



Chatter - IN THE WOODS -

Read the online version of the CHATTER at

www.redwoodmeadows.ab.ca

Let's get social!

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Hello Redwooders and Creekers. This is my first month on the Chatter team and what a crazy month! We've done our best to assemble the latest news and resources pertinent to our community during this Covid-19 crisis as well as articles and activities to hopefully fill some of the unexpected time many of us have on our hands.

On a personal note, I would like to extend my sincerest thanks to the entire Bragg Creek community. At the time of publication, my family will have just finished two weeks of isolation after returning from the USA. We have been so well taken care of by friends, neighbours, and even complete strangers. The sheer number of people willing and enthusiastic to ensure my family has everything we need has filled me with profound gratitude. In this time of uncertainty and stress, it is very comforting to know that we take care of each other. I would be privileged to return the favour so if anyone needs help, please reach out!

If you have any suggestions for the Chatter or if you would like to write an article or include an advertisement please email: TheChatter@redwoodmeadows.ca.

Thank you and stay safe and healthy!

Rebecca Parzen

Neighbourhood Window Walk

To keep spirits up, Canadian neighbourhoods are hosting "window walks" to keep kids entertained while families practice social distancing. Using construction paper and tape, many residents are making art for their neighbours' children to spot.

Go out and get some fresh air and see how many you can spot in our wonderful neighbourhood.

Each week in April draw or paint in your window the item listed below:

- April 1: Butterfly
- April 6: Flower
- April 13: Easter Egg
- April 20: Silly Face
- April 27: Bumble Bee

Happy hunting!

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We can do this!

Hope is one of the strongest words in our language. Remember we are strong, we are Westerners, and like so many generations before us, we will overcome. Our history tells us that our ancestors had to deal with a lot harder stuff than this. So how did they overcome the hardship? Family, community and a determined resolve knowing that this, too, shall pass. Lots of lessons are being learned, and let's hope we don't forget them with a new normal.

We all need someone to lean on. It's ok to ask for help. Family, friends, neighbours and all the resources that are available to us. These are ways to make us forge on and keep strong.

Exercise and fresh air will get you far. Help bring back some balance. Read, watch movies that bring back happy memories, listen to your favorite podcast or your secret 80's music list. Or, listen to new music and find your next favorite song. Finish that project you haven't had time for; teach your children your passion. Use the Internet to learn something new. There are so many ways to give your mind and body a break from reality, to find your centre. Protect yourself, be fair to others, and don't go visiting for now. Instead, we can Skype or Zoom. Write cards or letters to loved ones, people you've lost contact with...don't we all love receiving mail from loved ones? We are a selfless country, a country that is above this situation, we will prevail.

Respect the rules that are safeguarding us and our loved ones. Don't use social media to lash out, instead send out positive messages. We need to work together to pass through this time of uncertainty. Thanks to all that are working hard to help us survive and move past this. Find your balance, be the best you can be in these uncertain times.

Hope is an optimistic state of mind based on an expectation of positive outcomes with respect to circumstances in one's life or in the world at large. As a verb, its definitions include: "expect with confidence" and "to cherish a desire with anticipation."

I have hope and confidence that we will be a stronger and a better community in the months ahead.

My thoughts are with you. Please let RMCA know how we can help you and your family.

Renate van der Zande

rmca-president@redwoodmeadows.ab.ca

CHATTER IN THE WOODS

is a monthly, volunteer-managed publication of the Redwood Meadows Community Association and is distributed via email to residents of Redwood Meadows and the surrounding area. The Chatter is also available online at: www.redwoodmeadows.ab.ca.

Receive a link to the Chatter on the first day of each month by emailing us at:
thechatter@redwoodmeadows.ab.ca

A limited number of printed copies is available from the Chatter boxes located at the Redwood House, community mailboxes and at the BCCC in Bragg Creek.

ADVERTISING RATES:

Business Card	\$30/month
Quarter Page	\$44/month
Half Page	\$63/month
Full Page	\$120/month

Payment is required with your advertisement.

Discount rates are offered for six-month or one-year commitments.

The deadline for each edition is no later than the 15th of each month prior to publication.
All submitted articles must be signed.

Chatter In The Woods assumes no responsibility for the content or accuracy of articles printed. The views reflected in this newsletter do not reflect the views of the editors.

Contact the Editorial Team at:
thechatter@redwoodmeadows.ab.ca

STAY IN THE KNOW...

Feel like you're missing out on news and events in our community?

Subscribe to our email updates!
Sign up for the Redwood Meadows Updater



Email your contact information to:
communitynews@redwoodmeadows.ab.ca



The Townsite of Redwood Meadows, AB



@RedwoodMeadows



Townsite of Redwood Meadows Mobile APP
Available on the App Store & Google Play

COUNCIL MEETINGS

Meeting Agendas are available to the community on the Redwood Meadows website prior to the Council meeting. If there is an agenda item that you would like to see added, please forward it to Peg Rupert our Council Executive Assistant on or by the Friday before the next scheduled Council meeting.

Contact: admin@redwoodmeadows.ab.ca

LEASE UPDATE

Townsite is working on completing an email contact list for all Redwood Meadows Lease holders. A notice was sent on February 21st to all emails currently on the list. If you are a Lease holder and did not receive the email, to be added, please contact the office at admin@redwoodmeadows.ab.ca.

ALL SCHEDULED EVENTS CANCELLED

Unfortunately, due to the current COVID-19 situation, all events and bookings are cancelled until further notice. If you are under quarantine or have chosen to self-isolate, thank you for putting your community first. Please reach out (via phone, email, or Facebook messenger) if you require any assistance. We will do our best to support you during this time.

CONVERSATIONS WILL NOT BE CANCELLED

RELATIONSHIPS WILL NOT BE CANCELLED

LOVE WILL NOT BE CANCELLED

SONGS WILL NOT BE CANCELLED

READING WILL NOT BE CANCELLED

SELF-CARE WILL NOT BE CANCELLED

HOPE WILL NOT BE CANCELLED

MAY WE LEAN INTO THE GOOD STUFF THAT REMAINS.

E-SEND FOR UTILITY BILLING

Townsite has completed the upgrades necessary to implement e-billing. If you would like to switch to paperless e-billing, please contact admin@redwoodmeadows.ab.ca or call 403-949-3563.

NEW TOWNSITE APP

The Townsite has launched a new APP and we are excited! The App is designed to improve our communication with residents. The App features a "Notices & Alerts" section, "forms & applications", "Latest News" and much more. The App is available for free on the App store and Google Play.

We are in very challenging and uncharted territory dealing with the COVID-19 pandemic. As a Council and administration, we have worked hard trying to balance the needs and safety concerns of our community. We have decided on a course that puts the health and safety of our residents, staff and visitors first. Some of the steps we have taken include:

- Closing the Townsite office and community space to all but essential services
- Closing all playgrounds
- Encouraging residents to follow social distancing recommendations
- Passing a bylaw which enables Council to meet virtually to conduct business

Our new Townsite mobile App is now live and available for both iPhone and Android. The app provides residents with important alerts, information on upcoming events, online forms for standard services, Council meeting minutes and much more. **We are also using the app to provide notifications for public emergencies such as we are now facing so download to your phone today!**

Our Annual General Meeting is still scheduled for May 12 subject to public health conditions. We are exploring all options including the meeting being held outside or virtually or with limited attendance. There will be an important bylaw amendment proposed that is critical to the voting process for the lease. We will communicate as we have more information.

Speaking of the lease, we are very close to a deal in principle for the lease extension. The two final items we are dealing with are the Taxation Agreement and a plan to remediate and maintain the sewage lagoon. We expect to present the complete package to our Council in the coming weeks, after which Council will finalize a communication plan for the community.

