







www.millarvilleracetrack.com





OFFICE HOURS

Monday - Friday: 9AM-4PM November 6th-9th & 13th-16th 9AM-4PM

OUR VISION

Millarville Racing and Agricultural Society is dedicated to building community spirit.

OUR MISSION

Millarville Racing and Agricultural Society provides authentic family experiences and exceptional facilities which celebrate our agricultural heritage, inspiring a sense of belonging for the community.



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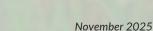
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2024-25 MRAS BOARD OF DIRECTORS





Brent Foster Treasurer



Colin Hill Vice President

Suzanne Sills Director







Andrea Neumann Secretary

Chit Lutchman Director





Kerry Dark Director



Sylvia Checkley

Director

We would love to hear from you, please reach out:

feedback@mras-track.com

Director's Message



October was a busy month at MRAS as we closed out the Farmers' Market and the Campground for the season, made a quick stop for a sugar rush at the Halloween Howl, and now eagerly anticipate the November Christmas Markets as our many "elves" (read: enthusiastic staff and volunteers) prepare for the holiday season!

As always, we are looking for additional volunteers to help spread the Christmas cheer! Don't hesitate to sign up for gate shifts, parking, and more at the link below to welcome our many guests to the grounds. volunteersignup.org/EAF73

November also signals the start of a new membership year for MRAS, so be sure to renew your general membership (and riding membership for our equine members), particularly before our 2025 AGM in December so you can cast your vote! The Board has navigated many significant changes at MRAS over the past year and, while change is never easy, I think I speak for all Board members when I say that the future of our Ag Society looks incredibly bright. The dedication and vision of the people that contribute to our organization is truly inspiring and we look forward to continuing to build that legacy as we move into a new year and also welcome new faces to fill out the Board for the upcoming term.

MILLARVILLE RACING & AGRICULTURAL SOCIETY
NOTICE OF ANNUAL GENERAL MEETING
MONDAY DECEMBER 1ST, 2025, AT 6:30PM AT THE MRAS HALL
306097 192ND ST WEST, MILLARVILLE

Memberships for the 2025/26 year are available to purchase at the AGM. Current membership is required to vote. We encourage you to purchase your membership in advance of attending the AGM to reduce the backlog at the door.

https://mras.getcommunal.com/memberships

Items for discussion include: Fiscal year end review and election of Directors

For more details, please email office@mras-track.com or call 403-931-3411

WE ARE LOOKING FOR BOARD MEMBERS!

Join our Board of Directors to help make a difference in the MRAS community by:

- Ensuring Healthy Governance
- Leading Strategically
- Being an Ambassador
- Ensuring Financial Stability
- Providing Passion & Support for Members, Vendors & Guests

Board terms are two years in length. MRAS has 3 open Board positions, 3 candidates for renewing terms and 4 directors continuing in an existing term.

Renewing Terms:

Brent Foster

Chit Lutchman

Andrea Neumann

Continuing Directors:

Kerry Darrk

Colin Hill

Natasha Phillipson

Suzanne Sills

Standing for Election for 1st Year of 2 Year Term:

Matt Gaffney

Kelsey McLeod

Barb Parker

Elections will be held at the AGM on Monday December 1, 2025. If you are interested or want more information, please contact the MRAS President, Natasha Phillipson, at president@mras-track.com

MEET OUR 2026 BOARD MEMBER CANDIDATES



Matt Gaffney

Matt Gaffney was born and raised in High River and now calls Okotoks home, where he lives with his wife, daughter, and son. As Branch Manager for United Rentals Power & HVAC, Matt leads a dedicated team supporting projects across Alberta, drawing on more than two decades of experience in business management and team building. His career has taken him overseas and throughout the province, but his roots remain firmly planted in Alberta's rural and agricultural communities. A former Alberta Snowboard Association member, volunteer course marshal, and judge for the Alberta Winter Games, Matt values opportunities to give back and stay involved locally. He's proud to serve the Millarville Racetrack and Agricultural Society to support an organization that celebrates community, tradition, and rural heritage



Kelsey McLeod

Kelsey McLeod has lived in Alberta since 2009 and moved from rural Ontario. Growing up in a smaller area and an agricultural community, she has a strong appreciation for small communities and the level of volunteer work required to keep organizations afloat. She has been a member of MRAS for a few years and loves to use the Equine facilities, brings her son to play on the new playground and shops with her family at the markets. She is truly amazed about the strong management of the facilities and events and is excited to be apart of their continued success. She is also a designated Chartered Accountant with 15 years of experience. She worked at PwC for 13 years with several clients large and small and now works for Nutrien, a large agricultural company. These experiences have allowed her to build strong business and financial acumen which will be an asset to the Board.



