



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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February is upon us. A wonderful month lies ahead. Lots of love to be celebrated this coming Valentine's day. How do you celebrate? Who is your Valentine? We also have Family Day; if your kids are in school you may be looking forward to February break. We hope you have the opportunity to spend a lot of time with those you love this month. Our RMCA board met in January and "wow" does the team this year have some great initiatives, programs, events, and community improvements planned. As for the

Chatter, we have put together a content calendar so each issue will have some excellent content supporting that month's focus. February is all about love and family. Check out our new Athlete/Artist of the month feature, a new wine education feature and the BCCA have details on their March 9th SKUZZY Beach party. If you have any feedback or suggestions for the chatter, RMCA programs or events please feel free to get in touch with us!

TheChatter@redwoodmeadows.ab.ca

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"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."

— Helen Keller

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 at Redwood House, mailboxes and at the BCCC in Bragg Creek.

Contact the EDITORIAL TEAM at thechatter@redwoodmeadows.ab.ca

Advertising Rates:

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Deadline for each edition is the 15th of the month prior to publication.

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 necessarily reflect the views of the editors.

The **CHATTER** is printed
by the Bragg Creek
Business Centre:
403-949-2333

Happy February everyone,
This month's theme for the Chatter is family and love. February is full of happy events such as Valentine's day, Family day (week) and by the end of the month, it will start to feel like spring. I would like to thank my family for giving me the time and encouragement to volunteer for our community groups. I am also thankful for the moms that make up the RMCA executives and the committee that runs the Chatter, these ladies' time is precious and very much appreciated!

With a solid foot into 2019 RMCA has started our fundraising and events with our first event being a sold-out "Paint Night" with local painter and Pastor, David Zimmerman. RMCA raised over \$2000 at this event. Thank you to all participants and volunteers for making this such an enjoyable and successful event. Our next event will be a Spring Fling on April 12th, an entertaining evening planned with local live music, some tasty treats and a comfy lounge setting. Tickets will go on sale by the end of this month. All funds raised at the Spring Fling will go towards refurbishing the Lady Bug park on Redwood Meadows Dr. If you would like to take part as a volunteer, entertainer or have questions please contact Karla Watts at rmca-vp@redwoodmeadows.ab.ca

RMCA continues to work beside our Townsite Council and staff to maintain and improve our facilities. The ice rink is still one of the first big jobs we will tackle together this spring. Other projects are a new play structure at Ladybug park and a bike pump track later in the spring or early summer just behind the ice rink. There will also be several new benches and picnic tables that will be placed around the sports facility, parks and Redwood House. Good things are happening around our community!

The RMCA meets once a month; our next meeting is 6:30pm at Redwood House on Feb 12th.

"Remember that the happiest people are not those getting more, but those giving more" H. Jackson Brown Jr.

Renate van der Zande
RMCA President
rmca-president@redwoodmeadows.ab.ca



Redwood Meadows Community Association—Business Listings

Harder and Sons Exterior Maintenance Services Inc.	403-949-3442	Lowell@exteriormaintenance.ca
Fitness with Ann Sullivan	403-689-4835	anns@safari.ca
Maverick Law	403-949-3339	carmen@mavericklaw.ca
Rocky Mountain Adventure Medicine	403-949-2632	Brenda.watt@adventuremed.ca
Wintergreen Athletic Therapy	403-667-7116	slmacphee@gmail.com
Juice Plus	403-650-7762	Carrie.hucal@aol.com
Youngevity	403-949-4109	helencirin@gmail.com
Wintergreen Golf Course	403-861-8918	sjackson@wintergreengolf.com
Swamp Donkey Musical Theatre Society		tgizen@gmail.com
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
The Little Schoolhouse	403-949-3939	www.thelittleschoolhouse.ca
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Redwood Meadows Tae Kwon Do School	403-807-1030	ninedegrees@telus.net
XC Bragg Creek Ski and Bike Society		www.xcbraggcreek.ca
KarmiK Elite Performance	403-408-6998	Michael.d.moore@hotmail.com
Robotics	403-993-2334	
Big Brothers/Big Sisters of Calgary and Area		Leila.maillet@bigbrothersbigsisters.ca
Kim Kiwanis	403-686-6325	community@kampkiwanis.ca
Kathleen LaPlante Remax West	403-818-8049	kathleenlaplante@remax.net
Mamabefit		stocmeg@hotmail.com
Bow Valley Rugby		Rugby34@telus.net
Cameron Westhead MLA		Cameron.westhead@assembly.ab.ca
FCSS Rescue Center	403-851-2286	Wendy.farnsworth@cochrane.ca
Care in the Creek	403-949-2457	careinthecreek@gmail.com
RMCA		programs@redwoodmeadows.ab.ca
BCCA	403-949-4277	program@braggcreekca.com
Redwood Meadows Emergency Services	403-949-3481 (Non Emerg)	www.rmefire.org ; Call 911 in an Emergency
Indigenous Awareness Committee (IAC)	403-949-3563	
Linda Anderson - Barrister, Solicitor, and Notary	403-243-6400	linda@lindaandersonlaw.com

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Redwood Townnsite Update

Hello Redwood Meadows,
HAPPY VALENTINE'S DAY and FAMILY DAY!

