

Foremost Directory

2019



<http://www.foremostalberta.com/>

Welcome to the Village of Foremost

We hope you have an enjoyable stay in our amazing community. This brochure has been prepared as a reference guide to help answer many of the questions you may have about the Village of Foremost.

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Introduction to Foremost

The Village of Foremost is located 114 km east of Lethbridge on the Red Coat Trail (Highway #61) and 106 km Southwest of Medicine Hat. The village of Foremost is in the County of Forty Mile No. 8, 47 km south of Bow Island. The community was established as an agricultural service centre in 1913 and incorporated as a village on December 31st, 1950. Its current population is over 500 people and serves as a trading centre for more than 2000 people.

The Village Office is located at 301 Main Street and houses the Administrative Offices and Public Works Shop. The office hours are from 8:00 a.m.-11:45 a.m. and 12:45 p.m. to 4:30 p.m. Monday to Friday. The Village telephone number is 403-867-3733. The Village Office houses the Administrative Offices and Public Works Shop. Friendly faces at the Village Office include: Kelly Calhoun – Municipal Administrator, Marilyn Hirsche – Assistant Administrator, Sue Wrightson–Clerk, Trevor Ferguson-Foreman, Lukas Gessner– Public Works Assistant & Malcolm Matthews-Public Works Assistant.

The Village website can be viewed at www.foremostalberta.com

The Village Council is comprised of five members from whom the mayor is selected. Lorne Buis is the current mayor of Foremost and may be contacted through the Village Office. The other council members are Larry Robinson, Blake Klatt, Tyson Ormann, Stewart Payne. The council meets in the Village Office every third Monday of the month at 7:00 p.m.



Village Services

Water

The Village drinking water is obtained from eight Artesian wells. This water is then put through two RO skids that cuts down the fluoride and sodium. The regional water treatment plant is located at 102 A Cross street, with the eight wells we have enough water to supply the surrounding communities as well. Please contact the Village of Foremost for water charges. 403-867-3733

Foremost is fortunate to have an irrigation system which is designed to provide water for residential lawns and gardens. The irrigation water is drawn from a reservoir located west of the Village. This water is not metered but is provided during the summer months at a charge of \$75.00 yearly.

Sewer and Sewage Disposal System

<u>CLASSIFICATION</u>	<u>CHARGE-EVERY TWO MONTHS</u>
Domestic Services	\$38.70
Business Premises	\$43.50
Garages and Service Stations	\$65.80
Licensed Hotels	\$173.40
Motels	\$108.60
Licensed Restaurants	\$108.60
Schools	\$192.70
Trailer Courts	\$42.40 per occupied lot

Reminder - Sewer System

Due to past sewer problems, please do not dispose of egg shells, cooking grease, cooking oil, feminine hygiene products, condoms or baby wipes through the sewer system. As well, it has been found that over use of liquid fabric softeners and powder laundry detergents cause a buildup in sewer lines, so please keep that in mind when using these items. The Village of

Foremost appreciates your cooperation with this issue in helping to keep our sewer lines clear.

Garbage Collection

The garbage is picked up and hauled to the refuse grounds each Friday. Residents are asked to have their garbage neatly boxed or bagged and left at the rear of their property. A charge of \$30.36 is collected every two months for the South Forty Waste Services Commission requisition.

Fire and Ambulance

Foremost has an active Volunteer Fire Department and Ambulance Squad. There are 26 fire hydrants in the Village and all buildings are within 1000 feet of a hydrant. Paramedic service and Air Ambulance are available from Medicine Hat, if needed. Dustin McGarry is the County of Forty Mile fire chief.

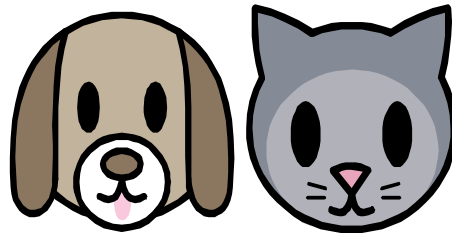
911 or...

