatic fashion on March 9. The Generals took a 2-0 lead thanks to goals from Scott Shugg in the first period and Braden Bain midway through the third before Coaldale scored four unanswered goals in the final four minutes of the contest to stun Cochrane and take a stranglehold on the series with a 3-0 lead.

Game 4 took place the following day, which played into Coaldale's favour early in the game with the Generals still seemingly stunned by the loss the night before. Brandon Aab opened the scoring early in the second period, but the first-place Copper-

heads quickly responded with four goals of their own, giving them a 4-1 lead with just under 15 minutes left to play in the game. Crazyness ensued in the final portion of the game as Caden Chudleigh and Chris Sambrook made it a 4-3 game before Aab scored his second and third goals to give the Generals a one goal lead with 1:41 remaining in the game. The lead would only last 16 seconds before another flurry took place with Coaldale tying up the game at 5-5 before Braden Bain potted his second of the game with 44 seconds remaining to give Cochrane the 6-5 victory while keeping them alive in the series.

"It really does come down to playing full 60 minute games. The game prior to Game 4, we were up 2-0 in the final four minutes and decided to slack off a little which resulted in Coaldale capitalizing on our miscues and mistakes," said Generals head coach Travis McMillan. "That being said, jumping into Game 4 we were down 4-1 with just under eight minutes left, we got an untimely pen-

alty which led to a shorthanded goal from Caden (Chudleigh) and then Brandon Aab popped out of the box and scored shortly after that. It kind of snowballed after that with us winning 6-5. Mental errors are going to cost us this series."

With the last two games having wild third period finishes, McMillan said he has a theory as to why those games have gone that way.

"In the last 10 minutes of that third period, we had some structure break downs that were very key and quite noticeable and Coaldale capitalized on those. What we've got to do in order to win the next games, is make sure everyone is on the same page and aware of what we're doing on and off the ice and what we can do better. Hopefully we can work on a few things in practice and get ready for Game 5."

Game 5 took place on March 13 in Coaldale which was after press time. To see the results of the game please go to www.cochrane.eagle.com.

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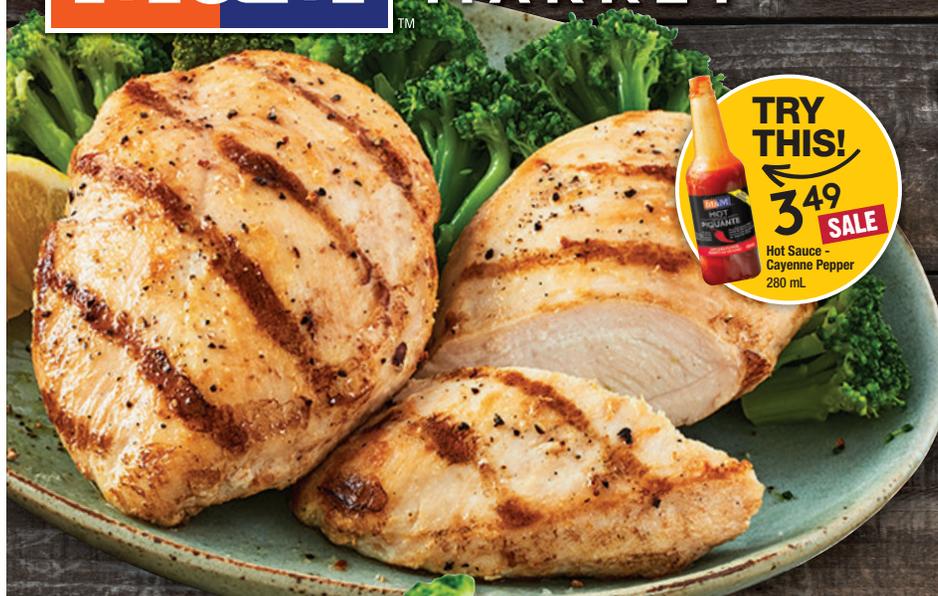