Once again, please keep your family safe, and follow the guidelines set out by the provincial and federal health agencies.

Paul Sawler

Redwood Meadows Mayor and Council

Barbara Jones REALTOR® Redwood Meadows Resident Realtor



I have successfully sold numerous homes in Redwood Meadows and have introduced many new buyers to the community. If you're thinking of selling or buying, call me today! (403) 630-5194 cell

Barbara Jones



Cell: (403) 630-5194 bjones@royallepage.ca

REDWOOD MEADOWS COMMUNITY ASSOCIATION - BUSINESS LISTINGS

BCCA	403-949-4277	PROGRAM@BRAGGCREEKCA.COM
BLINDA BILOU - INTERIOR INSPIRATIONS	403-461-9748	BLINDABILOUINTERIORS.CA
BIG BROTHERS/BIG SISTERS OF CALGARY AND AREA	-	LEILA.MAILLET@BIGBROTHERSBIGSISTERS.CA
BOW VALLEY RUGBY	-	RUGBY34@TELUS.NET
BRAGG CREEK COMMUNITY CHURCH	403-949-2072	BRAGGCREEKCOMMUNITYCHURCH@GMAIL.COM
BRAGG CREEK TREE HUGGERS - PRUNING & REMOVAL	403-589-6594	-
CARE IN THE CREEK	403-949-2457	CAREINTHECREEK@GMAIL.COM
COCHRANE PUBLIC LIBRARY	403-709-0346	ANDREA.JOHNSTON@COCHRANEPUBLICLIBRARY.CA
COUNTRYSIDE FINANCIAL - CANDACE PERKO	403-560-6016	CPERKO@COUNTRYSIDEFINANCIAL.CA
DURANGO TRAILS	403-949-3266	HELLO@DURANGOTRAILS.COM
DIETER HENDRICKSON - REMAX BRAGG CREEK	403-612-7849	DIETER@REMAXBRAGGCREEK.COM
RESOURCE & SUPPORT SERVICES IN BRAGG CREEK	403-851-2286	WENDY.FARNSWORTH@COCHRANE.CA
FITNESS WITH ANN SULLIVAN	403-689-4835	ANNS@SAFARI.CA
HARDER AND SONS EXTERIOR MAINTENANCE SERVICES INC.	403-949-3442	LOWELL@EXTERIORMAINTENANCE.CA
INDIGENOUS AWARENESS COMMITTEE (IAC)	403-949-3563	-
JEFF MACKINNON - MAXWELL CANYON CREEK	403-860-9525	HOMESINALBERTA.CA
JUICE PLUS	403-650-7762	CARRIE.HUCAL@AOL.COM
KARMIK ELITE PERFORMANCE	403-408-6998	MICHAEL.D.MOORE@HOTMAIL.COM
KATHLEEN LAPLANTE - REMAX WEST	403-818-8049	KATHLEENLAPLANTE@REMAX.NET
KAMP KIWANIS	403-686-6325	COMMUNITY@KAMPKIWANIS.CA
LINDA ANDERSON - BARRISTER, SOLICITOR, AND NOTARY	403-243-6400	LINDA@LINDANADERSONLAW.COM
MAMABEFIT	-	STOCMEG@HOTMAIL.COM
MAVERICK LAW	403-949-3339	CARMEN@MAVERICKLAW.CA
MONTESORI HOME - TUTORING (K-12) MATH & LANGUAGE	403-949-2238	-
REDWOOD MEADOWS EMERGENCY SERVICES (NON EMERG)	403-949-2012	WWW.RMESFIRE.ORG CALL 911 IN AN EMERGENCY
REDWOOD MEADOWS TAE KWON DO SCHOOL	403-807-1030	NINEDEGREES@TELUS.NET
REFINING FIRE WELDING - FABRICATION, REPAIR & ART	403-589-6594	-
RMCA	-	RMCA-PRESIDENT@REDWOODMEADOWS.AB.CA
ROBOTICS	403-993-2334	-
ROCKY MOUNTAIN ADVENTURE MEDICINE	403-949-2632	BRENDA.WATT@ADVENTUREMED.CA
SWAMP DONKEY MUSICAL THEATRE SOCIETY	-	TGIZEN@GMAIL.COM
THE LITTLE SCHOOLHOUSE	403-949-3939	WWW.THELITTLESCHOOLHOUSE.CA
WINTERGREEN ATHLETIC THERAPY	403-667-7116	SLMACPHEE@GMAIL.COM
WINTERGREEN GOLF COURSE	403-861-8918	SJACKSON@WINTERGREENGOLF.COM
XC BRAGG CREEK SKI AND BIKE SOCIETY	-	WWW.XCBRAGGCREEK.CA
YOUNGEVITY	403-949-4109	HELENCIRIN@GMAIL.COM



April is National Youth Sport Safety Month!

Spring is here (we think!) and outdoor sports season starts soon. Help keep your young family members safe with some preparation tips:

- **Protect your lid!** Helmets need to fit properly and be replaced whenever they have physical signs of wear OR have been worn in a physical impact situation.
- **Get checked!** Before playing organized sports, make sure young athletes receive a pre-participation physical exam by a doctor. This can help rule out any potential medical conditions that may place kids at risk.

• **Hydrate!** Bring a water bottle to practice and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.

• **Stretch!** Stretching before practice and games can make a big difference by releasing muscle tension and helping prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.

• **Take a break!** An off-season is important, too. It's recommended that kids get 10 consecutive weeks of rest from any one sport every year. Playing different sports throughout the year is okay!

• **Get certified!** Coaches should be certified in first aid and CPR, learn the signs and symptoms of a concussion and help avoid overuse injury by resting players during practices and games.

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Point of View

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Candace Perko,
Mortgage Broker
Tel: 403.949.4129
Box 1271 Bragg Creek, AB
cperko@countrysidedefinancial.ca
www.countrysidedefinancial.ca



Bragg Creek Centre

Dear Community,

It is difficult to know what to say in these uncertain times. Our community and the Community Centre look very different as I write this. Do I tell you about the programs and events that have been postponed or cancelled? Do I tell you about events that are scheduled for the coming months without

knowing if they too will be cancelled? One thing I can tell you is that in times like these we see what our community is made of. We are strong, compassionate and kind, ready to help our neighbours without question.

Some community members immediately took to social media with offers to pick up and deliver groceries or supplies to those that are unable—so many so that a local Facebook group “Bragg Creek and Area Community Support” was created specifically for this reason. There are links to forms that can be shared and submitted outside of social media for people requesting help and people offering help.

Local restaurants are also offering curbside and home delivery services. Our local grocery store, Bragg Creek Foods, is offering grocery delivery service.

The Bragg Creek and Area Chamber of Commerce is keeping an updated listing of local businesses and services that are open on its Facebook page. Please support our local businesses where possible. They are struggling too.

People are posting about free online courses and cultural enrichment opportunities as the school systems try to navigate this impossible task of continuing to offer instruction from afar. We are banding together in this time of physical separation.