Barb Parker

I am a retired Human Resources professional who worked in the oil and gas industry for 36 years.

I became an MRAS member in 2013 and began volunteering in the MRAS office in 2016 and continue to provide support today. I became a board director in December 2019 and was elected as Vice-President in 2021 and stepped down at the end of 2024.

I have volunteered for many of the MRAS events including the ½ Marathon, the VIP tent for the Canada Day Races and at the gate for the spring, summer and Christmas markets. For the past 9 years, I have been the Treasuerer on the Fair Committee and am also involved with the Kids Only Shoppe, the Campground Committee, the Races Committee and the Millarville Historical Society.

I thoroughy enjoy being involved at the MRAS and givong back to our community. I have met some wonderful people, have had some incredible experiences and have made many lasting friendships from my volunteering. I live on an acreage SW of Millarville with my husband and our fur baby Belle.

2025 MRAS STAFF

Cori Thompson

Operations Manager

ops@mras-track.com 825-779-4488

Alex Batara

Farmers' Market Lead

market@mras-track.com

403-483-1145

Shelby Ferguson

Social Media Coordinator social@mras-track.com

Shannon Breeze

Bookkeeper accounting@mras-track.com

Ken Kunz

Facilities Maintenance Lead

Lance Piltingsrud

Maintenance

office@mras-track.com 403-931-3411



Hello - my name is Ken Kunz. My family has been involved in home construction for more 40 years, building custom primarily in the Calgary and Okotoks area. Since late spring, I have worked on multiple renovation and restoration throughout the MRAS grounds including hall, rebuild of the entrances to the grandstand announcers booth, repair to the Quonset wall, replacement of the back wall of the grandstand and revitalizing the tractor shed. It is now my pleasure to introduce myself as the new Maintenance Lead. I thank all MRAS personnel for this opportunity and look forward to continuing to improve the grounds and facilities as well as playing a key role in making the public, member and vendor experience both safe and enjoyable in a professional manner.

2025-2026 MRAS GENERAL MEMBERSHIPS

FAMILY \$50
INDIVIDUAL \$40
SENIOR \$30
STUDENT \$30

BENEFITS OF YOUR MEMBERSHIP:

- Free Admission to MRAS Hosted Events (Canada Day Races & Christmas Market)
- 10% discount on Campground bookings
- Access to our indoor arena and seasonal outdoor riding facilities with the purchase of a riding membership
- Event committee participation
- Eligibility to vote at MRAS AGM & in MRAS Committee meetings
- Connection with neighbours, friends and our community

GO TO:

https://www.millarvilleracetrack.com/membership/





2025 - 26 MEMBERSHIP PLANS

ANNUAL*

NOVEMBER - OCTOBER

FAMILY \$475

(ADDITIONAL DEPENDENT \$70)

INDIVIDUAL \$325

All year access to Indoor Riding Arena and Seasonal Outdoor Rings

403-931-3411

SEASONAL*

NOV- APR OR MAY- OCT

FAMILY \$350

(ADDITIONAL DEPENDENT \$50)

INDIVIDUAL \$225

Choose a 6 month plan for your Seasonal Riding needs.

WWW.MILLARVILLERACETRACK.COM

*All Riding memberships require a General MRAS membership







TICKETS
AT THE GATE
\$10





Free lunch

Free entry to Christmas Market

Great people, great experience

Sign Up Here

Volunteer parking pass





Mrs. Claus and her elves are ready for another busy season of helping children aged 5 – 12 find fabulous gifts for the special people on their gift lists.

The Shoppe is located in the Picnic Shelter and open on Saturday and Sunday of each market weekend.

The products sold in the KOS are made by local crafters, supplemented by donations from the market vendors. More than half of our net profit is donated to 6 Foothills school lunch programs to spread the spirit of Christmas to as many children as possible.

Interested in more information - check out this month's <u>KOS</u> newsletter.



Treasures waiting...



Are we ready yet?

