



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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January is a month for reset and renew. It's a chance to reflect on the previous year and set good intentions for the next. For some of us this comes in for form of making resolutions, starting new routines, or setting new goals and making new choices. However you celebrate the New Year, we wish you the very best in 2019.

The Chatter is grateful for our surrounding community who make this publication possible but also our wonderful community of Redwood Meadows and

surrounding area such a great place to live.

This year was yet another busy year for the Redwood Meadows Community Association (RMCA). We held over 13 events ranging from Easter egg hunts to Canada Day to our fantastic New Year fireworks display just a few days ago. Do you have any feedback or suggestions for 2019 programs and events? Feel free to get in touch with us!

thechatter@redwoodmeadows.ab.ca

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Happy New Year!
We look forward to more adventures in the woods in 2019. We wish you and your families all the very best.

Thank you to our Redwood Meadows Emergency Services for making Santa in the Woods another memorable 2018 event.

RMES photo

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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| 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.

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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.

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Happy New Year! I hope you all had lots of fun during the festive season, and that 2019 will be a happy and healthy one for us all. I can't quite believe that's it! Christmas and New Year are finished for another year and we are looking forward to a great year ahead of us in 2019.

Events and Volunteering

RMCA will be hosting a paint night February 1st with Dave Zimmerman as one of our first fundraisers of 2019. Look for more information on our Facebook page for cost and time. RMCA will also have a casino to run this June. The casino money will be directed to many enhancements to our community including a new bike pump track by the skate park, refurbishing the playground and park on Redwood Meadows Drive as well as improvements to the main sports field. Look for volunteer opportunities at both the paint night and the casino posts.

The Chatter

The Chatter will continue with improvements and additions to make it even more enjoyable to read. Have ideas or want to contribute? Send a note to thechatter@redwoodmeadows.ab.ca and let Jessie Seymour the new head editor know what you would like to see.

Thank you again to all the volunteers on RMCA, IAC, RMES and our Townsite Council for making Redwood Meadows a great place to live.
Happy January!

Renate van der Zande

RMCA President

rmca-president@redwoodmeadows.ab.ca

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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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.rmesfire.org ; Call 911 in an Emergency |
| Indigenous Awareness Committee (IAC) | 403-949-3563 | |



Happy New Year! All the Best in 2019!



Redwood Town Council Update

THOUGHTS FROM THE MAYOR

Happy New Year! This is generally when we take time to reflect on accomplishments of the past year and look forward to all our plans for the coming year.

We often take for granted the achievements of staff and volunteers but as you will see, there would be some big holes without them.

We have completed a great deal in 2018:

- The completion of the lift station on the North berm to protect local residents from rising groundwater
- RMCA's work in building a permanent skate park
- Secured funding for ice rink restoration
- Completed and opened the new maintenance building to enable the fire department expanded training facilities and improve delivery of Townsite services
- Moved the lease renewal project forward

Looking forward to 2019 we have a lot to accomplish.

The main focus of council will be:

- Completion of new Townsite lease by September 1st
- Implementing a solid waste and curbside recycling program
- Completion of ice rink improvements
- Purchase of a new fire truck to enhance service and maintain status of RMES
- Continue to pursue a viable high-speed internet option for the community

None of this would get done without the tireless efforts of our volunteers...Thank You! On behalf of staff, council and everyone who makes our community "One of a Kind" a very prosperous and Happy New Year!

WASTE MANAGEMENT UPDATE

A main focus of our council in 2019 will be waste collection. In 2018, the Townsite contracted out our waste collection to a private vendor who hauled to the City of Calgary Spy Hill Landfill. In January 2018 the cost for commercial unsorted loads was \$85 per tonne.

As part of the Calgary Green Waste Reduction initiative the City of Calgary instituted a waste sorting policy as of June 2018. The City of Calgary increased the charge per load to \$110 per tonne. They require residents to sort waste into recyclables, black(garbage) and compost for curbside collection.

As of October 2018 unsorted waste unloaded, commercial or residential, at a City of Calgary landfill was



subject to additional surcharges for dumping waste, an increase to \$138 per tonne. As of October 2019 the City of Calgary has stated that they will have the ability to not accept unsorted waste (commercial or residential)

at their landfills or charge a fee of \$235 per tonne.