If you are in greater need of support, please reach out to one of the following resources:

Health

- Alberta.ca/COVID19
- Cochrane Addiction & Mental Health: 1-877-652-4700
- Emergency Prescriptions:
<https://www.alberta.ca/income-support-how-to-apply.aspx>
- Distress Centre (24 hours): 403-266-HELP (4357)

Financial

- Alberta Income Supports (Tue/Thu): 403-932-1033,
<https://www.alberta.ca/income-support-how-to-apply.aspx>
- Service Canada (EI): canada.ca/EI

Food

- Bragg Creek Foods delivery: 403-949-3747
- Bragg Creek Food Bank:
braggcreekcommunitychurch@gmail.com
- Cochrane and RVC Food hamper requests: 403-851-2250
- Meals for Your Freezer: 403-851-2250
- St. Andrews Church lunch to go on Tuesdays (12-1pm) 403-932-2585

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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403- 390-1815 www.emergo.ca

www.FB.com/DrKarenMassey
www.Twitter.com/DrKarenMassey

If you need help, please call:

- Distress Centre: 403-266-HELP (4357) (24 hours crisis line)
- Resource Centre: 403-851-2250 (Mon-Fri 8:30am-4:30pm)

Current community initiatives on Facebook:

- Bragg Creek and Area Community Support
- Cochrane Covid-19 Volunteers
- Cochrane Online Community Pantry

To donate to the Bragg Creek Food Bank or Crisis Fund:

- <https://www.braggcreekchurch.ca/give> Memo "foodbank/crisis fund"
- Food can be dropped off at the Hub

2-1-1 operates 24/7 with referrals to community and social agencies.

They also offer chat and online services <https://www.ab.211.ca/>.

In case of an emergency, call 9-1-1.

Reach out to friends and neighbours regularly. Relationships are important for our health and well-being. A simple reminder that we are not alone can make the difference to someone.

Although the community centre is closed, the staff continue to work so that we are ready to hit the ground running when this is all over. Please feel free to reach out to us at info@braggcreekca.com. We are happy to be of assistance in any way we can. Keep checking our website for updates <https://braggcreekca.com/>. We are here for you.

Christine Pollard, Program and Event Manager

PS – A heartfelt thank you to all those that offered to help with the BCCA Casino. Although it was cancelled due to mandatory closure, we may still benefit from a share of the proceeds.



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BRAGG CREEK ROBOTICS CHAMPIONS - BY ASHLYNN TSOI

The Bragg Creek Robotics team takes a triumphant 1st and 5th place finish at the FIRST LEGO League Competition. Bragg Creek Robotics entered two teams into this year's competition, one in the ages nine to eleven category and the other for ages twelve to fourteen. The senior team placed 1st and the junior team placed 5th out of 46 teams in the City Shaper Challenge Field Game.

Many members of the senior team have been with the club since the first day Lego robotics was introduced to our community, and have a great amount of wisdom surrounding beginner engineering, programming, teamwork, and leadership. Others are new to the program and have shown amazing dedication and perseverance, as they have learned and applied knowledge on building and programming. Coaches Nick and Dave created an amazing environment for the team to grow and experiment with new ideas, and they challenged the team to think outside of the box. The innovation, creativity, and problem-solving skills in these individuals is outstanding and commendable. They never cease to impress me with their ideas. The senior team has also played an important role in inspiring the junior group through mentorship and by setting an amazing example of idealistic teamwork.



This was the junior team's first-ever competition! Many of them had never programmed a robot before and the extent of their knowledge on LEGO robotics was playing with LEGOs. Since September, they have grown so much, they have experimented with different types of sensors, gears, design structures, and programming. Coaches Nick and Steve mentored this enthusiastic team and brought an immense amount of knowledge, expertise, and support to a team full of energy and amazing ideas.



As a coach for one year and participant for four, I had the pleasure to be part of this journey, helping both teams fight through difficulties and come out stronger because of them. Witnessing and partaking in the joy of small victories, and watching the confidence grow in specific individuals as they step out of their comfort zone to try new things was amazing.

The theme of the competition is based on a real-world problem or challenge that each team must research and present a solution for. This is the project section. The team voted on a research topic that connected to this year's theme of City Shapers. They decided to research a solution to the excessive time, cost, and waste in current home construction; their solution was modular homes. The team researched the advantages, disadvantages, and constraints of modular homes. After finishing the research, they created an interesting presentation to present to the judges on competition day. Public speaking was a daunting task for many of them, but they supported and encouraged each other to overcome this fear.

The core values section of the competition is a team-building challenge. This year, it was a string laser course, where one team member was blindfolded and the rest of the team had to verbally direct them through the obstacle. Our team had strong communication and stayed very positive!

In robot design, the team described how they built the robot with a LEGO Mindstorms kit, and how the programs run. They explained their design for the robot, its functions, and the accessories they made to accomplish the missions. The team also described how they built the program and incorporated sensors.

Then there is the robot challenge mat! The mat is a tabletop board with challenges or missions for the robot to complete. Each September, a new challenge mat is announced with new missions to solve. The team meets weekly to design and program their robot to autonomously solve the missions. Five months of innovative problem-solving are then put together to ensure the team can complete their missions in the 2 minutes and 30 seconds timeline with confidence and accuracy. On competition day, there are eight challenge mats for all the teams to compete on. Each team has three rounds on the challenge mat throughout the afternoon. People gather around the Irene Louis Atrium to watch the competition. Dance music sets the mood and the commentator counts down the start of the race, three, two, one, LEGO, and they're off! Each team knows their plan and they wiz off into action lining the robot up, pressing each program and changing the LEGO attachments. They work as fast as they can with as much accuracy as possible. Excitement fills the air, coaches, team members, friends, and family cheer the teams on. Suspense builds, as they never know if their program will run the same as it did in class and each mission completed deserves a victory dance with humongous smiles. They thoroughly enjoy the high energy and intensity of these competitions and take great pride in their accomplishments.

The FIRST LEGO League competition is an action-packed day full of excitement and thrill. We were overjoyed to compete alongside 46 other teams in Southern Alberta and loved meeting many like-minded peers. The competition was an amazing experience, but it is only one day. The best part is everything leading up to the competition. Each robotics class is an adventure, as the team gets to know each other and becomes an amazing group of friends, as they learn about a current real-world challenge and how to solve it, as they use their creativity to build with lego, and as they program the robots to complete challenges. The team meets once a week and they don't only make robots, they make memories.

BRAGG CREEK ROBOTICS - <https://braggcreekrobotics.wixsite.com/mysite>

BRAGG CREEK COMMUNITY CHURCH

We really do have a great community. We also have some amazing outdoor spaces. While enjoying them, we have all personally experienced navigating through tight trees, rock gardens, over and under obstacles. What's interesting, it only takes a few times of focusing on the rock and then hitting the rock to remember where your attention goes so your body follows. We live out that timely advice of needing to look where you want to go, not at the obstacle you don't want to hit. And we are experiencing it now in real time in society.

There is an obstacle, "a thing" real and serious, it's almost impossible not to have it in front of you. Every news feed, email, post, there it is in bold letters, starting the conversation with a mild spike of anxiety. When it is front and centre, when it is the only thing I focus on, I will run straight into it and experience all of its destructive feed of fear, anxiety, isolation, selfishness, and protectionism.

However, I'm tired of it getting my focus, I won't give it power. I won't allow it to form my emotions as I head into conversation. Please understand I'm not dismissing or diminishing the seriousness of it, however, it doesn't get to dictate my emotions or conversations or what's truly important in life. And I'm sorry but I will not give voice to something that moves people in the wrong direction. Instead I want to focus on the "things" behind the "thing," and give those things voice and attention.

I want my focus to be on faith, not fear. Faith in God, faith in our community, faith in genius of people working hard to provide care and a way through, around, behind this thing. I will give voice to the wonderful life-giving people I am working with in my community. Thank you for going beyond to set up the structure of support, compassion and connectivity even in the midst of physical isolation. This is where I want my focus to be. I mentioned in our letter to the church community that as a community of faith, people who look to the life and teachings of Jesus as their example to live, we want to default to "Service over Selfishness" "Preparation over Panic" and "Community amidst Isolation." And this is why I love my community. We've been seeing these attitudes popping up from our businesses, community centres and individuals throughout the community. It is great to have that to focus on.