Since February is known as the month for expressing love and affection for our loved ones. The Townsite staff would like to take this time to acknowledge all the hard work and commitment our community volunteers contribute to our Council, RMCA, committees and working groups in order to ensure our community continues to be the beautiful and welcoming community that it is. Thank you for your ongoing involvement and support. It is greatly appreciated by all who live here and visit our community.

As we move into 2019, the main activities of our Council and staff are:

- Continued discussions with Tsuut'ina Nation to finalize a new lease agreement and stewardship agreement.
- Developing a working relationship with Tsuut'ina Nation to formalize a collaborative emergency management plan.
- Working with RMCA to implement the upgrades for the ice rink, playgrounds and other recreational facilities within the Townsite.
- Working with the Government of Alberta to enhance our flood mitigation infrastructure.
- Working with the Elbow River Watershed Partnership to ensure our watershed management concerns are incorporated into the new "State of the Watershed Report" that this being developed for 2019.
- Working with various partners to develop our waste reduction strategy as explained in detail in the January issue of the Chatter.

Some important dates to keep in mind for February 2019 are:

Council Meeting

February 5th at 7 p.m. in the Wild Rose Room at Redwood House.

RWM Sublease Holders' Lease Information Session
February 7th at 7 p.m. in the Wild Rose Room at Redwood House.

Council Meeting

February 19th at 7 p.m. in the Wild Rose Room at Redwood House.

If you would like to have a topic added onto the agenda for a Council Meeting please forward your request to our Townsite Manager, Julia Kennedy-Francis, at JKennedyFrancis@redwoodmeadows.ab.ca.

In addition, if you have any questions regarding this update please feel free to contact the Townsite Office anytime for further details. Our office number is (403) 949-3563.

Looking forward to seeing you soon at one of the above meeting dates.

Julia Kennedy-Francis
Townsite Manager



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REDWOOD MEADOWS MARKET SUMMARY FOR 2018

12
NUMBER OF SOLDS


93
AVG DAYS ON MARKET

97.5%
AVG SOLD PRICE VS LIST

10
CURRENT ACTIVE
LISTINGS

BUYERS: Call today to discuss living in Redwood and get connected to pre-listing info and insights into which properties may be right for you.

SELLERS: Inventory is low which means it's a great time to meet with me and get an early start on preparing your home to sell in 2019.



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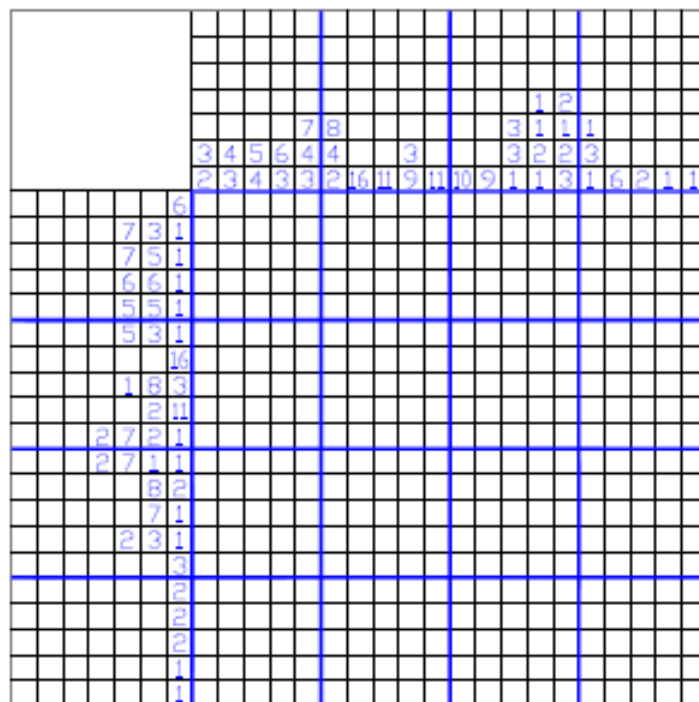
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CUPID



Preventing Falls



One of the most common things RMES was dispatched for last year was falls. They can happen to anyone, anywhere, at any age. From slippery floors, spills off of ladders or walking across the ice that is everywhere in our area these days.

Here are some tips on how to minimize your chance of falling around your home:

- **Clean up clutter.** The easiest method for preventing falls is to keep your home neat and tidy. Remove all clutter, such as stacks of old newspapers and magazines, especially from hallways and staircases.
- **Repair or remove tripping hazards.** Examine every room and hallway, looking for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up.
- **Install handrails.** These safety devices are crucial for going up and down stairs, and stepping in and out of the bathtub without injuring yourself.
- **Light it right.** Inadequate lighting is another major hazard. Install brighter light bulbs where needed, particularly in stairways and narrow hallways. Add night-lights in bedrooms and bathrooms for better guidance at night.
- **Wear shoes.** Socks may be comfortable, but they present a slipping risk. Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks that have grips on the soles of the feet if shoes are too uncomfortable.
- **Make it nonslip.** Bathtubs and showers, as well as floors in kitchens, bathrooms, and porches, can become extremely dangerous when wet.
- **Sand it.** Be generous with sand or de-icer on your walkways and decks. It can be hard to tell where the ice is – so be sure to keep your walkways and deck clear of snow.
- **Be ladder safe.** Be sure ladders are in good repair, you know how to properly use them and someone knows you're going on one, before climbing on. Makeshift ladders (boxes, chairs etc.) are a no no!