The Townsite of Redwood Meadows is being proactive about having a waste pick up solution prior to the October 2019 deadline. A committee formed of three councillors, community members, a waste management solutions professional, and a representative from Fish and Wildlife are meeting frequently to come up with a solution. The solution that the Townsite comes up will be contingent on cost effectiveness, feasibility, and in cooperation with our upcoming Wildsmart Community Designation.

The Townsite will be addressing the waste management initiative in several phases.

Phase 1

Phase 1 effective January 1st 2019 is securing a new waste disposal vendor that meets the criteria for our community. The criteria included comparable current cost to our existing model, infrastructure and machinery to handle our community's current and future waste disposal needs, adherence to our Wildsmart Community Designation, and a vendor that practices green industrial initiatives. After researching options, comparing cost, and talking with our current vendor, The Townsite



Redwood Town Council Update

Continued from previous page:

secured a contract with T&T Disposal, a small local company from Black Diamond. They currently serve Priddis, Turner Valley, Black Diamond and other areas with Rockyview County. In 2018, residents paid through a combination of utility charges and residential taxes \$17.50 per month for waste pick up, based on the \$85 per tonne haul rate from January of 2018. The increase in dumping fees at the City of Calgary was not passed onto our residents as the previous contract was agreed to prior to the increase in user fees. Due to scheduling the service for waste pick up will **move to Monday mornings effective January 7th, 2019**. Additionally, T&T Disposal will be providing curb side recycling pick up starting this June 2019.

Future Phases

Other phases for our waste management initiative include utilizing secured grant funding for the installation of pathway and park waste and recycling bins, installation of refundable depots at locations throughout the community, and other changes that will be communicated to the community when final details are confirmed.

The Waste Management Committee

The Waste Management Committee is looking for additional members. Any residents wishing to join can contact Councillors Decore, Perkins or Allen for more information. The committee looks forward to keeping Redwood residents informed of the next steps and time lines for the phase roll outs.

Diaper Composting

A new initiative to Redwood Meadows is disposable diaper composting. We wanted to compost them to further reduce the third largest disposable items. They are heavy and a large volume material. Sign up is required to prevent "dumping" and to ensure only residents use the service. For more information and to sign up please visit Redwood House during office hours or call 403-949-3563.

COUNCIL MEETINGS

Council meetings are held on the first and third Tuesday of every month at 7pm at Redwood House. Meeting agendas are available to the community on the Redwood Meadows website prior to the meeting. If you would like to add an agenda item, please contact Julia Kennedy-Francis, Townsite manager: jkf@redwoodmeadows.ab.ca by the Friday before the scheduled council meeting.