Municipal Enforcement or Fire Department inquiries 403-867-3530

Dog By-Laws

All dogs, six months and older, are required to wear a Village Dog Tag. These tags are available each January at a cost of:

Neutered/Spayed Dogs	\$10.00
Unaltered Dogs	\$15.00



Government Services

Royal Canadian Mounted Police

Foremost/Bow Island Non-Emergencies 403-545- 2784

Complaints/Dispatch 403-545-2100

For Emergencies call 911

The Administration Office is located at 401 2nd Avenue East in Bow Island.
The Foremost detachment office is located at 401- 3rd Avenue West.

Airport

An all-weather airport is located two miles west of the Village, and north of Highway 61. It features a paved and lighted runway, restrooms and a first aid station. Aviation fuel and oil are also available.

The Foremost Unmanned aircraft systems range is the first approved beyond visual line of sight (BVLOS) Unmanned Air Systems (UAS) Range in Canada and one of two non-military BVLOS training and development centers for UAS in North America

Contact-Doug Hanna, Foremost UAS Range Manager/ Safety Officer
403-488-7208

Canada Post Office

The post office is located 111 Main Street. Out-of-town mail arrives in Foremost at approximately 11:30 a.m. and outbound mail must be at the post office before 2:15 p.m.

Phone: 403-867-3600

Post Master: Marlene Kultgen

Hours: 9:00-12:00; 12:30- 5:00pm. Monday to Friday

Fish and Wildlife

CLOSED SEPTEMBER 2018- 403-867-3826

Fish & Wild Life Enforcement- Medicine Hat- 403-589-3680

Fish & Wild Life Enforcement- Lethbridge- 403-381-5266

With the closing of the Office in Foremost, Medicine Hat and Lethbridge both share the area. Depending on your location please contact the closest Enforcement office. If an emergency please call 1-800-642-3800 or visit

<https://www.alberta.ca/report-poacher.aspx>

Agriculture Financial Services

Corporation Insurance: 403-867-3666

218 Main Street

Hours: 8:15-12:00 and 1:00 to 4:30 Monday to Friday

County of Forty Mile No. 8

403-867-3530

303 Main Street

County Administrator: Dale Brown

Associate Administrator: Keith Bodin

Public Works Superintendent: Wes Hollingsworth

Municipal Enforcement Officer: Stewart Payne

Fire Chief: Dustin McGarry

Public Works Shop: 403-867-3940

Agricultural Shop: 403-867-3939

Provincial MLA

Drew Barns

Cypress Medicine Hat Constituency

Trans Canada Place

#5-1299 Trans Canada Way

Medicine Hat AB T1B 1H9

119 Main St Foremost

1-866-339-2191 (toll free)

1-403-528-2191

Family Community Support Services

FCSS Director/ Community Worker: Corinna Roth-Beacome

The Foremost Office is located at 119 Main Street in Foremost

Phone: 403-867-2766

Fax: 403-867-2700

The Forty Mile Regional FCSS is a community information and referral resource. Promoting and enhancing the well-being of children, individuals, families & community. FCSS partners with other agencies to meet the needs identified by our community & provided assistance with various applications and referring to other services required.

Forty Mile Early Childhood Development Coalition

Forty Mile Early Childhood Development Coordinator: Terri-Lynn Arnal

Phone: 403-581-7084

Facebook: 40mileECD

Email: 40mlecdcoalition@gmail.com

The Forty Mile ECD Coalition is a group of parents, services providers, community agencies and stakeholders who are working towards increasing awareness and understanding of the importance of the early years. Supporting early childhood programs & families through the Forty Mile Region.

Transportation

Air Service

The Foremost Community Airport has a 914.63-meter (2,999.99 feet) runway and all-weather facilities. Commercial and air freight services are available in Medicine Hat, 106 km (63 miles) northeast of Foremost. As well as Lethbridge, 417 Stubb-Ross Rd 114 km west of Foremost.

Highways

Connecting highways include highway 61 to Elkwater (Cypress Hills Provincial Park) and leads west to Lethbridge (via highway 4) and east to Orion, and highway 879, leading north to Highway #3 towards Bow Island and Medicine Hat and south to Writing-On-Stone Provincial Park.

Bus Services

Greyhound:

Greyhound is Closed in Alberta, Saskatchewan, Manitoba and British Columbia October in 2018.

