



**TOWN OF CLARESHOLM
PROVINCE OF ALBERTA
REGULAR COUNCIL MEETING
AUGUST 14, 2023
AGENDA**

Time: 7:00 P.M.
Place: Council Chambers
Town of Claresholm Multi-Use Community Building, 111 – 55 Avenue West
Livestream: <https://www.youtube.com/channel/UCe3OPyLhTzPajvPVAtNL1KA/live>

NOTICE OF RECORDING

CALL TO ORDER

AGENDA: ADOPTION OF AGENDA

MINUTES: REGULAR MEETING – JULY 17, 2023

ACTION ITEMS:

1. **CORRES: Courageous Companions**
RE: Request for Support
2. **CORRES: Chris Sadleir**
RE: 2023 Walk to Breathe Move Challenge
3. **FINANCIAL REPORT: Statement of Operations June 30, 2023**
4. **INFORMATION BRIEF: Correspondence Response – Environmental Concerns**
5. **INFORMATION BRIEF: Council Resolution Status**
6. **ADOPTION OF INFORMATION ITEMS**
7. **IN CAMERA**
 - a. **Land – FOIP Section 16**
 - b. **Land – FOIP Section 16**
 - c. **Land – FOIP Section 16**
 - d. **Land – FOIP Section 16**
 - e. **Personnel – FOIP Section 17**
 - f. **Personnel – FOIP Section 17**

INFORMATION ITEMS:

1. **Municipal Planning Commission Meeting Minutes – April 21, 2023**
2. **Oldman River Regional Services Commission Executive Meeting Minutes – May 11, 2023**
3. **Claresholm & District Museum Board Meeting Minutes – May 17, 2023**
4. **Government of Alberta Community Development Unit – July 28, 2023**

ADJOURNMENT



TOWN OF CLARESHOLM
PROVINCE OF ALBERTA
REGULAR COUNCIL MEETING MINUTES
JULY 17, 2023

Place: Council Chambers
Town of Claresholm Multi-Use Community Building, 111 – 55 Avenue West
Livestream: <https://www.youtube.com/channel/UCe3OPyLhTzPajvPVAtNL1KA/live>

COUNCIL PRESENT: Deputy Mayor Craig Zimmer, Councillors: Kieth Carlson, Mike Cutler, Rod Kettles, Kandice Meister and Brad Schlossberger

ABSENT: None

STAFF PRESENT: Chief Administrative Officer: Abe Tinney, Finance Assistant: Karine Keys

MEDIA PRESENT: None

NOTICE OF RECORDING: Deputy Mayor Zimmer provided notice that live streaming and recording of the Council meeting would begin immediately at 7:00 p.m. and that recording would continue until such time as the meeting goes In Camera and/or is adjourned.

CALL TO ORDER: The meeting was called to order at 7:00 p.m. by Deputy Mayor Zimmer.

AGENDA: Moved by Councillor Meister that the Agenda be accepted as presented.

CARRIED

MINUTES: **REGULAR MEETING – JUNE 26, 2023**

Moved by Councillor Cutler that the Regular Meeting Minutes of June 26, 2023 be accepted as presented.

CARRIED

PUBLIC HEARING: **BYLAW #1761 – Land Use Bylaw Amendment**

Deputy Mayor Zimmer declared the Public Hearing open regarding Bylaw #1761 at 7:02 p.m.

CAO Abe Tinney presented Bylaw #1761, a Bylaw for the purpose of amending Land Use Bylaw #1525 to redesignate lands for the purpose of a mixed use (commercial & residential) development. No formal submissions were received from the public.

Deputy Mayor Zimmer asked if there were any comments from the public.

Lynn Herrington is a resident of the neighbourhood, and she has concerns about the building itself. She is not concerned about the parking in the area or about the business, however she thinks the building is unsafe.

No other comments were received from the public regarding Bylaw #1761. No comments from members of Council were noted.

Deputy Mayor Zimmer declared the Public Hearing closed at 7:05 p.m.

ACTION ITEMS:

1. BYLAW #1761 – Land Use Bylaw Amendment
RE: 2nd & 3rd Readings

Moved by Councillor Cutler to give Bylaw #1761, a Land Use Bylaw Amendment, 2nd Reading.

CARRIED

Moved by Councillor Schlossberger to give Bylaw #1761, a Land Use Bylaw Amendment, 3rd and Final Reading.

CARRIED

2. BYLAW #1762 – Water / Sewer Bylaw Amendment
RE: 1st Reading

Moved by Councillor Kettles to give Bylaw #1762, a Water and Sewer Bylaw Amendment, 1st Reading.

CARRIED

Moved by Councillor Schlossberger to give Bylaw #1762, a Water and Sewer Utility Bylaw Amendment, 2nd Reading.

CARRIED

Moved by Councillor Meister for unanimous consent to consider 3rd Reading of Bylaw #1762, a Water and Sewer Utility Bylaw Amendment at the same meeting.

CARRIED UNANIMOUSLY

Moved by Councillor Schlossberger to give Bylaw #1762, a Water and Sewer Utility Bylaw Amendment, 3rd and Final Reading.

CARRIED

3. **CORRES: Hon. Ric McIver, Minister of Municipal Affairs**
RE: Municipal Sustainability Initiative (MSI) Funding

Received for information.

4. **CORRES: Municipal District of Willow Creek**
RE: RCAF Plaque at Claresholm Airport

Received for information.

5. **CORRES: Claresholm Arts Society**
RE: Ringrose Park Mural

MOTION #23-122

Moved by Councillor Cutler to support the Claresholm Arts Society's Ringrose Park Mural Project with a donation of \$1,000, plus to provide assistance from the Town of Claresholm's Public Works department to remove hardware from the wall and with wall preparation.

CARRIED

Moved by Councillor Schlossberger to allow for removal of one tree in Ringrose Park as recommended in order to provide clearer sightlines for the Claresholm Arts Society's Mural Project.

DEFEATED

6. **CORRES: Cynthia Wannamaker**
RE: For Town Council Consideration

MOTION #23-123

Moved by Councillor Cutler to direct administration to research municipal landscaping policies to encourage environmentally sustainable friendly practices and to bring the findings back to Council at a future meeting for discussion.

CARRIED

7. **CORRES: Councillor Brad Schlossberger**
RE: Resignation from Council Effective July 18, 2023

Received for information.

8. **REQUEST FOR DECISION: Aquatic Centre Advanced Training**

Moved by Councillor Schlossberger to accept the proposed special half off pricing for Bronze Medallion, Bronze Cross, National Lifeguard and Lifesaving Swim Instructor at the Claresholm Aquatic Centre as requested.

DEFEATED

9. **REQUEST FOR DECISION: Fair Days Road Closures**

MOTION #23-124

Moved by Councillor Carlson to approve a road closure on 2nd Street East, north of UFA to 47th Avenue East, including the south end of 2A Street East on August 14th, 2023 for the Rocky Mountain Drift Club Drag Racing Demo, on the condition that excessive noise is to be restricted to between the hours of 5:30 and 7:00 p.m. and also that residents in the area are notified prior to the event.

CARRIED

MOTION #23-125

Moved by Councillor Cutler to approve the 2023 Claresholm Parade Route and Highway 520 Road Closure from 8th Street West to 2nd Street West between the hours of 10:30 and 11:30 am on Saturday, August 12, 2023.

CARRIED

10. **REQUEST FOR DECISION: By-Election: Councillor**

MOTION #23-126

Moved by Councillor Schlossberger to hold a by-election for the position of Councillor on Monday, September 18, 2023 to be held in conjunction with the Mayoral by-Election, with all the previous motions passed for the by-election at the regular meeting of Council on June 12, 2023, including location and times, advance poll, institutional vote and returning officer to be in effect for the Councillor By-Election.

CARRIED

11. **INFORMATION BRIEF: The Range Gravel Experience**

Received for information.

12. **INFORMATION BRIEF: Council Committee Reports**

Received for information.

13. **INFORMATION BRIEF: Council Resolution Status**

Received for information.

14. **ADOPTION OF INFORMATION ITEMS**

Moved by Councillor Cutler to adopt the information items as presented.

CARRIED

15. **IN CAMERA:**

- a. **Personnel – FOIP Section 17**
- b. **Personnel – FOIP Section 17**
- c. **Personnel – FOIP Section 17**

Moved by Councillor Meister to go In Camera at 7:44 p.m. for the following items:

- a. Personnel – FOIP Section 17
- b. Personnel – FOIP Section 17
- c. Personnel – FOIP Section 17

CARRIED

NOTICE OF RECORDING CEASED: Deputy Mayor Zimmer stated that the live stream has ended at 7:44 p.m.

Moved by Councillor Carlson to come out of In Camera at 8:21 p.m.

CARRIED

NOTICE OF RECORDING: Deputy Mayor Zimmer provided notice that live streaming and recording of the Council meeting would begin again at 8:21 p.m.

a. Personnel – FOIP Section 17

MOTION #23-127 Moved by Councillor Cutler to approve the human resources matter as discussed in closed session.

CARRIED

ADJOURNMENT: Moved by Councillor Carlson that the meeting adjourn at 8:22 p.m.

CARRIED

NOTICE OF RECORDING CEASED: Deputy Mayor Zimmer noted that recording ceased at 8:22 p.m.

Deputy Mayor – Craig Zimmer

Chief Administrative Officer – Abe Tinney

ACTION ITEMS

Karine Keys

From: sponsor@courageousk9.ca
Sent: July 20, 2023 11:25 AM
To: Karine Keys
Subject: Courageous K9 Advertising Information
Attachments: Courageous_K9_Advertising_Rates.pdf; SAMPLE_PAGES.pdf

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Dear Deputy Mayor Zimmer & Council,

I hope that everyone is doing well and enjoying their Summer. Please accept this email as our official sponsorship request for the 2023 campaign. Thank you for your time and consideration. Please feel free to email or call the office at 1-866-767-1731. We hope to have the Town of Claresholm join us in support of Courageous Companions. We look forward to hearing from you. Have a wonderful day! www.courageousk9.ca

Courageous Companions is an extraordinary organization which provides certified service dogs to military veterans and first responders who suffer with physical and/or psychological injuries as a result of their service. Service dogs are provided at no charge, which is why Courageous Companions relies entirely on the support of individuals, service organizations and the business community. Please help by placing a sponsorship ad or message of support in our upcoming annual edition of Courageous K9 Magazine. In return, we will send you a full colour copy of the yearbook once it has been published. To learn more and to see our rates and stories from our last edition, please visit our website, www.courageousk9.ca. Without the support of the business community, this important publication would not be possible. We hope to count on your participation.

Yours truly,
Stacey Biekx
T: (866) 767-1731
E: sponsor@courageousk9.ca
W: www.courageousk9.ca

Back Covers \$2200.00
Inside Covers \$1600.00
Full page \$1300.00
1/2 page \$870.00
1/4 page \$670.00
Banner \$570.00
1/8th page \$395.00
Business Card \$295.00
Honour Roll Listing \$175.00 (three lines-non-graphical)



Thank you for your interest in Courageous Companions. We thank all military personnel and first responders for their service. Many of the volunteers at Courageous Companions have experienced the trauma of operational injuries in service to our great nation and are therefore in a unique position to understand the challenges of stress injuries.

Courageous Companion service dogs are provided at no charge to our Veterans and First Responders. We rely entirely on individuals, businesses and service organizations like yours for funding.

Together we can really help veterans and first responders in need

Together with your financial support, we can provide more services to our injured Veterans and First Responders. Your support will be used to help rebuild the lives of those who have sacrificed for all of us.

Ad Sizes

Rates

Back Cover (8.25" x 10.625")	\$2200
Inside Covers (8.25" x 10.625")	\$1600
Full Page (8.25" x 10.625")	\$1300
Half Page (7.5" x 4.75")	\$870
Quarter Page (3.625" x 4.75")	\$670
Banner (7.5" x 1.75")	\$570
Eighth Page (3.625" x 2.25")	\$395
Business Card (2.33" x 1.5")	\$295

applicable taxes extra

A mission to help Military and First Responders

Courageous Companions provides quality trained certified Service Dogs to Military Veterans and First Responders who suffer with physical and/or psychological operational injuries as a result of their service.

One-Hundred Percent Volunteer Driven

a 100% volunteer driven organization that strives to restore dignity, rebuild confidence, and increase the quality of life for our brave men and women who serve in uniform.

Service Dogs Provided at No Cost

Courageous Companion service dogs are provided at no charge, which is why we rely entirely on the support from individuals and businesses and service organizations. A Courageous Companions Elite K-9 Service Dog is a specifically molded Service Dog trained to respond to the specific needs of an individual manifesting the symptoms of physical and/or physiological operational injuries.

Injured, Not Broken

Together we can give our Veterans and First Responders a chance to live whole again in our community with their heads held high. In our business we like to say "injured, not broken".

Thank you for choosing to help support the work at Courageous Companions!

I want to support Courageous Companions by placing an ad in Courageous K-9

PLEASE SELECT THE DESIRED AD : ALL ADS ARE IN FULL COLOUR ON GLOSS PAPER

☐ BACK COVER ☐ INSIDE COVERS ☐ FULL PAGE ☐ HALF PAGE ☐ QUARTER PAGE ☐ BANNER ☐ EIGHTH PAGE ☐ BUSINESS CARD

PLEASE SELECT THE DESIRED PAYMENT METHOD: ☐ VISA ☐ MASTERCARD ☐ AMEX ☐ INVOICE ME

CREDIT CARD#

EXP. DATE: ____/____

COMPANY: _____ DATE: _____

AUTHORIZED SIGNATURE: _____ PRINT NAME: _____

THANK YOU FOR YOUR SUPPORT! CALL 1-866-767-1731

FAX: 1-866-277-1994 | EMAIL: sponsor@courageousk9.ca

www.courageousk9.ca



Courageous Companions
Compagnons Courageux

Dear Prospective Advertiser:

Thank you so much for showing interest in the "Courageous K9" magazine for Courageous Companions. Courageous Companions is a non-profit charitable organization which provides to military service men and women, veterans, and first responders diagnosed with an operational stress injury to be paired and trained with a service dog. These dogs minimize the individual's functional limitations resulting from their injury. Courageous Companions is volunteer run and governed by a board of directors, most of whom have ties to the Canadian Armed Forces or First Responder field.

Each Service Dog undertakes specialized training to provide for the needs of the individual for whom they are being trained. The two are then trained together to become a service dog team. Service dogs are an additional treatment option to psychiatric and social support. The dogs have been shown to have a calming effect on PTSD sufferers. Among other effects, a service dog can provide the following:

- psychiatric support and interruptive behavior;
- deliberate disobedience to redirect the clients' behavior, then tactile stimulation to disrupt emotional overload;
- wakening the client from nightmares;
- deep pressure grounding for a calming effect;
- crowd control and panic prevention in public;
- arousal from fear paralysis or a disassociation spell;
- assisting a client to leave an area by finding an exit;
- allowing the client to feel calm enabling personal space expansion.

Courageous Companions provides all the funding related to acquisition, training, certification, equipment and transportation of the dog and person team. We depend on sponsorship and donations as the average cost of training, certifying, and maintaining the certification of a service dog is between \$15,000 and \$20,000. The initial training takes approximately two years to complete. By placing an advertisement, you will be helping to improve an individual's quality of life by providing them with a specially trained companion, specifically chosen to help reduce the effects of their post-traumatic stress injury.

