



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
Follow Redwood Meadows on FACEBOOK and TWITTER!

Happy new year! We weren't sure at press time whether Redwood had enough community support for AXIA to provide high-speed fiber internet, but thank you to all who worked so hard to make it happen. Watch your inbox for results soon.

We hope you enjoyed the fun community events Redwood had to offer this holiday season—Santa photos, Santa in the Woods and the New Year's Eve potluck and fireworks. All were brought to you by the RMCA and many community volunteers. Thank you to all! (Read more about the

RMCA's plans for 2018 on page 9.)

Last month we introduced townsite staff. This month it's time to get to know Redwood's mayor and council. See pages 6 and 7 for photos and bios.

Redwood is no longer providing bins, but local residents can take their recycling to the Bragg Creek transfer station or contact Range Recycling (403-681-3942). See page 8 for more reasons to recycle.

thechatter@redwoodmeadows.ab.ca

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Santa Never Misses his Annual Visit to Redwood

Santa Claus made his annual visit to Redwood Meadows on the Sunday before Christmas, collecting donations for the local food bank as well as letters for him at

the North Pole. Thanks to the RMCA and all those who helped organize and run the popular event.

Photos by Bobbi Fergstad



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

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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
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Business Centre:
403-949-2333

BRAGG CREEK LADIES INVITE ALL FOR SOUP AND PIE

The Bragg Creek Ladies Auxiliary invites everyone to the next soup and pie lunch on Friday, January 26. The event takes place from noon to 2 pm at the Bragg Creek Community Centre. Cost is just \$5 per person. Invite your friends and neighbours!

MONTESSORI LANGUAGE AND MATH COACH

Homework got you down? Montessori math and language coach available in Redwood for 5- to 10-year-olds. Booking now for the winter semester — after-school homework, PD days or weekends. For more info, please contact Ms. Carol at 403-949-2238.

MARY POPPINS MEETS MRS. DOUBTFIRE!

Book Montessori child care now for your party or event. Call Ms. Carol at 403-949-2238.

SKATING INSTRUCTOR WANTED

Redwood is looking for a skating instructor for mid-January to February to teach after school at the Redwood ice rink. \$25/hr. RMCA will help with registration, equipment and volunteers. Contact rmca-president@redwoodmeadows.ab.ca or call 403-949-3563.

NEW! SENIOR/BEGINNER FITNESS CLASSES IN REDWOOD

Not sure you're ready for a fitness class? You might enjoy a gentle workout geared toward seniors and/or those who are new to fitness. Classes run Mondays and **most** Fridays at 10:15 am at Redwood House. Cost is \$10 per class. Email anns@safari.ca.

MORNING FITNESS AT REDWOOD HOUSE

Join us for ongoing fitness classes at Redwood House Monday, Wednesday and Friday from 9 to 10 am. Workouts change weekly and offer a full-body challenge that includes strength, cardio, core work and flexibility. Drop-in cost is \$10 per class, with discounts for multiple classes. Email anns@safari.ca.

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Townsite to Find out Soon Whether Redwood will Have High-speed Internet

Redwood town council met on December 12. Council committee heads are in the process of reviewing each department and getting a better understanding of the work ahead.



INFRASTRUCTURE

Councillor George Allen, as head of infrastructure, had a tour with operations manager Rocky Bond and members of Tsuut'ina to familiarize himself with the townsite's operations.

Work on the elevation of ground and surface water concerns at the north berm has consisted of a lift station being installed, and the townsite is waiting for Fortis to connect the power supply. The date for this has not been confirmed, but work was to have been completed by the end of December.

Townsite has secured the contract of our garbage pick-up to remain the same. Pick-up will still be on Tuesdays, and residents are asked to have their garbage bagged and placed into bins at curbside by 7 am. Residents are reminded that a townsite bylaw prohibits garbage being placed outside the night before pick-up.

The recycling bins behind Redwood House have been removed. (Please see page 8 for more information on recycling.) Council encourages all residents to practise home recycling both as a cost-effective strategy for the community and to support Redwood Meadows in maintaining its desire to be environmentally aware.

As reported in the December 2017 *Chatter*, the townsite has identified traffic control as an integral part of safety within the community. The townsite has implemented several actions in accordance with this. They included refurbishing the speed bumps, adding signage on speed and safety, and using a speed sign. The townsite speed sign trailer was fabricated in December and the sign was placed along the main roads of the community on townsite public lands.

INTERNET CAMPAIGN

The townsite continues to promote the implementation of providing fiber optic internet service with AXIA. An information session was held on December 18 with AXIA representatives in attendance. We are hoping to reach our goal of having 80 percent of residents sign up for the service. (We were not sure of the result before the *Chatter*

went to print.) Many thanks to our volunteers for campaigning door-to-door, distributing flyers and getting the word out about this new and exciting opportunity. Residents can check out the townsite's Facebook page regularly for new updates and additional information regarding this initiative.