What to do when someone falls.

Don't be quick to get them up. Let them get a chance to get their bearings, encourage them to breathe and tell you "what" (if anything) hurts.

Call 9-1-1 if there's any loss of consciousness or confusion, sharp or severe pain in the head, neck, back or chest, pain in the middle of the neck or back, numbness or tingling in the hands or feet or the person who fell doesn't feel they can get up.

If they can get up and move around reasonably comfortably, help them to a safe spot and encourage them to see the friendly team at Care in the Creek to make sure they didn't hurt anything.

Until next month, stay safe!



Community Café

Come join your friends and neighbours
for coffee, tea and homemade treats,
all for just \$3



Everyone is welcome!

Friday, February 1st, 2019

10:30am to noon

At Redwood House

Community cafes are brought to you by the RMCA

For The Love of Wine

What is it exactly that makes us love wine so much? Yes, there is a small portion that is just straight up ethanol—that's right-alcohol, but there must be more to it. Is it the delicious, relaxing reward at the end of the day, the connection and conversation we make with a good group of friends (we probably will not be good friends if you don't drink wine) or could it be that wine has its own personality, and helps give us a little more too?

The statistics show that most wine is opened within one hour of purchase. We just cannot wait to get into that bottle! Thank gawd for screw caps. What is nice, is that most wines are fresh and meant to be shared right away as soon as they hit store shelves. So, after that not-so exciting day at work, one quick twist of the wrist, a sweet glug sound out of the bottle and into your glass, washes away our busy brains like the sound of an ocean wave. Or, has the incredible magic potential to drown out the voices of children that are fighting over electronics in the house.

Wine is a complex and exciting beverage that truly is a combination of science and art. There seems to be so much to know, hence why it can become overwhelming and intimidating. The world of wine is vast so the only thing we can do is keep tasting our way into it. And around it. And through every country! I encourage all my clients to learn by drinking. The more wines you taste, the more your palate will evolve to decipher the different aromas, flavors, textures and terroirs.

Take yourself on an adventure this February as it is Rioja month in Alberta! The renowned Rioja wine region in Northern Spain is famous for Tempranillo, Garnacha and Carignan varietals. They are rich, elegant, and some even quite meaty where the grapes grow in soils of clay rich in iron. If you love bubbles, you should explore Cava and the beautiful Rioja Blanco white wines of excellent value and price. If there is one thing you will fall in love with this month, let it be wine!



Karla Kochorek Watts
Ruby Red Vino
Wine Education
www.rubyredvino.com

414-7 BALSAM AVENUE, BRAGG CREEK, ALBERTA, BRAGG CREEK SPIRITSWEST.CA

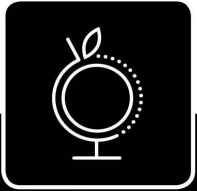


The students at The Little Schoolhouse continue to inspire and amaze us with their creativity, innovation and curiosity about the world around them. The children are playing and learning with intentionality and purpose. They are also building true friendships with classmates which is absolutely heart-warming to observe. Such an exciting time in these young lives!

We have spent time exploring snow, experimenting with melting and freezing, and creating art based on winter literature. Letter and numeral recognition has become a focal point for the preschool classes. Through engaging hands-on projects, we are identifying letters in our names and understanding the importance of literacy in our world. Counting and patterning with shapes and objects helps us build early numeracy skills throughout the days at school. Our kindergarten students are journaling, rhyming and creating stories with print and illustrations.

Registration for the 2019-20 school year began on January 15th at our Registration Night, and is now ongoing. Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact admin@thelittleschoolhouse.ca or call the school at 403-949-3939.

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Happy February Community! With January 21st said to be the "Most Depressing Day of the Year", we are now officially over the hump and it's smiles galore for the rest of 2019! With your good moods in mind, we would like to let you know that the BCCA is seeking tools and supplies for our maintenance shop. If you have anything you would like to donate, drop by the centre or email your details to outreach@braggcreekca.com! We would very much appreciate it.

Next up, attention youths ages 12 – 17 and parents of said youths! We would love to hear from you about ideas for day events that we could run this summer. Anything from hiking to white-water rafting, if there is interest, we shall look into it. We hope to have a roundtable discussion with youths in the community so email coordinator@braggcreekca.com with your suggestions!

Ah, there is nothing like stargazing on a brisk winter evening... unless there is that pesky cloud cover. Hope for clear skies on February 4th at 6pm and 9th at 8pm at our stargazing event hosted here at the BCCA! There will be multiple ways to view and learn about the sky so dress warm. Make sure to register beforehand at info@braggcreekca.com!