Sincerely,

John Dugas (K9 Mia)

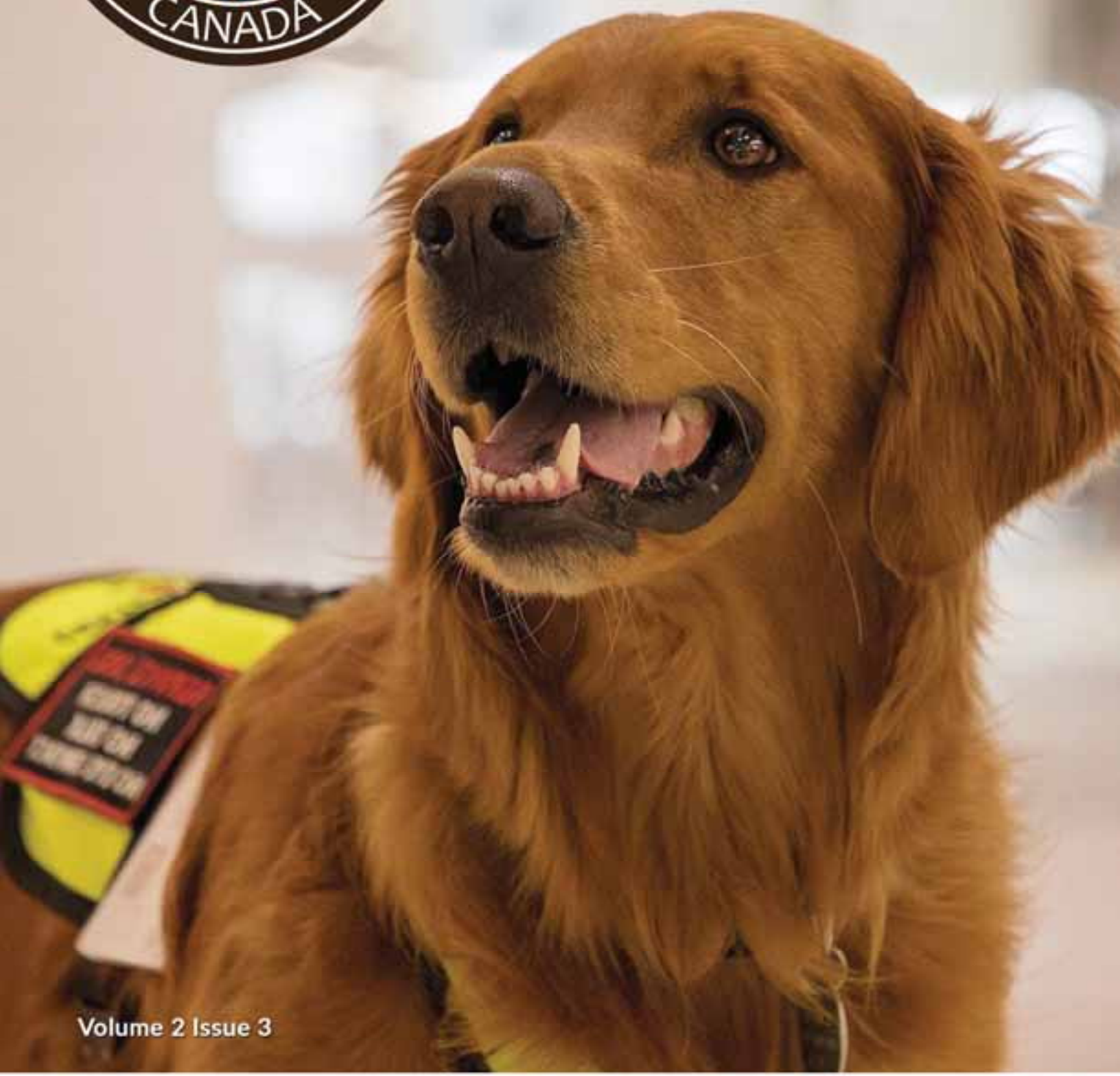
Chairman

Board of Directors

jdugas@courageouscompanions.ca



COURAGEOUS K9



Chairman's Introduction

Welcome to the second release of Courageous K9, a magazine for Courageous Companions.

The organizations that have supported this edition by advertising their businesses have greatly assisted us in continuing to fund, train and certify service dogs across Canada for our veterans and first responders. This is the second of five magazines that will be released over the next five years outlining service dog related materials. I hope you enjoy it.

Sincerely



John Dugas (K9 Bailey)
Chairman
Courageous Companions





COURAGEOUS K9

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Visit us online at courageouscompanions.ca

 twitter.com/CourageousK9

 facebook.com/CourageousCompanions



Courageous Companions is a non-profit charitable organization which provides military service men and women, veterans, and first responders diagnosed with an operational stress injury to be trained with a service dog. These dogs minimize the individual's functional limitations resulting from their injury. Courageous Companions is volunteer run and governed by a board of directors, most of whom have ties to the Canadian Armed Forces or First Responder field.

Each Service Dog undertakes specialized training to provide for the needs of the individual for whom they are being trained. The two are then trained together to become a service dog team. Service dogs are an additional treatment option to psychiatric and social support. The dogs have been shown to have a calming effect on PTSD sufferers. Among other effects, a service dog can provide the following:

- psychiatric support;
- interruptive behavior;
- deliberate disobedience to redirect the clients' behavior, then tactile stimulation to disrupt emotional overload;
- wakening the client from nightmares;
- deep pressure for a calming effect;
- crowd control and panic prevention in public;
- arousal from fear paralysis or a disassociation spell;
- prevention or combating of emotional overload;
- assisting a client to leave an area by finding an exit;
- home sweep checks;
- ability to warn the client of hazards they may not be aware of;
- allowing the client to feel calm enabling personal space expansion.

Who We Are

Veterans with additional disabilities can be helped by dogs trained to do the following:

- detect seizures, high blood pressure, diabetes etc.;
- compensate for mobility issues i.e. prosthetic limbs, balance or bracing;
- assistive tasks, including but not limited to:
- transition from chair to bed;
- balance to retrieve objects;
- helping a person to rise or steady themselves;
- backpacking medical supplies & information speech impairment tasks;
- alerting their partner to the cry of someone in distress;
- alerting partner to a ringing doorbell;
- alerting partner to a smoke alarm & assisting them to the exit;
- harness work for an ambulatory partner. II

Courageous Companions provides all the funding related to acquisition, training, certification, equipment and transportation of the dog and person team.

Courageous Companions depends on sponsorship and donations to continue matching service dogs with those in need. The average cost of training, certifying, and maintaining the certification of a service dog is between \$15,000 and \$20,000. The initial training takes approximately two years to complete.

As of 2019 Courageous Companions has provided over a 185 service men and women, veterans, and first responders in need. These service dogs have helped to decrease depression, need for medication, aggression and suicidal thoughts, and increase confidence, sense of belonging, patience, and emotional stability.

All donations go directly to improving the individual's quality of life by providing them with specially trained service dogs, specifically chosen to help reduce the effects of post-traumatic stress injury.

MSAR



MSAR is the certifying authority for Courageous Companions. Upon request, MSAR trains dogs for Courageous Companions and then provides the training and guidance for service dog teams. As the trainer and certifying authority, MSAR addresses the potential conflict

by having the training for its teams separated from all certification activities; that is, those involved in the certification of a specific team have not been involved with either the person with a disability, nor the partner Service Dog.

MSAR was started by George Leonard in partnership with Aboriginal elders, First Nation leadership, and dedicated volunteers to address the growing concern of missing Aboriginal persons. The Association is a non-governmental organization that is partnered with a registered charity in good standing. MSAR is the only agency directed by Aboriginal elders, advisors, and First Nation leadership. For the past 20 years, MSAR has been working on the research, development, and implementation of service dogs in all capacities—autism, dementia, PTSD, seizure dogs, therapy, bipolar, depression (and forms of), disability, and assistance. This practice has focused on the mental health service dogs, with over 500 dogs trained in over 200,000 hours of operational time. The program started with the Elite Therapy Dog program and expanded to service-dog status due to its dramatic positive results.

MSAR started the Courageous Companions program to start working specifically with PTSD soldiers after one of its members, a former Canadian Forces member, stepped forward and asked for assistance from the Association.

This innovative practice is provided by volunteer dog trainers and is not funded by Veterans Affairs Canada, Department of National Defense, or the Canadian Legion, although these bodies do endorse the program. Participants who are paired with a service dog are responsible for veterinary care and food costs.

MSAR started the first and largest service dog program for veterans and first responders as featured on W5 - K9 Comrades the most viewed show in W5 - CTV history, as well as Animal Planet (Collar of Duty), Canada Am, Good Morning America, Ice Road Truckers and all major news outlets broadcasting in Canada (including CNN).

MSAR Elite Service Dog program trains world class service dogs for any disability and some even one of a kind service dogs. MSAR was the first organization to have PTSD service dogs. And their founder was the first, first responder in Canada with a PTSD service dog. MSAR was the first service dog agency to advocate and push for a National Service Dog Standard. MSAR also has multiple dogs nominated and inducted into the Purina Animal Hall of Fame - K9 Stinky would be the best example as she was honored for saving 7 veterans lives suffering with PTSD.



MSAR Certified Master Dog Trainer George Leonard and his service dog K9 Bennie

Our Standards for Service Dog Training

All our service dogs are trained to MSAR Standards <http://courageouscompanions.ca/wpcontent/uploads/2019/01/Training-and-Certification-Standard.pdf> which has been recognized by the Canadian Armed Forces in DAOD 2005-0, Service Dogs and DAOD 2005-1, Service Dogs Access to Defense Establishments.

MSAR's standard was framed by a Standards Specialist in Ottawa who is the retired Director of Standards, Standards Council of Canada (SCC). The standard was prepared by eight members of a working group following public consultation.

The objectives of the MSAR standard are:

- Indicate the pre-requisites to be recognized as a team (that the person has a disability, and the service dog has special abilities [achieved through training] to help the person mitigate their challenges);
- Ensure the team is safe in public, and safe to the public;
- Ensure the ability of the team to function under normal conditions as well as unusual circumstances;
- Provide guidance to regulators on the factors to be considered and regulated; Promote the well-being of the service dog as well as the human-animal bond;
- give background (rationale) for the requirements provided;
- Be useful to trainers as a baseline to be achieved when training dogs as well as persons with a disability;
- Be useful as the basis for certification (of the team).

Our standard is composed of five sections covering various aspects of Persons with a Disability Teamed with a Service Dog; the five sections cover:

- Section 1 - General Requirements
- Section 2 - Performance in Public
- Section 3 - Performance (Enhanced)
- Section 4 - Requirements for Response to and Detection of Disability Related Incidents
- Section 5 - Requirements for the Care of the Service Dog

The MSAR standard was drafted in accordance with the rules of the International Organization for Standardization and the International Electrotechnical Commission, ISO/IEC Directives, Part 2, Rules for the structure and drafting of International Standards. It is written to present performance requirements to the greatest extent possible.

The MSAR Standard are public documents to ensure public safety when it comes to training and testing service dogs.

Our certification testing does not simply test obedience but ensures the dog will work for the handler during moments of duress, activation, etc., something most service dog testing with other organizations does not validate.

Our testing ranges between three and five days depending on the level of testing the team is doing and follows a minimum of one year of training together as a team. The dog also cannot be tested until it reaches a minimum of two years of age. Our certification test encompasses all aspect of assessment (obedience, task assessment, public access, etc. to ensure they are safe to operate in public.

Our testing is done over 3-5 days and in our professional opinion most other organizations comes nowhere near our assessment standard to effectively certify a dog and handler in the time frame it is administered.

Our test is based on feedback from the Department of National Defence in 2010 who wanted absolute assurance the team would be safe to the public while operating as a service dog team, knowing the condition of their PTSD disability and the specialized training soldiers undergo which could be result in a dangerous encounter when denied access or confronted.

Depending on the type of disability, triggers and activation associated with some of our program participants, Courageous Companions also conducts an off-leash certification.

- This certification requirement was verified after data analysis from an International PTSD Service Dog Study that MSAR Service Dogs was involved in.
- This study was done in 14 countries using 500 veteran and first responder service dog teams.
- Study data was reviewed by medical professionals who determined this type of certification is required in some circumstances.
- This certification test is five days long and done completely off leash where the dog must always remain within 6 feet of the handler throughout the test.



What is Post Traumatic Stress Disorder -PTSD

Post-traumatic stress disorder (PTSD) is a mental illness. It often involves exposure to trauma from single events that involve death or the threat of death or serious injury. PTSD may also be linked to ongoing emotional trauma, such as abuse in a relationship. Something is traumatic when it is very frightening, overwhelming and causes a lot of distress. Trauma is often unexpected, and many people say that they felt powerless to stop or change the event. Traumatic events may include crimes, natural disasters, accidents, war or conflict, sexual violence or other threats to life or safety. It could be an event or situation that you experience yourself or something that happens to others, including loved ones. PTSD causes intrusive symptoms such as re-experiencing the traumatic event. Many people have vivid nightmares, flashbacks, or thoughts of the event that seem to come from nowhere. They often avoid things that remind them of the event—for example, someone who was hurt in a car crash might avoid driving. PTSD can make people feel very nervous or 'on edge' all the time. Many feel startled very easily, have a hard time concentrating, feel irritable, or have problems sleeping

well. They may often feel like something terrible is about to happen, even when they are safe. Some people feel very numb and detached. They may feel like things around them aren't real, feel disconnected from their body or thoughts, or have a hard time feeling emotions. People also experience a change in their thoughts and mood related to the traumatic event. For some people, alcohol or other drugs can be a way to cope with PTSD. [Source: Canadian Mental Health Association]

PTSD is marked by clear biological changes as well as psychological symptoms. PTSD is complicated by the fact that people with PTSD often may develop additional disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability, marital problems and divorces, family discord, and difficulties in parenting.



MSAR Dog Trainer Paige Hawks and
MSAR Service Dog Earl (Retired)

How does a Service Dog help “PTSD”?

There are a few different methods to help those who suffer from Post-Traumatic Stress Disorder including medication, counselling, and support groups. Though these methods can help they may not always help the person deal with day to day activities such as going to the store or going for a walk down the street, this is where a Service Dog can come into play.

A service dog trained for “PTSD” can do a multitude of helpful tasks to help a person get through their everyday life including, but not limited to:

- Grounding, distracting, or guiding their handler in an event such as dissociation or panic
- Provide tactile stimulation or deep pressure therapy
- Interrupting potential disruptive behavior toward self or others
- Find objects for handler
- Alert to oncoming panic
- Blocking handler in public when people are too close
- Wake handler during a night terror and keeping handler calm upon awakening

While these are only a few tasks that can be trained to help a person with “PTSD” there are also many other ways to help, such as getting the handler out of the house or simply providing companionship. Sometimes all it takes is knowing that someone has your back at all times to really start the healing process.

International PTSD Service Dog Study

In 2016, MSAR announced the conclusion of an international study on training programs used for psychiatric service dogs. The study was conducted by an informal consortium of K9 trainers from thirteen different countries, including data from 500 service dog teams. The findings from this study will have a groundbreaking impact on MSAR's internationally recognized post-traumatic stress disorder (PTSD), psychiatric service dog program and will be reflected in MSAR's current and future discussions on developing a national standard for psychiatric service dogs.

PTSD is a complex condition and service dog training must reflect the different traumas and triggers that individuals may have. It has become clear that treating PTSD with a service dog requires a whole lifestyle change which must be reflected in the breed of service dog selected and the regimen used for pairing the service dog team. The consequences of failure are clear; poorly trained service dogs do significant damage to the handler relying on them as part of their treatment and represent a significant public liability risk through the possibility of dog on dog or dog on person violence.