J and L Shuttle Services

It offers Daily Shuttle Service from Medicine Hat to Calgary and from Lethbridge to Calgary. Our passengers can enjoy their trip to the Airport, doctors' offices, Hospitals, and some Shopping Centers in Calgary

403-528-8851

Lethbridge: 403-317-2077

Red Arrow

7-449 Mayor Magrath Dr. S, Lethbridge, AB T1K 5R8

1-800-232-1958

Prairie Sprinters

(403) 487-1312 or (877) 333-3238(Toll Free)

Twice Daily Services between Medicine Hat & Calgary

www.prairiesprinterinc.ca

Southlands

<http://www.southland.ca/medicinehat/>

(403) 526-4655 (Medicine Hat)

The service, linking Medicine Hat and Lethbridge and stopping for pick up at communities along the way, it expected to be up and running by the end of February. One Pick up location will be in Bow Island.

Senior Citizens Bus

Provides transportation for seniors (to Lethbridge)

Second and fourth Thursdays

Leaves Foremost at 9:00 a.m.

For info, call Steva: 403-867-3659

*Provides community with services for special trips as well.

Couriers

HI Way 9 Express

403-394-9980

DHL- Drop off locations in Foremost

1-800-Call-DHL

Loomis Courier

Medicine Hat

403-504-2900

Purolator Courier

Lethbridge

403-328-6499

W. Buis Holdings and Thompsons Foods will also receive your deliveries.

Banking

RBC Royal Bank

120 Main Street

Telephone: 403-867-3500

Alberta Treasury Branch

201 Main Street

Telephone: 403-867-2072

Servus Credit Union

204 5th Ave W, Bow Island

403-545-5130

Accommodations

Cedar Villa Motel

506-1st Ave. West
Box 386
Foremost, Alberta T0K 0X0
403-867-3611

Coulee Ridge Bed & Breakfast

Box 454
Foremost, Alberta T0K 0X0
403-867-2348

Wayside Campsite

403-867-3733

Restaurants

Foremost Pub & Grill

502-1st Ave West
403-867-0003

Foremost Golf Course

602 3rd Ave West
403-867-3983
Kitchen Hours: 8:00am- 8:00pm Hours are Changing in the fall
*Golf course may be open late occasionally due to games & tournaments

Main Street Cafe

112 Main Street
(403) 867-3165

Main Street Lounge

112 Main Street
(403)-867-3165

Foremost House Restaurant

114 Main Street
(403) 867-4408

Health Services



Medical Clinic

403-867-3866

212 Main Street

Hours: 1:00 to 5:00 Monday to Thursday

In case of emergency or after hours, call Bow Island Hospital: 403-545-3200

Laboratory Services

403-867-3866

Available at the clinic

Hours: Tuesday & Wednesday: 2:00pm- 5:00pm

Wednesday: 8:00am-9:00am

Lab Technician: Bev Baker

Health Unit

403-867-3866

Located in the clinic

Pre-school immunization, etc.

2nd and 4th of each month

Hours: 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:30 p.m.

For appointments, call 403-867-3866

Chiropractic Services

Available at the Clinic

Walk in, no appointment necessary

Hours: 9:30 a.m. to 1:00 p.m. Tuesday and Thursday

Dr. Ron Thomson

Phone: 403-752-0202

Natural Points Reflexology

Heather Sinclair: 403-867-3539

Other Services

Legal Services

Bradley K. Hembroff:

Main: 403-381-4966

Foremost: 403-867-3646

MacLachlan, McNab, Hembroff

117 Main Street

Hours: 1:00 p.m. to 3:30 p.m. Thursdays (Appointment)

Accountant Services

Melanie Harty of Burns Valkenburg & Associates

119 Main Street

Main 403-527-8114

Is usually in Foremost the 1st and 3rd Thursdays of each month.

From 9:00am-12:00pm

Meyers, Norris and Penny

403-329-1552

119 Main Street

Call to make appointment.

Usually in Foremost the 2nd Tuesday of the Month from 1:00pm-5:00pm

Fuel Stations

Blue Wave Card lock 24/7

Accepts most major credit cards

Cash purchases can be made during regular business hours

Located at Buis W Holdings

201 – 1st Ave

Main Office, Taber 403-223-8844

Foremost, 403-867-2436

Email: jon.ohler@parkland.ca

Foremost Housing Authority/ Senior Citizens

Low Rental Housing:

2-3 bedroom units available to qualifying families

Senior Citizens Manor

Fairway Manor located at 1 Fairway Crescent- units

Manager: Nathan Ogden 1-403-867-2665

P.O. Box 483 Foremost AB

Senior Citizens Bus

Provides transportation for seniors (to Lethbridge)

Second and fourth Thursdays

Leaves Foremost at 9:00 a.m.