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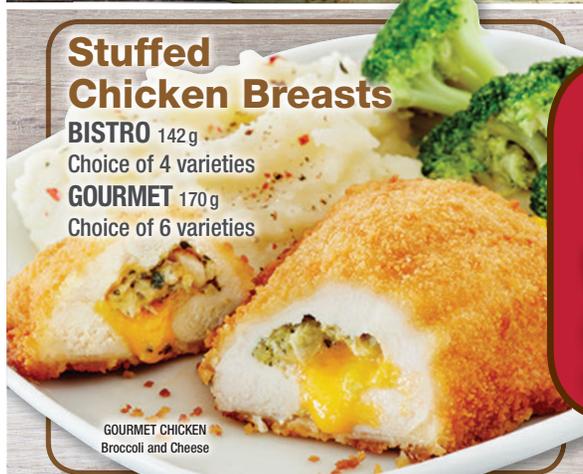
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Cochrane Cobras basketball teams wins Zone medals

By Troy Durrell
The Eagle

Both the Cochrane Cobras boys and girls basketball teams had a very successful season when they capped off their league play on March 8 and 9 at the Zone Championships.

The senior boys team had quite the run this year in the Rocky View Sports Association (RVSA), finishing the regular season with a 4-1 record which was good for second place in the league behind the first place Chestermere Lakers. The Cobras managed to score 416 points while only allowing 347 en route to the league playoffs. The Cobras earned a bye to the semi-finals where they eventually defeated the Bert Chuch Chargers 78-56 and claimed the gold medal with a 77-64 victory over Chestermere, ending their undefeated season. The Cobras wrapped up their league play, with the Zone Championships, where they won a silver medal to clinch a berth in the Provincial Championships on March 14 in Brooks.

On the girls side, The Cobras had a banner year which was highlighted by upsetting the five-time defending champion Chestermere Lakers in convincing fashion by a score of 60-45. The Cobras finished the season in second place, with a 5-1 record, outscoring their opponents by 124 points.

"Overall this season was very successful. We had goals coming in and we achieved all of them except for one ... our number one goal coming in was to win the league championship. That was something we focused on and took pride in. We dominated

Divisionals, we beat everyone by 15 points or more and we were prepared for anything that came our way," said Cobras head coach Randy Peron.

"To beat the five-time defending league champions in the finals was very important and very gratifying considering we controlled the majority of the game with our offence and defence so they'll never be able to take that away from us."

The gold medal victory secured the team a spot in Zones coming in as the fourth-ranked team behind Highwood High School based out of High River, Brooks and cross-town rival Bow Valley. The Cobras lost by six points to Highwood in the semi-finals before defeating Bow Valley in the third place game 60-35 to claim the bronze medal.

"We ended up being the fourth-ranked team behind those other three teams and we knew if we wanted to advance, we'd have to beat the number one team in Highwood earlier in the tournament rather than later in the finals. It was a great game, a one point game for the first three quarters and then we missed too many shots inside and then ended up losing to them by six points," Peron said.

"We ended up playing for bronze against Bow Valley who was the second-seed coming in, but I didn't want to put too much emphasis on the fact we were playing Bow Valley because they were in our town, I just wanted the girls to focus on the bronze medal ... regardless of who we were playing."

Bow Valley on the other hand, also had a very successful season improving from their 5-15 regular season and tournament record last season to an

overall record of 25-8 including a first-place finish in league play. The Bobcats outscored their opponents 309-213 en route to a 5-1 record. At the Zone tournament, they lost to the eventual champions from Brooks 43-42 in the semi-finals before losing to Cochrane in the bronze medal game.

"All five starters had to sit with major foul problems from midway in the second quarter on when we had a 20-15 lead. We quickly lost the lead although tied it back up in the third when the starters got back into the game but they soon got into even more foul trouble and we couldn't stay with a talented Cochrane team without them on the floor. 3 of them played less than 10 minutes in the game before fouling out. It was the first time all year we had that kind of foul trouble to so many players and we simply can't compete with any team in the zone handicapped like that ... just one of those things," said Bobcats head coach Kris Nielson.