Starting on the same day, Feb 4th from 7-9pm (and running March 4th, April 1st and May 6th) the Crossroads Café book club hosted by Sherri Olsen will take youth through life, career and retirement challenges. Come explore life's next steps through coaching and gain inspiration and confidence! Email coach@sherriolsen.com or call +1 (403) 519-5998 to register.

Make sure you stay glued to our website and Facebook page for any changes to programming plus new and fun events coming down the pike. From Family Yoga Rhythm classes (Fridays at 9:30am), Outdoors In Nature Connection Camps on April 23rd to the 26th and our BCCA Hawaiian Night



Bragg Creek Centre

Fundraiser on March 9th, there is all kinds of fun on the horizon.

As always, we remain dedicated to the community of Bragg creek and the surrounding townsites. As such,

we would like to hear from you! If you have any events or activities you would either like to see happen or run yourself, get in contact with us at coordinator@braggcreekca.com and let us know! We're always happy and excited to hear from our dedicated community.

The best to you all!

Ben McTaggart

Event Coordinator



BABYSITTING COURSE

Cochrane Boys & Girls Club's Kidproff Child Safety Facilitator will guide youth 11 - 15 years old, in developing skills to prepare for a babysitting job, deal with difficult situations, prepare safe and fun activities, make safe choices and provide emergency first aid.

email info@bgccochrane.ca
call 403-981-2020 ext. 226

SATURDAY APRIL 27, 2019
9:00 AM - 3:30 PM

\$70 per person
Workbooks, lunch and snacks provided.



BRAGG CREEK COMMUNITY CENTRE
www.braggcreekca.com
403.949.4277 | 23 White Ave.

Banded Peak Veterinary Hospital and Boarding Centre

For many of us, our fur babies take up as much, if not more, room in our hearts than other humans! Thank goodness we have great places to take care of our beloved pets in our community.

One of these places is the Banded Peak Veterinary Hospital and Boarding Centre, which has been family owned and operated for nearly 20 years. It's a rural vet clinic, established on 24 acres of countryside. "You can expect a warm welcome with a relaxed and professional atmosphere where we strive to make you and your pets feel at home," says Dr. Judith Samson-French, veterinary clinician, surgeon and owner. Together with Dr. Shari Muller, the two have combined experience in the veterinary field of more than 40 years.

"We provide in-house laboratory testing, ultrasound, digital x-ray, in-house pharmacy, and a full surgical and dental suite with dental x-ray to help give the best care for your pet," says Samson-French. "Our knowledgeable staff is always happy to help with questions regarding nutrition, vaccinations, or any medications that your pet might be on. We strive to offer stress-less wellness." Don't forget to ask about the loyalty program on your next visit, too.

Right next to the hospital is a boarding facility so when you're on vacation, you can rest assured that your pet is in good hands. The boarding centre offers 20 spacious dog pens, and your dog will get to

enjoy the wooded acres twice daily during nature walks.

And of course, who can forget the adorable resident donkeys?! You are welcome to go by and say hello to Bluebell, Daisy, Goliath, Lady Primrose and Tumbleweed. "They love company and being pampered with carrots and apples!" affirms Samson-French.

As an aside, Samson-French is also the team leader for the Dogs With No Names project. It's a first-time, trial project using contraceptive implants in unwanted dogs on First Nations reserve land to prevent the births of thousands of dogs. You can support the project by purchasing her book by the same name or jewelry at pearls365.com.

75 Burney Road

Hours: Mon-Fri. 8:30-5:30pm; Sat. 9-4pm; closed Sundays

403-949-3249, theclinic@bpvh.ca

bpvh.ca



Local Business Features

To have your local business featured please contact the Chatter team @ thechatter@redwoodmeadows.ab.ca



REGISTER NOW!!!



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403.949.3939

Or visit us online www.thelittleschoolhouse.ca

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==
"
"
" Friday Feb 1st—Al Barrett (solo acoustic)
"
" Friday Feb 8th—Putting On The Foil
"
" Friday Feb 15th—JR Kaquitts (solo acoustic)
"
" Friday Feb 22nd—JR Kaquitts (solo acoustic)
"
" Saturday Feb 23rd —Rani's Rasoi CURRINGO
" Night with Bingo
"
" Wednesday Feb 27th— Pottery Night—See
" Facebook for details and to sign up
"
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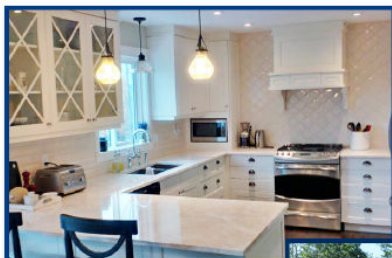
Happy 40th Birthday Powderhorn!!

Watch for Birthday Events Throughout 2019!