MRAS EQUINE NEWS

November 2025

The volunteer members of the MRAS Equine Committee are working hard to bring a variety of clinics and activities to the MRAS riding membership and equine community.



JUNIOR RODEO

Friday evenings: December 2025 through April 2026

Open to kids ages 2–17, this 10-night series of gymkhana and rodeo events offered to junior riders throughout the winter months. Bringing together family fun, learning, and competition in each event. Participant riding levels range from lead line to experienced youth.

Dates: Fridays, December 5 to April 17 (alternating weeks, 6:00-9:00 PM)

Registration Opens: November 5

Cost: 2025/26 MRAS Riding Members

Non-Riding General MRAS Members

(All prices include GST)

\$120.75, priority registration until Nov. 16th

\$178.50

Events: Barrel Racing, Pole Bending, Thread the Needle, Goat Tying, and more!

For more information and to register, email JRrodeo@mras-track.com

KIDS & ADULT RIDING LESSONS

With Danielle Bartlett 🧺

Saturday Afternoons

Nov 22, 29, Dec 6 & 13

Danielle is a certified Equestrian Instructor and holds a Licensed Coach Certification with Equestrian Canada. She has an excellent ability to communicate with all levels of riders to reach their goals. She has a background in reining, working with young horses and showing.

All horses must be well mannered in a group of horses.

Cost: 2025/26 MRAS Riding Members \$195.00 for 3 lessons or if space allows \$69 per lesson individually. PRIORITY Registration until October 23

Non - MRAS Riding Members \$225.00 for 3 lessons or if space allows \$79 per lesson individually

December 13 Lesson add on \$65 for Riding Members & \$75 for non-riding members. Payment will be requested closer to the date once we know it isn't a makeup day.

Any questions, please contact lynnbrunton@gmail.com

NOV/DEC DRESSAGE LESSONS SERIES with Kimberly Cox

Wednesdays evenings: Nov. 26, Dec. 3 & 10

OR

Thursday mornings: Nov. 27, Dec. 4 & 11

Work on the fundamentals of Dressage:

- Fine tuning of aids
- Rhythm, balance through suppleness
- Connection and softness through transitions

Western and English rider welcome, dressage fundamental are the same. As much as possible, participants will be divided into groups based on their riding ability and training needs. A minimum number of riders required to run each series date.

Cost: Current MRAS Riding Members \$189.00, priority registration until Oct 24th Non-Members \$219.00 (All prices include GST)

Contact mras.equine@gmail.com to register.

RANCH RIDING
Sundays: Nov. 30, Dec. 14 & 21
11am - 1pm OR 1:30 - 3:30pm

This is a fantastic way to join other riders in a fun and relaxed environment while working on your equitation skills. This program incorporates elements of Ranch Ride, Trail and Reining all into one. In each session riders will first work on an exercise to enhance maneuvers and then execute a pattern that may include some obstacles. At the end of each ride there will be a Ranch Ride pattern too.

To register or for more information contact lynnbrunton@gmail.com Once you are registered payment instructions will be sent.

Cost: 2025/26 MRAS Riding Members \$25.00, priority registration until Oct 23rd
Non-Members \$35.00
(All prices include GST)

This is a non-refundable program.

YOUTH CHRISTMAS FUN RIDE Monday, December 22nd

Registration and details will be available soon.

If you have questions, please contact Lynn at lynnbrunton@gmail.com



HOLIDAY THEMED OBSTACLES PRACTICE Saturday, December 27th

Obstacles practice is a great way to expose your horse to new things.

We will have some holiday themed obstacles and encourage participants to dress themselves and their horses for the season!

Adults and children are welcome.

Registration and details will be available soon. If you have questions, please contact Sylvia at epi4animalhealth@gmail.com

EASE OF HANDLING (EOH) OBSTACLES PRACTICE Saturday, January 3, 2026

Working Equitation is a growing sport in the horse world for both western and english riders. Day 2 of any competition is Ease of Handling is typically Day 2 of this multi-day discipline. If you are already competing and need some more practice time or are interested in trying something new, please join us.

An EOH course will be set up (approx. 10 obstacles), participants will have practice time and then an opportunity to ride the course as you would in a show.

Registration and details will be available soon. If you have questions, please contact Nancy at nseaman002@gmail.com

FOOTING INFORMATION LECTURE & DEMO Saturday, January 31, 2026

Would you like to find out more about the dirt under your horse's feet? Whether you have your own arena or just interested in what makes footing good. Join us for this interactive day with a very sought-after footing specialist, Jason Harder of OCD Earthworx.