For info, call Steva: 403-867-3659

*Provides community with services for special trips as well.

Information and Support

Family Community Support Services

FCSS Director/ Community Worker:

Corinna Roth-Beacome

The Foremost Office is located at #119 Main Street in Foremost

Phone: 403-867-2766

Fax: 403-867-2700

The Forty Mile Regional FCSS is a community information and referral resource. FCSS partners with other agencies to meet the needs identified by our community.

40 Mile Community Resource Center

The 40 Mile Community Resource Center offers help too anyone making or updating a resume, job searches, local in office job board and online job boards, as well as career planning, scholarship or college application assistants. There are various ongoing workshops for employment, business and budgeting. In office lab computers are available to the public during office hours. Located in the FCSS office building.

Phone: 403-867-3077

Education



Foremost School

403-867-3843

Grades, Junior Kindergarten to 12

Principal: Simon Moreton

Vice-Principal: Jay Diemert

The school has an enrollment of over 200 students with two-thirds of the students being transported by bus from the surrounding county.

Foremost School offers a complete program from elementary to high school. With 18 professional staff positions, the pupil-teacher ratio is very low and as a result, the school can offer a number of special programs such as:

- Fine Arts/Industrial Arts/Home Economics

- Computer program beginning in Grade 4

- French program beginning in Grade 4

- Work experience programs for high school students

In addition, there is a well-planned, intra-mural and extra-curricular sports program.

The Foremost Junior Kindergarten and Kindergarten programs offer well-rounded instruction by a qualified teacher.

Adult Education (CALC)

403-867-3973

The County of Forty Mile Further Education Council strives to coordinate all available resources to offer a meaningful program of continuing education to adults.

Office Hours: 8:30 a.m. to 4:30 p.m. Monday to Friday

For more info contact Jodi Cassell. (for Literacy Programs too)

CALC is closed from June 30th to September 4th

Literacy Program

403-867-3973

Write Break Adult Tutoring

Basic reading and writing skills for adults

English as a second language

Office hours: 8:30 a.m. to 4:30 p.m. Monday to Friday

Prairie Rose Regional School Division

1-800-468-7023

Dunmore, Alberta School Maintenance: 403-867-3583

Foremost Municipal Library

Library Manager: Joan Beutler

403-867-3855

103- 1st Avenue East, Foremost

Summer Hours July 1st - August 31st

Monday 10:00 – 4:00pm

Tuesday 10:00 – 4:00pm

Wednesday 10:00 – 4:00pm

Thursday 10:00 – 7:00pm

Friday 10:00 – 4:00pm

Sat/Sun Closed

Winter Hours September 1st – June 30th

Tuesday 10:30 – 5:30pm

Wednesday 10:30 – 5:30pm

Thursday 10:00 – 6:30pm

Friday 10:30 – 4:30pm

Sat/Sun/Mon Closed

Community Playgroups

Foremost Playgroup

Wednesday mornings at the Legion Hall

Starts 10:00am – 12:00 pm

Healthy, fun snack rotation available.

For more information call 403-867-3077

Children's ages 0-6

Etzikom Playgroup

Monday mornings at the Etzikom Hall

Starts 9:30am-11:30am

For more information contact 403-867-3077

Bow Island Playgroup

Wednesday's mornings 10:00am-12:00pm

At the Bow Island Multiplex

For more information call 403-867-3077

Story Time

Story Time is held October – May

Foremost Library

Fridays at 10:45 (Program does not run on School PD Days)

Bow Island Library

Fridays 10:30 (Program does not run on School PD Days)

Halls in the County of 40 Mile

Foremost Community Hall

802 1st Ave West

For bookings call the Village Office

(403)-867-3733

Foremost Family & Community Centre (Formally the Legion)