There are a couple practical areas we can turn our focus toward. First, please consider being a "Neighborhood Shepherd." Make a text or email group of those on your block. It only needs to be your block so you can virtually check in with everyone. Make sure everyone is taken care of. Know the resources; there is a Bragg Creek area community support Facebook page that looks to partner needs with people and resources. We also fall under Cochrane's support circle where there are a lot of resources. Both Redwood House and Bragg Creek Community Centre also have access to a lot of different resources, information and the local food banks. If you'd like info or to donate to the food bank/crisis fund, please reach out.

No in-person gatherings of the church will happen now. Join us for Sunday morning service online @10:00am via the BCCC Facebook Page and Zoom.

Until next time, keep well and do good.

Pastor David Zimmerman
Bragg Creek Community Church

Join Us At Our Upcoming
Community Events!

 **BRAGG CREEK**
community church *All Welcome!*

Sunday Service 10:00 - 11:30am
*Join us on Facebook Live or Zoom, details
on our Facebook page and website, until further notice*
Pastor Dave Zimmerman • braggcreekchurch.ca

 **Ladies Bible Study**
*Cancelled til further notice, we
will be meeting via Zoom, to join,
email annaink@gmail.com for details*

Monthly Business Lunches
Cancelled til further notice

*Join **Bragg Creek Area Community Support**
on Facebook if you are in **NEED** or able to **HELP** in various
ways during this time of crisis.*

*Contact Pastor Dave to donate to the
Bragg Creek Food Bank and Crisis Fund
or if you are in need of assistance*

Located in the Bragg Creek Shopping Centre • Balsam Ave

We know our residents are strong, but we also know everyone can use a little help now and then. The townsite & RMCA are working together to make sure we all stay connected, but from a respectable distance.

We have closed the main building to the public. Staff are available by phone 403-949-3563 and email admin@redwoodmeadows.ab.ca to answer questions and offer support.

This is what Townsite is doing to help everyone cope with COVID-19. Firstly, we are very grateful for the wonderful work that was done to keep the berm, and our cross-country-skiing and fat-biking trails in great shape. We will continue to keep our trails in the best shape possible and appreciate everyone's help in keeping them clean and in good repair. Please remember not to cut any trees or trim any branches.

If you see one of our wonderful volunteers, please yell thanks or give them a big thumbs up!

The townsite and RMCA have also started up a Community Pantry. Anyone in need or who would like to trade or donate items, please reach out to Townsite staff for help. Many thanks for everyone's generosity.

The townsite has taken steps to decontaminate all of our picnic tables and garbage/recycling bins. RMCA will continue disinfecting all weekend long. Spring is here and the bears are waking up. Could we kindly remind residents to pick up after their pets? The garbage bins are decontaminated, but hand sanitizer after touching the handle is also always a good idea. Store garbage inside so as to not attract any bears, especially while we are dealing with COVID-19. Please report anyone putting us at risk to the Townsite.

Finally, last weekend you may have noticed an increase of traffic in town. We are aware and have placed "Local Traffic Only" signs at our entrances and areas known for parking problems. We don't want to see our trails becoming congested and are monitoring this closely. We will take additional measures should it be required.

Stay safe, wash your hands and be kind.

Townsite Administration



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RE/MAX (Mountain View) Bragg Creek



Get Salty This Spring

You know it's bound to happen. "I'm bored" will start to echo through your halls as your kids remain at home. What's a parent to do? Luckily we live in an outdoor wonderland so there are always fun things to do outside...including crafts. Here's a fun activity the kids can do outside, as it can be a bit messy.

You only need five supplies: a paint brush, salt, regular white glue, liquid watercolours, and stiff paper, like card stock. Simply drizzle your glue on your paper, forming any design you'd like. Then sprinkle salt on top of the glue, completely covering it. Next, dip your paint brush in your liquid watercolour and gently touch it to the salt. The colours will spread in a beautiful way.

Let your art dry, and then display it however you'd wish. Salt painting would also make a beautiful card for Mother or Father's Day! Have a wonderful spring and keep crafting!

Recycled Art

Here's a fun craft for kids of all ages, and it uses some materials you may find in your recycling bin and medicine cabinet. Kids (and adults) will love the beautiful outcome, and it even makes a nice gift!

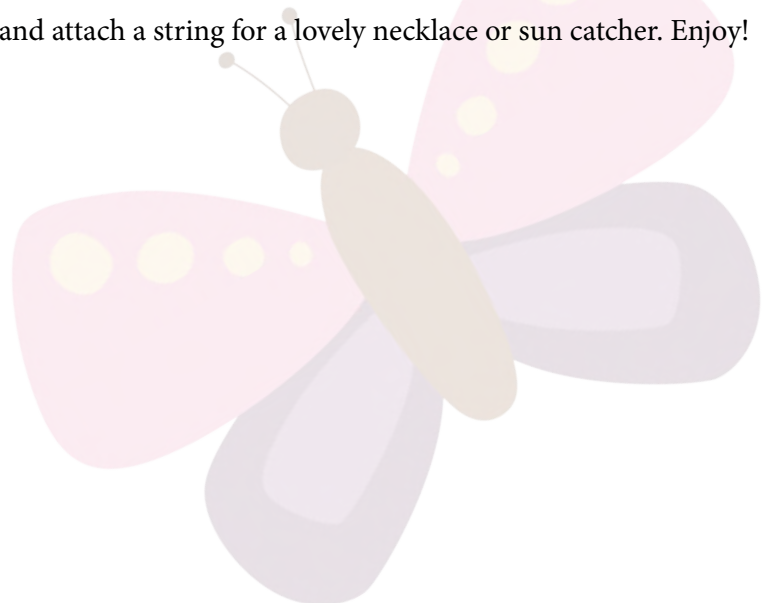
First, collect some empty plastic milk jugs. Clean them and cut out the largest pieces of plastic possible, without labels or curves. Next, cut the plastic into a shape using a cookie cutter, a stencil, or your own design as an outline. Younger kids can use a basic circle or triangle, older kids can try a more complex shape, such as a heart or a star. Use a permanent marker to draw your shape first, then cut.

Also using permanent markers, have your child colour the entire shape with multiple colours. The best colour combinations are ones that together do not make brown. Try yellow, orange and pink, for example, or, green, turquoise and purple.

Using a dropper and rubbing alcohol (99% isopropyl), carefully add one drop at a time to your coloured plastic. This will cause a tie-dye effect, blurring the colours together. If you accidentally add too much, simply swirl the liquid and let it dry. This project dries quickly, so it is important to keep it still as soon as you begin adding the rubbing alcohol.

When it's finished drying, use a hole punch to make a hole, and attach a string for a lovely necklace or sun catcher. Enjoy!

Faith McLean





Taste of Bragg Creek

BREAKING NEWS – 2020 TASTE OF BRAGG CREEK POSTPONED

Due to the ongoing and ever-changing situation with COVID-19 the Taste of Bragg Creek committee and The Bragg Creek & Area Chamber of Commerce have made the difficult decision to **POSTPONE** the 8th annual Taste of Bragg Creek, previously slated for April 3rd, 2020. The event will still go ahead on the **new date of September 25th, 2020.**

We as a committee have put in countless hours of planning this event and do not take this decision lightly. We recognize that hosting a food sampling event for 1000+ attendees in a small community centre setting may pose a health risk to attendees, volunteers and our vendors. We are being proactive in recognizing that the COVID-19 situation may reach a new level in 22 days which could result in low attendance and vendors choosing to pull out.