Registration and detail will be available soon.

If you have questions, please contact Lynn at lynnbrunton@gmail.com

Clinic and Lesson Series Cancellation Policy:

MRAS cannot guarantee your spot will be filled in the event of cancellation however every attempt will be made to do so. Should your spot be filled, a refund will be issued less a 15% administration fee. If your spot cannot be filled the full amount will be forfeited.

Substitutions may be allowed; the Clinic Coordinator must be consulted and approve the substitution. MRAS will have no part in facilitating payments from a substitute.

For more information about the activities and lessons listed and to see what is available, check the website regularly at: www.millarvilleracetrack.com Equine tab under Upcoming Events.

HALLOWEEN HOWL

Thank you to all who volunteered and attended the 2025 Halloween Howl! We had 253 people through the doors this year. Numbers were down from last year, but we feel there were several factors at play (Blue Jays world series game was on that night, a 3 week school strike still going on, and the High River Junior Rodeo also happened to be on the same night). We did see a lot of new parents with little ones (they are easy to recognize because those parents are not in costume!) They now know to dress up for next year -and had a good laugh about it.

Our same organizing team was back for more fun too. It is now our 4th year being involved in this event, and we had wonderful support from the team at the MRAS. It was a pleasure working with Barb Parker, Cori Thompson, and Shelby Ferguson – many are new to our Howl "shenanigans" and were eager to learn and help us as we led up to the event. Our storage shed also was re-organized thanks to the new facilities maintenance lead, Ken Kunz, our Summer student, Hartley Samuelson, and MRAS volunteer, Ralph Onciul. We also had over 50 volunteers pitch in during 5 days for the upstairs party and the basement haunted house.

Amie Bell's "Photo Shop of Horrors" and Jay and Jinjer's popcorn stand were big hits again this year. There were 30 pumpkins in the carving contest, which showcased impressive creativity. This year's pumpkin judge was local artist Kristen Young. Winners in several categories went home with a full sized chocolate bar and a Halloween themed water bottle.





HALLOWEEN HOWL...



The ever-popular haunted house in the basement had some new help (thank you to Paul Goddard from "Screamfest" and our new families like Renae/Laura, Wayne, and Gabrielle/Rob and Vicky/Heather and Addie). These guys didn't know what they were getting themselves into, but sound like they are interested in returning next year for more spooky camaraderie! This year's themes included an electric chair prisoner, body bags, creepy clowns, a scene from "Silence of the Lambs" (the Buffalo Bill sewing room), creepy dolls, a medieval dungeon, scarecrow/corn field, "Pirates of the Caribbean", and a demon vampire sucking blood from two victims. There were plenty of jump scares and good

Till next year! Thank you all so much!

laughs!

Kristen Parker, Leanna Bridgeman & Monika Lokietko



Jason Parker (A.K.A Captain Jack Sparrow) took on the Emcee role again, while our favorite bartender, Leanna Bridgeman, raised just over \$1,500 in drinks sales.







MILLARVILLE HISTORICAL SOCIETY

WINSTON CHURCHILL PARKER Cherished as One of Our Local Heros

Submitted by Lorretta Stabler - Millarville Historical Society President



Courage, determination, selflessness, humility, and inspiration are all attributes of a hero. These qualities defined Winston Parker's life beginning in the Red Deer Lake area, and returning after World War II to the Millarville area.

Winston is a true Canadian hero, quietly and gracefully demonstrating a long-lasting sense of duty to his community and his country. He is a local hero on many levels: his war efforts for our country, and his strong sense in building a special agricultural community in the Millarville area, working alongside neighbours and providing leadership in developing events at the Millarville Racetrack. He helped create a vibrant rural community, and continued to support these events for a long time.

. As well, Winston's volunteerism spread from the Millarville Races, Priddis and Millarville Fair to The Royal Canadian Legion, the Southern Alberta Pioneers, Heritage Park, The Calgary Stampede, SAIT, and the Nanton Museum among many others.

His determination in training horses and perfecting his riding skills proved very important in playing polo on the High River Polo team. In the 1937 Western Canada Polo Championship, Winston scored the winning goal in the last chukker. He donated a polo mallet and ball to the Millarville Historical Society, which is currently displayed in the trophy case at the MRAS Hall.