304 1st street East

For bookings or inquiries 403-867-3077

Skiff & District Community Hall

403-867-2424

Bow Ave, Skiff, AB T0K 2B0

Etzikom Hall

403-666-3909

Manyberries Community Hall

403-868-2194

270 Saskatoon St, Manyberries, AB T0K 1L0

Orion Hopping Hall

403-867-2499

Manyberries Curling Rink

For bookings call 403-952-9216

Churches



Catholic Church

1(403)-545-2023

205-2nd Street West

Father Marino Enfante

Mass at 11:00 am every Sunday

Evangelical Free Church

403-867-3559

Pastor: Evans Hudermark

401-1st Street East

Worship: 10:30 am

Also offers Vacation Bible School for Kids in August!

Watch for posters around town for the dates

Lutheran Church

403-867-3692

302- 3rd Avenue West

Pastor Mac De Waal

Office hours: Tuesdays 9:00am – 3:00pm

Sunday Service: 11:00am

United Church

403-867-3552

202-2nd Avenue East

Pastor Ruth Preston Schilk

Services are: First 2 Sundays of the month start at 12:00 noon

Third to Fifth Sundays of the month start at 10:00 am.

Orion Church

403-868-2136

Box 75 Orion, AB T0K 1S0

Pastor: Michael Clark

Sunday Services 11:00am with Sunday school and Nursery offered

Recreation

Civic Centre

403-867-2662 or 403-867-3955

The Civic Centre is located at the south end of 3rd street west. The Dome-shaped building houses the skating rink, curling rink (3 sheets of artificial ice) and an outdoor swimming pool.

Minor Hockey Association

Jon Hollingsworth: 403-867-3611

Joyce Williams: 403-867-2471

Men's Recreation Hockey

Darcy Huisman: 403-867-2292

Figure Skating Club

Jackie VanStaalduine: 403-867-2139

Foremost Dance Club

Marie Morrison: 403-867-3899

South 40 Gymnastics Club

*Watch town newsletters for updates

Lara Smith: 403-867-2888

Curling Rink

Lounge: 403-867-3698

Men's and Ladies' Curling Club

Lounge; (403)-867-3698

Swimming Pool

For information concerning the swimming pool, contact the Village Office at 403-867-3733 or the civic centre at 403-867-2662 or 403-867-3955 during the months of May to August.

Ball Diamonds

Three baseball diamonds are located to the south of the civic centre.

Annual Rodeo and Slow Pitch Tournament

The rodeo grounds are located west of the ball diamonds. Foremost hosts the Rodeo every year on the third weekend of June.

For rodeo information: Clark Metheral: 403-867-2348

Local Entries: Joan Hughson- 403-867-2343

Slow Pitch Tournament: Mitch Walker- 403-647-7317

Jr Bull Riding Jackpot: Brent Barrows: 403-647-7827 OR

Steve Hofer: 403-581-9125

Golf

The Foremost Golf Course consists of a nine-hole course complete with grass greens, chipping green and a licensed club house. The course is located south of Fairway Crescent.

Phone: 403-867-3983

Men's Golf League contact: Brock Ott 403-647-7971

Ladies Golf League contact: Simone Piper (mornings) 403-867-2055, Marie Morrison (evenings) 403-867-3899, Sandy Karl (evenings) 403-867-3938

Green Fees: 9 holes- \$20, 18 holes- \$30

Cart Rentals: 9 holes- \$20, 18 holes- \$30

Pull Cart Rental: \$3

Club Rentals: \$10

Senior Citizens Recreation Centre

103-1 Avenue East

Regular Meetings: 1st Friday at 2 p.m.

President: Doug Piper: 403-867-3914

Rifle Range (Foremost Fish & Game)

Contact: Scott Kultgen: 403-867-2661

Trap shooting, small bore, big bore, archery

Located north of the airport

Due to insurance, members and invited guests only

Foremost Dart Club

Contact: Gary Sinclair 403-867- 3539

Meet ever Wednesday evening from October-May

Foremost Community Centre

Foremost Fitness Factory

Contact: Anna Hildebrand 403-548-8488

Monday to Friday: 6:00am – 10:00pm

Community Clubs, Societies & Associations

Foremost Sage Club

Community Hall

2nd and 4th Tuesdays 8:00 p.m.