LEASE UPDATE

The lease negotiating committee met with representatives from Tsuut'ina on December 8. Mayor Paul Sawler, Deputy Mayor Scott Ackerman, Townsite Manager Julia Francis-Kennedy and community representative Dr. Liz Erasmus were in attendance. Framework discussions continue and both the townsite and Tsuut'ina are working toward setting guidelines, dates for completion of action items, and ensuring all appropriate ground work has/is being completed. Due to the Christmas break, the next lease café will be held on February 13.

PERSONNEL

Please look for bios on your current council members in this edition of the *Chatter*. Council would like to wish all residents a very happy new year! We look forward to meeting with you at our upcoming events.

BYLAWS

Councillor Neil Thornton has begun the arduous task of reviewing townsite bylaws. The task involves reviewing all bylaws, their implementation and factual importance, assuring municipal compliance, maintaining proper organization and ensuring readability. He will report to council on his findings at our next council meeting.

FINANCE

Deputy Mayor Ackerman along with Councillor Michael Moore have begun the fiscal review and budgetary analysis and are preparing for the annual general meeting in the spring. Budgetary items and updates are reported to council at every council meeting.

COMMUNICATIONS

Councillor Mike Decore continues to work to improve the communication residents receive from the townsite. The townsite now has access to the Bragg Creek/Redwood Meadows discussion group, has re-activated the townsite's Twitter account, and has asked that information for residents be more readily posted on both the townsite's Facebook and website pages. In addition, please look for

Continued on next page

council update

Continued from previous page

monthly updates in the *High Country News*. Thank you to Redwood Meadows resident and owner of this publication, Lowell Harder, for allowing us this opportunity.

COUNCIL MEETINGS

Council meetings are held on the first and third Tuesday of every month at 7 pm at Redwood House. Meeting agendas are made available to the community on the Redwood Meadows website (redwoodmeadows.ab.ca) prior to every meeting.

If there is an item that you would like added to the agenda, please forward information to Julia Kennedy-Francis, our townsite manager, on/by the Friday before the scheduled council meeting. Upcoming meeting dates are January 9 and 23.

Redwood Meadows Town Council



Recycling Change

In a rural community that needs to be cognizant of wildlife and prides itself on its natural beauty, having recycling bins behind Redwood House did not adhere to that vision. As a result, council decided to remove the recycling bins behind the townsite office.

As an immediate remedy to our recycling needs, Redwood townsite has secured access to the Bragg Creek transfer station for Redwood residents. For the transfer station's hours of operation, item drop-off questions and general information, please call 403-949-3716. Residents are reminded that recycling is an essential part of waste disposal.

Please dispose of your recycling properly using the Bragg Creek transfer station, not by placing recyclable materials in the garbage. The Town of Cochrane also has a very user-friendly Eco Station. You can find out more at cochrane.ca/250/Eco-Centre.

See page 8 for more recycling information.

If you have any questions, input or suggestions please forward them to the townsite office: 403-949-3563.



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FOR 2018/2019 SCHOOL YEAR
JANUARY 16, 2018
6:30-7:30 PM

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For additional information please contact
admin@thelittleschoolhouse.ca
403.949.3939
Or visit us online www.thelittleschoolhouse.ca

SPINES OF STEEL **Physiotherapy Classes**

7 one hour classes (1x weekly) at the Bragg Creek Community Centre
Fridays 9:30am to 10:30am **STARTS JAN. 12th**

'An owner's manual' for the back & neck.



Designed for anyone who has suffered from on/off spine pain over the years, has chronic spine dysfunction or has been physically inactive recently & is motivated to get back into shape safely. **The \$328 cost includes 7 classes PLUS an extra hour 'one on one' Physiotherapy assessment.** (All costs qualify for your Physiotherapy insurance benefits)



Jennifer Wright has been a licensed Physiotherapist for **27 years**. She loves teaching 'Spines of Steel' & empowering people to improve their spine health. Contact Jennifer at wrightphysio@gmail.com or 949-7740

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Scott Ackerman, Deputy Mayor

Occupation – Management Consultant; Managing Director at Online Business Systems

Personal – Married; Father of two grown children

Education – Royal Roads MBA, Certified Management Consultant (CMC)

Community Involvement – This is my second term on council – really glad to be involved and serve the residents of Redwood. In prior term, served as treasurer and recently named deputy mayor. Actively involved in both our lease advisory working group as well as the joint Tsuut'ina/Redwood Meadows lease committee. When not at the townsite office, I can usually be found walking through our beautiful townsite – always happy to chat about ideas to make our community the best place on earth to live.