MSAR continues to emphasize that a proper training and certification model is critical to the successful use of psychiatric service dogs as a therapeutic aid for our veterans and first responders dealing with PTSD in all its forms.

CATEGORIES OF PTSD

The PTSD Service Dog study determined that PTSD was broken into 6 categories.

1. Combat/ Operational – military
2. Visual/ Scents/Environmental (as seen by First Responders)
3. Complex PTSD – Childhood Trauma
4. Involuntary Muscle Agitation – Very rare
5. Forcible Confinement
6. Sexual/Psychological, Physical Abuse

PTSD SERVICE DOG MODELS

With these 6 categories in mind, the study determined the 4 Types of PTSD Service Dogs and PTSD Training Models.

1. Model 1 – Combat/ Operational
2. Model 2 – Visual/ Scents/Environmental
3. Model 3 – Involuntary Muscle Agitation
4. Model 4 – Complex PTSD, Forcible Confinement, Sexual / Physical Abuse and Self Harm/ Self Medication/ Addictions.

BREEDS SUITED FOR PTSD SERVICE DOGS

The study also concluded the best Breeds suited as PTSD Service dogs. This does not mean other breeds cannot be utilised. The study concluded the following breeds demonstrated the greatest amount of success for working in the field of PTSD.

1. Labradors
2. Golden Retrievers.
3. Poodles





Courageous Companions K9 Barney
(PTSD Service Dog) - Golden Retriever



MSAR K9 Reddi (Guide Dog) -
Standard Poodle



Courageous Companions K9 Chance
(PTSD Service Dog) -
Chocolate Labrador Retriever

Breed selection is determined by tasks, handler experience and work environment. What the study has determined is that dogs bred for guard work require confident handlers and are not recommended for psychiatric work - i.e. Shepherds, Mastiffs have a lead or follow mentality and can treat the handlers a resource or possession and protective traits become prevalent.

Examples:

- A person suffering from PTSD Sexual Assault will collapse upon themselves and the dog must be an anchor, provide compression and direct attention to the handler. Not protect the handler.
- A person suffering from PTSD from military conflict can be combative when approached, react in anger, and may bolt. Thus, the dog needs to interrupt and de-escalate the situation and redirect the handler's attention. Not protect the handler.

The process of the study revealed that the best method for dealing with PTSD is a complete medical treatment plan. For the purpose of simplicity, we have broken it down into an eight-point program:

1. Detailed and quality psychiatric support.
2. The introduction of medications as a stabilizer with the gradual removal of these medications as the patient improves.
3. Regulation of sleeping. Minimum 7-10 hours per day with addition of a 20-40-minute nap during the day as needed.
4. Support from key groups like family, friends, and peers.
5. The introduction of a professionally trained service dog to match specific PTSD Categories which reflects the disability of the patient.
6. A Natural diet of fresh foods including fruits, vegetables, meats and dairies with limited processed foods and the elimination of added sugars from the diet.
7. Daily physical activity consisting of 20-30 minutes of walking and weight lifting, 2-4 times per week.
8. Activities should be included into daily routines to build structures and a pattern of positive behaviour and a sense of control.



Choosing a Service Dog Provider

INSURANCE / STANDARDS / CERTIFICATION / AFTERCARE / SUPPORT (LEGAL, SCHOOL).

Choose the best organization that fits your needs, there has been a recent influx of service dog providers since MSAR spot lighted the need for veterans on W5 - Canine Comrades. Most are still in the beginning stages and have limited understanding of service dogs and especially PTSD. MSAR started and developed our PTSD service dog program from a study conducted from the turn of the century, modelled on our Therapy, Facility and Emotional support dogs. MSAR has a solid background and years of research and development of service dogs - so ask what experience they have and proof of this.

Ask if the company has liability insurance and how much, generally you are looking for at least 2 million liability. It is not an easy process to get insurance for service dog providers and many are operating without insurance.

TALK TO THEIR CLIENTS - SEE THEIR DOGS.

We suggest that you go to their Facebook page and see what dogs they are promoting, many organizations only train a few dogs and some just purchase dogs and pass them along. See if they are promoting their dogs or stories from other people or organizations on the internet. Ask to see their dogs, talk to the people that have their dogs.

TRAINERS - CERTIFIED MASTER DOG TRAINER (CMDT).

What is their training system, their service dog standard? Who are their trainers and what is their background, do they have a trainer development course and require their trainers to be certified and insurance by their organization. What levels of service dog training do they have and what is required of you to become a certified service dog team. We recommend that you be skeptical if they offer you a dog already done, if there is limited training time and you are immediately certified. All our dogs are trained and placed with clients (times vary) from 1 year to 2 years of age and then the client must work and train with their dog for at least six months prior to challenging the certification test. Our tests take multiple days

and really challenge the handler as a team to make sure the dog and handlers are working together to meet the needs of the disability and functioning in a safe public work environment.

LEVEL OF SERVICE DOG KNOWLEDGE.

Courageous Companions utilizes MSAR as its certifying authority and expertise encompassing service dogs and service dog training. MSAR has extensive background in the development of service dogs and PTSD service dogs. MSAR was the first provider to deliver PTSD service dogs and worked extensively with the Winnipeg Foundation to build a PTSD training model starting the training of service and working dogs centered around military, first responders and the client base of civilians dedicated to the principle of providing highly skilled and effective Certified Service Dogs to those whose lives depend on them.

ARE THEY TRYING TO SELL YOU SOMETHING?

For anyone that has applied to Courageous Companions they know that the first thing we try to do is talk you out of getting a service dog. It is a big responsibility and we want to make sure that adequate thought has been put into getting a dog, many people are desperate and will try anything. We slow down the process for the safety of the person and the dog to confirm that a service dog is needed. We receive hundreds of phone calls and emails a month. Only a few turn into program participants and receive a service dog. Sometimes people just want to ask and see if it fits for them, because how many times do people go looking for a service dog.

An example would be a person with PTSD that wants no public interaction and wants to be a fly on the wall, this is virtually impossible because of the person having an invisible disability - some people think that they are the trainer and not the handler of the dog. So this person would have regular interaction and sometimes even challenged as to why do you need a service dog - you're not blind. Courageous Companions asks for a full family and medical team evaluation to confirm that this is what is best for all before getting service dog.



SUPPORT.

Discuss with the organization what kind of support that they offer for ongoing training and recertification. Do you have a point of contact that can be reached should an emergency arise, have questions regarding care of the dog, travelling, housing, or employer issues related to having a service dog. Is there legal support should you be refused access?

In conclusion, take your time and research (google) the organization to find the right one that meets your needs. Ask lots of questions, be skeptical and remember what a huge responsibility service dog ownership is.

*MSAR Master Dog Trainer
Janet Priest and K9 Ben*

Service Dog Information

The information expressed relates to Canada, we are not discussing The United States of America.

- A Service Dog is a canine specifically trained to minimize functional limitations of a person with a disability.
- Service dogs may also be referred to as assistance dogs.
- Includes but not limited to guide, mobility, medical alert,
- medical response, hearing, psychiatric, autism and PTSD.
- Does not include therapy, emotional support / companion, facility dogs.

ACCESS & RIGHTS

Service dogs have access to any public space that the public is allowed to go - example a service dog is allowed in the restaurant with its handler but not in the kitchen where food is prepared. Dogs are allowed in any public transit, building - basically anywhere that the handler can go the dog can go, and many are allowed with the handler in the ambulance or hospital. Access in any condo no matter what the pet policy is, and employers must also allow the dog at work - with a few exceptions where the dog may be in danger or at risk of harm due to a harsh or dangerous work environment. An example would be a service dog is allowed with a veteran on base and at work but with a developed SOP (standard operating procedure) the dog would not be allowed in a metal fabrication shop or heavy vehicle repairs due to the dangers.

VISIBLE VS INVISIBLE.

One issue that people that are looking for a service dog must understand that with having an invisible disability such as PTSD - people will ask what the dog is for, not sure if it is for the handler or someone else and many of the questions can be intrusive and handlers must be taught how to handle this type of interaction with the public.

PUBLIC MAGNET

People have a natural draw to dogs and being in public with a dog has its challenges as people feel compelled to talk to you about their dog or your dog or even pat and engage with the service dog. This is also something that people have to be trained to handle and deal with being in public.



Types of Support Dogs

The following are not considered service dogs and do not have the same access rights.

EMOTIONAL SUPPORT ANIMAL - An emotional support animal (ESA) is a companion animal that does not have any specialized training, but provides comfort and support to a person with or without a disability. This type of dog does not have public access rights.

THERAPY DOG - Therapy dogs are personal pets who offer support and companionship to individuals or groups of individuals in long-term care facilities, hospitals, or even in schools. Many Therapy groups or facilities have their own therapy programs and acceptance is based on dog's temperament and the owner's ability to properly and safely handle their dog in a variety of situations. These dogs may or may not have training. This type of dog does not have public access rights, they are permitted at the assigned location.

FACILITY DOG - A specially trained dog that is working with a volunteer or professional. The work of a facility dog

can include visitations or professional therapy in one or more locations. Public access is permitted only when the dog and handler, who is a trained volunteer or professional, is directly working with a client with a disability.

FAKE SERVICE DOGS - There are internet websites that offer registration to people for their "service dog". Unfortunately, people that are owner training or have a dog that may not qualify as a service dog (emotional support) purchase this gear and commence public access with their dog. Many without any formal training and assessment for the ability of the dog for public access or delivering on the tasks needed to be a service dog. The problem that arises is if something happens in public or to the public from one of these dogs; a legal case may be launched and then the problem will arise of the dog's training and if it is a real service dog. Most people and many agencies would not pass this type of audit and review. And for those that do not, they could be charged with having a fake service dog.



Service Dog Trainer Sam Dubas
and her MSAR Service Dog Molly

Owner-Trainer Service Dog Program

Courageous Companions' signature service is a training program where certified dog trainers help identify, select, train and partner a suitable K9 with a Handler. Another method to enter the service dog program is where individuals train their own K9 (called Owner-Trainers). The following information is meant to clarify and outline our policy for Owner-Trainers, and to provide information for individuals who may be considering applying to our programs under the Owner-Trainer path.

It is very important for any person thinking about the Owner-Trainer path to understand that this is a very challenging undertaking. Over their decades of operations, MSAR (the CCI certifying body) has found the general failure rate of the owner-trained teams that are evaluated by MSAR is 80 percent. Comparatively speaking, teams that work with us through our signature service consistently achieve full certification.

Seeing how much time, money and effort was being spent on unsuccessful teams, we wanted to know why. Our certifying body conducted an internal audit, so we could discover why the failure rate is so high. There were many reasons why there is only about a 20% success rate for Owner-Trainer teams.

MEDICAL CONDITIONS

Consider in the general population, people have difficulties obedience training their dogs themselves and often go to obedience schools. This level of training is much lower than the standards expected of service dogs to operate in the public. Some people that have PTSD, anxiety or depression are unable to deal with the stresses of selecting, socializing, and training a dog in various settings. Canines innately detect this negative energy, which results in unstable dogs.

DUAL-ROLE CHALLENGES

A certified service dog must be able to undertake a minimum of 3 tasks to mitigate the disability of their handler. Owner-Trainers have found it very difficult to train their K9 to respond to their conditions or symptoms as the training requires the individual to be actively experiencing the condition. For example, some participants with PTSD have their K9 trained for nightmare interruption; a skill

that is impossible to owner-train. The same is true for anxiety interruption, waking from medication induced sleep conditions, and many others K9 skills that are very helpful to a handler, but cannot be properly trained into the K9 by Owner-Trainers without a lot of help by a knowledgeable trainer.

TASK OVERLOAD

In order to imprint tasks, use treat training methods, and to know when to dole out affection in order to reinforce the proper and positive behaviours assistance is usually needed to foster learning and a safe environment. This is critical to producing stable and receptive working dogs. Further, working with end-users to establish realistic and responsible goal setting is an important part of the process.

COST

Many people think that the Owner-Trainer path will be more economical because they already have a K9. Unfortunately, this is not true. We have found that Owner-Trainer teams cost just as much, if not more than teams that enter through our signature service. Why is that? Because frequent training setbacks caused by the reasons mentioned above require additional resources to get the team back on track. Once a team joins the program we want to see them succeed, and that often means partnering them with a qualified trainer to make up the difference in skill set. This is costly, since we pay our trainers fair rates for their time and skill. (FYI – A service dog fully trained and partnered with their Handler under our signature service costs \$15-\$20K or more).

6 TYPES OF PTSD

Did you know that there are six types of PTSD? We specialize in training four of the six types of PTSD dogs to ensure the right fit for the handlers and their dogs. Owner-Trainers usually do not have the necessary trainer skills, have access to qualified mentors or a support system to help them train their dogs. A support network is also needed for ongoing success.

OUR OWNER-TRAINER PROGRAM ELIGIBILITY CRITERIA

It is important for individuals interested in undertaking the Owner-Trainer program understand that some breeds are more challenging to train as productive service dogs. This should be kept in mind, as the goal of undertaking this rigorous training program is to successfully graduate a productive and helpful service dog that will first and foremost help the Handler with their disability. Many individuals want to enter the program through the Owner-Trainer path because they have a pet that they already have a very strong bond with. An emotional bond with the K9 is a very important part of the trust relationship required for a successful service dog team. However, re-training and re-purposing the life of a pet into a service dog nearly always results in an unsatisfactory performing K9.

Research shows that there are ideal breeds to undertake the job of a service dog, and other breeds that are simply not suitable. Handlers' are free to enter our program with almost any type of dog; however, we have found the best breeds to work with are:

- Golden Retrievers
- Labrador Retrievers
- Poodles

Note: we will not allow any breed (or mixed breed) to enter the program that is banned in any Canadian jurisdiction

The dog must be a minimum of six months of age and not older than four years of age.

The dog must be spayed or neutered before working in public spaces prior to full certification being granted.

The initial assessment of the dog is done at pet friendly locations wherever pets are allowed. This assessment also includes the Public Access Test. Dogs exhibiting severe stress, fear or aggression are disqualified.

THE APPLICATION PROCESS

The next step in this process is that documentation is submitted to confirm that the individual has a disability. This information is protected under the province of The Freedom of Information and Protection of Privacy Act along with any other relevant information on the application form.

Step three encompasses a mandatory probationary period whereby the service dog team works in public spaces with an MSAR / Courageous Companions trainer for 20 one-hour sessions with the dog in a training harness. The goal of these training sessions is to rule out any signs of dog aggression, fear, or severe stress. Handlers' typically commit to participating in these training sessions once or twice a week over a three-month period.

Once the team has made it through the probationary period, the team must then take a Public Access Test. This test assesses the dog's ability to remain stable and focused on its handler even when various stimuli are introduced. The dog cannot express any fear-based aggression. Successful teams are issued a harness. Next comes six months of intensive training with a local dog trainer who is willing to work collaboratively with MSAR. This whole process takes anywhere from one year to a year and half, before a final certification test is administered.

SERVICE DOG TEAM CERTIFICATION

Fully certified teams undergo a 3 to 5-day testing period depending upon the nature of their disability, life altering injury, or chronic illness. This span of time builds in flexibility so as not to overwork the team or cause unnecessary stress or hardship.

RECERTIFICATION

Re-certification of service dog teams depends on the type of disability. For example, a dog trained to work with a handler who takes seizures is assessed annually. Whereas a dog that works with a handler with PTSD is assessed every three years. Help is available when needed.

CERTIFICATION CHALLENGE TEST

Individuals that believe they are ready to be evaluated over a three to five-day period may do so. In this case, the dog must be a minimum of two years of age.