MOUNTAIN'S EDGE RENOVATIONS

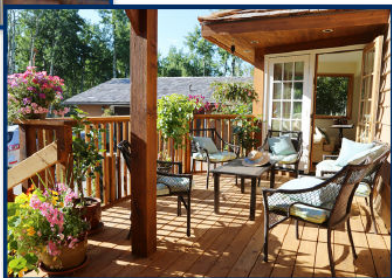
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Should You Choose Fixed or Variable Rate Mortgage

One of the most common questions asked by my mortgage clients “Should I go with a variable rate mortgage or a fixed rate mortgage?” To better understand what the answer may be, we must first understand the difference between the two.

Variable rate mortgages are linked to the Prime rate, which are directly influenced by The Bank of Canada. Our central bank sets its targets for the overnight lending rate in order to affect the various elements of the national economy relating to its monetary policy (inflation, unemployment, the dollar, etc.). As at Jan 9th, the overnight lending rate is 1.75% and the prime rate is 3.95%.

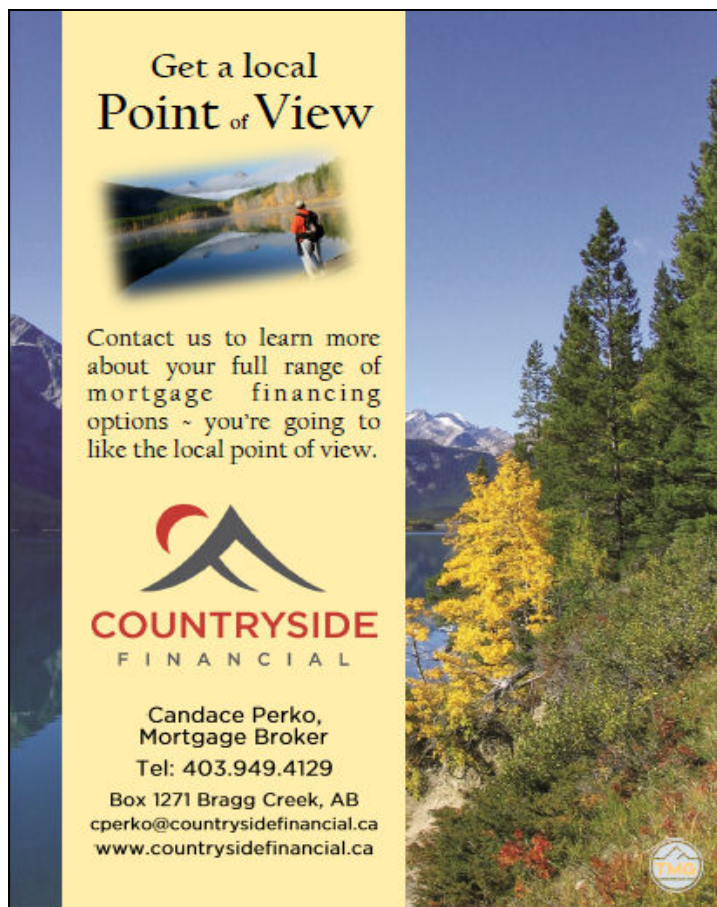
When setting fixed term mortgage rates, financial institutions need to consider the bond market, since the lender will ultimately be borrowing money from investors to loan to its mortgage borrowers. Higher bond yields increase the lender’s cost of funds, which will lead to higher fixed term mortgage rates. Lower bond yields tend to lead to lower long-term

mortgage rates. And fixed and variable mortgage rates do not necessarily move in unison as changes are motivated by different factors. Currently the difference between the two rate options is rather large – fixed rates are ~3.69% and variables are at ~Prime -1.00% or 2.95%. OAC, subject to change without notice.


By and large based on rate alone, there’s a quick & easy way to decide whether a variable or fixed makes sense. It’s called the 50-basis point rule. Based on the rates you qualify for, take the fixed rate versus the variable rate – what is the difference? If the number is 50 basis points or less, there is strong argument to go fixed. However, if the difference is 50 basis points or greater (such is the case now), there’s a solid reason to consider a variable. Nevertheless, there is a big ‘but’ here what this 50-basis point calculation doesn’t allow for is all the other aspects that make for a great mortgage. Besides the mortgage rate, you must consider portability options, pre-payment privileges, whether it can be refinanced, blended & extended, and most importantly how penalties for breaking the mortgage are calculated.

When borrowers start looking for a mortgage, they usually get advice from friends or their parents, and the main question they’re asking is, what’s the rate? But if you don’t know the innermost details of the mortgage like the ones listed above and focus only on the rate - they’re giving you bad advice. And if a mortgage broker or your bank is fixated only on the rate, you’re working with the wrong one.


Circumstances change, life happens, and plans may be amended. You must make sure the mortgage you choose, fixed or variable, will work for you now and in the future.



Get a local
Point of View




Contact us to learn more
about your full range of
mortgage financing
options ~ you're going to
like the local point of view.



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FINANCIAL

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





valentines date night

COUPLE'S COOKING CLASS



Food tastes best when shared with your significant other. Join Chef Kristen Kennedy for an evening of quality time in the kitchen as you prepare a romantic meal to share. Then sit down, relax and enjoy the fruits of your labour with a glass of wine.