At this time, we want to highlight that Bragg Creek and our local business and restaurants are still **OPEN FOR BUSINESS**. We still need your support in this challenging time, and we encourage you to continue to visit us and recognize our amazing culinary scene. Our local store front vendors are getting on board and offering a range of specials and discounts to encourage people to visit during the month of April.

In September we will do it all again, we will still put on the Taste of Bragg Creek you have come to expect, as well as focus on our many amazing local vendors with monthly specials and promotions, so it's almost like you are getting a two for one!

We thank you for your continued support and would appreciate any opportunity to feature Taste of Bragg Creek and our culinary month of April in publications and on TV/Radio, so please get in touch.

CONTACT INFO:

Mackenzie Walsh, 403-837-1433

THE POWDERHORN SALOON
BRAGG CREEK, AB.

We are currently closed in an effort to keep
our great staff, valued customers and
community safe.

We look forward to seeing you all again as
soon as we can.

Thank you as always for your support.

Stay Safe Everyone - We miss you!

BRAGG CREEK BUSINESSES INFORMATION

(VIA THE BRAGG CREEK & AREA CHAMBER OF COMMERCE FACEBOOK PAGE)

Restaurants - Take-out and delivery only

*HOURS AND OPERATIONS ARE SUBJECT TO CHANGE

The Bav	Take-out and delivery available. Wed to Sun 5pm to 7pm
The Powderhorn Saloon	Closed
Rockies Tavern & Grill	Closed
The Heart Cafe	Take-out only. Order online
Bragg's Korner Kitchen	Take-out and delivery only. Tue to Sun 4pm to 8pm
Creeker's Bistro	Take-out and delivery. 9am to 8pm. Closed Tues and open Sun until 5pm
Sugar Shake Bakery	Take-out and delivery available. Open regular hours
Cowtown Beef Shack	Take-out and delivery. Open 12pm to 5pm
Motocafe	Take-out 8am to 5pm. Open 7 days a week.
Cinnamon Spoon	Take-out 5:30am to 5pm. Open 7 days a week.
Subway	9am to 8pm. Open 7 days a week.
Mountain Bistro	Roadside take-out and delivery only. Open 1pm to 8pm
Italian Farmhouse	Take-out and delivery, Tue to Sun 4pm to 9pm. Lunch, Fri to Sun 11am to 3pm

Retail

The Painted Moose	Closed
Gypsy Marines	Closed
Crabapple Cottage	Closed
Spirits West Liquor	Open 7 days a week. 10am to 8pm
Bragg Creek Foods	Mon to Sat 8am to 8pm. Sun 9am to 7pm
Creeker's Liquor	Open 7 days a week. 10am to 8pm
Moose Mountain General Store	Open 7 days a week. 10am to 5pm. Considered essential service.
Best Little Word House	Closed
One of a Kind	Closed
Suncatchers/River Dragonfly	Closed. Available by phone (403) 949-4332
Bragg Creek Pharmacy	Open regular hours. Sat 10am to 4pm. Sun Closed.
Bragg Creek Leather	Closed

Services

Sylvie's Massage & Esthetics	Closed
Blue Ribbon Kennels	Open
Bragg Creek Community Centre	Closed
Bragg Creek Animal Hospital	Open regular hours
Bragg Creek Insurance & Registries	Open
Cores & Effects Pilates	Closed
Bragg Creek Physiotherapy	Closed
Aesthetics & Wellness Spa Treatments	Closed
Shell Gas Station	Maintaining regular hours
Esso Gas Station	Maintaining regular hours
Alluring Elements	Closed
Dehaanimal Wellness	Open
Moose Mountain Horseback Adventures	Closed
Branded Visuals	By appointment only
Bragg Creek Chiropractic	Closed
Countryside Financial	Open
Care in the Creek	Open as usual, but please phone ahead
Bragg Creek Dental	Taking dental emergencies only
Bragg Creek Post Office	Open regular hours
ATB	Mon to Fri. 10am to 3:30pm
Transfer Site	Open regular hours. Not taking donations. Essential Service.



MLA Miranda Rosin's
Constituency Offices

CLOSED

Unfortunately, due to
COVID-19 and the need
for social distancing, my
offices will be closed until
further notice.

For all concerns and
assistance, we can still
be reached by phone
at 403-609-4509
or by email at
banff.kananaskis@assembly.ab.ca

Stay safe!

It has been a scary month for many in our world as governments try to contain the spread of COVID-19. Areas of our Banff-Kananaskis riding have been disproportionately hard hit amidst this crisis. For towns like Canmore, Banff, and even Bragg Creek to a certain extent, being visitor economies caught in the center of a global health crisis has put many in a uniquely vulnerable position. High visitation brings high risk of contact with the virus, yet without that visitation our tourism economies are collapsing. In Banff, the unemployment rate is now hovering around 85%.

Our government has been working around the clock to ensure the health, financial security, and economic future of everyone in this province. Many of you will need support during these times, and our government is doing what we can to assist. Navigating the onslaught of constant news updates can be difficult, so I hope the summarized information below will help.

For individuals in self isolation and unable to work, \$50 million has been made available for one-time payments of \$1,146. Federal emergency support payments will not flow until mid-April, so this will provide immediate cash availability for you who need it. All electricity and natural gas utilities are now eligible for a 90 day deferral, regardless of your provider. All loans, lines of credit, and mortgage payments from ATB have been made eligible for a six month deferral, and a six month interest-free moratorium on student loan payments has also been implemented. Further, all residential education tax increases have been cancelled and will be frozen at the 2019 rate.

If you are a business owner, we have suspended all corporate tax collection until August 31. We estimate this will free up \$1.5 billion for small, medium, and large sized businesses to keep Albertans working. You may defer all of your WCB premiums until 2021, and if you are a small or medium sized business owner, our government will cover 50% of your premiums. You may now also defer your commercial education taxes for six months.

If you work in the energy industry, we have extended all mineral agreements set to expire in 2020 by a year to provide certainty and additional time to raise capital, and will be covering the Alberta Energy Regulator fee for six months to give \$113 million of financial relief to the industry.

When it comes to accessible healthcare being provided to Albertans, we have increased the healthcare budget by \$500 million, tripled the capacity of the 811 call line, instituted new billing codes allowing physicians to take virtual and telephone appointments while maintaining healthy social distance, extended job-protected leave to 14 days for those of you needing to self isolate, and created a mental health texting line at 393939. We are also conducting more COVID-19 tests than anywhere else in Canada, and are conducting more tests per capita than almost anywhere in the entire United States.

These are challenging times for everyone, but the cumulative above measures have been the most robust counter-stimulus package in Albertan history, and our government will spare nothing to ensure that our people and businesses get through this.

As Albertans, we have faced adversity before, and we have overcome. Similarly now, with support from each other, our governments, our faith communities, and our civil societies, I know we will overcome COVID-19 too. Resilience and self-determination are in our DNA, and I know that we will get through this together, even if it isn't easy.

In the meantime - stay safe, wash your hands, and reach out to those around you. Social distancing does not mean social isolation, and there are many people out there who may need support and encouragement

Fun Fitness for Kids and Families

In times of uncertainty – well, any time at all really – one of the best ways to distract yourself and stay positive is to get active. Staying at home during the COVID-19 pandemic, you might wonder what you can do within a confined space, especially with children or others in your care sharing the same space. Here are a few ideas to get you and your family moving.