OUR COMMITMENT TO QUALITY ASSURANCE AND CLIENT SATISFACTION

Courageous Companions and our certifying body MSAR are dedicated to offering ongoing support. As a result, a virtual video series has been developed which is comprised of 167 comprehensive videos that walk people through this process one-step at a time. These resources are particularly helpful for people who live in remote areas who cannot access a local trainer to assist them and/or those who cannot afford to pay a trainer.

We stand by our teams and truly want the Service Dog and Handler team to be successful.





Courageous Companions Director Julie Letal and K9 Chance (RCMP)



Courageous Companions K9 Leela and Ray Clouthier (Veteran)



Courageous Companions K9 Leela and Tiah Kraushar (First Responder)



Courageous Companions K9 Hook and Elizabeth Durette (Veteran)



Courageous Companions K9 Flo and Keith Campeau (Veteran)



Courageous Companions Director Kyle Dalum and K9 Phelan (Veteran)



Chairman of Courageous Companions John Dugas (Veteran) and K9 Bailey



Training

The initial training takes approximately two years to complete and is broken into four levels.

LEVEL 1 - DOG AND TRAINER

- Level 1 is where the dog is acquired and introduced to its trainer. For next 8-12 months, the dog lives with its trainer in a family setting, becoming familiar with residential pets and a family lifestyle. Training is slowly introduced based on the dog's age. If the dog is puppy, training does not normally start until six months of age. Foundation training begins with basic obedience:
 - Temperament testing.
 - Potty training.
 - Crate training.
 - Sit, stay, down, heel.
- As the dog matures the obedience training becomes more advanced and the puppy mental ability is challenged through a regulated training cycle by being exposed to increasingly more public settings.
 - Loading and unloading from a vehicle.
 - Sit, stay, down with distractions (dogs, food, etc).
 - Reaction to distracting sounds, cats, dogs, etc.
 - Interaction with strangers
 - Heeling on and off leash.
 - Moving through doors, elevators, etc.
- If there are any specific disability requirements the dog must learn for its future handler, task specific training begins at this level. During this level, the dog is normally spayed or neutered.

LEVEL 2 - PUBLIC ACCESS TESTING, HANDLER AND DOG TRAINING

- Level 2 is where the dog is paired with its handler and they undergo a Public Access Test (PAT) which is required to work in public spaces. The Service Dog team then undergoes five days of specific training where they learn to function as a team in a public setting. Upon completion of the Public Access Test and the five days of training they formally become a Service Dog Team in Training. Training done at this level includes, but is not limited to;
 - Loading and unloading from a vehicle.
 - Public access training (shopping, gym, transit).
 - Recall through areas with distractions, groups of

people, past dogs with handlers.

- Down/ stay with stationary and moving distractions.
- Functioning with distractions (strangers, dogs, children, etc).
- They then go home and are expected to continue to bond and train for an additional 8-12 months, to prepare for certification testing. Depending on their location the Service Dog Team in Training is provided guidance from MSAR via telephone or visits. Some locations have Peer Groups that train weekly and new teams can train with these groups. Training over the next year focuses not only on obedience, but bonding as well.

LEVEL 3 - HANDLER AND DOG CERTIFICATION

- Level 3 is where the service dog team completes the final test for full certification. This process takes several days and a score of 90% or greater is required to pass. During this phase, the dog must be at least 2 years of age (neutered / spayed) and the team must have worked at Level 2 for a minimum of 6 months.

LEVEL 4 - RECERTIFICATION

- All teams must complete recertification minimum every 3 years. As people's disabilities may have changed the need and tasks of the dog it may require upgrading or fine tuning.



MSAR Certified Master Dog Trainer shares a moment with K9 Earl.

Process of How to Get a Service Dog

1. Consult with your medical team and evaluate the needs and see if a service dog will fit into your long-term treatment plan. If this is a go, you need a letter from your doctor (treating your PTSD or other disabilities). At the request of the medical teams we have developed a standard form that we provide since some doctors may not know what to write.
2. Call and discuss a service dog and your needs with either the Courageous Companions Intake Director or the MSAR Master Dog Trainer. This is a simple conversation to answer questions and provide some basic program details.
3. Interview / Assessment for need of dog is then done (in person or phone). This conversation is to determine the category of PTSD the person falls into, the tasks needed for the service dog, the breed of the service dog required, how much the person can participate (or even able to) in the training. This interview is done by both the Courageous Companions Intake Director and the MSAR Master Dog Trainer.
4. The MSAR trainers discuss the appropriate breed related to tasks, category and allergies.
5. The next step is that paperwork is then sent out for reading, consulting (medical and legal) and after any questions are addressed signed and the commitment is made.
6. The training team develops the training plan and the transition plan - the process to match the handler and service dog, this process varies in times.
7. The handler then either comes to our training center or we send a trainer / dog to train with them. We then develop a training support plan to get the team ready for final certification and testing (generally takes six months of the team working together prior to final testing and certification).
8. Acquiring a service dog from any organization is a long process and you should be prepared for to wait up to a year (minimum). You must have patience through this process.



*Courageous Companions K9 Hadewych and Rachel Aaltink
(First Responder - QPP)*

Dog Trainer Spotlight – Yury Harczan



I have been working with MB Dog Rescues for close to fifteen years now, helping some of their dogs to become rehabilitated and worked with, in order to make them adoptable. Back in the fall of 2016, I really did not enjoy the career path I was on, so I decided to just get up and quit my job without knowing what I wanted to do next. While sitting in a very dim lit room with my two dogs on my lap, pretty much decompressing me at a stressful time, I decided that I needed to do something with dogs since they were making me feel at peace at a stressful time. So, I started off looking for any job I could find working with dogs. I was lucky enough to come across George Leonard from MSAR. We had a couple emails go back and forth, and then finally a phone conversation. We got together one afternoon for a quick interview, and then he invited me out to his Public Access training group the following week. After working with him for about 7 months, he was kind enough to put me through a couple of courses to help me get my degrees and become certified as a dog obedience trainer. I was then given my very first dog to be trained as a PTSD service dog. It was one of the most memorable times of my

life. After learning so much about dogs through doing service dog training and taking the courses, I went back to my roots and started working a little bit with the rescues again, and decided to open my own obedience and Rehabilitation company. PAW & ORDER MB. is now a premier dog training company in Manitoba. I am the training consultant for eight different rescues, I am also the lead volunteer at Winnipeg Animal Services and have now been accredited with the position of dog training mentor in Manitoba, for "ABC Dog Training and Obedience" based out of California. I have been the speaker in dog behavior seminars for Canada Post, Canadian Border Services, many schools in the Winnipeg School Division and also with the universities.

Every day I get to wake up and work with several dogs. I can't tell you how much I enjoy my job, and I want to keep educating myself through taking different courses and working with all types of dogs and their owners. In the 26 months PAW & ORDER has been open, I have now surpassed helping 760 dogs in the Manitoba region.

Service Dog Harness

This is probably the most asked question....."Where did you get your harness, and how can I get one?"

The Courageous Companions harness is exclusive to our dogs and not available to the general public. Early on in the program government and military agencies from multiple countries asked MSAR to find an exclusive and adaptable dog harness that cannot be acquired by the public.

MSAR has a long history of working with K9 Storm through their working dogs and through this relationship Courageous Companions incorporated the use of K9 Storm as it Service Dog Harness ...



K9 Storm was founded in 1998 by former Winnipeg Police Canine Handler, Jim Slater, as a result of his work with his Police Service Dog, Olaf. What started as one man's need to protect his own police dog with a custom-fit ballistic vest, has turned into a mission to provide functional high-end dog gear to the world. K9 Storm Gear is currently being used by special forces teams, police agencies, and search & rescue groups in over 32 countries, and is proud to be the exclusive provider of Fully Certified Service Dog Harnesses to Courageous Companions.

Distinctly Canadian, every piece of K9 Storm Gear is made and manufactured in Winnipeg, MB, and comes with a lifetime warranty. If you have any questions about K9 Storm Gear, please contact them directly or stop by the factory and say hello! All the best in 2019.

#StormThroughAnything



Constable Jim Slater and K9 Olaf tracking a fleeing suspect in the first custom-fit K9 Storm Patrol Swat Vest.



Jim and his wife, Giori (VP of K9 Storm) giving an explanation of the K9 Storm Patrol Swat Vest to Winnipeg Mayor, Brian Bowman.

Major John Hamilton (Retired) and K9 Tula

My name is Jon Hamilton and I am a retired Major with the Princess Patricia's Canadian Light Infantry (PPCLI). I joined the Canadian Armed Forces in September of 2000. I was posted to Edmonton to the 1st Battalion PPCLI in 2002. My first tour was in 2003 as a rifle platoon commander conducting defence and security tasks in Dubai as part of Op APOLLO. In January 2006, I deployed to Afghanistan where I commanded Reconnaissance Platoon as part of Task Force (TF) ORION on Op ARCHER. This tour was replete with intensive combat operations. I was involved in several battles to try and bring, at minimum, a tenuous peace to the Afghan people. We all faced a skillful and determined enemy with the Taliban and the foreign fighters that chose to support them. I was wounded in action on 3 August 2006 and had to return home just 20 days shy of completing my tour of duty. I received shrapnel wounds to my right foot after an impact of a recoilless rifle round during an assault on the infamous "White School" in the Panjawayi District. The most unfortunate part however was that I lost three of soldiers in the same attack. It is a day that is permanently imprinted on my soul and fills me with sadness for losing these wonderful human beings.

I deployed once again to Afghanistan in 2011, this time to Kabul on Op ATTENTION where I mentored an Afghan Colonel in charge of basic training for new Afghan National Army recruits. This capacity building endeavour was fraught with uncertainty as Improvised Explosive Devices (IEDs) and the suspect loyalty of some Afghan soldiers were a constant threat.

My life was never the same after August 3rd 2006. I did not have time to grieve with my comrades following this tour as after I left the hospitals, I immediately found myself posted to the other side of the country. Torn from the very men I had shared experiences with left me feeling numbness throughout my body, feeling very much alone with a sense of isolation, and disconnected with loved ones. Over the course of the next 11 years I suffered in silence until life presented itself in such a manner that I needed to get meaningful help.

I attended a program called Project Trauma Support an experiential program designed for Veterans, First Responders, and Corrections Officers who contend daily with PTSD. This program, developed by Dr. Manuela Joannou, impacted how I looked at life and gave me

a renewed sense of self worth and purpose. It was indirectly through this program that I was introduced to Barb Leroux, an extraordinary woman who is now a very dear friend of mine, and Courageous Companions. It is because of Barb and Courageous Companions that I now have my sidekick and best friend, Tula.

Tula is a black English Lab who has improved my life and a gift I am truly grateful for. I bonded with Tula immediately. I felt an extremely strong connection to her since the day I received her picture from MSAR trainers Janet Priest and George Leonard, two expert dog trainers and amazing people. When working with her vest on, Tula makes going out in public and attending social events much easier and with less debilitating anxiety. When speaking with others, she creates a safe boundary which reduces my constant hypervigilance. In tune with my emotional state, Tula responds without prompt to comfort me by leaning her body into me and giving me "kisses." During days when life seems easier by staying in bed, I am awakened by her and reminded that life is precious and has purpose, neither of which can be realized by isolation. When at home and out of her vest, Tula becomes a puppy. Full of energy and a desire to play that makes me laugh and smile. She acknowledges and returns the love I have for her by never leaving my side. My shadow, my companion, my saviour and my friend.

My gratitude for Courageous Companions cannot be overstated. This wonderful organization has given me and many others the ability to experience life to the fullest in the company of a life long friend. Their selfless efforts to raise funds to support the sacrifices made by women and men in uniform and the consequences of service, is amongst the noblest of deeds citizens of our Great Nation can do. Further, I would like to recognize the more than generous donations provided by the Order of St. George that assists Courageous Companions in obtaining dogs and their training. Members of the Order are selfless humanitarians whose compassion has no bounds.

Major Jon Hamilton (Ret'd)



If it weren't for Talos

Thinking and writing about my last 5 years has proven to be very difficult as I'm the king of avoidance. But trying to express in words how far I've come, how much I've healed since Courageous Companions donated and brought Talos to me is complicated and emotional. I remember when I first spoke to Shirley Jew over the phone, I was hiding under a blanket. She was compassionate, and quickly realized that I needed support quickly. At the time, I was still in the military as a medical technician and working as a civilian paramedic. I was struggling to heal as daily exposure to trauma as a paramedic was ripping the scab off from traumatic experiences from Afghanistan. But one night, Shirley drove to Regina and brought Talos, a 14-month-old Dutch Shepard, into my life. One of the first thing I did was Google what the hell a Dutch Shepherd was and to find out what the meaning of the name Talos was. Turned out, Talos was ideally named after Talos in Greek mythology, who was the protector of the Europa. Rather fitting as he became my protector and we both share names from Greek mythology.

As it turned out, Talos is the single most emotionally receptive being I have ever known. The second he walks into a room he knows not only mine, but everyone's emotional status. When he knows I'm okay, he insists on taking care of anyone in need of support. This proved difficult being that working emergency health care is emotionally fatiguing on all its professionals. I found half of the health care field supportive of me getting a service dog, with the other half uncomfortable and seemed to distance themselves from me. Having a service dog immediately let me focus on myself in a healing way, but professionally, it was difficult. I was restricted from

the type of patient care I was allowed to perform, which really limited where in the health region I could work. Some fellow staff members made formal complaints that I had a dog because they were scared, or blamed already existing respiratory problems on Talos. This led to more workplace restrictions. My military unit was supportive in the beginning, and I was, for the most part, able to continue working as I had, just with tales at my side, until a brigade commander didn't like that I had a service dog in the training area. So, in 3 days after that brigade commander saw me, I had massive medical restriction put on me to the point that it was no longer possible to work in the military.

Although it was exhausting always being the first person in my workplaces with a service dog and all the logistical harassment I faced, I would never consider not having Talos with me. He has been with me through incredibly dark periods, he's been a fearless adventure buddy, and Talos wants nothing more than to let people around him know that regardless what they are feeling, he is willing to be with you till you feel better. He has helped me through re-training to become a Teacher, so I can transition from health care to the education field. I know for sure all the fellow students and profs in university liked Talos far more than me. I am now at a place in my healing that I occasionally leave Talos at home (with his fur brothers... 3 cats that steal his bed in a heartbeat). But the second I come home Talos is at my side ready to do whatever we need to do; be it just cuddle with me, help with yard work, or go with me for another shift as a paramedic. I would go as far to say I likely wouldn't be alive right now if it weren't for Talos. -Apollo Belliself



MCpl Rob Cobb (Retired) and K9 Bear

My name is MCpl Rob Cobb, CD, retired. I'm 56 years old and from Newmarket, ON. I have PTSD and I have a service dog.

I started my career in the military in 1984 with the Navy as a Boatswain out of Halifax under a government work program. After a year, I transferred to the Army as a Vehicle Technician and was posted to Chilliwack, BC.

I left the military in 1988 to pursue a civilian career.

In 1997, I rejoined the military, picking up my former trade as a Vehicle Technician. I was posted to Petawawa, ON and served on two tours of duty, Golan Heights under the UN and Afghanistan under NATO. I was with the first rotation of soldiers to go to Afghanistan as part of the advance party.

In 2006, I was posted to Moose Jaw, SK with the Snowbirds, 431 SQN.

In 2010, I was posted to the EME school in Borden, ON, where I taught brakes and steering to new and senior Craftsmen. I medically released from the military in 2011 and moved back to Saskatchewan where I worked as a heavy-duty mechanic.

I currently reside in Regina, SK with my wife, Lisa, our dog, Ping, and my Service Dog, K9 Bear.