"We had an amazing group of young women who had a ton of fun and it showed - on the court, in our practices and outside of basketball. They've had a great year and have learned what it means to commit, how to work hard and be physically and mentally strong, how to work together as a team, how to lead, how to perform under pressure and how to compete. Considering they're going to turn pro in something other than basketball, these are skills they can take forward with them to the next chapter of their lives and will serve them well in their careers as they move on after high school."

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CFL COMBINE: Former Cochrane Cobras football stars Kyle Moortgat (left) and Dale Cummings (right) were invited to the Canadian Football League (CFL) Western Regional Combine on March 11 in Edmonton in order to earn one of the open spots at the CFL National Combine later this month. The players participate in the 40-yard dash, the shuttle run, three-cone drill plus positional one-on-one drills in order to impress CFL scouts with hopes of getting drafted.

FILE PHOTOS

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130. Coming Events
EDMONTON STAMP CLUB Stamp Show. March 23-24, 2019. Saturday 10-5PM; Sunday 10-4PM. Central Lion's Rec Centre, 113 ST & 111 Ave. Stamps for sale, Exhibits, Door Prizes, Jr Table. Free Admission. www.edmontonstampclub.com

190. Announcements
FIREARMS WANTED FOR April 27, 2019 Live & Online Auction: Rifles, Shotguns, Handguns, Militaria. Auction or Purchase: Collections, Estates, Individual items. Contact Paul, Switzer's Auction. Toll-Free 1-800-694-2609, info@switzersauction.com or www.switzersauction.com.

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EMPLOYMENT OPPORTUNITY
Seasonal Parks Worker
(Temporary, Full-Time Position)

Reporting to the Environmental Fieldman, the MD of Bighorn is currently accepting applications for a **Seasonal Parks Worker**.

Duties of the successful applicant will include:

- Operation of mowing equipment and hand tools such as; different types of mowers, trimmers, shovels and rakes.
- General landscaping tasks.
- Garbage and recycling collection and dog waste bag refills.
- Trail inspections and maintenance as required.
- Maintenance and cleaning of vehicles, mowing equipment and work areas.
- Maintaining detailed records and maintenance log reports.
- May be required to operate equipment such as a forklift, skid steer, & chainsaw.
- Participating in safety meetings and training as part of the MD's Health and Safety program.
- Other duties as determined by the Environmental Fieldman or Assistant Environmental Fieldman.

Applicants should possess the following qualifications and skills:

- Experience with operating and maintaining mowing equipment, trimmers and general hand tools.
- Physically able to perform medium lifting up to 50lbs and labour tasks outdoors for extended periods of time.
- Work outside in varying weather conditions.
- Ability to work effectively with others and alone
- Effective and courteous communicator with supervisor, co-workers and members of the public.
- A valid class 5 driver's license (a driver's abstract will be requested from the successful candidate).

Conditions of Employment:

- Employment Term is mid-May to late August
- Position is based in Exshaw, Alberta
- Wage: \$20/hr + vacation pay
- Hours of work: Monday to Friday (40hrs per week)
- Smoking restrictions apply to the workplace

Submissions can be addressed to the Environmental Fieldman and will be received in confidence until 4:00pm on **Friday March 22, 2019** to:

Leslie Rea, Executive Assistant
Mail: PO Box 310, Exshaw AB, T0L 2C0;
In Person: #2 Heart Mountain Drive, Exshaw, Alberta;
Fax: to 403 673-3895; or
E-mail: to leslie.rea@mdbighorn.ca
(please reference **Application for Seasonal Parks Worker** in the subject line)

The MD of Bighorn thanks all applicants for their interest but advises that only those selected for an interview will be contacted.