When World War II was imminent, Winston courageously made the decision to sign up. Winston stated, "We were brought up in the English tradition to be proud of our roots and our country. If our country needed us, we would volunteer. We would show up and be counted and we did." Winston Parker (21 years old), and his friend, Bill Wallace, volunteered for the Royal Canadian Air Force in 1939. Winston trained for almost a year in wireless, bombing and gunning schools in Manitoba, Saskatchewan and Calgary. After he graduated as an airman, Winston was sent to England. On his first leave in London, he met up with his uncle, Reginald Parker, who was Prime Minister Churchill's personal chauffeur. What a thrill it was when Winston's uncle introduced him to Prime Minister Churchill, whom Winston Churchill Parker had been named after.

WINSTON CHURCHILL PARKER...

Winston flew 12 successful missions as a wireless operation air gunner in the Wellington bomber. Part of each bombing raid was dropping propaganda leaflets. He remembered one bombing raid over the Ruhr Valley. Each leaflet was shaped like an oak leaf with a message warning the German people. "It is now autumn and your soldiers are dropping as fast as the leaves are falling off the trees in Russia."

Winston and his comrades knew that the average lifespan of an Allied airman was 12 trips. On Winston's 13th bombing mission, unfortunately his Wellington bomber was shot down. He parachuted down in enemy territory and within 24 hours was captured as a POW. Stalag VIIIB, now Poland, was where he spent more than three years as a wartime prisoner. When he first arrived, there were 120-130 Air Force prisoners; later 1,000 prisoners barely existed in very crowded conditions. In Saddles and Service, Winston told of enduring extraordinarily harsh conditions such as having to wear hand-cuffs daily for eleven months to thwart any escape efforts. Their hands became very swollen as a result of the loss of blood circulation. The one good thing was receiving Red Cross parcels containing vitamin-fortified food, although irregular as bombings had taken out the railroads. The other highlight he remembered was getting parcels from family in the mail. They were allowed four clothing parcels a year - a pair of socks and a clean shirt. Allied prisoners would sporadically get an issue of boots from Britain. Winston remembered getting a good fitting pair of boots and had metal studs put on the soles so they'd last longer.

That was a very wise decision because in Jan. 22, 1945, German guards started to march their group by gunpoint. In three cold winter months, these prisoners walked approx. 1000 km., often scrounging for food in the fields, trudging in worn out shoes, attempting to help each other in their struggle to survive. This Death March was a grueling, harrowing long drawn-out torture. On April 11, 1945 US troops liberated Parker and his fellow prisoners. "I was walking on my bare feet. I had worn the boots right through until there was nothing left for soles. When I got to England though I still had these boots on!" Winston weighed less than 98 pounds (formerly 180 lbs.) and spent more than 6 weeks in hospital recuperating before he was well enough to return to Canada.

After the war, Winston donated a miniature bronze statue in honour and memory of air crew exprisoners of war. This statue, The Long March or Death March, is on display in the Bomber Command Museum of Canada in Nanton, Alberta. The life size statue is on permanent display at Royal Air Force Museum in Colindale, England. Winston was also part of a POW group that marketed prints of Bill Holden's painting of the Great Escape with images of 50 men who were murdered trying to escape. He donated a framed print of this historical event to the Bomber Command Museum of Canada in Nanton, Alberta. These long-standing selfless deeds are appreciated by those visiting the museum.

READ MORE HISTORICAL ARTICLES ON FACEBOOK - MILLARVILLE HISTORICAL SOCIETY OR EMAIL US <u>MILLARVILLEHISTORICALSOCIETY@GMAIL.COM</u> IF YOU HAVE PHOTOS, INFORMATION, OR QUESTIONS.

CHECK OUT OUR WEBSITE: MILLARVILLEHISTORICALSOCIETY.CA

WINSTON CHURCHILL PARKER...



In recognition of Winston's service to his country, he was awarded: World War II Star, Air Crew of Europe Star, Voluntary Service Medal with clasp, and George VI Medal. Winston stood up for his country in the war when he was needed and continued to be a strong community citizen after the war. He was awarded the Alberta Centennial Medal in 2005 for service to his community. Winston gently downplayed his awards and hardships as a prisoner. Winston was a guest speaker for Remembrance Services in Foothills communities for several decades, honoring the sacrifices and contributions of veterans and their families in their efforts to preserve our freedom. In 2017, Darrel Janz interviewed Winston as he was chosen as an Inspiring Albertan. His incredible memory of events and communication skills gave others vivid reminders of war and survival afterwards. Through hard work and perseverance, Winston successfully developing his own cattle and horse ranch called Monea (by the river ford) by having the foresight to send home money every month so he could buy cattle after the war.