My PTSD presented shortly after returning from Afghanistan in early 2004. It changed the way I did everything. Previously unlocked doors were locked, people were not encouraged to visit and outings became fewer and fewer. There was rage and depression and self-medication, confusion, self-doubt and paranoia. I poured all my energy into overworking, to try to stop my thoughts from racing. There were nightmares and hallucinations and flashbacks. There were multiple hospitalizations, both voluntarily and not.

I asked for help the day after I put my fist through the living room wall. I received inconsistent psychological help for more than nine years, due to staffing problems or postings, until 2014 when I found a Psychiatrist who, as a military veteran himself, understood what I was dealing with daily, who didn't judge or belittle my situation. Unfortunately, that doctor retired in 2015, leaving me, once again, without adequate mental healthcare. It wasn't until 2016, after spending more than 7 months total on the Mental Health ward, that I finally found both a psychologist and a psychiatrist to help me.

Around 2012-2013, I went to a Resiliency Seminar in Moose Jaw, SK. There I met George Leonard, Master

Trainer, who was representing MSAR and Courageous Companions. He was there to give a presentation about service dogs and some of his dogs were there. It was remarkable how quiet and obedient they were. Up to that point in my life, I only knew dogs to be noisy and boisterous creatures that loved to fetch thrown balls. Impressed with the presentation and the proof of such trained dogs, I got George's contact information and had my doctor help me file an application for a service dog of my own. On December 12, 2015, I received a small black puppy, K9 Bear, that I would train with the assistance of my mentor, Shirley Jew, to be my service dog.

K9 Bear is a black Australian Labradoodle. He is my constant companion. With him, I feel more confidence and security in dealing with every day. I find that I am able to go to crowded places like the mall or the Farmers Market. He grounds me with his presence. He uses compression upon me when I'm highly stressed and becomes a physical barrier between me and other people, keeping me safe. He is a distraction from my PTSD symptoms and helps me sleep better at night.

Training him is an ongoing thing and I regularly go out to the mall or other public places to work on his public access skills. This keeps me busy and out into the real world.

Courageous Companions has been instrumental in how I deal with my PTSD and everyday challenges. I am able to do things that others take for granted, like going out to dinner or buying shoes or groceries. They have been supportive throughout this process of training and testing Bear with their knowledge and understanding.

My life has been renewed because of Bear.



Carol Molyneaux and K9 Molly



Born in BC into a military family I guess I was destined to follow in my Mother, Father and brothers footsteps. I joined the RCAF in March of 1986 as an Administration Officer. After various postings, exercises and taskings my trade evolved to Logistics.

Deployed to Afghanistan in March of 2008 I soon learned that in addition to my regular duties I was in charge of the morgue as well as ensuring deceased soldiers and their effects made it safely back home. I was also tasked with guiding the escorts to the Fallen through the very difficult repatriation task. This included what to expect from the time they left theater until they landed in Trenton ON and drove the long sad route to downtown Toronto's City Morgue. Those escorted had many questions...tough questions like "what do I say to his wife and children?" It was a very tough tour...we lost a lot of soldiers most in battle some due to suicide...the inner battle.

Returning from Deployment in Dec 2008 was tough...it's a huge challenge coming home. Normal doesn't seem

so normal anymore. Then the flashbacks and nightmares started...you get afraid to fall asleep. PTSD took a huge toll on my life. Like others it killed my career and placed great strain on my family.

One day an OSIS Peer told me about Courageous Companions and MSAR and the incredible dedication of George Leonard to provide Veterans with Service Dogs. I already had a dog and couldn't cope with a second one... but that was okay. Courageous Companions sent me all the training goals and skills my dog Molly had to achieve to pass her Public Access ability Test and other tests.

After a year of hard work Molly and I were on a plane to Edmonton for more training and testing. I was a nervous wreck, but Molly now very skilled at reading me and helping me stay grounded, helped me get through a very intense week. Molly and I ended up getting fully certified as a Service Dog Team and my life is now beginning to expand.

Molly makes it possible for me to attend weekly OSIS Coffee group sessions, meet up with friends outside my house and other activities. Molly can sense when I get triggered and goes into action alerting me...pushing at me, grounding me and ensuring I know she's there.

I can't imagine life without my Service Dog. A year ago I didn't think I would be alive in 2017. Thank you, Courageous Companions and MSAR George Leonard, for all you do for Veterans and others who's lives are made better with a Service Dog.

Sincerely
Carol Molyneaux
Major (Retd)

Julie Letal and K9 Chance

I am a serving member of the RCMP in Alberta with over 17 years of policing experience. I have been involved in many very serious incidents which include investigating suicides, murders, fatalities domestic assaults, floods, fires, holding a child while the parents are trapped in a vehicle, watching life fade out of a person as I held them and the murder of 4 heroes in Mayerthorpe.

I was diagnosed with PTSD in 2005 when it was taboo to talk about it. I carried on the best I could until a member I knew was murdered in Moncton and everything came back 10-fold. I sought help and was sent to an OSI clinic (Operational stress injury clinic). Things were going well until I told them I was looking into getting a service dog! I was told I was done at the clinic even though the appointment before I was told I would be going into group sessions for a couple of months.

I received a service dog (puppy) in January 2016 and started the Owner Training Program with Courageous Companions but he became too protective of me. Medical Service dogs can not be protective of their handlers, so I retired him from service.

In October of 2017 I was paired with K9 Chance who was trained by MSAR Trainers and funded by Courageous Companions. To date, Chance has been awesome. She gets me out more and we are in the process of completing our level 2 training together and bonding! If it wasn't for Courageous Companions I'm not sure what would have happened! The invisible wounds are hard to explain to people. Especially at work, I am the first RCMP member to have a service dog at work in Alberta and it is an uphill battle but hoping with my battle it becomes easier for the next member.

Thank you, Courageous Companions, and MSAR for providing me with K9 Chance who has made a significant positive impact on my life.

Julie Letal
RCMP



Katherine Freeman and K9 Rory



I am a First Responder, Inter-faith Chaplain, Counsellor, and Disaster Management Supervisor. I have been involved at many International Disaster Responses in Nicaragua, El-Salvador and other Central American countries. I have responded to earthquakes, landslides, droughts, floods, wildfires, tornado's and other natural disasters. I have also been present during various political and civil uprisings/theatres of operation/para-military coups in other countries.

I was present in El-Salvador in the 1980's when over 70,000 civilians were tortured, assassinated, or went missing, known as the *desaparesio* (disappeared). This included Canadians who were doctors, Red Cross workers, priests, nuns and NGO charity workers who were tortured and murdered. A good friend was assassinated in his driveway in front of his small children on the way to school, because he was the head of the Human Rights Commission.

I was the Founder of a group providing counselling to Torture Survivors who met at the Calgary Children's Hospital for years. I have also tried to give back to my community by being involved in Disaster Management with the Red Cross.

I was a First Responder in New York City at 9/11 after the towers fell. My lungs were injured from inhaling all of the

poisonous toxins at ground zero and other toxic sites, and my immune system was permanently compromised from trying to fight off the toxins in my body. I worked with the various fire fighters who had lost a comrade during the collapse of the towers offering grief counselling and Critical Incident Stress Management.

I have given workshops for schools and daycares on safety procedures during disasters, bombings and school shootings, and been a keynote speaker and presenter for those working with Victims of Violence.

I have worked with the emergency evacuation of communities in Northern Saskatchewan to Cold Lake AB during the Saskatchewan Wildfires, and provided assistance with the Red Cross Disaster Management team during the entire evacuation of Fort McMurray after the fire that devastated the city. I worked with the Canadian Red Cross in their role of helping to integrate refugee children from Refugee Camps in Turkey. Most of these children witnessed the complete destruction of their homes as they were bombed in Aleppo. Some still carry the scars on their tiny bodies from the bombs, bullets and shrapnel.

I was a member of the Fire and First Responder Team in a small community in Alberta and I still provide specialized pastoral counselling for severe trauma and torture survivors. Last year, I attended the United Nations Sponsored Centre for Torture Survivors in Europe.

Needless to say, I don't leave my house or spend a minute alone without the vigilant support of my Service Dog, Rory-Michael. Because of physical injuries as a first responder, my hearing is failing, and I have severe lung complications. Rory is trained in sign language, alerts me to noises, brings life saving medicine for my lungs to prevent complete respiratory arrest, alerts me to silent asthma attacks, wakes me up from nightmares and turns the lights on, alerts me if I am shaking, performs deep compression and performs many other tasks to mitigate the horrors of PTSD.

Courageous Companions has helped in the on-going training of my Service Dog, Rory, and in helping me personally with their continued friendship, camaraderie and emotional support.

Katherine Freeman

Shirley Jew and K9 Snoopy

I was a Reserve Officer for two years prior to joining the Regular Forces. I had 16 years as a Mobile Support Equipment Operator (MSE Op), who completed my Airfield Specialist course (935.05) prior to remustering to Military Intelligence. While in CFB Borden, I volunteered with the Nuclear Biological Chemical Response Team (NBCRT) and had training in live agents, decontamination and how to operate in hazardous situations with inter-agencies. I finished off my time as an MSE Op in Edm with the Service Battalion. During those years, I was deployed on domestic operations from the Ice Storm to several G8 Summits, firefighting and one UN tour, to the Golan Heights (Sep 92-Mar 93).

As an Intelligence Operator since 2003, I was posted in Winnipeg, where I developed a strong knowledge in collation, publishing, strategic air and briefing skills. I received training in space applications and then the fighter world through the Tactical Fighter Intelligence Course and Exercise Wolf Safari. To round off training in the air world, I went to Trenton and then completed a Rotation in Camp Mirage (Dec 05-Jul 06). I was then posted to Ottawa as a collator with the AFG Intelligence Response Team (AIRT) and eventually became the Chief Collator. A year later I was posted to the National Defence Command Centre (NDCC), which is now the CF Integrated Command Centre (CFICC) where I learned to respond to natural disasters and possible emergencies that involve the Canadian Armed forces (CAF). On a daily basis, I was required to brief the team on situations that interest or those that may interest the Command Staff in the near future and produce products for distribution.

In Aug 2010, I was posted to 4 Wing Cold Lake, Air Intelligence and started deployment training for Afghanistan as a Senior Intelligence Analyst for the HERON UAV (Unmanned Aerial Vehicle) and deployed from Mar - Aug 2011, Kandahar, Afghanistan. Upon return from tour, I was attached to 409 Tactical Fighter Sqn as the Intelligence 2 i/c and was later diagnosed with Post Traumatic Stress Injury (PTSI) and transferred to the Readiness Training Flight (RTF) where I taught Chemical Biological Nuclear Defence (CBND), First Aid, Navigation and weapons training for the base. In 2014, I was transferred to CFB Edmonton and started my transition from the Regular Forces, back to the Reserves as an instructor with Army Cadets in Onoway, AB.



Prior to all my injuries, I was very active in the sports community. I was one of the pioneers for Women's soccer and attended their first CISM (Le Conseil International Sport du Militaire) and played many other sports like ball hockey, broomball and martial arts. I was also an athletic trainer involved with regional, national sports within the CAF and selected as one of the trainers with CISM Tae kwon Do.

While at RTF in Cold Lake, I rescued a dog and my Captain suggested to have Snoopy trained as a Service K9 and we became the trial for the base. Prior to Snoopy, I had started to bunker and withdraw from life and suffered from night terrors, waking up and thinking we were under attack, checking the house in 30 seconds. I would get home from work and hide in my home, stopped working out and only socialized enough to not have questions asked. Since having Snoopy, I no longer have night terrors and can physically leave my home. At times when we are out and if there are too many people and noises, I zone out and she will pull me to a safe place to calm down. In a long line, she will stretch out to the length of the leash so no one can come up behind me when my hypervigilance ramps up. She always has my back, which allows me to be in public. When having my dark days, she will not leave my side and has gone 24 hours without relieving herself, because I could not get out of the bed. She saved my life and her unconditional love gives me a reason to keep fighting.

Shirley Jew

Barb Leroux and K9 Charlie



My name is Barb Leroux. I live in Ottawa, Ontario – our Nation's capital.

I currently work on Parliament Hill for the Senate of Canada. Prior to my work on parliament Hill I worked with the New West Minster Police Department, Victim Services and Penitentiary systems. My work on Parliament Hill however is where my life felt like it came tumbling down. There was a shooting on Parliament Hill back in 2014. Seems like yesterday. I heard sounds, gun shots echoing from the area of the Centre Block rotunda. My office was close enough to hear the voices of certain commands. The shots parroted - I didn't know what was happening.

Minutes later there was pounding on my office door. Was it the bad guy? Who was it? He was yelling – "open the door." Should I? Then, I heard a voice yelling my name. I must know him. I opened the door. Facing me was one of our Parliament Hill Security Team, and two sharpshooters with their guns. Our Security team started asking... no – he was yelling at me, yelling questions for me to answer. (I found out since then, they yell in the case the shooter was hiding in the office. Security would know if he was, by the way I answered the questions, and my body language.) I was shaking inside, and stuttering my words. They surrounded me, and shuffled me away from my office to three different places for security.

Things became a maze of questions in my mind. Does my family know I am okay? Is the shooter still out there? Am I really safe?

After 10 long hours of waiting, I was taken from the safety room and escorted to transportation, to go home. I'm alive. The shooter died. Life continued.

A long while later, I started having trouble walking up

Parliament Hill, to my office. I was now more conscience of all the police with their guns visible.

All the control I thought I had over my life was slowly starting to dissolve. There were times I couldn't walk up the Hill to my office without calling my friend George from MSAR (www.msar.ca) to talk to me while I walked. There were times I would make by myself to my office, and then burst into tears. Many times I was reliving the fear from the shooting.

I felt broken. What's happening? Much later I was diagnosed with PTSD (Post Traumatic Stress Injury) I felt like my life was falling apart – yet I continued to do my daily routine and work – my mind always seemed preoccupied with other thoughts.

Now I would like you to meet my best friend Charlie. He is dedicated to me. He's like a shadow. He's there to comfort me when I am feeling down, he quiets me when I feel anxious, he brings a smile to me when I feel frustrated. He just seems to know what to do, at the right time. In case you haven't already guessed Charlie is my Service Dog. Through Courageous Companions he is being trained for certification. He services to my emotions, helps me slow down on my rollercoaster ride thoughts, depression, and my day to day life. He brings a peace in my whirlwind world.

Charlie's in depth and continuous training is helping me see life more on the brighter side. We are dedicated to be together. I now realize the light at the end of the tunnel is not a train. If it weren't for Courageous Companions, and their dedication to quality training of Service Dogs, and raising funds to help broken people like myself, I don't want to say where I sadly think I would be right now.

Training for Charlie will be on-going because Courageous Companions is about quality, not quantity. With all the training for Charlie and passing tests constantly, Charlie will prove to be highly skilled in what he is being trained to do. A top notch service dog.

Here's something you might find interesting. Charlie is the very first working service dog on Parliament Hill. Yup, he made history, and I feel balanced.

Courageous Companions..... thank you for helping me, through Charlie, be able to have my life back. Thank you for the dedication, and care you have for our Veterans and First Responders. Thank you for the quality and high standards of training you stand by.

Barb Leroux



K9 Bailey



K9 Casey



K9 Chance



K9 Leola



K9 Lexi



K9 Etale



K9 Sixx



K9 Max



K9 Mia
Retired



K9 Toby
Retired

Jason Burd and K9 Blaze



To all those who suffer from a Post Traumatic Stress injury and may benefit from my journey, I wanted to share some very important information. I hope that this will reach anyone with the desire to heal from a PTSD or who may feel stuck and need a new direction.