Foremost & District Chamber of Commerce

119 Main Street

Office: 403-867-3077

Meetings the second Wednesday of the month 12:00pm-1:00pm

Foremost Family and Community Centre Society (Legion Hall)

(403)-867-3077

For Bookings or Key pick-up/ drop off

Foremost Senior Citizens Association

103-1st Avenue East

403-867-3969

Regular meetings 1st Friday of the month at 2:00 p.m.

President: Doug Piper

Foremost Ag Society

1st Wednesday 8:00 p.m.

Contact: Craig Walsh

403-867-2065

This group sponsors the Rodeo

Foremost Theatrical Society

Drama Productions

Contact: Marla Berg: 403-867-2118

Fish and Game Association

Community Hall

4th Monday 8:00pm

Contact Scott Kultgen: 403-867-2661

Foremost Theatrical Society

Drama Productions

Contact Gord Johnson 403-867- 3957

Foremost Shortgrass 4-H Beef Club

Ginny Smith: South Region Representative: 403-381-5815 (until new leaders are elected)

The club offers Market Steer, Heifer, Cow/Calf, and Horse Projects.

Foremost Municipal Library

Library Manager: Joan Beutler

403-867-3855

Foremost Minor Hockey Association

Jon and Nikki Hollingsworth: 403-647-1149

President: Shaune Harty 403-952-0582

Vice President: Jon Hollingsworth

Foremost Community Hall Association

104 3rd Ave East Foremost, AB, T0K 0X0

403-867-0008

For Bookings or Key pick-up/ drop off contact the Village office 403-867-3733 during regular business hours

Foremost Dance Club

President Marie Morrison: 403-867-3899

Instructor: Lauren Walker: 403-317-4100

Friends of Foremost Athletics

Laura Rumble: 403-647-7235

Camping

For more information contact the Village Office at (403)-867-3733
West on Highway 61

The Village of Foremost owns and operates a campground adjacent to the irrigation reservoir on the west side of town. This reservoir is stocked with rainbow trout for summer and winter fishing. Boating and swimming are not allowed in the reservoir. The campground also contains a camp kitchen, a large grass park, a children's park, washrooms and showers as well as a number of full service stalls. A paved walking path has been constructed around the reservoir with the total distance being 1.82 km. No reservations accepted. First come, first serve.

CAMPING FEES ARE AS FOLLOWS:

12 Full hook-up sites. FULL HOOK-UP RATES Includes Parking/Water/Sewer/Power (sites 1-6 and 13-18)	18 Water and Power sites. WATER/POWER ONLY RATES (sites 7-12 and 19-30)	18 Sites but you are only paying for Power so you can only use the Power. POWER ONLY RATES
\$30.00 per day	\$27.00 per day	\$25.00 per day
\$180.00 per week	\$162.00 per week	\$150.00 per week
\$540.00 per month	\$486.00 per month	\$450.00 per month
TENTING AND PARKING		
\$10.00 per day		

Nearby Attractions

40 Mile Park

23 Kilometers North to Foremost
Box 25, Foremost, Alberta T0K 0X0
403-867-2181 or fax 403-867-2945
www.40milepark.com

Elkwater Lake Lodge & Resort

128 kilometers South-East of Foremost
401 4th St, Elkwater, AB T0J 1C0

Etzikom Museum

24 kilometers East of Foremost
Hwy 885, Etzikom, AB T0K 0W0
Monday- Saturday: 10:00am- 5:00pm
Sunday 12:00pm- 6:00pm
403-666-3737

Heninger's Dam

42 kilometers South-West of Foremost
Recreational opportunities include upland game bird, waterfowl hunting, nature viewing and photography, as well as a parking area, boat launch, garbage cans, and sanitary facilities are available.
1-877-969-9091

Red Rock Coulee

85 kilometers North-East of Foremost
Orion, AB TOK 1S0
Information 403-528-5228

Southern Ranchmen's Inn

145 Saskatoon St, Manyberries, AB TOK 1L0
Thursday- Sunday: 11:00am- 11:00pm
Monday- Wednesday: Closed
403-488-4206

West Ridge Ranch Retreats

A Real Ranch Experience
Box 13 Skiff, AB TOK 2B0
Contact: Trish and Ken Haraga
403-867-2367