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MON.	St. Andrew's United Church Mixed 7:30 p.m. Non-Smoking
MON.	Al-Anon St. Andrew's United Church 128 1st St. E. 7:30 p.m.
TUES.	Weedon Hall West Corner (Hwy 22 N. & Hwy 567) Mixed 7:30 p.m. Non-Smoking
WED.	Masonic Hall, Centre Ave. Mixed 12 Noon. Non-Smoking
THUR.	All Saints Anglican Church Mens 8:00 p.m. Non-Smoking
THUR.	Ladies Meeting St. Andrew's United Church 7:30 p.m. - Basement
FRI.	Frank Wills Memorial Hall (upstairs) Mixed 8:00 p.m. Non-Smoking
FRI.	Al-Anon St. Andrew's United Church 128 1st St. E. 8 p.m.
SAT.	SLS Family Sports Centre 7:00 p.m. Multi-program room, 2nd flr across from Totem 3

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100. Obituaries 100. Obituaries 100. Obituaries

KUN, Stephen Frank Peter

March 15, 1931 -- February 27, 2019

Steve is remembered as an active energetic man who got things done. His satisfaction came from planning, working on, and completing his tasks. His accomplishments were immense.

Steve was born in Drumheller, Alberta and attended school there. He enrolled in the Faculty of Forestry at the University of British Columbia in 1950, graduating with a master's degree in 1958.

His thirty-year career with Parks Canada began as Assistant Warden in Banff National Park in the summer of 1951. With time taken for education he moved through the ranks serving as Western Regional Forester in Jasper, Assistant to the Western Regional Director in Calgary and Banff, Superintendent of Prince Albert National Park, Chief of National Parks in Ottawa for policy and planning, Superintendent of Banff National Park, back to Ottawa to work on developing new national parks, and finally to Calgary as Director General of the Western Region. During his career he visited every national park and historic site in Canada and travelled internationally representing Canada in conservation work. He loved travelling by horseback through the Rocky Mountains and came to know the back country well and the wardens who worked there.

After his retirement in 1988, Steve embarked on a new career ranching in the foothills of Alberta and raised pedigreed Canadian Pinto horses. He and his wife Gail built a beautiful place that was enjoyed by his family and friends for 30 years.

In 2017 Steve and Gail moved to Cochrane to live in a retirement community where they made many new friends. In 2019 they moved to Wakefield Quebec to be closer to their family and to live in the province they had enjoyed so much canoeing and on skis.

He is survived by his wife of 62 years Gail (Jeffery), his son Randall (Jerene Sutherland), daughter Jennifer (John Robson), two granddaughters, two great grandchildren, and his sister Irene Forgo of Drumheller, Alberta.

At Steve's request there will not be a funeral. His immediate family held a private memorial.

Many thanks to the doctors and staff of the Wakefield Hospital. Contact address is: 2-106, chemin des Collines, Wakefield QC, J0X 3G0.



100. Obituaries 100. Obituaries 100. Obituaries

FANDRICH, Otto

June 5, 1919 – February 24, 2019

Otto passed away peacefully, just 3 months short of an entire century on this earth. He had a full, productive life, mostly engaged in farming and ranching first on his parents homestead north of Medicine Hat, and then later established another operation in the Cypress Hills of Saskatchewan, near Eastend. Otto was a fine carpenter, welder, jack-of-all trades and an exceptionally good baker and cook.



Otto was predeceased by his wife, Paulene in 1996. He lived in Cochrane with daughter, Delaine, and moved to Bethany Care Centre in 2015, where he was at the time of his passing. He was a devoted family man, adored by all who knew him. He loved participating in the activities at Bethany and remained alert and robust nearly until the end. He is survived by eldest daughter Sharon (Dan) Toudy, daughter Delaine Nelson and son Garreth (Sandy) Fandrich, grandchildren and great grandchildren. While he will be sadly missed, we are so blessed to have had him with us for an exceptionally long while.

There will be a memorial in Cochrane planned for a later date in June of this year. We would like to acknowledge and thank the staff at Bethany Care for the care and compassion Dad received there. Also, a special thank you to devoted friend, Bob Keon, who visited him faithfully for many years.