Healing from PTSD requires multiple interventions, and it is never a one size fits all. Individuals need different types of support to recover. A good family doctor, psychologist, psychiatrist and sometimes inpatient treatment are needed.

Over the span of the past number of years I have had over \$100,000 in treatment and without question, I had made some degree of recovery. I will admit for a number of those years I would not have had the capacity to have a service dog. It was putting one foot in front of the other moving forward in what seemed inch by inch. At times, I felt flat on my face and didn't know if I could continue the fight. There is no way I would have made it this far without the support of an amazing team around me, including family and friends.

I joke about my sister being my service dog before I had Blaze. Being with her was the only way I could get out and function at all.

In 2016 I became a team with my incredible Standard Poodle "Blaze". I received her because I won the "Elijah Harper service dog award." I really liked her name as it seemed fitting for a firefighter, but little did I know that she would blaze me a new trail. With Blaze by my side, I all of a sudden was able to do many things on my own. She opened up many doors and connected me with people who helped lead me down a very important path. In the fall of 2016 I went to my first peer support group meeting. I will never forget the immense pain I felt the first time I was there. I could barely get the words out of my mouth. I was able to unload some of the weight I was carrying, surrounded by "warriors" who not only understood but had similar stories. Never do we share details of our trauma at these meetings, but it's incredible how uplifting it is to sit across the table from someone and be able to say "me too" and realize you're not alone. I often speak about the psychological connection between Blaze and I. I then began to have the addition of human connection, which is also paramount to recovery. I lucked into an invitation to attend a "Soldier On" camp which was funded by "Boomers Legacy". This was the first time ever first responders could attend this event. Although it did not have any treatment component, this program really brought me out of isolation and again gave me the ability to connect with others who had physical and psychological injuries.

I continued to attend the peer support meetings and learned more about a program called Project Trauma Support (PTS). I was fortunate enough to be offered a spot to attend a cohort of their 6-day treatment programs in Perth Ontario.

This is a residential experiential program that is designed specifically for Veterans, and I arrived with an open mind to recover. On Monday they told us recovery was possible and that it could come like a light switch. I trusted in my head that this is impossible as I have never had that experience before. I can tell you by Thursday I realized I was wrong and I will never forget how I felt leaving on the last day. In fact, I don't even recall ever feeling so free of psychological and physical pain. This program was founded by an emergency physician, Dr. Manousa Joannou, who was inspired to develop this after a colleague (paramedic) passed away due to suicide as a result of PTSD.

I am certain you will not find another program like it or nearly as effective. People are attending from across Canada and experiencing the same results. In fact, they have realized the families need to understand individuals returning from this program will be different in a positive way. Family members need to adjust to their return. Having a new contributing member of the family takes many people by surprise. Please reach out directly to ProjectTraumaSupport.com and apply by clicking "Contact us"

If others feel more comfortable and have questions they can reach out directly to me. I will be happy to answer any questions.

The Peer support program is growing as people are going through the program and I have attached a few photos showing their current locations. (A new one is opening in Newfoundland shortly as well) Everyone is on a different journey which means we are all on different levels of recovery. I work very hard every day to make the best of things and have found purpose through advocating for others and co-leading the weekly peer support meetings in Ottawa.

Blaze and I have accomplished a number of things in the past year:

- Blaze and I are featured on The discovery channel Animal planet, in a program called "Cotter of Duty". (Season 1 Episode 2 second half). This was a very unique experience. I have emerged through the darkness since this video was filmed. I now know what is meant by the concept "pain to purpose".
- I am engaged to be married to an amazing woman who completes me. Kristal (Yes Blaze is a little jealous.)
- I have purchased/ sold and moved houses.
- I have attended parliament hill on numerous occasions to advocate and support Bill C-211 (calling for a framework to support Military and first Responders with PTSD)
- Blaze and I have attended and spoken at numerous events and fundraisers to raise awareness of mental illness and PTSD, as well as funds for Courageous Companions.
- I started and successfully co-lead peer support meetings every Monday night in Ottawa. We now have over 60 members. These groups have amazing positive energy within a safe place where warriors talk about their journey, what seems to be working for them and what may not be.
- We learned many important life lessons at PTS in Perth. I am doing my very best to etch these thought processes.
- More Love and Less Judgement in every part of my life.
- Realizing people bring to the table what they can and often a person could be having a really bad day, a difficult life etc. Instead of judging I try to offer any help I can which can really have a positive impact.
- Being very diligent with my daily routine. The tools in my tool box are what allow me to be as functional as possible for everyone around me.

I am truly thankful for "Elijah Harper", MSAR Service dogs, George Leonard, Janet, Barb, and Courageous Companions.

Blaze completes me and allows me to be somewhat functional on a daily basis. She is now Level 3 off leash certified. I am super proud of both of us for all of our hard work, it certainly has paid off!

Kind Regards Jason Burd /K9 Blaze
please contact me at fightingthehellmowithin@gmail.com or through Facebook, "The best thing to hold onto in life is each other". -Audrey Hepburn

Karine Keys

From: Chris Sadleir <sads.chris@gmail.com>
Sent: July 26, 2023 4:40 PM
To: Chris Sadleir
Subject: WALK TO BREATHE MOVE CHALLENGE - Official MEDIA RELEASE
Attachments: 2023 MEDIA RELEASE - 'Walk to Breathe MOVE Challenge' (002).pdf

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Good afternoon Friends -

It's time to GET A MOVE ON across Alberta! The 2023 WALK TO BREATHE MOVE CHALLENGE is underway!

PLEASE SEE ATTACHED Media Release, call with questions, and contact me for any interview opportunities and information.

You can follow me on SOCIAL MEDIA:

FB: Ck Sadleir

IG: Sads216

(I am following and followed by Alberta Lung on both handles, as well)

ONLINE: www.ablung.ca

Sincerely,

--

Chris Sadleir

780-233-9941

sads.chris@gmail.com



MEDIA RELEASE

WALK TO BREATHE VIRTUAL MOVE CHALLENGE 2023
FOR IMMEDIATE RELEASE
July 26, 2023

EDMONTON MAN ENCOURAGES ALL AGES TO 'GET A MOVE ON' TO HELP SAVE LIVES ACROSS ALBERTA **Money and awareness to support First-of-its-Kind facility in Canada – Right here in Alberta**

As we approach Pulmonary Fibrosis Awareness month this September, Edmonton's Chris Sadleir is asking ALL Albertans of ALL AGES to move in a way that feels good for them! In 2020 and 2021, Sadleir walked over 840km across Alberta, with the WALK TO BREATHE CHALLENGE. Sadleir was able to raise over \$125,000 in honour of his Father (a 7-year Double Lung Transplant survivor), in support of Alberta Lung, and to raise awareness of the nearly 1-million Albertans who struggle to breathe every single day. Although Sadleir's Walk has been sidelined because of an injury, he hopes to continuously spread awareness, fight lung disease, and save lives.

"I had a vision to walk across the province to raise awareness and much-needed funds. Although my injury forced us to go virtual last year, we saw great results. I have faith in the 'tremendous Alberta spirit to rise up to any occasion', and I'm confident we can continue to make a difference, as we expand our crusade to get Albertans up and moving to the best of their ability" said Sadleir.

Our vision at Alberta Lung is to create a world free of lung disease. Funds raised will support BREATHING SPACE, and provide vital support and services to those affected by lung disease and respiratory ailments. We encourage all participants to set a fundraising goal and share with their Facebook friends, family, co-workers, etc!

Join us NOW through September 4, 2023, as we encourage participants to walk, run, bike, stretch, dance, or move in whatever way that suits their ability.

All ages, fitness levels, and methods of mobility are welcome to participate and it is free to join!

**Let's get moving! To start your move challenge, simply register
@ <https://www.facebook.com/groups/albertalungsmovechallenge/> on Facebook**

Facebook: Ck Sadleir **Instagram:** @Sads216 **ONLINE:** <https://ablung.ca/fundraising-events/2023-walk-to-breathe/>

-30-

For Interviews and further event details, contact:

Chris Sadleir
780-233-9941
Sads.chris@gmail.com



Town of Claresholm
Income Statement by Function
June 30, 2023

	JUNE	2023 YTD	2023 BUDGET	YTD % of Budget
Revenue				
Tax and requisition revenue	296,528.65	(4,719,606.38)	(4,250,494.00)	111% 1
General administration revenue	(8,696.42)	(69,861.81)	(179,800.00)	39%
Police	(12.85)	(1,282.58)	(4,000.00)	32%
Fire	(10,145.74)	(17,277.27)	(19,000.00)	91%
Bylaw enforcement	(1,534.06)	(12,036.51)	(11,000.00)	109% 2
Common equipment pool	(45,900.00)	(45,900.00)	(60,000.00)	77%
Roads, streets, walks, lighting	(3,880.00)	(173,023.00)	(1,121,165.00)	15%
Water supply and distribution	(254,226.55)	(787,465.52)	(2,008,332.00)	39%
Wastewater treatment and disposal	(89,704.13)	(286,092.75)	(630,148.00)	45%
Garbage Collection	(57,216.61)	(207,035.13)	(441,000.00)	47%
Recycling	(43,648.57)	(149,382.75)	(304,171.00)	49%
FCSS	(5,598.65)	(121,120.27)	(234,774.00)	52%
Cemetery	(1,605.00)	(12,990.00)	(22,000.00)	59%
Physician recruitment	-	(1,963.90)	(1,000.00)	196% 3
Economic development	(1,070.00)	(227,919.49)	(242,077.00)	94%
Land use planning, zoning and development	(10,681.80)	(38,655.79)	(105,100.00)	37%
Parks and recreation	(31,227.54)	(341,624.32)	(530,390.00)	64%
Culture - libraries and museum	(1,343.34)	(1,343.34)	(36,263.00)	4%
	<u>(269,962.61)</u>	<u>(7,214,580.81)</u>	<u>(10,200,714.00)</u>	
Expenses				
Legislative	6,846.16	47,008.00	116,150.00	40%
Administration	110,556.07	813,200.87	1,415,271.00	57%
Police	-	151,076.00	224,238.00	67%
Fire	28,062.88	100,425.43	216,567.00	46%
Bylaw enforcement	15,435.95	55,721.29	129,942.00	43%
Common and equipment pool	36,257.87	287,312.23	528,598.00	54%
Roads, streets, walks and lighting	52,802.54	241,210.92	614,455.00	39%
Storm sewers and drainage	244.00	6,841.01	13,140.00	52%
Water supply and distribution	146,037.19	478,725.73	1,007,413.00	48%
Wastewater treatment and disposal	15,562.49	62,148.37	164,363.00	38%
Garbage Collection	28,660.69	189,730.10	374,030.00	51%
Recycling	35,792.79	144,571.74	310,477.00	47%
FCSS	16,973.97	155,293.86	246,869.00	63%
Daycare	1,772.00	14,368.00	25,000.00	57%
Cemetery	4,679.54	12,631.22	24,519.00	52%
Physician recruitment	-	2,118.55	3,000.00	71%
Economic development	17,017.54	165,501.50	354,267.00	47%
Agriculture - weed and pest control	755.64	2,090.40	21,609.00	10%
Land use planning, zoning and development	9,608.31	105,419.62	304,158.00	35%
Parks and recreation	59,898.18	398,610.51	798,443.00	50%
Culture - libraries and museum	11,988.27	162,581.40	365,421.00	44%
Amortization	-	-	1,792,787.00	0%
	<u>598,952.08</u>	<u>3,596,586.75</u>	<u>7,257,930.00</u>	
Net Income	<u>322,303.39</u>	<u>(3,624,428.99)</u>	<u>(1,149,997.00)</u>	

Notes:

- 1** Tax and requisition revenues are in excess of budget due as this line item is net requisitions. There are still three quarterly school tax payment to be made, which will reduce actuals for this line item as the year continues.
- 2** Animal licenses are over budget, primarily due to increase in license fees. Cleanup costs revenue (charge back) is also over budget due to a relatively large unsightly cleanup file at a single property.
- 3** Physician recruitment revenue is RPAP Grant funding, based on grant funds spent. Expenditures are under budget.



Town of Claresholm
Income Statement by Object
June 30, 2023

				YTD % of
Revenue	JUNE	2023 YTD	2023 BUDGET	Budget
Net municipal taxes	335,220.37	(4,417,750.91)	(3,742,694.00)	118% 1
Special assessments	(2,900.00)	(6,189.54)	(3,290.00)	188% 2
User fees and sales of goods	(474,314.26)	(1,556,004.95)	(3,448,961.00)	45%
Government transfers for operating	(600.00)	(278,872.11)	(432,912.00)	64%
Investment income	(15,411.08)	(87,777.96)	(105,000.00)	84%
Penalties and costs of taxes	(1,739.68)	(50,877.25)	(86,600.00)	59%
Licenses and permits	(11,566.80)	(69,280.79)	(113,500.00)	61%
Other local government transfers	-	(150,569.12)	(217,839.00)	69%
Proceeds from disposal of capital assets	(45,900.00)	(45,900.00)	(60,000.00)	77%
Franchise and concession contracts	(21,322.87)	(163,199.35)	(292,000.00)	56%
Rental	(8,927.11)	(56,176.77)	(130,700.00)	43%
Other	(22,501.18)	(40,331.06)	(99,700.00)	40%
Government transfers for capital	-	(291,651.00)	(1,319,018.00)	22%
Other external funding for capital	-	-	(148,500.00)	0%
	(269,962.61)	(7,214,580.81)	(10,200,714.00)	71%
Expenses				
Salaries, wages and benefits	271,197.56	1,654,907.88	3,319,536.00	50%
Contracted and general services	93,508.52	965,653.46	1,903,817.00	51%
Materials, goods, supplies, and utilities	124,262.01	650,469.38	1,422,626.00	46%
Bank charges and short-term interest	81.07	505.19	1,200.00	42%
Interest on long-term debt	101,330.21	101,330.21	204,579.00	50%
Other expenditures	6,800.71	23,981.08	29,490.00	81%
Transfers to organizations and others	1,772.00	199,739.55	376,682.00	53%
Amortization	-	-	1,792,787.00	0%
	598,952.08	3,596,586.75	9,050,717.00	40%
Internal Transfers				
Internal transfers	(6,686.08)	(6,434.93)	-	
Net Income	322,303.39	(3,624,428.99)	(1,149,997.00)	
Other				
Transfers to/from reserves	-	-	30,648.00	0%
Capital expenditures	(25,746.97)	464,617.42	2,559,262.00	18%
Debt Proceeds	-	-	-	
Debt Principal Repayment	134,245.19	134,245.19	352,874.00	38%
Amortization addback	-	-	(1,792,787.00)	0%
	430,801.61	(3,025,566.38)	-	

Notes

- 1** Tax and requisition revenues are in excess of budget due as this line item is net requisitions. There are still three quarterly school tax payment to be made, which will reduce actuals for this line item as the year continues.
- 2** The \$2,900 added in June is a misallocation. This will be corrected in the July monthend entries. This will put this back to at 100% of budget (\$3,289.54)



INFORMATION BRIEF

Meeting: Augst 14, 2023
Agenda Item: 4

CORRESPONDENCE RESPONSE - ENVIRONMENTAL CONCERNS

As per the following Council motion: *"Moved by Councillor Cutler to direct administration to research municipal landscaping policies to encourage environmentally sustainable friendly practices and to bring the findings back to Council at a future meeting for discussion. CARRIED MOTION #23-123"*, the Development Department has done some research into various communities' unsightly bylaws. Each one of the surrounding municipalities have similar bylaws to Claresholm in that they regulate grass height either by neighboring standards or a noted height (Nanton, Okotoks, High River, Stavely, Ft Macleod, Raymond, Coaldale).