George Allen, Councillor

Occupation — IT Manager, Community Natural Foods Ltd., General Manager, IP Secure Services Inc.

Personal

I live in Redwood Meadows with my wife, Sonja, and my daughters Madalyn and Victoria. When I manage to find some free time, I enjoy woodworking and riding motorcycles.

Education

Diploma in Electronics Engineering Technology - College of the North Atlantic, St. John's

Bachelor of Technology - Memorial University of Newfoundland, St. John's

Post-baccalaureate Diploma in Information Technology - Memorial University

Community Involvement

I participate in school council and girl guide volunteer activities and I'm a member of the Association for German Education in Calgary.

Key Issues

Lease renewal, infrastructure upgrades, and continuing to build on the previous council's relationships with the Tsuut'ina Nation.



Mike Decore, Councillor

Occupation- Calgary Catholic School Division. I've worked in various school districts as a consultant for the last 17 years, focusing on childhood mental health and wellness.

Personal — Married and father to two children, a 5-year-old boy and a newborn girl. We moved to Redwood Meadows in 2015.

Education — Psychology Degree, University of Alberta

Community Involvement- Ice rink volunteer, Canada Day volunteer

Key Issues — Continuing the process of helping Redwood Meadows to grow as a part of Tsuut'ina, and helping to keep the townsite a fantastic place for the people who live here.



Michael Moore, Councillor

Personal — Michael and his family moved to Redwood Meadows in 2016. He is married to his beautiful wife, Karlene, and has three boys, one of whom, Griffin, lives with us.

Education — Mike has a business administration degree from the University of Regina with specializations in finance and marketing.

Continued on next page

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Occupation — City of Calgary as a heavy equipment operator where he has been for over 11 years.

Community Involvement — Assistant football coach, director on the Okotoks Chamber of Commerce, Okotoks Economic Development Committee, City of Calgary's Strengthening the Workplace Committee, a Job Steward with the City of Calgary's CUPE 37 union, volunteer at Banded Peak school.

Key Issues — My aspirations as a councillor for the Townsite of Redwood Meadows are to take a continuous improvement approach in working with all of our partners, especially our friends with the Tsuut'ina Nation, to make Redwood Meadows one of the best places on earth to live, work and play.



Paul Sawler, Mayor

Occupation — Director of Sales and Marketing, Dirty Laundry Vineyard

Personal — I have lived in Redwood for 19 years with my wife, Kim, and two sons, Matthew and Andrew.

Education — Bachelor of Commerce, Saint Mary's University, Halifax

Community Involvement - Coach and referee for Bragg Creek Hockey for more than eight years. Scouts Canada cub leader.

Key Issues — Continuation of and conclusion to the process of lease renewal with a 2019 target completion date; continue improving relationships with the Tsuut'ina Nation Chief and Council, bylaw reform as well as infrastructure upgrades and flood mitigation.



Neil Thornton, Councillor

Personal — Have lived in Redwood for more than 17 years with my wife and three sons: Matthew, Andrew and Christopher.

Education — Electrical Engineering Technologist from SAIT

Occupation — 15+ years in the Canadian Reserves, 15+ years with Trans Alta, 15+ years as an Amateur Canadian Regimental Historian.

Community Involvement – Scout Leader, Badminton Coach

Key Issues -Improving communications from the Townsite and council.

Continuation of and conclusion to the lease renewal; ensuring that process is not lost in execution.



Glen Van Camp, Councillor

Occupation – Alberta Sales Manager – Federal – Mogul Motorparts

Personal - I have lived in Redwood for more than 11 years with my wife, Tara, and two sons, Cayden and Taylor.

Education – SAIT – Automotive Mechanics Degree

Community Involvement – Involved with the purchase of the Zamboni for the Redwood ice rink as well as training for volunteers running it.

Key Issues - Continuation to the process of lease renewal, building on community relationships and ensuring everyone has a voice in the community.

Infrastructure upgrades and flood mitigation.

Townsite No Longer Provides Bins, But Here's Why You Should Still Recycle

Why recycle ?

When you recycle anything, you perform magic. You take something that's trash and turn it into something useful. You also keep potentially harmful materials out of the environment and help conserve precious non-renewable resources. By doing all that, you also help create jobs.

So, by just dropping your stuff off for recycling, you're keeping the planet safe, helping create new products, conserving resources and putting Albertans to work in the process. Keep up the good work!

You save natural resources.