Condolences may be left for the family at www.Cochranecountryfuneralhome.com. Arrangements entrusted to Cochrane Country Funeral Home, Flo Simpson, Funeral Director PH: 403-932-1039



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BALDWIN, Dale Raymond
 February 23, 1943 – Perdue, Saskatchewan
 February 14, 2019 – Calgary, Alberta

It is with great sadness that we announce the passing of Dale Baldwin on Thursday, February 14, 2019 at the age of 75 years, after a courageous battle with cancer, following a lung transplant.



Dale will be lovingly remembered by his wife of fifty-two years, Joyce, children, Tamara (Greg), and Craig (Melaine); four grandchildren, and six great-grandchildren. He is also survived by his sisters, Elfrida, and Leona; brothers, Don, Barry and Dennis; as well as numerous nieces, nephews, in-laws, and friends. Dale was predeceased by his mother Mary, father Ernest, step-mother Adeline, brothers, Lorne, and Lloyd; and sister-in-law Liz.

Dale considered himself fortunate to do work he valued as owner of Baldwin Electric for 42 years and never hesitated to give his employees a helping hand to venture out on their own. He loved the challenges of new projects and was eager to help others with theirs. Dale had a big personality that touched people in different ways. Many experienced his generosity, most people enjoyed his sarcastic wit, others like his pool buddies were privy to his competitive spirit.

He loved his family and relished in their accomplishments and was especially happy if he could support them in any way. As profoundly missed as Dale will be on this side, he will be enthusiastically greeted by all his beloved animal friends that have crossed the rainbow bridge.

"My heart throb is gone now and my world will be changed forever." - Joyce.

A private family service will be held. If friends so desire, memorial tributes may be made in Dale's name directly to the Canadian Cancer Society, 200 – 325 Manning Rd. N.E., Calgary, AB T2E 2P5 Telephone: (403) 205-3966, email donorservices@cancer.ab.ca, or to the Cochrane Humane Society, 62 Griffin Industrial Pointe, Cochrane, AB, T4C 0A3, Telephone: (403) 932-2072, www.cochranehumane.ca. Condolences may be forwarded through www.mcinisandholloway.com.

In living memory of Dale Baldwin, a tree will be planted at Fish Creek Provincial Park by McINNIS & HOLLOWAY FUNERAL HOMES, Chapel of the Bells, 2720 CENTRE STREET NORTH, CALGARY, AB, T2E 2V6, Telephone: 403-243-8200.