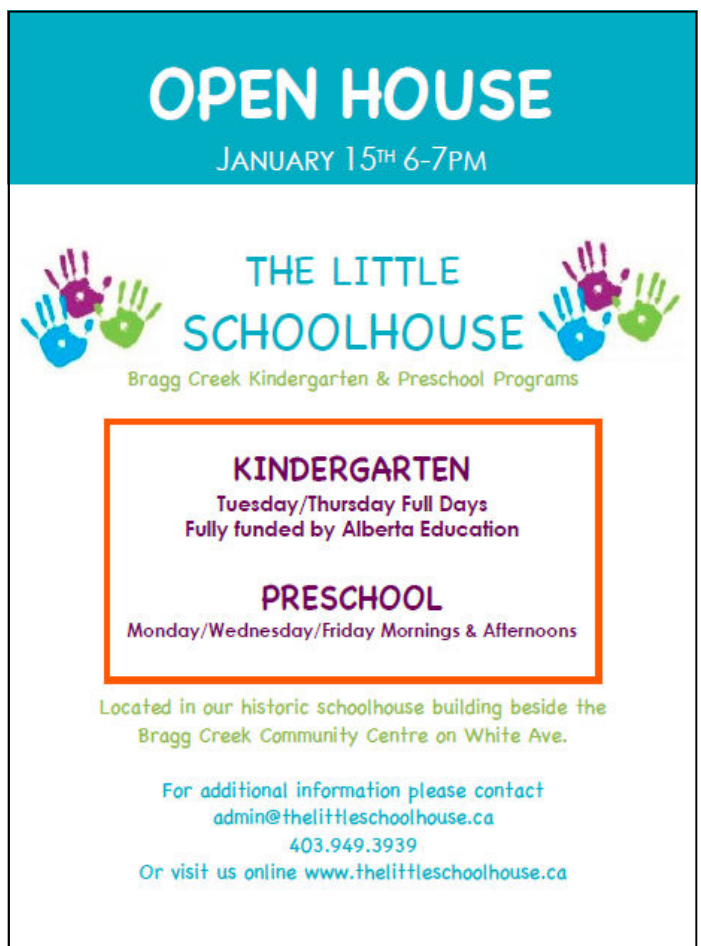


Paint Night

A Paint Night like No Other
With Local Artist
David Zimmermann

Friday Feb 1st doors open at 6:30 painting starts at 7pm sharp
\$50.00 per person all supplies included
Tickets at Redwood House and Bragg Creek Center weekdays
Cash bar and Hors d'oeuvre

**Get ready to be messy, have loads of fun and
bring home a unique piece of art you will have
created**



OPEN HOUSE

JANUARY 15TH 6-7PM

THE LITTLE SCHOOLHOUSE
Bragg Creek Kindergarten & Preschool Programs

KINDERGARTEN
Tuesday/Thursday Full Days
Fully funded by Alberta Education

PRESCHOOL
Monday/Wednesday/Friday Mornings & Afternoons

Located in our historic schoolhouse building beside the Bragg Creek Community Centre on White Ave.

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

Happy New Year! From Redwood Meadows Emergency Services



It's time for some outdoor fun times to burn off everyone's energy and holiday calories. There's lots of ice in the area, some of it is safe to enjoy for skating and fishing, some of it isn't. Above all, remember that no ice can ever be considered 100% safe! Here are some ice safety tips:

1. Avoid moving water: Ice that forms over moving water is usually weaker, especially where there is stronger current. Avoid this ice unless you are positive it is frozen at least 5 inches thick.

2. Measure before you go

Using an ice auger (what you use for ice fishing) you can measure the thickness of the ice:

Less than 3 inches – Stay off!

4 inches – Skating, walking and skiing are okay

5 inches – Snowmobile/ATV are okay

8 inches plus – Driveable

3. The colour wheel: Clear, blue or green – Skate away! Dark or white ice may be a sign of weakness.

4. Know where you stand: Ice near the shore can be weaker than ice in the middle of the lake, and sometimes vice versa. Don't think one part of the lake is exactly the same as the other.

5. Watch for snow: Ice with piles of snow can increase the pressure and decrease the safety. Snow can also insulate and warm the ice, slowing the freezing process.

6. Look at your surroundings: Cracks, seams, pressure ridges, slush and dark areas are all signs ice is unsafe.

7. Don't go alone: It simply isn't smart to be on the ice without another person there, just in case. Make sure you're within eyesight of a buddy and keep a cell phone handy!

WHEN SOMEONE FALLS THROUGH: Call 9-1-1

Anyone still on the ice should lie down slowly to distribute their weight over a larger area.

The person in the water should remain calm, breathe normally and kick to slowly ease their way out of the water. Turn toward the direction they came in, and place hands and arms on unbroken surface. Lift themselves on forearms and kick feet to try to get out of the water. Once they make it to the surface, have them crawl or roll away from the broken ice area.

Everyone should avoid standing up until far away from the broken ice.

As soon as you can, get the victim into dry clothing and treat for hypothermia.

WATCH YOUR DOG! Keep an eye on your dog to ensure that it remains in safe areas. If your dog does fall in, phone 9-1-1. First responders have the equipment needed to keep everyone safe—if you try to rescue the dog yourself, chances are you'll fall through, too.



Redwood Meadows Emergency Services

2018 Emergency Response Statistics

Happy New Year everyone! 2018 is out the door and 2019 is underway. Here's some statistics on what we did over the past year.

Your volunteers at RMES responded to **307** calls for service. Broken down into categories, this was **163** medical assists (53%), **68** rescues (22%), **55** fire & fire-related calls (18%), **5** hazardous materials calls (2%), and **16** "other" or uncategorized responses (5%).