The Town of Claresholm has participated in a rail barrel program, seed exchange, and eco tips in the Town News to promote conservation and other environmental tips. Within the Town of Claresholm Land Use Bylaw No. 1525, Schedule 9 – landscaping, there is a list of low water planting recommendations, as well as standards that can include various types of landscaping.

We have also reached out to the City of Lethbridge, who within their landscaping have tried all different types of grasses. Any type of native grass that is drought resistant the deer really love, so they try to use a blend. Mulch works over tree and shrub beds to try to hold moisture if not too much is used, but this is high maintenance as it blows away and weeds grow through. Gravel can be used instead of mulch but is very hot and for trees/shrubs to live requires more water. Lethbridge has found the landscaping suffers when surrounded by gravel. Weeds grow through gravel as well. In essence xeriscaping vs grass does not cut down on maintenance and may reduce water only slightly. The City of Lethbridge does not allow grass to grow above a recommended height as well, unless there are specific ornamental plantings as this can create issues with playing fields being too long, rodents (gophers and mice) and fire hazards.

Large centers such as the City of Calgary have Environmental policies in which employees are to consider effective ways to manage resources and look at alternatives for energy consumption, conserving resources, preventing pollution, and/or utilization of water when designing and managing projects. The Town has similar direction and environmental stewardship within the Municipal Development Plan and will continue to seek out alternatives and options are projects are discussed/planned (see attached).

ATTACHMENTS:

- 1.) Town of Claresholm MDP – Environmental Stewardship Section

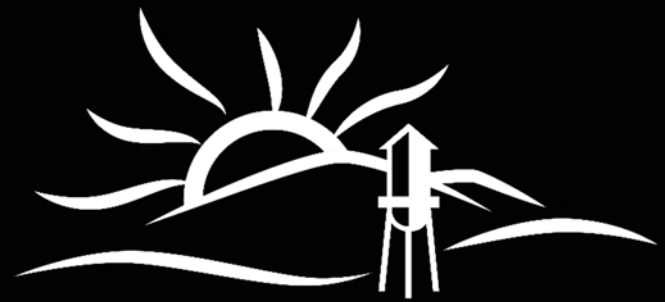
APPLICABLE LEGISLATION:

- 1.) Town of Claresholm MDP No. 1644
- 2.) Town of Claresholm LUB No. 1525

PREPARED BY: Tara VanDellen, Development Services Manager

APPROVED BY: Abe Tinney, CAO

DATE: July 27, 2023



Claresholm

Where **Community** Takes Root

Municipal Development Plan

Bylaw 1644



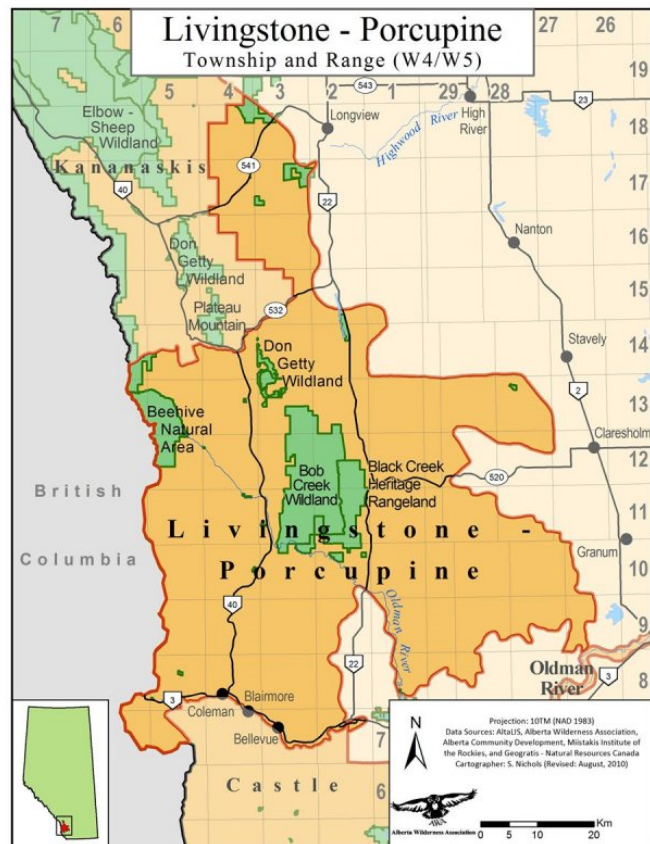
May 2018

10.0 Environmental Stewardship

10.1 Introduction

Adjacent to the Livingstone Range and Porcupine Hills, the Town's sense of place is determined to a large extent by its natural features. These environments provide important passive recreation space for the community as well as enhancing the beauty of the community. There is strong public awareness of and concern for the natural environment. Residents have identified sustainability as important priority for land use planning. Residents believe that enhancing the beauty and quality of the natural surroundings will improve their quality of life and add to Claresholm's character and sense of place.

The Town of Claresholm was founded around a wetland and small water course. As a result, high water tables and poor soil conditions could be a constraint to future development. The Municipal Development Plan can contribute to environmental protection through policies that identify areas that require significant consideration and higher standards for land use and development. The Plan could also identify areas in the community where development cannot occur for environmental reasons.



In February 2008, the Town of Claresholm adopted a Municipal Sustainability Plan. The Plan is a guidance document which promotes a healthy built environment while preserving a healthy ecosystem. Developers looking for best practices for development and the environment in Claresholm should consult this document.

10.2 Goal

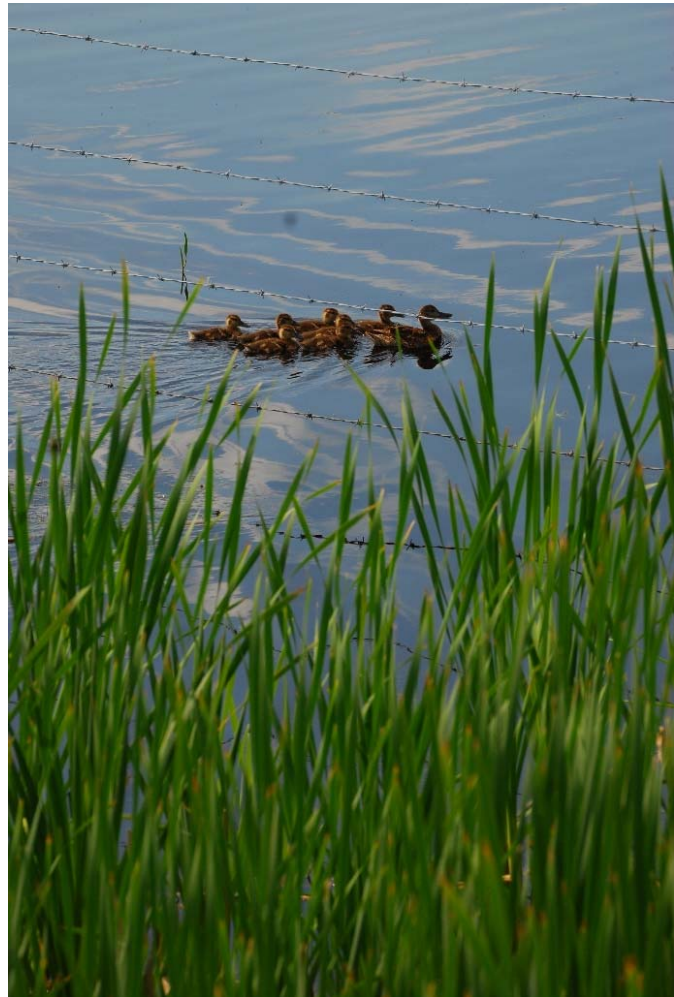
To create and maintain attractive, clean and ecologically responsible, natural and built environments, and to preserve significant natural areas.

10.3 Objectives

- 10.3.1 To promote environmental sustainability principles in land use planning decisions and development/construction practices.
- 10.3.2 To continue the commitment of a high level, overarching document that guides the environmental, ecological and sustainable decision making for the community.

Where **Community** Takes Root

- 10.3.3 To recognize the importance of natural areas and the contribution they make toward a high quality of life. Conserve, and incorporate natural areas, as public open spaces into the park system.
- 10.3.4 To continue the development of parks, pathways and trails to upgrade the overall public open space system.
- 10.3.5 To continue developing the municipal storm water system for integration into the Town's public open space system while protecting wetlands, water courses and natural areas.
- 10.3.6 To celebrate and enhance the natural beauty of the community for both residents and visitors.
- 10.3.7 To explore the use of alternative energy systems in the urban setting.
- 10.3.8 To be proactive in identifying and describing hazard lands with development constraints such as contaminated soils.
- 10.3.9 To support programs and initiatives that increase awareness and public involvement in environmental management and conservation.



10.4 Policies

- 10.4.1 The Municipal Sustainability Plan will provide guidance for the development or alignment of all municipal plans and documents by identifying short, medium, and long term actions for the implementation of policy. The Plan should also track and monitor the progress of these actions over the long term.
- 10.4.2 The intent of the Municipal Sustainability Plan is to be used in co-operation with other planning documents the municipality has at its disposal.
- 10.4.3 Town shall be a civic leader by requiring sustainable building practices in the design and construction of new Town-owned facilities.
- 10.4.4 Green Buildings and Construction practices: The Town shall encourage developers and builders to follow the voluntary LEED™ green building rating system administered by the Canadian Green Building Council or follow sustainable building practices compatible with LEED™ standards. Sustainable building practices include:
 - a) minimizing storm water volumes through the installation of roof top gardens or on-site cisterns;

Where **Community** Takes Root



- b) installing water saving plumbing fixtures;
- c) using water efficient landscaping;
- d) increasing energy performance through reduction in demand, harvesting site energy and efficient building design;
- e) reducing waste by extending the life of existing buildings and using local and recycled building materials.

- 10.4.5 The Town will continue to support selected recycling programs.
- 10.4.6 The Town will continue to encourage residents to implement positive sustainable principles in their everyday life; such as the use of rain barrels and backyard composting.
- 10.4.7 Because of the local climate we rely on irrigation for landscaping. Alternative landscape management practices, such as xeriscaping, or xerogardening could prove to be environmentally friendly and fiscally sound.
- 10.4.8 When concerns are present, geotechnical studies should be completed to identify development limitations and mitigate or minimize the detrimental effects of potential high water table areas and unsuitable soils for development.
- 10.4.9 The Town will endeavor to link environment protection areas, natural areas, and parks and outdoor recreations areas for the overall benefit and beautification of the Town.
- 10.4.10 Storm water management plans for proposed large subdivisions, or residential, recreational, commercial and industrial developments shall be required, at the sole cost of the developer or owner including costs for municipal review. A storm water management plan shall include, but not be limited to, flooding hazards, existing drainage features, storm water related environmental issues, design criteria, erosion and sediment control, operation and maintenance.
- 10.4.11 The Town will encourage the use of Alberta Environment's Standards and Guidelines for Municipal Waterworks, Wastewater and Storm Drainage Systems.
- 10.4.12 In order to maintain and enhance the urban forest, the Town shall support tree preservation, conservation initiatives and land stewardship strategies.
- 10.4.13 New developments will incorporate ecologically conscious design and shall consider the long-term progression of streetscapes with specific attention to landscaping and street trees (Policy # PLDE 09-16).
- 10.4.14 The Town will openly discuss and consider wind and solar energy conversion system initiatives.
- 10.4.15 The Town will consider working with a large energy provider to secure a source of community-wide renewable energy.
- 10.4.16 On lands that are known or suspected to be impacted, development may be required to provide plans for remediation that are prepared by a professional engineer at the sole cost of the land owner (or proponent) and to the satisfaction of the Town of Claresholm and Alberta Environment. In accordance with *MGA* section 364.1, the Council may consider tax incentives as a means of encouraging the cleanup of brownfield sites.
- 10.4.17 The Town will continue to promote water conservation and support the efficient use of water resources (both natural and treated). Claresholm will make a commitment to take all possible actions to conserve the use of treated water.

Where **Community** Takes Root



- 10.4.18 All development proposals shall refer to the provincial wetlands inventory to determine the existence of a wetland and adhere to provincial requirements regarding wetland preservation references including, but not limited to, Water for Life, Stepping Back from the Water, the Alberta Wetland Policy, *Public Lands Act* and *Water Act*.
- 10.4.19 The Town will, where common interests lie, support watershed management organizations as they continue their work on a regional basis.

COUNCIL RESOLUTION STATUS

Regular Scheduled Meeting - May 8, 2023				
D2	DELEGATION: Gary Watson - Request to move the RCAF monument to Centennial Park with approval and assistance from the Town of Claresholm.	Abe/Jace	Administration has connected with delegate and possible stakeholders, and is working on a formal request for council.	Ongoing
Regular Scheduled Meeting - May 23, 2023				
7	RFD: Southern Alberta Summer Games - Moved by Councillor Cutler to advise Administration to contact the Town of Fort Macleod and the Southern Alberta Recreation Association to determine if there is a possibility that the Town of Claresholm could partner with the Town of Fort Macleod in order to co-host the 2025 Southern Alberta Summer Games. CARRIED MOTION #23-091	Abe	Administration has reached out to Fort Macleod to determine interest.	Ongoing
Regular Scheduled Meeting - June 12, 2023				
18a	IN CAMERA: Moved by Councillor Cutler to direct administration to prepare a public participation plan as discussed in closed session. CARRIED MOTION #23-110	Abe	Planning is underway	Ongoing
Regular Scheduled Meeting - June 26, 2023				
3	CORRES: Alberta Municipal Affairs - Moved by Councillor Schlossberger to request a meeting with the Hon. Ric McIver Minister of Municipal Affairs at the Alberta Municipalities Convention September 27-29, 2023 to discuss municipal funding. CARRIED MOTION #23-112	Karine	Email request sent	In progress
Regular Scheduled Meeting - July 17, 2023				
1	BYLAW #1761 - Moved by Councillor Cutler to give Bylaw #1761, a Land Use Bylaw Amendment, 2nd Reading. CARRIED Moved by Councillor Schlossberger to give Bylaw #1761, a Land Use Bylaw Amendment, 3rd and Final Reading. CARRIED	Tara	Bylaw signed, sent to ORRSC for updated mapping.	Complete
2	BYLAW #1762 - Moved by Councillor Kettles to give Bylaw #1762, a Water and Sewer Bylaw Amendment, 1st Reading. CARRIED Moved by Councillor Schlossberger to give Bylaw #1762, a Water and Sewer Utility Bylaw Amendment, 2nd Reading. CARRIED Moved by Councillor Meister for unanimous consent to consider 3rd Reading of Bylaw #1762, a Water and Sewer Utility Bylaw Amendment at the same meeting. CARRIED UNANIMOUSLY Moved by Councillor Schlossberger to give Bylaw #1762, a Water and Sewer Utility Bylaw Amendment, 3rd and Final Reading. CARRIED	Karine	Bylaw printed & signed	Complete