By recycling, you reduce the need to use up precious, non-renewable materials to make new products. Recycled tires can be used instead of stone and gravel in different civil engineering applications. Metal, plastic and glass from electronics are used again to make new products; old paint is turned into usable paint.

You help conserve energy.

Using recycled material to make new products reduces the energy needed to collect and process raw material used in manufacturing. And, in some cases, recycled materials can be used as alternative fuel sources, reducing the need to consume non-renewable energy resources.



You help save millions of dollars in valuable landfill space.

Every year, Albertans save millions of tax dollars by recycling. The Canadian Environmental Assessment Agency (CEAA) estimates that 75 percent of the Canadian waste stream is recyclable, but we only recycle

about 30 percent of it. Recycling diverts waste tonnage charged to homeowners. By recycling you are saving yourself money.

FAST FACTS

- Recycling one aluminum can saves enough energy to listen to a full album on your iPod.
- Recycling 100 cans could light your bedroom for two whole weeks.
- The Container Recycling Institute (CRI) estimates that the 36 billion aluminum cans landfilled last year had a scrap value of more than \$600 million.
- A glass container can go from a recycling bin to a store shelf in as few as 30 days.
- One ton of recycled paper saves: 4,100 kWh of electricity, 380 gallons of oil, 54 million Btus of energy, 4.6 cubic yards of landfill space, 7,000 gallons of water and 17 trees.

Facts courtesy of CRI



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Come out for a Family Skate Every Sunday Afternoon in Redwood

Happy New Year! We are very excited at the Redwood Meadows Community Association for this upcoming year and what it will bring! We will start off the new year by hosting a Family Skate every Sunday afternoon from 2 to 4 pm. The RMCA will provide hot chocolate, marshmallows and a warm fire for a fun Sunday afternoon. Each week one of our families will be there to volunteer and to meet all the wonderful families who come out to participate in this event. Let us hope that the weather will cooperate. It was certainly cold enough for ice in late December!

We would like to thank the fire department, XC Bragg Creek Ski and Bike Society, Maverick Law and all of the volunteers who helped with the Santa photo shoot, the Santa in the Woods event and the New Year's Eve potluck and fireworks. Without all the hard work of our volunteers and local organizations, we wouldn't be able to have all of these wonderful activities that make it such a joy to live in this community. We are truly grateful for all the work that goes into these events and the number of people who give their time.

We are already in the process of planning activities for this upcoming year and we look forward to working with town council again to continue making our community a fun, safe and happy place to live in.

Our next RMCA meeting is on Thursday, January 18, 2018 at 6:30 pm at Redwood House. We welcome anyone to attend these meetings!

Jackie Neher, RMCA president



Happy New Year from the RMCA's executive board (pictured above, left to right): Michelle Thompson (secretary), Karla Watts (vice-president), Jackie Neher (president) and Veronica French (treasurer).

January

Community Café

Come join your friends and neighbours
for coffee, tea and homemade treats,
all for just a toonie.

Everyone is welcome!
Friday, January 12, 2017
10:30 am to noon
at Redwood House

Community cafés are brought to you by the RMCA.

ACCEPTING NEW PATIENTS!
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Volunteers Keep the Community Running

Hello Community!

Welcome, new year! We hope the holiday season was full of fun and happiness. We at the BCCA are all rested up after being closed for the week between Christmas and New Year's, and we can't wait to get up and running with winter programs for the whole family.

We would like to thank all of the volunteers, attendees, and generous local businesses who made the Spirit of Christmas so much fun. It was great to see so many happy faces out there enjoying the activities. Additionally, thank you to Andrea Nelson and all the other volunteers for running the Kids Only store again this year. We hope there were lots of pleasantly surprised parents out there who enjoyed their kids' choices of gifts!

Something you may have noticed over the Christmas season were those brave volunteers out at the Bragg Creek community rink at all hours. They've been working so



hard to get that rink up and running. Thank you to the Bragg Creek rink committee and all the volunteers for giving their time to provide our community with such an essential, Canadian, small-town activity.

You may also have noticed that the Bragg Creek Community Centre is getting a new sign. Thanks to some awesome volunteers and our fantastic community partners, Bragg Creek Community Church and The Little Schoolhouse, we will now highlight more of the exciting things that happen in and around the centre.

We hope that 2018 brings you lots of joy and adventure, and that we can play a part in that. Let us know if there are services or programs you would like to see, and we would be happy to chat about providing more for our community, together.

Happy Near Year!