Fun with painter's tape

With painter's tape (not duct tape, scotch tape or packing tape, but the green, won't-leave-residue kind of tape), make geometric shapes on the floor. Call out different commands like "crawl to the circle," "bear walk to the diamond," "hop on one foot to the star," etc. Kids will love to move, and they'll learn shapes as they go.

Also with painter's tape, make 5 or 10 parallel lines on the floor about 30cm apart. The first line is the start. Get kids to see how far they can jump from the start line on two feet, on one foot, backwards, etc. See if they can hop on one foot between the lines. See how far they can stretch their legs or arms between the lines.

Stick 26 pieces of tape to a door or wall, each with a letter of the alphabet. The letters should be spaced about 20cm apart in random order. Call out a letter and have the child toss a stuffie at that letter. Make things more challenging by tossing through the legs, while standing on one foot, with the non-dominant hand or by kicking. Older kids can try to spell words as fast as they can.

Fun with balloons

Who doesn't love balloons? The classic "keep the balloon from touching the floor" game never goes out of style. For variation, play as a team, use only your non-dominant hand, use only your feet, or change the game to volleyball.

Put a filled balloon between your child's knees and get them to hop around obstacles (painter's tape lines, stuffies, etc.).

*Remember that pieces of a burst balloon can be a choking hazard.

Hunting games

Hide the pieces from a wooden puzzle (6 to 12 pieces) around the room. As children find the pieces, they complete the puzzle. Do it as a head-to-head game (older kids get a puzzle with more pieces to make the game fair).

If you have paint sample strips hanging around, get your children to find objects that match the colours.

Family games

Follow the leader – The leader does a funny walk, run, skip, jump, hop, dance or some combination thereof, and everyone must follow in a line. Change leaders regularly to keep everyone happy.

Mirror game – Similar to follow the leader, but with pairs of people. Stand facing each other 2m apart. One person leads and the other must mirror the actions. Switch regularly.

Shuttle run – Players each have a pile of stuffies, toys, etc. at one end of the room. At the start signal, players run to their pile and bring items back to the start line one item at a time. (Put more items in older children's pile to keep things fair.) This game might work better outside. Use cones or pebbles instead of stuffies and toys.

Indoor obstacle course – Making the course is half the fun so let the kids help. The course can be any length or number of obstacles you like, but try to include a variety of moves: jumping, hopping, crab walking, slithering under dining room chairs, slaloming around toys, etc.

Circuit workout – If you're looking for a "real" workout, set up a circuit of 8 to 10 simple exercises that kids and adults can do together. Exercise stations might include skipping rope, push-ups, plank, squats, jumping jacks, balance (standing on a couch cushion) or anything else you can think of. Set a timer for 45 seconds and move from station to station. Young children might not do the exercises, but if you're lucky they'll do some kind of activity. When things really start to fall apart, let them time the exercises or "help" you by sitting on your back while you do a plank or tossing balls for you to catch while you're balancing on one foot.

For more ideas, check out whatmomslove.com, and watch for more fitness ideas in the Chatter.

Ann Sullivan

Ann can't wait to get back to leading fitness classes at Redwood House. anns@safari.ca

COVID-19 crisis has escalated very quickly and with little warning. Understandably, this is having significant economic impacts. As the crisis persists, businesses will have to rely much more on their lines of credit to maintain operations and payroll while revenues suffer. Fortunately, the joint Ministry of Finance, Bank of Canada and OSFI announcements introduced measures to assist.

Announcements by the Ministry of Finance, the Bank of Canada, and OSFI:

- Minister Morneau announced a new Business Credit Availability Program, adding \$10 billion of additional support financing, through Business Development Bank of Canada and Export Development Canada, to support Canadian Businesses.

<https://www.canada.ca/en/department-finance/news/2020/03/canada-outlines-measures-to-support-the-economy-and-the-financial-sector.html>

- The Bank of Canada lowered the overnight rate from (reduced March 4th 175 to 125 bps), and then 125 to 75 bps, to reduce the interest cost burden for businesses and consumers alike. Lenders consumer prime lending rate is now 2.95% (3.10% at TD). The bank also increased its Government of Canada bond buyback program.

<https://www.bankofcanada.ca/2020/03/opening-statement-130320/>

- OSFI reduced the Domestic Stability Buffer from 2.25% to 1%, thereby freeing up \$300 Billion additional lending capacity for Domestic Systemically Important Banks (D-SIBS). https://www.osfi-bsif.gc.ca/eng/osfi-bsif/med/Pages/nr_20200313.aspx

All of these measures effectively increase the ability of lenders to lend, and for consumers and businesses to borrow through this lean economic period; all very prudent measures given the expected economic activity reductions. Hopefully, the growth of COVID-19 cases will soon begin to slow and confidence will return to the market. When consumers feel they can once again visit local businesses, the short term effect of the crisis should subside.

April 6 Stress Test Adjustments Suspended

In addition to the announcements increasing market liquidity, OSFI also announced it is suspending all changes to the proposed B-20 benchmark rate; the Minister of Finance also postponed the announced April 6th qualification change for insured mortgages. In short, until further notice, the Bank of Canada posted 5-year rate will continue to be used for stress-test mortgage qualification.

Contact Your Lenders to Discuss Borrower Difficulties and Options

Some customers may be in need of assistance or adjustment to their mortgage product as a result of these unusual economic times. In this event, I urge you to contact your lenders directly. Many lenders have options available to assist those who find themselves in short term difficulty. Supports exist. Whether the lender permits the borrower to skip a payment, defer up to 6 months of payments, or in some circumstances amend their amortization schedule, each lender will generally have some provision to assist when necessary. The industry will work together to help as needed. I have a lender customer service list posted on my website and facebook page.

On March 18, 2020

The Prime Minister announced an additional set of economic measures to help stabilize the economy during this challenging period. These measures, delivered as part of the Government of Canada's COVID-19 Economic Response Plan, will provide up to \$27 billion in direct support to Canadian workers and businesses.

<https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economicresponse-plan-support-for-canadians-and-businesses.html>

Candace Perko

Countryside Financial Corporation



SHARON BAYER, Realtor

www.sharonbayer.com ~ sharon@sharonbayer.com

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PICAPIX PUZZLE

A picture will evolve as you complete the puzzle. Start with the largest numbers or combination of, colour in squares and proceed to work back and forth between columns and rows.

The three basic rules are:

1. Numbers represent how many squares you colour in to form a group or block.
2. Leave at least one square between these blocks
3. The sequential order of the numbers is the order of the books
i.e., top number for a column in the top block, and left-most number for a row is the left-most block.

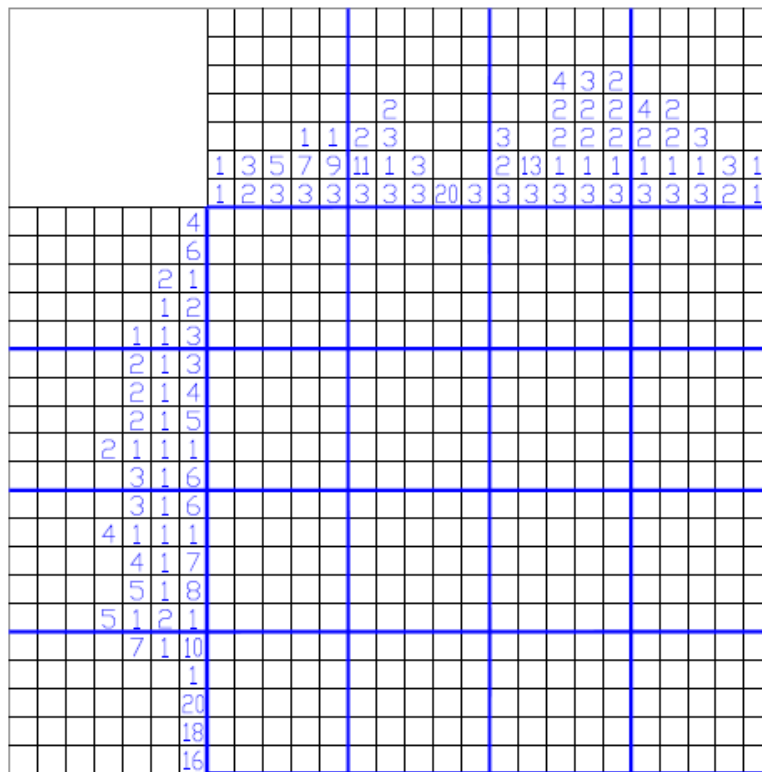
The “logic count method” shown below is very useful:

The clue at the left of the row is 6, so count 6 squares from the left to right then count 6 squares from right to left. Confidently shade in the overlapping squares.