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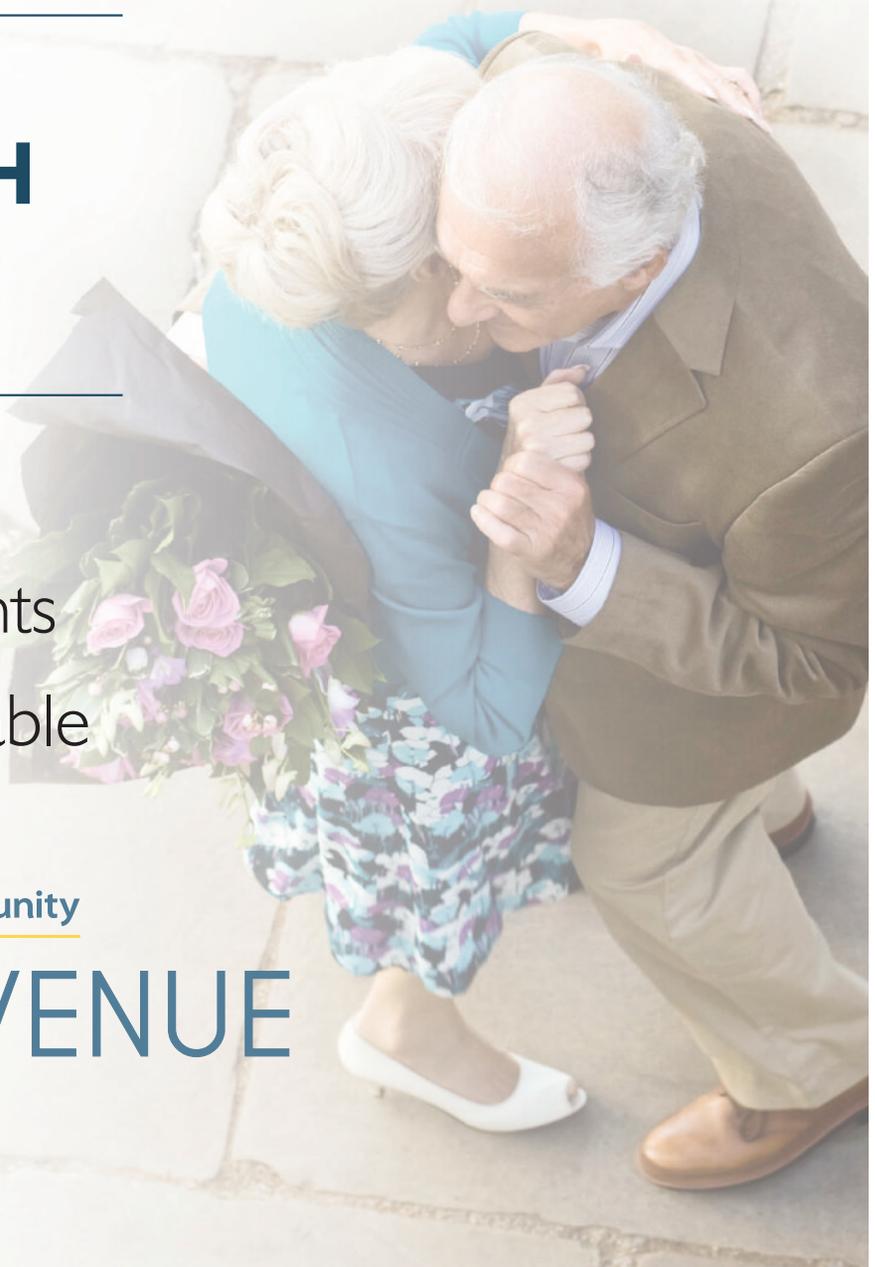
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STK# 190111

WAS: \$49,685
NOW: \$34,990 SAVINGS: **\$14,695**

2019 RAM 1500 BIGHORN CREW CAB 4X4

2

\$135 /WEEK

- 5.7L HEMI • REMOTE START
- BACK-UP CAMERA
- TRAILER BRAKE CONTROLLER

STK# 190067

WAS: \$60,780
NOW: \$45,990 SAVINGS: **\$14,790**

2019 RAM 1500 SPORT CREW CAB 4X4

3

\$159 /WEEK

- 5.7L HEMI
- HEATED/COOLED LEATHER SEATS
- PANORAMIC SUNROOF • NAVIGATION

STK# 190057

WAS: \$71,200
NOW: \$55,990 SAVINGS: **\$15,210**

Home of the apple pie test drive

2019 DODGE GRAND CARAVAN SXT PREMIUM PLUS

4

\$85 /WEEK

- 3.6L PENTASTAR V6 • REAR DVD
- BACK-UP CAMERA • BLUETOOTH

STK# 190222

WAS: \$45,060
NOW: \$28,990 SAVINGS: **\$16,070**

2019 JEEP GRAND CHEROKEE ALTITUDE 4X4

5

\$129 /WEEK

- 3.6L PENTASTAR V6
- HEATED LEATHER/SUEDE SEATING
- SUNROOF • BACK-UP CAMERA

STK# 190158

WAS: \$54,560
NOW: \$44,990 SAVINGS: **\$9,570**

2019 JEEP WRANGLER UNLIMITED SAHARA 4X4

6

\$129 /WEEK

- 3.6L PENTASTAR V6
- HEATED CLOTH SEATING
- REMOTE START • BACK-UP CAMERA

STK# 190239

LEASE FOR \$99 /WEEK!!



403-932-4072

CANADA'S #1 SELLING AUTOMAKER

**6 RIVER HEIGHTS DRIVE,
COCHRANE, AB**