5	CORRES: Claresholm Arts Society - Moved by Councillor Cutler to support the Claresholm Arts Society's Ringrose Park Mural Project with a donation of \$1,000, plus to provide assistance from the Town of Claresholm's Public Works department to remove hardware from the wall and with wall preparation. CARRIED MOTION #23-122	Jace/Karine	Donation sent. Prep work will be done when the time comes	Complete
6	CORRES: Cynthia Wannamaker - Moved by Councillor Cutler to direct administration to research municipal landscaping policies to encourage environmentally sustainable friendly practices and to bring the findings back to Council at a future meeting for discussion. CARRIED MOTION #23-123	Tara/Abe	On the August 14th Agenda for discussion	Complete
9	RFD: Fair Days Road Closures - Moved by Councillor Carlson to approve a road closure on 2nd Street East, north of UFA to 47th Avenue East, including the south end of 2A Street East on August 14th, 2023 for the Rocky Mountain Drift Club Drag Racing Demo, on the condition that excessive noise is to be restricted to between the hours of 5:30 and 7:00 p.m. and also that residents in the area are notified prior to the event. CARRIED MOTION #23-124	Brady/Jace	Coordinating on road barriers and closures. Working with Development Officer to notify residents in the area using mail-out	Complete
9	RFD: Fair Days Road Closures - Moved by Councillor Cutler to approve the 2023 Claresholm Parade Route and Highway 520 Road Closure from 8th Street West to 2nd Street West between the hours of 10:30 and 11:30 am on Saturday, August 12, 2023. CARRIED MOTION #23-125	Brady/Jace	Plans are in place	Complete
10	RFD: By-Election - Councillor - Moved by Councillor Schlossberger to hold a by-election for the position of Councillor on Monday, September 18, 2023 to be held in conjunction with the Mayoral by-Election, with all the previous motions passed for the by-election at the regular meeting of Council on June 12, 2023, including location and times, advance poll, institutional vote and returning officer to be in effect for the Councillor By-Election. CARRIED MOTION #23-126	Karine	All By-Election documents have been posted	Complete
15a	IN CAMERA: Personnel - Moved by Councillor Cutler to approve the human resources matter as discussed in closed session. CARRIED MOTION #23-127	Abe	Administration has processed this matter.	Complete

PREPARED BY: Karine Keys, CLGM, Finance Assistant

APPROVED BY: Abe Tinney, CAO

DATE: August 11, 2023

INFORMATION ITEMS



MUNICIPAL PLANNING COMMISSION MINUTES

April 21, 2023

Town of Claresholm – Council Chambers

Attendees: Brad Schlossberger - Council Member (Chairperson)
Doug Priestley - Member-at-Large
Kieth Carlson – Council Member
Jeff Kerr – Member-at-Large (Vice Chairperson)
Kandice Meister – Council Member

Staff: Tara VanDellen – Development Services Manager
Abe Tinney - CAO
Brian Webber – Bylaw Enforcement Officer
Tracy Stewart – Development Assistant

Public: Gavin Scott - ORRSC

8:55 a.m.

Call to Order /Adoption of Agenda

**Motion to adopt the
Agenda by
Jeff Kerr**

**Seconded by
Doug Priestley**

CARRIED

Adoption of Minutes

- March 17, 2023

**Motion to adopt the
Meeting Minutes by
Doug Priestley**

**Seconded by
Councilor Carlson**

CARRIED

Item 1: ACTION

SUBDIVISION

File: D2023.011
Applicant: Halma Thompson Land Surveys Ltd.
Legal: Block 4, Plan 7610058
Regarding: Subdivision

**Motion to approve with
conditions by
Doug Priestley**

**Seconded by
Councilor Carlson**

CARRIED



MUNICIPAL PLANNING COMMISSION MINUTES

April 21, 2023

Town of Claresholm – Council Chambers

Item 2: ACTION

HOME OCCUPATION

File: D2023.024
Applicant: Leslie Baker
Owner: Warren Baker
Address: 4515 2 Street W
Legal: Lots 6-7, Block 9, Plan 147N
Regarding: Home Occupation 2 – Reiki
Treatment

**Motion to approve with the
amended conditions that
approved hours of
operations are to be
compliant with the Town of
Claresholm's Community
Standards Bylaw by
Jeff Kerr**

**Seconded by
Councilor Meister**

CARRIED

Item 3:

In Camera – Advice from officials, FOIP Section 24

**Motion to go in camera at
9:15 am by Jeff Kerr**

Seconded by Doug Priestley

**Motion to come out of in
camera at 9:34 am by
Councilor Meister**

Seconded by Jeff Kerr

**Motion to refer Livestock
Bylaw to Council for review
by Jeff Kerr**

Seconded by Doug Priestley

9:34 a.m.

**Motion to adjourn by
Jeff Kerr**

CARRIED

EXECUTIVE COMMITTEE MEETING MINUTES
May 11, 2023; 6:00 pm
ORRSC Boardroom (3105 - 16 Avenue North, Lethbridge)

The Executive Committee Meeting of the Oldman River Regional Services Commission was held on Thursday, May 11, 2023, at 6:00 pm, in the ORRSC Administration Building, as well as virtually via Zoom.

Attendance

Executive Committee:

Gordon Wolstenholme, Chair
Don Anderberg, Vice Chair
David Cody
Christopher Northcott, Virtual
Jesse Potrie
Brad Schlossberger
Neil Sieben

Staff:

Lenze Kuiper, Chief Administrative Officer
Raeanne Keer, Executive Assistant

Chair Wolstenholme called the meeting to order at 6:03 pm.

1. Approval of Agenda

Moved by: Don Anderberg

THAT the Executive Committee adopts the May 11, 2023 Executive Committee Meeting Agenda, as presented.

CARRIED

2. Approval of Minutes

Moved by: Jesse Potrie

THAT the Executive Committee approves the April 13, 2023 Executive Committee Meeting Minutes, as presented.

CARRIED

3. Business Arising from the Minutes

There was no business arising from the minutes.

4. Official Business

a. 2022 Annual Report - Draft

L. Kuiper presented the draft 2022 Annual Report to the Committee

The Committee discussed the report.

Moved by: Brad Schlossberger

THAT the Executive Committee approves the presentation of 2022 Annual Report to the Board of Directors on June 1, 2023 Annual General Meeting for approval, as presented.

CARRIED

b. Brownlee Planning and Development Law: Current Trends, Issues & Updates Webinar; May 17, 2023

L. Kuiper stated that staff have registered to participate in the Brownlee LLP Planning and Development Law: Current Trends, Issues & Updates webinar scheduled for May 17, 2023.

c. Subdivision Internal Database - Update

L. Kuiper stated that Administration has been working to digitize our subdivision records to develop an internal digital database. He stated that the objective of the internal database is to streamline searchability of our subdivision records and to mitigate risk management that is associated with historical records.

L. Kuiper noted that to date 12,236 records have been digitized, and that it is estimated that we are in possession of over 20,000 subdivision files.

d. June 1, 2023 Board of Directors Annual General Meeting and BBQ

L. Kuiper stated that in conjunction with the Annual General Meeting on June 1, 2023, a BBQ will be hosted prior to the start of the meeting.

R. Keer stated that the invitation will be distributed to the Board on Friday, May 12, 2023.

e. Summer Meeting Schedule

L. Kuiper stated that historically the Executive Committee only meets once through the summer months, and inquired if the Committee would like to cancel would of the summer meetings.

The Committee discussed the Regular Meetings schedule for 2023.

The Committee determined that the Regular Meeting scheduled for July 13, 2023 would be held and that the Regular Meeting of August 10, 2023 would be cancelled.

f. Vehicle Update

L. Kuiper stated that the third vehicle was ordered in December 2022, and that notice was received that it has gone to production on May 1, 2023. He stated that it is anticipated to be delivered in June 2023.

g. Subdivision Activity

- As of April 30, 2023

L. Kuiper presented the Subdivision Activity as of April 30, 2023 to the Committee.

Moved by: David Cody

THAT the Executive Committee accepts the Subdivision Activity as of April 30, 2023 for information purposes.

CARRIED

5. Accounts

a. Office Accounts

(i) Monthly Office Accounts

- March 2023

(ii) Payments and Credits

- February 2023

L. Kuiper presented the Monthly Office Accounts for March 2023 and the Payments and Credits for February 2023 to the Committee.

Moved by: Christopher Northcott

THAT the Executive Committee approves the Monthly Office Account for March 2023 and the Payments and Credits for February 2023, as presented.

CARRIED

b. Financial Statements

(i) Balance Sheet

- As of January 31, 2023 to March 31, 2023

(ii) Comparative Income Statement

- As of January 31, 2023 to March 31, 2023

(iii) Details of Account

- As of March 31, 2023

L. Kuiper presented the Balance Sheet, as of January 31, 2023 to March 31, 2023, the Comparative Income Statement, as of January 31, 2023 to March 31, 2023, and the Details of Account, as of March 31, 2023 to the Committee.

Moved by: Jesse Potrie

THAT the Executive Committee approves the Balance Sheet, as of January 31, 2023 to March 31, 2023, the Comparative Income Statement, as of January 31, 2023 to March 31, 2023, and the Details of Account, as of March 31, 2023.

CARRIED

6. New Business

There was no new business for discussion.

7. CAO's Report

L. Kuiper presented his CAO Report to the Committee.

8. Round Table Discussions

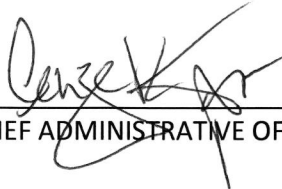
Committee members reported on various projects and activities in their respective municipalities.

9. Adjournment

Following all discussions, Chair Gordon Wolstenholme adjourned the meeting, the time being 7:05 pm.



CHAIR



CHIEF ADMINISTRATIVE OFFICER

CLARESHOLM AND DISTRICT MUSEUM BOARD MEETING

Exhibit Hall

May 17, 2023

Present: Barry Gibbs, Earl Taylor, Marg Lane, Betty Hoare, Mich Forster, Cynthia Wannamaker, Kandice Meister, and Bill Kells

Absent: Barry Wood

1. Call to order by Barry Gibbs at 3:01 PM. Motion made for the adoption of agenda as amended by Kandice Meister. **CARRIED**

2. No correspondence to report. Motion made by Cynthia Wannamaker for adoption of amended minutes from April 19, 2023. **CARRIED**

3. Chair Report – Barry Gibbs and Ali Hemmaway attended the board meeting of the Friends of the Museum Society held on May 11, 2023. There is a new executive board consisting of four officers and they are looking for one more director. This year will be focused on learning their roles and fulfilling the activities that are jointly scheduled. We thank those who have taken on these important roles in all important “Friends of the Museum Society”.

-New Strategic Plan -A zoom meeting consisting of Barry Gibbs, Betty Hoare and Jerry Firth was held on May 10, 2023. Jerry Firth is part of the Community Development Unit of the Alberta Government. This was an initial meeting for Jerry to gather information. Through the meeting it was decided that the board should review the Vision and Mission statement to make sure they are still valid. A follow up meeting with Jerry will be scheduled sometime in August and a decision made on an October or November date for a meeting with everyone.

4. Museum Financial report from May 2, 2023, was discussed. Mich Forster moved the financial report be accepted. **CARRIED**

5. Executive Directors Report – A generous donation by Bill and Rita Toone allowed the museum to purchase two used display cases. All financial transactions were made thru the Friends of the Museum Society who purchased and issued a charitable tax receipt.

– The summer student Brie Wilson had to withdraw from that position due to family circumstances. The position is again being advertised.

– Unfortunately, the final parts of the Link Trainer have not arrived in time for the museum opening. The body of the Link Trainer will stay in place as people do show interest in the gauges, joystick, and the story it tells.

– A lot was accomplished in getting the museum ready for opening thru different work bees. The creation of the reading room has been postponed until after the museum closing in September. A temporary measure was created in the Archives with a dedicated scanning station. Volunteers can begin to digitize the photo collection. The large metal shelving salvaged from the old Town Office is now in place in the exhibit hall. By adding one extra shelf to each section and using two display cases we have created a function barrier between the new storage area and the exhibit space.

– Ali Hemmaway continues to take courses in the Certificate in Museum Studies

program offered by the AMA.

- Our thanks go to the Town crew for all the hard work getting the speeder on the tracks and making the grounds look great as well as the work volunteers did on flower beds.
- The weekend of April 28 & 29 was busy for everyone involved with the museum as we took on two tradeshow. One held in Claresholm and one in Pincher Creek.
- The museum was contacted by the Archaeological Society of Alberta enquiring if the museum would be interested in hosting a Bones and Stones event in either Spring or Fall of 2024. Stones and Bones is an event where several Archaeologists and Anthropologists from the Royal Alberta Museum come to your facility to identify objects brought in by the local collectors from the region. The Society may also host workshops on such things as creating stone tools and have guest speakers give talks on various topics. The museum responded with a resounding yes to this very popular event and a great way of showcasing the Claresholm & District Museum.
- The National Trust of Canada held a webinar on an event to promote Historic Places Days. They have a national digital map you can register your historic place. This is a free event that comes with cash prizes, social media campaign, posters program etc. The museum will register the Train Station as Claresholm's Historic Place. This very successful program reached over 2.4 million Canadians last year.

6. Events Planning – Everything is in place for the 2nd Annual Father's Day Car Show. Starting with a pancake breakfast, roast beef on the bun at the social centre and refreshments on the train station platform.

7. No Marketing Meeting was held due to full schedules and illness.

8. New Building Committee – A meeting was held with Town of Claresholm CAO Abe Tinney along with Town Councillor Representative Kandice Meister, Board Chair Barry Gibbs, and Executive Director Bill Kells. It was agreed that the path forward is for the Museum to go before Council as a delegation. There is a lot of work to be done prior to that presentation. Cynthia Wannamaker made a motion that the board prioritize all necessary work necessary so that a presentation can be made to Town Council in September regarding a new Museum Multi-Purpose Storage Building. **CARRIED** A large component of that presentation would be fundraising. Motion made by Earl Taylor that a subcommittee create a fundraising plan for the building presentation. **CARRIED**

9. Motion for adjournment by Kandice Meister at 5:07. **CARRIED**

Next meeting June 14, 2023, at 3:00 PM



Barry Gibbs

Board Chair

Karine Keys

From: Community Development Unit <communitydevelopmentunit@gov.ab.ca>
Sent: July 28, 2023 1:32 PM
To: Karine Keys
Subject: Nominate an amazing volunteer in your community for a Stars of Alberta Volunteer Award.

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

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Stars of Alberta Volunteer Award Nomination

Stars of Alberta

Each year, thousands of Alberta volunteers dedicate their time and talents to making this province a great place to live, visit, and raise family. Thanks to their dedication, Albertans have access to the cultural, recreational, and social programs that are

cornerstones for building strong communities and promising futures for all our citizens.

The Government of Alberta values the commitment of all Alberta volunteers. The [Stars of Alberta Volunteer Awards](#) were established as a way to recognize the outstanding contributions of volunteers in helping to make life better for their family, friends, and neighbours. You're invited to shine a spotlight on the contributions of the volunteers that benefit your community and the province.

You can recognize those remarkable individuals by submitting nominations for the 2023 [Stars of Alberta Volunteer Awards](#). Nine awards – two in each category of youth, adult, and senior, and three in the breaking barriers category – will be presented this year on or around [International Volunteer Day](#), December 5.

Full information, including nomination forms and a downloadable promotional poster suitable for printing or placement on your organization's website, can be found on our [website](#). Deadline for nominations is September 15, 2023.

Thank you for your support of Alberta volunteers and the Stars of Alberta Volunteer Awards!

Crowdfunding Alberta News

Crowdfunding Alberta

Eligibility for match funding reset on April 1, 2023.

The Government of Alberta may provide match funding for one campaign per organization per fiscal year. The Government's next fiscal year begins on April 1. All campaigns submitted in the new fiscal will once again be considered for match funding of up to \$15,000.

Community Engagement Branch

9th Floor, 10405 Jasper Avenue, T5J4R7, Edmonton

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