Winston truly is a remarkable hero, a steadfast problem solver, and was very proud of the Albertan Foothills. We are very grateful for the ultimate sacrifices Winston and the thousands of men and women made to preserve Canadian freedom.

Photos of local residents who served their country is included in our local history book, Foothills Echoes, and copies can be obtained from the Millarville Historical Society.

Sources: Saddles and Service - Winston Parker's Story, told to Elaine Taylor Thomas, Calla Communications Inc. 2011

Foothills Echoes, published by the Millarville Historical Society, 1979



Remember veterans past and present,
Make time to reflect on their huge sacrifices,
And show thanks by wearing a poppy.
They fought so we would have a future!



MILLARVILLE HISTORICAL SOCIETY PRESENTS COOKING UP HISTORY

NOVEMBER 22ND AT THE MRAS RACETRACK HALL

JOIN US FOR TEA AS LOCAL COMMUNITY GROUPS SHARE STORIES, RECIPES, AND COMMUNTY HISTORY

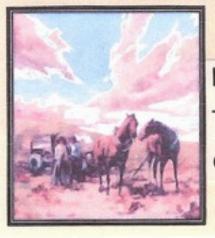
2:00 - 4:00 PM

SECURE YOUR FREE TICKET BY NOV. 15

SEND AN EMAIL TO US WITH YOUR NAME AND HOW

MANY TICKETS YOU REQUIRE

MILLARVILLEHISTORICALSOCIETY@GMAIL.COM



Event Highlight: Artwork Raffle

This original historical artwork, created and generously donated by Renee Gould, will be raffled off Nov. 22nd, 2025.



http://millarvillehortclub.com

Meeting are held on the second Tuesday of the month, September to May, at 7:00pm at the Millarville Anglican Church House on Hwy 549 East

Our next meeting is **November 11, 2025**. It is our AGM where the club members are participating in decisions for the next year. Ideas for garden tours, speakers and workshops welcome. We will review all the Committees and confrim the exective for the comming year, including Secreetary, which needs a person take that responsibiltiy.

New members are always welcome at our upcoming meetings: DECEMBER 9 - CHRISTMAS POTLUCK 6:30PM

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com. Whether you are a novice or exper in landscaping or gardening, join our club. \$15/year for singels or \$20 /year ofr a family

Check up out on Facebook





Did you know?

We have a new permanent display in our entry way by the Millarville Historical Society. Come and check it out! Millarville Community Library is a registered charity. A tax receipt will be issued for any donation of \$20 or more. You can donate directly at the library or through canadahelps.org.. Your donations help us run programs, especially the kids' program in the summer and to buy new books. There are a lot of movies available on Kanopy (free resource with your library card) for the cold nights. Start planning your seasonal baking with so many cookbooks available; Anna Olsen, Disney Parks Holidays Cookbook, Harry Potter Christmas Cookbook are here! Try making some gifts, lots of crochet amigurumi, blacksmithing, rock painting, knitting, quilting, watercolors and candy making.

Classes:

November 6 @ 2 pm- Dementia awareness by the Dementia and Alzheimer's Society of Calgary.

Get Your Swag on by Paul Rishaug- Thursday November 27@ 6:30 pm at the library. Come and make a most beautiful Christmas decoration! \$40 and limit of 10. Please call the library @403-931`-3919.

Look for information about a Couples Cupping class in the New Year.

Bouquets: Thank you to everyone who entered a pumpkin in the 1st Annual Western Foothills Pumpkin Derby. And a huge thank you to all of our volunteers and volunteer board members who keep the library running. If you would like to join our merry little band, please contact Natasha at the library.

Need a read?

An introspective book on why we may not feel happy even though we have everything to be thankful for. Author Raphaelle Giordano has an interesting form of therapy in his self-help book that is the most practical I have ever read. "Your Second Life Begins When You Realize You Only Have One" is a great refresher for those who feel run down by routine and have lost your joy". Bev Robertson, Priddis AB