Writing on Stone Provincial Park

56 kilometers South-West of Foremost
NW 36 TW1 range 13, Milk River, AB TOK 1M0
403-647-2364

Canadian Badlands

www.canadianbadlands.com/

Businesses (in alphabetical order)

40 Mile Park	Camping, boating, swimming, fishing Box 25	403-867-2181
A.F.S.C (Agriculture Financial Services Corporation)	218 Main Street Box 37 Foremost Monday to Friday: 8:15am-noon/ 1:00pm- 4:30pm	403-867-3666
Alberta Treasury Branch	Mon.-Thurs.: 10am-4 pm Friday: 10am-5pm	403-867-2074
Bluewave Petroleum	Jon Ohler 301 – 1 Avenue West Cardlock	403-223-8844 1-877-880-8844
Canada Post	111 Main Street	403-867-3600
Car Wash	Wally Florchinger 305 Main Street	403-867-3773
Cedar Villa Motel and Laundromat	506 1 st Ave W Box 386 7:00am- 11:00am Laundromat Open 24/7	403-867-3611
Cheers Liquor Store	Mon–Thurs 11:00pm-8:00pm Fri – Sat 11:00am-8:00pm Sunday 11:00am- 5:00pm 106 Main Street	403-867-2223
Commentator	147 5 th Ave W Bow Island, AB	403-545-2258
Community Resource Centre	Learning/Volunteer Centre/Job Search/Employment Hub Mon - Thurs 9:30 – 4:30	403-867-3077
Coulee Ridge Bed and Breakfast	Doreen Metheral Box 454	403-317-4979
County of Forty Mile	303 Main Street Box 160T0K 0X0	403-867-3530
Crop Production Services	Crop Input Supplies 503 – 1 st Avenue West	403-867-3776
Dendron Services LTD	Box 1175 Bow Island, AB T0K 0G0	403-545-2384 403-952-0784

Etzikom Windmill Museum	Hwy 885 Etzikom, AB T0K 0W0 Box 563	403-666-3737
Family and Community Support Services (FCSS)	The Forty Mile Regional FCSS is a community referral resource. 119 Main Street	403-867-2766
First 'n Foremost	Heather Walsh Newsletter Publishing	403-647-7242
Foremost Agencies	210 Main Street	403-867-3805
Foremost Building Supplies	Foremost, AB T0K 0X0 Box 340	403-867-3986
Foremost Cooperative Seed Cleaning	Foremost, AB T0K 0X0 Box 101 Hours: 8:00am-5:00pm	403-867-3993
Foremost & District Chamber of Commerce	119 Main St Box 272 Meetings 1 st Wed of Month @ noon	403-867-3077
Foremost Electric	Gary Sinclair 207 2 nd St W	403-867-3539
Foremost Farm and Hardware	Rory Calhoun 115 Main Street Foremost Monday–Friday: 8am –5pm Saturday: 8am–12pm Sunday: Closed	403-867-3616
Foremost Fitness Factory	Anna Hildebrand 108 Main Street, Foremost, AB Monday- Friday: 6am- 10pm	403-867-3616
Foremost Golf Association	Tim Karl Box 416	403-867-3983
Foremost House Restaurant	Kham Phory 114 Main Street 11am-8pm Chinese Food, Pizza, Ice Cream	403-867-4408

Foremost Municipal Library	Joan Beutler Box 397 103 1 st Ave.	403-867-3855
Foremost Pub & Grill	501 – 1 st Avenue West Kid Friendly (10am – 7:30pm)	403-867-0003
Foremost Theatrical Society	Volunteer Community Theatre	403-867-3957
Foremost Seeds Ltd.	Foremost, AB T0K 0X0 Box 1 Site 1 Retail/Wholesale Seeds Monday - Friday 8am-5pm	403-867-2338
Foremost Seed Cleaning Plant	Box 101 101 Cross Street	403-867-3993
Foremost Swimming Pool	South End of 3 rd Street West Foremost, AB T0K 0X0	403-867-2662 403-867-3955
Foremost Tirecraft	Dave & Sherry Walker For all your Automotive & Tire Needs 302-1st Avenue West	403-867-3990
Forty Mile Early Childhood Coalition	Terri-Lynn Arnal Forty Mile ECD Coordinator Promoting Awareness of early childhood Development ages 0-6 Box 100 Bow Island T0K 0G0	403-581-7084
Forty Mile Rail Inc.	114 Main Street Monday- Friday: 9:00am- 4:00pm	403-867-3310
Garber Air Spray	Larry Garber	403-867-2233
The Hair Bender	Sandy Karl Family Hairstyling 102 North Avenue Tues-Friday: 9am-5pm Box 194	403-867-3938
Hirsche Trucking	Gravel Supply & Hauling Reid Hirsche	403-867-2132 403-394-8714
Klatt Farms	Blair Klatt Foremost, AB T0K 0X0 Box 484	1-403-647-7741 1-403-867-2752