Shaye and the BCCA

Bragg Creek Community Centre January Events

January 2nd	Community Centre reopens and Winter Programming starts!
January 18th:	Women's Group
January 26th:	Ladies Auxiliary Soup and Pie
January 26th:	Movie Night in the Creek 'The Lego Ninjago Movie'

2018 Winter Program Guide

Details & Registration: www.braggcreekca.com

- | | | |
|---|----------------------------|--|
| • Rumble & Roar with
Tots Time area! | • Badminton | ** NEW PROGRAMS ** <ul style="list-style-type: none">• Drone Club• Junior Chefs• Walking Club |
| • Women's Group | • Pickleball | |
| • S.T.E.A.M Club | • Movie Night | |
| • Artsy Afternoons | • Lego Club | |
| • Acrobatic Studios | • Youth Activity Night | |
| | • Movie Night in the Creek | |

Be a part of our Winter Programming!

We are looking to expand our winter programming. If you want to run a program in our centre we can offer program promotion and great rental rates!

Email info@braggcreekca.com



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'Foot' for Thought

They come in all shapes and sizes — short and stubby, long and elegant, narrow, broad, flat and arched. As babies, we love them, pull at them, put them in our mouths. As adults, we walk all over them. We ignore them, and yet we expect them to last uncomplainingly for a life time. Feet, that is.

Did you know that the average person walks around the world two and a half times in a lifetime? That's eight to ten thousand steps per day. Pedicures or foot care is an essential part of our health regimen. Here are some foot care tips.

- Do wear shoes or slippers at all times.
- Do check your feet daily for open sore, redness, swelling or colour changes.
- Do wear comfortable shoes that fit well.
- Do keep feet dry between the toes.
- Do use a foot bath and soak feet.
- Do use a good foot cream like Gehwol for foot odour, cold feet, painful, tired feet, protection from athlete's foot and dry and hard skin.

- Don't wear tight or torn shoes.
- Don't wear tight socks or knee-highs.
- Don't let feet get dry or cracked.

Your feet should be looked after on a regular basis every four to six weeks. Check with your local podologist (foot care specialist), who will take care of your feet by soaking them in a warm bath, trimming the nails, cleaning the cuticle, treating ingrown toenails, corns, calluses, athlete's foot, infections of the skin and nail, fungi and plantar's warts. All treatments will be followed by a foot and leg massage. (See page 17 for local foot care clinic dates.)

Diabetic patients often have poor circulation and limited sensation in their feet. Abnormal pressure can cause wounds on the bottom of the feet. Sometimes patients need custom-made shoe inserts (orthotics) to help support the foot.

For more information, call Jill at: 403-249-3080 or 403-861-1503 (cell).

Jill Read-Johnson, podologist



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Roots/Swing Duo Kicks Off BCPA's Spring Season in Redwood Meadows

Longview roots/swing duo Over The Moon will perform at Redwood House February 10 as part of Bragg Creek Performing Arts' spring season. Over The Moon is made up of married performers Suzanne Levesque and Craig Bignell, who is an award-winning vocal and multi-instrumentalist. Their show opens the BCPA's four-concert schedule, which also includes a matinee performance by legendary family entertainer Fred Penner on

March 24 in Bragg Creek. Vancouver's Laila Biali will play an evening show that same night. Brother and sister Matthew and Jill Barber round out the season with a show at the Bragg Creek Centre on May 5.

Levesque and Bignell of Over The Moon live on a ranch in Longview, and there is a strong sense of place and the rhythms of the land in their music. Their music is a wild ride from '40s-sounding western swing to Appalachian old-time and cowboy blues. Simple and sweet, all of their material has a common thread that speaks of the Canadian west. This performance in the intimate setting of Redwood House really should not be missed.

Tickets for Over The Moon are available online from ticketpro.ca at https://secure.ticketpro.ca/?lang=en&server=ww2#achat_BCS10BS18.

For tickets to other BCPA shows, visit [ticketpro.ca](https://www.ticketpro.ca).

You can also call 1-888-655-9090 or purchase tickets in person at Suncatchers Design Studio at 55 Burntall Drive in Bragg Creek (403-949-4332).

Jeff Mackinnon, BCPA



Bragg Creek Performing Arts Presents:

Over The Moon

February 10th, 2018

The essence of Traditional Country-Folk. Two part harmonies with a timeless quality.



Redwood House 1 Manyhorses Drive, Redwood Meadows

Doors at 7:00 P.M. Concert at 8:00 P.M.

Tickets; Adults \$30.00 Seniors \$28.00

For Tickets: call 1-888-655-9090, visit www.braggcreekperformingarts.com, or in person at Suncatchers, White Ave., Bragg Creek



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January is Alzheimer's Awareness Month



Everyone knows someone or a family coping with dementia. Dementia is the loss of mental function, such as memory and judgement, which affects daily activities.