\$125 per couple
Friday February 15th
6:30 pm start

Register by February 8th
email: info@braggcreek.ca



BRAGG CREEK COMMUNITY CENTRE
www.braggcreekca.com
403.949.4277 | 23 White Ave.



EVERY TUESDAY, 7:30PM STARTS JAN. 8/18 LADIES FUN "LEARN TO PLAY" HOCKEY

AT REDWOOD MEADOWS RINK

Do you want to learn how to play hockey but feel intimidated to get on the ice? Or, are you experienced but just want a fun group to play with? Then this is the perfect group for you. Join us Tuesdays 7:30pm, starting Jan. 8th to learn skills and play some fun shinny. All levels welcome! \$30 for the season. Come with helmet/cage, hockey skates and stick, plus whatever other equipment you'd like. Invite your friends and come join us!

Get more info and stay updated on our Facebook page:
[Redwood Bragg Creek Ladies Fun Hockey](#)

LEARN TO PLAY
HOCKEY WITH A FUN
GROUP OF GALS

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SKILL LEVELS
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LIKE SKATING AND
PUCK HANDLING.
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Upcoming Spring Shows

The Tequila Mockingbird Orchestra -February 9 2019

Roma-flavoured accordion, bluegrass, African percussion influences, West Coast environmentalism and *je ne sais quoi*? That would be **The Tequila Mockingbird Orchestra**, an eclectic quintet from Victoria that redefines world music with a tight-knit accordion and fiddle-driven sound that is both rooted in time and timeless. In its four-star review, *Songlines UK* praised TMO's album *Follow My Lead, Lead Me to Follow* for its catchy tunes, high quality playing and "wide eyed appreciation of the beauty of western Canada." The 5/5 review of the same album in *Fulcrum* concluded: "it has been a long while since an album has left me this much in awe." TMO continues to test the limits of ordinary on *Love* (2015).

The Northern Pikes—March 23, 2019

The Northern Pikes have been a band for 34 years, but you're going to have to forgive them if they're acting like a new group. In a way, it is a fresh start. There's a lot of excitement about their first full, cross-Canada tour in over a decade, and the release of a brand-new collection.

Tickets for each show are \$30 for adults and \$28 for seniors with a 15 percent discount when you buy tickets for both shows at once (\$51.98 for adults; \$48.58 for seniors.) Check braggcreekperformingarts.com for more information.



For the Love of Running

SOGO Adventure Running is a simple idea that's rooted in nature, grown through physical activity and at the heart of each of our experiences. Let's get kids and parents out running again, enjoying the simple pleasures of nature and physical activity while challenging them to use orienteering maps to find their way. Due to the success of our Calgary-based program, spring registration is now open for our **NEW, Redwood Meadows & Bragg Creek weekly, Saturday program.**

The only equipment required is a pair of running shoes, a water bottle and a sense of adventure. **Our programs accommodates kids aged 2 to 16**, beginning with our Parented and Un-Parented Squirts Program for kids aged 2 to 5. Level 1 is for kids aged 6 to 12, and our Level 2 athletes range in ages 10 to 16. The Squirts program is 6 weeks long and starts on May 18th, whereas the Level 1 and 2 programs are 10 weeks long and will start on April 20th. All programs end on June 22nd.

Program prices are as follows:

Squirts: \$125

Level 1: \$125

Level 2: \$165

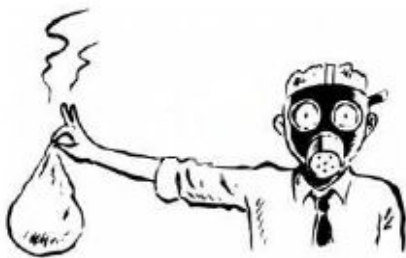
Kids will learn physical literacy skills while running our focused activities, including **Speed, Endurance and Strength/Agility.** This combined with our **Navigation** activities, which help kids learn to navigate reading an orienteering map, all while running in the woods! SOGO focuses on not only developing well rounded and strong athletes but also essential lifelong skills.

All info on the programs, dates, times and locations as well as the registration page can be found on our website: sogo.run. If you have any questions please send them to info@sogoadventurerunning.com

We look forward to welcoming you this spring!

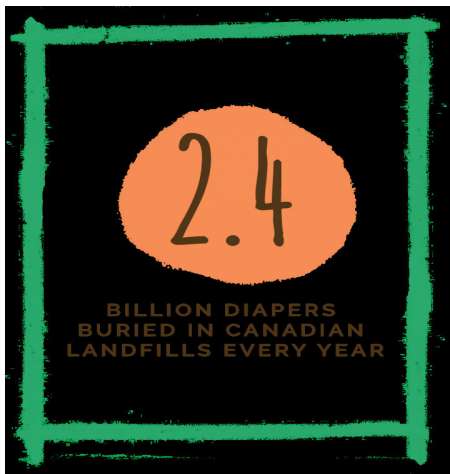


Redwood Meadows is moving forward on instituting its Living with Wildlife Initiative. As part of the initiative the Townsite is addressing waste management in our community. An initial step was brought forward by a local company, and the Townsite has agreed to enter a partnership with a local disposable diaper composting service, with Redwood Meadows being the first municipality in North America to offer the service to residents as a community based service. According to StatsCan in 2016, Redwood Meadows had 10% of their population under the age of 3, or around 100 children producing dirty smelly poopy diapers daily.