Lafarelle Holdings	Carpet and Upholstery Cleaning Contact: James Eng 209 1 st Street Foremost, AB T0K 0X0 Box 44	403-867-3019
MacKenzie Ranching	Richard MacKenzie Bison Meat, tanned hides and Mounted Heads Box 415	403-867-2094 403-867-2393
Main Street Cafe	Joanne Schmidt 112 Main Street, Foremost, AB	403-867-3165
Main Street Lounge	Joanne Schmidt 112 Main Street, Foremost, AB	403-867-3165
Mary Kay Cosmetics	Terri Kurtzweg	403-867-2085 Text: 403-647-1800
PartyLite Gifts	Lana Halvorson The product line includes candles and accessories to decorate your home. Box 119 Foremost, AB T0K 0X0	403-867-2599
Prairie Wind Mechanical	Christopher Ehnes Journeyman Heavy Duty Mechanic R.R 1 Etzikom, AB T0K 0W0	403-666-2206 403-635-9222
Royal Bank of Canada	Box 429 Foremost	403-867-3500
RMC Services	Richard Unser “The Computer Guy”	403-867-3801
Royal Oil Services	609 - Main Street Oilfield Service Matt Schwindt	403-332-2180
Safety Nett Training Services	Annette Diemert Red Cross Authorized Provider, over 20 years combined experience in Medical Emergency Services Box 28	Annette Diemert, EMT 403-867-2377
Sani-Way Septic Tank Services	Byron Halvorson	403-867-2599
Sassy Creations Salon	Samantha Bodin 205 2 nd Avenue East	403-867-3333 403-548-9710

Schmidt Drywall	James Schmidt	403-867-3984
Servus Credit Union Ltd	204 5 th Ave W Bow Island, AB T0K 0G0 Monday to Friday: 9:30am- 5:00pm	403-545-5130
Shortgrass Library System (Petra Maverhoff)	2375 10 th Ave S.W Medicine Hat, AB T1A 862 Hours: 8:15am- 4:30pm	403-529-0550
Side Street Salon	Deb Cowie 104-2 Avenue West	403-867-3717
South Country Co-op Foremost Agro	Box 339	403-867-3200
Southern Grain Exchange	Blaine Dixson 603-1 Ave West Box 460 8:00am- 5:00pm	403-867-3002
Southern Ranchmen's Inn	145 Saskatoon St, Manyberries, AB T0K 1L0	403-488-4206
T & C Creative Solutions	418 3 rd Ave E Bow Island, AB T0K 0G0 Box 184	403-545-2449
The Hair Bender	Sandra Karl	403-867-3980
Thompsons Foods	610-1 st Ave West Mon-Sat: 8am-6pm	403-867-3586 Meat Dept. 403-867-3799
Unity Electric	Residential, Renovations, New Builds, Industrial, Commercial, Agricultural, Irrigation Pumps, Maintenance, Fire Alarms, Aeration Fans, 24 Hour Emergency Service	1-888-545-9512
Venus	Veronica Ormann – Manicures	403-647-1143

Village of Foremost	301 Main Street Box 159	403-867-3733 Fax-403-867-2031
Volker Stevin Highways	717 – Main Street Highway Maintenance	1-888-877-6237
W. Buis Holdings	Crop Production Supplies 199 – 1 st Avenue West	403-867-2436
Wally's Welding	Wally Florchinger Welding Services, Carwash 305 Main Street	403-867-3773 Cell 403-647-7373
Writing on Stone Provincial Park	Aboriginal Rock Carvings in the Hoodoos	403-647-2364