Alzheimer's is only one type of dementia. In 2016 it was estimated that more than half a million Canadians suffer from dementia, with 64 percent having Alzheimer's. Unfortunately, Alzheimer's is irreversible and medical science does not yet have a cure. In addition, this disease places a huge burden on the health system and the people

caring for someone with Alzheimer's living at home.

The Alzheimer's Society of Calgary has a number of workshops and resources to help persons suffering from Alzheimer's and their caregivers. Come and talk with your physician at Care in the Creek Medical Centre in Bragg Creek about these resources and about other help that is available in the community. If you do not have a family physician, your local Care in the Creek Medical Centre will welcome you. Dr. Annelies Noordman is accepting new patients. Visit careinthecreek.com or call us at 403-949-2457.



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Adults Can Learn to Ski with XC Bragg Creek

Would you like to be able to keep up to your children on the local cross country skis trails? Have you had the same ski equipment since 1985 but never really learned how to use it? Maybe it's time you took a ski lesson!

XC Bragg Creek ski coaches would love to help you feel more comfortable on skis and



have more fun on the trails. The club can offer lessons in classic and skate skiing, from beginner to advanced, midweek or on the weekend, depending on coach availability and skier demand.

For more information on lessons at your level, email programdirector@xcbraggcreek.ca.



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Accentuate the Positive in New Year's Fitness Resolutions

When it comes to New Year's fitness resolutions, we tend to focus on what we want to lose: pounds, inches, bad habits, etc. This year, why not focus instead on what you want to gain: power, strength, agility, balance, good health and a new set of healthy habits. The results might be the same, but the approach is different.

Negative statements like "don't sit too much," and "don't eat too much sugar," can discourage people before they get started. Even the simple word "diet" on its own has negative connotations.

Instead of focusing on what you "can't" or "shouldn't" do, take a look at what you do now, and see if there are ways you can add to your health and fitness routine to get fitter and stronger. I'm a big fan of incremental changes, rather than grandiose resolutions, so here are some small, positive steps that might lead to big, positive changes.

Add a simple daily balance move to your routine, like standing on one foot while you wash the dishes or work at the computer.

Take the stairs rather than the elevator whenever you can.

Seek out an activity that you like and that gets you moving. If what you'd like to do isn't currently offered locally, contact the Redwood town office (403-949-3563) or the Bragg Creek Centre (403-949-4277) to see if there's enough demand for a class.

Feeling stressed and overwhelmed? Take a minute to breathe deeply and think positively.

Vary your diet by trying a new vegetable or fruit. Ask friends or check the internet for healthy recipes for the foods you love.

Happy new year, and now get down to work!

Ann Sullivan

Ann leads fitness classes at Redwood House M, W, F mornings at 9. anns@safari.ca



IN 2017
WITH YOUR HELP
WE RAN 2 SUCCESSFUL **FOOD DRIVES**
FILLED OVER **175 REQUESTS** FOR LOWER INCOME
SINGLE PARENTS, NEWCOMERS, SENIORS, & DISABLED RESIDENTS
PROVIDED OVER **167 RIDES** FOR APPOINTMENTS AND
HAD **8 GROUPS** MAKE & DONATE **139 MEALS** FOR
FAMILIES IN DISTRESS

THANK YOU FOR HELPING US MAKE A DIFFERENCE IN THE LIVES OF
VULNERABLE CITIZENS IN COCHRANE & AREA.

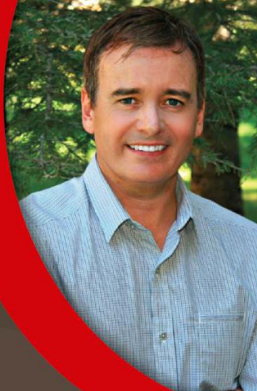
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REMINDER: EMERGENCY CALL-OUT SYSTEM

In the event of an emergency, Redwood Meadows
will use an automated emergency
call-out system.

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

To update your contact information, email
prupert@redwoodmeadows.ab.ca
or phone 403-949-3563.

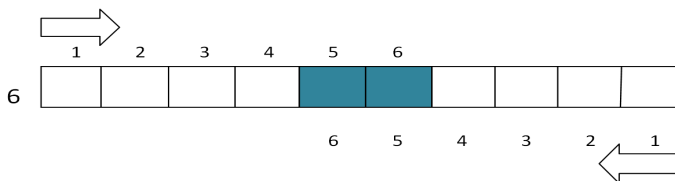
picapix puzzle

The latest Japanese logic puzzle is here! 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:

- Numbers represent how many squares you colour in to form a group or block.
- Leave at least one square between these blocks.
- The sequential order of the numbers is the order of the blocks, i.e., top number for a column is 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 and then count 6 squares from right to left.