THE STATISTICS ARE STAGGERING

We're sure that diapers aren't the topic on the forefront of everyone's mind when it comes to environmental initiatives, but we'd like to take this opportunity to overwhelm you with some staggering statistics. Let's start with this tidbit of information: did you know that it takes a disposable diaper 400+ years to decompose in the landfill? That means that



the first ever disposable diaper is still sitting in a landfill looking pretty much like it did the first day it went in!

According to Stats Canada, in 2016 there were 1.9 million diaper-aged children in Canada. That equates to 2.4 billion individual diapers entering Canadian landfills per year, amounting to more than 3.7 billion tons of waste. That number increases annually by about 2%.

Through the use of specialized, in-vessel, odor-free, continuous flow composting equipment, Soiled Diapers Composting can break down any brand of disposable diaper in 10-12 days! Now disposables don't need to sit in landfills for multiple lifetimes. In Calgary alone, there are approximately 86,000 diaper-aged children. Each child uses approximately 5,000 diapers before being potty trained. Doing the quick math, there are 430,000,000 diapers headed to Calgary landfills over the next 3-4 years alone (that's 110,000,000 per year). Holy crap! While this number alone is mind-boggling, the real problem lies in what makes a diaper great: their disposable nature also makes them terrible for the environment.

As the third largest disposable consumer item, diapers are not only rapidly filling our landfills, but also causing subsequent damage to our environment through leachate. Despite being "space spoiled", building new landfills is costly and not a viable option. Recently, in Canada, the technology has arrived that allows for the composting of disposable diapers. This tech has been used places like the U.K, New Zealand, Australia, and more for quite some time with great success. The process shreds the diapers with other organic materials and composts them together in a matter of 10 days rather than sitting in a landfill for 400+ years. There is no leachate produced in the in-vessel unit, the material is kept at a constant temperature to kill deadly pathogens, but creates a perfect environment for composting bacteria to work their magic. Best of all, the inorganic parts of the diaper are screened away and sent for further processing (recycling, pelletizing, and waste-to-energy), leaving only useable, moisture retentive, organic compost!

Continued from previous page:

Moving forward, the prudent choice for our children and our planet is to consider using alternative methods of dealing with this ever growing, stinky problem. By choosing to compost your diapers rather than sending them to the landfill, you will be choosing to make diapers clean again for your baby – in more ways than one!

HOW WILL THIS WORK IN REDWOOD MEADOWS???

The company , “Soiled Diaper Composting Services”, www.soileddiapers.ca ,a local Calgary based business, has installed a diaper collection shed in the parking lot next to the Townsite Office. They will be emptying the bins inside the shed on a weekly basis. The shed is locked and the access code for those interested in using the service can be obtained from the Townsite office. The service and collection is for soiled disposable diapers ONLY!



Join Us At Our Upcoming
Community Events!

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

Sunday Service 10:00am
Youth Gym Night • Feb 1 & Mar 1 at 7:00pm
both at Bragg Creek Community Centre
Pastor Dave Zimmerman • braggcreekchurch.ca

 **Ladies Bible Study**
Mondays 10:30am
Needle Craft Club
First Sat of Every Month 7:00pm
Parent & Tot Group
CANCELLED until further notice
Monthly Business Lunches
Wed February 27 • 11:30am-1:30pm
Do you own or manage a small business in Bragg Creek or Redwood Meadows? Retail AND home based businesses, join us for a FREE lunch once a month to get to know your fellow business operators!
Christian Fiction & Nonfiction Library
Located in the Bragg Creek Shopping Centre • Balsam Ave

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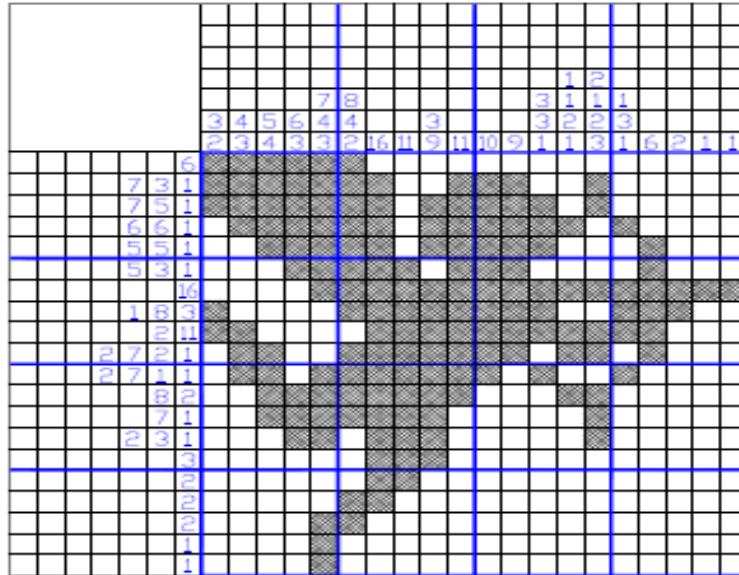
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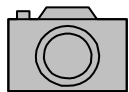
403-612-7849 | dieter@remaxbraggcreek.com

www.remaxbraggcreek.com

Local Office: #7, 16 White Ave., Bragg Creek

We want to feature YOUTH!