This same method can be applied even when there is more than one number, remembering to allow one empty square between groups or blocks. Use a second colour for elimination of background squares.

Created by Diane Baher of Okotoks

SLOOP



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RESOURCES FOR FAMILIES WITH SPECIAL NEEDS

These are not easy times for anyone. You may have two toddlers under five or live with lively teenagers or maybe you live alone, with your extended family in one home or in a shared house full of people or have kids with exceptional needs in your family. Whatever the circumstance there are ways to make self-isolation easier.

Lucky for us, we live in paradise and have access to so many beautiful (and social distancing safe) spaces. Always follow the advice of public health officials when enjoying the outdoors.

As much as some kids may be elated to not have to jump on the school bus every day, for many of our differently abled kids...this change in routine can cause all kinds of issues. For both children and adults facing self-isolation, it's important to maintain a sense of routine throughout the day, from regular meal times to bedtimes.

This doesn't have to be regimented or perfect, a good start is to make sure everyone still wakes up at a reasonable hour, eats a good breakfast, brushes teeth and puts on clothes. Block out time for physical activity and try to give kids a sense of what life will look like, day-to-day.

Here are some simple ideas to survive your isolation;

- Stay connected! Set up video chat 'play dates' with school friends
- Don't forget about your own needs. Keep up meditation, yoga and exercise.
- Take time to prepare meals together, get creative, let your kids take the lead!
- Got a crafty skill like crochet or knitting – share the skill with your family.
- Make a short movie - stop motion using household items, a drama or comedy.
- Not creative? Colouring in is very calming, frame your favourite piece!
- Have kids write letters, draw pictures for extended family members who live away
- This is a Historical Time, make a time capsule as a family

What kids are going to remember is how they felt during this time. They will remember all of the memories like, "Wow, remember that? When we were home all day, and we got to play with mommy and daddy every day? That was fun." We want to try to make it a positive and rewarding experience for kids as much as possible.

Resources

Autism Aspergers Friendship Society of Calgary will be hosting Netflix parties every Thursday and will soon be hosting several on-line/virtual programs (Dungeons and Dragons, Settlers of Catan and more) visit their Facebook page to stay up to date, @AAFSCalgary or www.aafscalgary.com

Calgary Between Friends Club During this time of self isolation and physical distancing, Between Friends knows how important it is for all of us to have connection, activities, and learning opportunities. Our team has compiled some resources and we have divided them first by age group, and then by category. Enjoy!

<https://betweenfriends.ab.ca/at-home-resources-for-families>

Special Olympics is posting fun workouts for Athletes to do at home, you can find them on Social @SpecialOCalgary.

By Dean Svoboda

Resident of RM, member of the RMCA, and Founder and Executive Director of Autism Aspergers Friendship Society of Calgary.

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ANTICIPATORY GRIEF - CAN WE RELATE THIS TO OUR CURRENT PANDEMIC?

Anticipatory grief is grief we typically experience when someone in our life is coming to the end of their journey here on earth. The grief comes from anticipating what life will be like without your loved one anymore. Translating this to our current situation, I know I am experiencing anticipatory grief.

What will life look like throughout this pandemic? What will life look like after we combat this virus? I can even narrow my thoughts; what will life be like later today, tomorrow, a week from now? We have never been through anything like this before. We receive a daily update at 3:30pm from our Chief Medical Officer. I know I anticipate the announcement and fear the reports of increased Covid 19 cases, perhaps another death or more restrictions.

How can we recognize the signs of anticipatory grief? Sarah Stevenson blogged about this topic last year (April 22, 2019: How to Recognize the Signs of Anticipatory Grief). Upon reviewing the list of signs, I acknowledge I have experienced most of them.

- Anger
- Anxiety
- Depression
- Desire to talk
- Emotional numbness
- Fatigue
- Fear
- Guilt
- Loneliness
- Poor concentration or forgetfulness
- Sadness

I've also been following Dr. Jody Carrington (drjodycarrington.com) each morning between 8 and 8:30 am when she goes live. Jody is a psychologist, who is extremely funny, very real and offers good information. One thing that I got from her is: if you can define it, you can own it. Isn't that powerful?! It's like putting a face to a name. It's being able to say, "Hey anticipatory grief, I recognize you and I can now work on understanding my emotions!"

In my daily walk with anticipatory grief, I really try to honor what I am feeling. For example, when a wave of loneliness comes over me, and it does even when there are other people in my house with me; I acknowledge it and I reach out. I have had more telephone conversations in the last week than I have had in a very long time. I find acknowledging and honoring what I feel is very helpful.

Reach out, share your feelings, eat healthy (if you decide to indulge, please don't beat yourself up about it), exercise (plenty of free exercise videos out there), seek professional counselling should you feel you need to, watch a movie, read a book, help someone else, recognize the little things, and practice gratitude. Stay healthy, practice safe social distancing and wash your hands. You can follow the following link for Covid 19 information.

<https://www.albertahealthservices.ca/topics/Page16997.aspx>

Compassionately navigating life – Julie Handrahan – End-of-Life Doula – Transition Well – jahand@telus.net

Julie Handrahan is a wife, mother, sister, aunt and friend. Her calling is as an End-of-Life Doula; her company is Transition Well. During these times, "transition" has taken a whole new meaning. Look for her to post upcoming events covering advance care planning, virtual cafés and more.

Reference: Stephenson, S. (2019, April 22) How to Recognize the Signs of Anticipatory Grief

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A MESSAGE FROM BRAGG CREEK PHARMACY

The past couple of weeks have been unlike anything I have experienced in my career as a pharmacist. Rest assured, however, that your community pharmacy in Bragg Creek will be here to assist you and your families to get through the COVID-19 pandemic any way we can, for as long as we can manage. We will get through this by working together as a community.

There are many sources of information available to the public about what you should do to protect yourself. I recommend you visit www.Alberta.ca/covid to get the most reliable and current information about what is happening with COVID-19 in Alberta.

Proper hand washing, social distancing of at least 2m, and self-isolation are keys to keeping your families healthy and slowing the spread of this virus. These are also the key drivers to what we need to practice at the pharmacy to stay open and operating in a safe manner. If you are sick, exhibiting any of the symptoms of COVID-19 (fever, cough, difficulty in breathing), have been in close contact with anyone who has received a positive test for COVID-19, or if you have recently travelled or have been in close contact with anyone who has travelled within the last 14 days, please stay home.