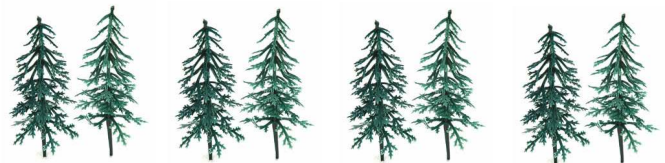
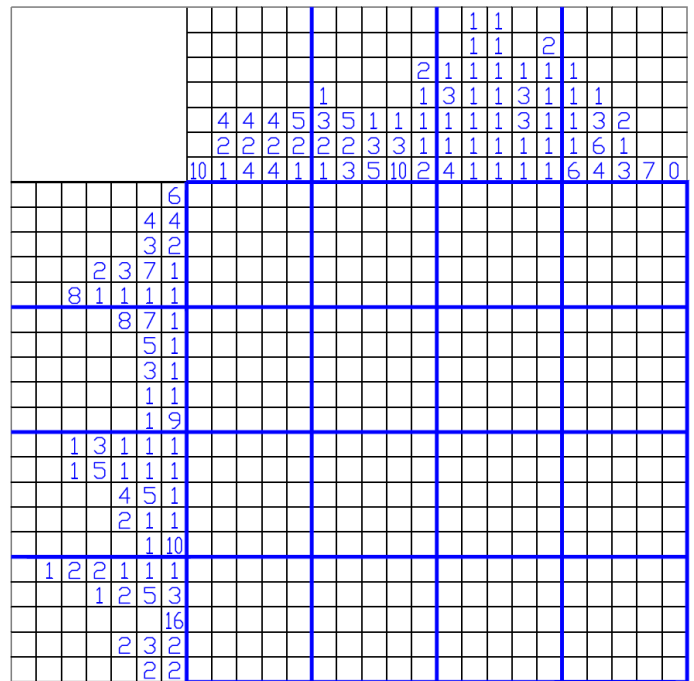
Confidently shade in the overlapping squares. This is spatial reasoning. Even one shaded square can lead to others.

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. This is critical for solving.

Remember – no guessing; try using your best number logic. For more information, visit <http://www.learnpicapix.com>.

*Created by Diane Baher of Okotoks
(Solution on page 18.)*

DOUBLE DECKER



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foot care clinics

FOOT CARE IN THE CREEK!

Clinics: Thursdays at 6-week intervals
 Location: Snowbirds Chalet
 19 Balsam Avenue, Bragg Creek
 Hours: 9.00am to 4.00pm
 Clinician: Jill Read-Johnson, Certified Podologist
 Cost: \$30.00 /session
 Appointment: Call **403-949-2133** for more details
 & to book appt for clinics. You will
 receive a call to confirm your appt.

**Clients must provide their own foot basin & towel.*

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns, and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes.
- Can help improve circulation, mobility, and muscle performance.
- Can help reduce risk of foot infection and pathology

Foot Care Clinics are a Mountain Woods Health Services community initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship
www.mountainwoodshealth.com



Upcoming 2018 Foot Care Clinics

January 18
 February 22
 March 22
 May 3
 June 14
 July 26
 September 6
 October 18
 November 29



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Little Schoolhouse Celebrates Winter and Holiday Traditions

Celebrating the holidays and our tremendous work thus far was the focus over the last few weeks prior to the break. While we welcome the two weeks off as a time to reflect and relax, we eagerly anticipate the remainder of the school year. So much to learn and experience!



in our preschool and kindergarten children over the years we work them at the school.

We wish you all an exciting 2018 filled with adventure and wonder!

Our Christmas parties gave us an opportunity to sing our hearts out and share treats with our families. As always, the “hibernation celebrations” were a favourite as we all snuggled down for the winter in our pjs. Kindergarten students studied the difference between hibernation and torpor, documenting this learning in their journals. The preschool children loved role-playing the skunks, snakes, turtles and frogs that hibernate for the winter.

At The Little Schoolhouse, we strive to create a caring, community-minded learning environment for our students and their families. We welcome parents to volunteer and hope that families become actively involved in the early education of these bright young students.