Athlete or Artist of the Month



Please send your picture along with answers to the questions below to

thechatter@redwoodmeadows.ab.ca for your chance to be featured.

Name:

Age:

What Activity/Activities do you participate in?

How long have you been participating?

What do you love about it?

Do you have a favourite move/piece/song/subject?

Any other highlights/recognition?

Perhaps a favourite coach/teacher/team member?

Do you have a budding athlete or artist at home?
We would like to recognize the amazing and talented youth in our community.

Do your children (or hey you teens!) play a sport, participate in dance, taekwondo, maybe a gymnast in the family—or perhaps you've been working on your music, painting, photography, drawing or acting skills.

Regardless of the activity we would like to feature them/you!

Are you a local business? We would enjoy a sponsor for this new feature, contact the chatter if interested



Bragg Creek Hockey

Redwood Meadows Rink Schedule

December to February

Tyke: Friday from 6:00pm—7:00pm

Atom: Tuesday/Thursday from 6:00pm—7:00pm

PeeWee: Monday/Wednesday from 6:00pm—7:00pm

Bantam—Monday/Wednesday from 7:15pm—8:15pm

Midget—Thursday from 7:15pm—8:15pm

Please note these times are private bookings and the rink will not be open to public at these times.

REMINDER: EMERGENCY CALL-OUT SYSTEM



In the event of any future emergency, Redwood Meadows will be using an automated emergency call-out system.

It is therefore important for the townsites to have updated phone numbers and contact information, including alternate numbers, for all residents.

To update your contact information, please contact Peg Rupert at the townsites office: Email: prupert@redwoodmeadows.ab.ca

Athlete/Artist of the Month

Téa French

Acrobatics and Taekwon do



Age: 8

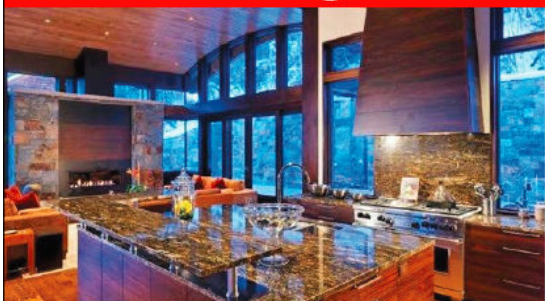
Loves Acrobatics at the Acrobatics Studio in Bragg Creek . She has been a part of the team for 1.5 years.

Tea has also been practicing Taekwon do in Redwood off and on for about 3 years. She has received her yellow belt.

A vivid reader and speller and reads each and every day.

She also enjoys ice skating and skiing!

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

ROYAL LEPAGE
Benchmark

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

We would like to remind residents that Redwood Meadows has a "dog under control" by-law. While walking throughout the townsite and on the berm, keep in mind that not all residents enjoy dogs jumping or running after them and their kids.

Dog Owners, Be Kind to Your Neighbours. Please be Considerate and Scoop up After Your Dog.



Classifieds

JOIN YOUR FRIENDS FOR A WALK IN THE HAMLET

The Ladies Auxiliary hosts a weekly walking group in Bragg Creek. Meet at 10:30am Wednesdays at the community centre. Email jahand@telus.net.

GET ACTIVE WITH ADULT FITNESS CLASSES IN REDWOOD

Join us for a fun, varied and challenging one-hour workout at Redwood House every Monday, Wednesday and Friday at 9am. Bring running shoes, a water bottle, yoga mat and hand weights if you have them. First class is free so you can try it out! Email anns@safari.ca or text 403-689-4835 for information.

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**FEB 23 | 7:00PM
ROCKIES TAVERN & GRILL**

Tickets \$10 pp in advance at Rockies
Tavern or Redwood House

Playgroup in Redwood

1 Manyhorses Drive
Redwood Meadows
403 949 2017



NEW TIME

Tuesdays

10:30am to 12:00pm

\$2



Come out and meet other parents with little ones.
Indoor playgroup at Redwood House for parents and
children up to 3. There are toys, play structures, mats
and overall frivolity for the kids.

There is coffee and chairs for the parents.

Hosted by RMCA

www.redwoodmeadows.ab.ca

Redwood Meadows Babysitters List

Name	Age	Courses	Contact
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
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
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	16	Babysitting course	403-860-9525
Keeling	16	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
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	12	Babysitter's license, standard first aid and 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 tanyasilvercy@gmail.com
Quinn	12	Babysitting course	403-949-3149 quinnbarrie@me.com
Sawyer	13	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 course	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone courses	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).