Please call ahead for your refills. As directed by the Government of Alberta, and to protect the supply of medications in Canada, we are filling a 30-day supply of medications. If you do not have a refill on your prescription then call Kelsey or me, and we will do our best to assess the situation over the phone, and extend your prescription if we feel we will not cause any harm by doing so. If you visit the pharmacy, we ask that you use the hand sanitizer when you enter and keep your distance from others while in the pharmacy. We prefer you wait in your vehicle and we will bring your order out to you. We want to limit the number of cash transactions so we will process credit card payments over the phone.

If you feel you may have COVID-19, please call 811 or you can call us to help assess your specific status. We cannot complete the testing but we will assist you in your assessment to determine if you require testing or self-isolation.

If you are self-isolating, we recommend you monitor your temperature daily. Let us know your situation and we will arrange to deliver a 30-day supply of your medications. Please insure you have a small supply of essentials at your home. We will deliver over-the-counter medications, like Tylenol™, to help you manage your symptoms if you get sick. If you run short of your regular health and beauty products, please email us with your needs. You can have someone who is not in self-isolation pick up your order, or we can deliver it to you.

As you can imagine, our phone is ringing off the hook from people who have questions, and we want to be able to answer those questions. Please email us at braggrx@sandstonerx.ca, or you can request your medication refill through our Sandstone Pharmacies app. If you visit your physician and have a new prescription, please ask the clinic to fax us the prescription directly to 403-949-3360.

Through our combined efforts and kindness to one another, we can weather this storm together and show our strength as a community.

Shaylene Coates, Pharmacist
Bragg Creek IDA

COVID-19 INFORMATION

MAINTAIN SOCIAL DISTANCING

Keep 1-2 metres between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

alberta.ca/covid19

Alberta

HOW TO GET THROUGH THE COVID-19 PANDEMIC

AND HOW CARE IN THE CREEK MEDICAL CENTRE CAN HELP

March 5th, the first confirmed case of COVID-19 was announced in Alberta. As of March 25th, there are 419 confirmed cases (of which 61 in the last 24 hours) and 2 people died due to this disease in our province. So far >21000 people died worldwide. COVID-19 is a highly contagious disease. The majority of the people might only get mild symptoms, but 15-20 % will need hospitalization, 5% will need ventilation and ICU care, mortality rate is around 2%. One of the biggest risks of COVID-19 is overwhelming the healthcare system, where the availability of services doesn't meet the demand.

How does it spread?

It is transmitted via larger droplets, from a sneeze or cough. Asymptomatic people can carry the virus and pass it on to others. It can also be transmitted by touching contaminated objects or surfaces and then touching your eyes, nose or mouth. After disinfecting, the virus is inactivated within 1 minute.

What are the symptoms?

Symptoms can range from very mild to severe: cough, runny nose, nasal congestion, sore throat, fever and shortness of breath. The average time between exposure and developing symptoms is 5 days, but could be up to 14 days.

What to do when you develop symptoms?

- STAY HOME and self-isolate for 10 days, or until symptoms resolve, whichever takes longer
- Take the COVID-19 self-assessment test found at [Alberta.ca/COVID](https://alberta.ca/COVID)
- Call Health Link 811 (if directed by the self-assessment test)
- Do not go to an ER or clinic
- Call 911 if you need immediate medical attention and inform them you may have COVID-19

What can you do to prevent spreading the virus?

- Cover your cough and sneeze in elbow (youtube: The Safe Sneeze by Mythbusters)
- Wash your hands frequently (20 seconds of scrubbing with soap)
- Don't touch your face (we do it about 20-30 times per hour!)
- Self isolate if you're sick or travelled in the last 14 days
- Practice physical distancing: keep 2 metres between you and others
- Avoid non-essential travel

Nobody can predict how this pandemic is going to develop. Effects of physical distancing or other interventions will only be visible a few weeks after implementation. Guidelines are updated on a daily basis. Lots of information about the current situation, recommendations and available resources can be found at alberta.ca/COVID19.

This is an extremely stressful time for all of us. This pandemic will have huge effects for many months to come. It is extremely important to support each other. Physical distancing does not mean social disconnection. Reach out to others, especially our more vulnerable elder population. Even though you might not be able to visit, there are many other ways to create a smile on somebody else's face. Be kind to each other; we all have our struggles. If you need mental support, you can phone the Cochrane Addiction and Mental Health clinic at 403-851-6100 or our clinic. For financial support, you can find resources on [Alberta.ca/COVID](https://alberta.ca/COVID).

If you need medical care: YOU CAN ALWAYS CALL YOUR DOCTOR. We are here for you. There is lots of evidence a good medical home provides the best quality of care and saves a lot of resources further down the path in healthcare. We will do whatever it takes to provide continuity of care to our patients and keep you out of the urgent care or hospital. Some issues can be dealt with by phone. As much as possible we will try to avoid you having to come to the clinic. If we do have to see you in the clinic, we follow preventive measures as recommended by Alberta Health Services. The risk of contracting the virus in your family doctor's office is less than in most other healthcare facilities.



Don't hesitate to contact us with your questions. You can reach us at 403-949-2457. Together we can overcome this pandemic!
Stay safe, stay healthy, be kind,

Dr. Noordman

REDWOOD MEADOWS COMMUNITY BABYSITTERS LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
Banon	14	Home Alone, Babysitting Course	403-949-4104
Bo	13	Home Alone, Babysitting Course	403-949-8471
Darian	15	St. John's Babysitting, Home Alone	403-949-2490
Ella	11 ^{1/2}	Babysitting Course	403-470-6411
Elizabeth	12	Red Cross Babysitting, CPR	403-540-8056 ekorthuis@telus.net
Emma	19	CPR, First Aid, Special Needs Experience	587-899-5420
Emily	17	First Aid, CPR	587-582-2846
Griffin	12	Babysitting Course	403-408-6998
Hunter	12	Red Cross Home Alone, Babysitting Course	403-949-8888 (Redwood)
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	16	Babysitting Course	403-860-9525
Keeling	17	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Kyle	14	Babysitting Course	403-470-6411
Liam	16	Babysitting Course	403-949-2090
Logan	14	St. John's Babysitting, Home Alone	403-949-2825
Lucy	21	CPR, First Aid, Babysitting Course	587-586-5129 lucygracetalman@hotmail.com
Mackaela	14	Babysitters License, Standard First Aid, CPR-B	403-969-6732 macarchambault@gmail.com
Mairenn	15	St. John's Babysitting, Home Alone	403-949-2490
Nolan	11	CPR, Babysitting Course	905-999-0635 tanyasilvercyr@gmail.com
Quinn	14	Babysitting Course	403-949-3149 quinnbarrie@me.com
Sawyer	14	Red Cross Home Alone, Babysitting Course	403-949-8888 (Redwood)
Tanis	13	Red Cross Babysitting Course	403-949-3303
Tessa	12	Babysitting Course	403-949-3214
Tia	14	Babysitting Course, Home Alone	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone	403-949-3463
Zara	14	Babysitting Certificate	403-949-4474

DISCLAIMER:

THE CHATTER PROVIDES THIS LIST SOLELY AS A SERVICE TO THE COMMUNITY.
IT IS THE RESPONSIBILITY OF PARENTS/GUARDIANS TO CHECK ALL CREDENTIALS AND REFERENCES BEFORE
HIRING A CAREGIVER FOR THEIR CHILD(REN).

ARE YOU HIRING?

We would love to post your job listings here. Email your jobs to: thechatter@redwoodmeadows.ab.ca

MONTHLY PHOTO SUBMISSIONS
IN AND AROUND REDWOOD

Submit your photos in and around the area for your chance to be featured in future Chatter Editions! Email your photos with subject line "Photo Submission" to: thechatter@redwoodmeadows.ab.ca

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25 Years Experience

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Appointments available in
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