It is always such a pleasure for our staff to see the growth

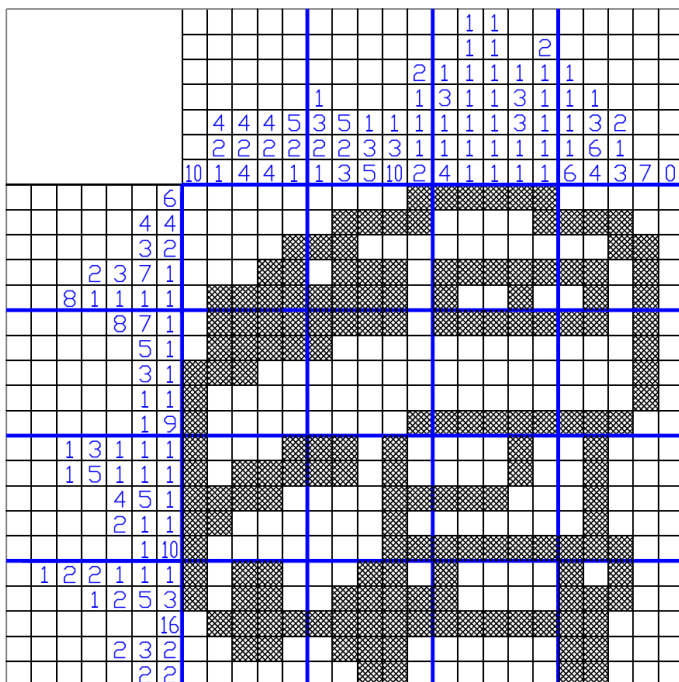
Registration for the 2018-19 school year begins on January 16 at our registration night, 6:30 pm at The Little Schoolhouse. Please visit www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning-funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 9-11:45am and afternoons from 12:30-3:15pm.

For information on programming, please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher

Picapix Puzzle Solution

DOUBLE DECKER



Calling all students!
Drop In for
HOMEWORK CLUB
Wednesdays 3PM - 5PM

The Hub
 BRAGG CREEK COMMUNITY CHURCH

BRAGG CREEK
 community church

Bragg Creek Shopping Centre
 #212-7 Balsam Avenue
 (next to The Best Little Wordhouse
 in The West)

For further details, please contact: Pastor Dave Zimmerman 403-949-2072

- Students can feel welcome to come and complete homework in a fun, safe environment
- Wifi will be accessible for schoolwork
- Qualified, trained, screened volunteers will supervise
- Parents will need to preregister and sign-out their children in order to utilize the Homework Club

End of a Term Means it's Time to Review Your Mortgage

Is your current mortgage still competitive? Has there been a change in your job or your family situation? What are your long-term goals? Are you up-to-date on what the market is doing with regard to interest rates? It's always a good idea to review your mortgage at renewal time to make sure you're in the best product for your current needs and that it still fits into your overall financial plan. This is a great time to re-evaluate your needs and goals.

Typically, the renewal process starts when your lender sends you a mortgage renewal statement, about 20 to 45 days before your current mortgage matures. At that point, you will have to make an important decision. The renewal letter may not give you the best rates available. In fact, these are often higher than the lender's lowest rate. Negotiating a rate and other privileges can strengthen your financial position. Reach out to a trusted mortgage broker at this time to review other options that may be available to you.

Too often, Canadians receive their renewal notice and sign on the dotted line without weighing their options. By doing your homework, you can bring yourself one step closer to mortgage freedom.

Here are a few ideas to help you pay off your mortgage faster.

- Pay down as much as you can afford on the existing mortgage before renewing.
- A new mortgage should be tailored to your specific needs and not to the latest headlines.
- If the renewal rate is lower than your previous rate

and you are still comfortable with making these payments, keep the payments the same at the lower rate.

- If you're making more money, try shortening the term of the mortgage by paying bigger lump sums each month. This strategy not only cuts the repayment period, it also saves you interest in the long term and pays down your mortgage faster. It's a great option for those who are financially sound, planning an extended leave or working toward early retirement.
- Apart from making larger payments, you can also change the frequency of your mortgage payments from monthly to accelerated biweekly or weekly installments.

You may also want to consider refinancing at renewal time. Refinancing frees up cash you may need for debt consolidation, home renovations or investments. So take a fresh look at your future and stay on top of your renewal.

Candace Perko

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redwood meadows babysitters list

Name	Age	Courses	Contact
Banon	13	Home Alone, Babysitting course	403-949-4104
Bo	12	Home Alone, Babysitting course	403-949-8471
Chris	14	Red Cross Babysitting	403-949-4968
Darian	15	St. John's Babysitting, Home Alone	403-949-2490
Elizabeth	12	Red Cross Babysitting, CPR	403-540-8056 ekorthuis@telus.net
Emily	17	First aid, CPR	587-582-2846
Jerrith	14	Red Cross Babysitting	403-869-5634
Jordan		Babysitting course, driver's licence	403-949-4108
Kate	14	Babysitting course	403-860-9525
Keeling	15	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Liam	15	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
Olivia	17	Babysitting course, driver's licence	403-863-4182
Quinn	11	Babysitting course	403-949-3149 quinnbarrie@me.com
Sabrina	17	Babysitting course	403-949-2090
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).