Our busiest truck - no surprise, as usual - was **120 Rescue** with 204 responses or two-thirds of total calls. Second was **120 Rapid Response** with 78 responses or 25% of total calls.



Broken down by call type:

Our non-medical responses looked like this:

Alarms: **27**
Citizen Assist/Service Call: **13**
Motor Vehicle Collision: **12**
Outside Fire: **11**
Structure Fire: **6**
Vehicle Fire: **6**
Outside Smoke Investigation: **4**
Mutual Aid/Assist Outside Agency: **3**
Fuel Spill/Fuel Odor: **2**
Gas Leak/Gas Odor: **2**
Explosion: **1**
Odor (Strange/Unknown): **1**
Water Rescue: **1**

Our medical responses included the following:

Motor Vehicle Collision with Injuries: **55**
Falls: **21**
Traumatic Injuries: **19**
Unconscious/Fainting: **17**
Sick Person: **11**
Convulsions/Seizures: **10**
Unknown Problem: **10**
Abdominal Pain: **9**

Chest Pain: **9**
Breathing Problems: **8**
Psychiatric Problems: **8**
Transport to Hospital Only: **7**
Hemorrhage/Laceration: **6**
Stroke: **6**
Cardiac Arrest: **5**
Overdose/Ingestion/Poisoning: **4**
Heart Problems: **3**
Assault: **3**
Allergies/Stings: **2**
Back Pain: **2**
Eye Problems/Injuries: **1**
Headache: **1**
Childbirth: **1**

There are lots of great things coming to RMES in 2019 and we'll be sure to keep you posted!
Everyone have a happy and safe 2019!

Try Our Sweet, Savory, and
Spicy Korean Menu



Friday Night
PRIME RIB DINNER

Weekend
BRUNCH

CALL TO INQUIRE ABOUT CATERING

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2018 The Year in Review

As we count down the final days of 2018, we look back on a year that presented many challenges – new stress testing regulations, increased interest rates, shifting house prices, and so much more ...

Conventional Stress Test

As of January 1st, 2018, Canada's top banking regulator – OSFI - began a requirement to "stress test" borrowers with uninsured loans to ensure they could withstand higher interest rates. Stress testing was already in effect for insured borrowers. This meant all Canadian buyers, regardless of their down payment, borrowing from a federally regulated lender are subject to an OSFI Mortgage Stress Test. Mortgages are qualified using the Bank of Canada's 5-year benchmark rate, which is currently set at 5.34%, for all insured loans. Or at the current contracted rate + 2% if that rate exceeds the benchmark rate, for uninsured loans.

Prime Rate Increases

The prime lending rate is the interest rate Canada's major banks and financial institutions use to set interest rates for loans, lines of credit, and variable-rate mortgages. There were 3 prime rate increases in 2018 (Jan 18 - h 3.45%, July 12 - h 3.70%, and most recently Oct 25 - h 3.95%**), current prime rate in Canada is currently 3.95%*.

** Note, TD Canada Trust prime rate is generally .15% higher than the industry standard prime rate, they are 4.10%.*

*** The next scheduled date for announcing the overnight rate target (that determines prime rate) is January 9, 2019.*

New Mortgages

October data from the Bank of Canada showed that the national mortgage market experienced one of the slowest months of growth on record, a meagre 3.4% year-over-year increase. This is already inching dangerously close to the historically lowest levels of below 3.2%, last seen on April and May 2001, according to a *Better Dwelling* analysis of the figures. Moreover, the BoC data indicated a trend that this pace is expected to further grind towards a relative crawl. As of October, the 3-month annualized pace of growth (at just 1.9%) was more than 40% lower than the annual growth. In 2017, there were 959,074 new mortgage loans according to CMHC, which was a 6.5% decrease from the previous year.

- Only the category of multiple mortgage holders increased. All others declined.
- The decline in mortgage loan activity was largest among those renewing their loan with a new lender. 134,258 loans were extended to homeowners renewing with a new lender — a decline of 17.4% from 2016.
- The refinancing category dropped by 8.3%.

Canada's share of high-credit-quality clients increased from 66% in 2002 to 88% in 2017, according to the CMHC. During the same time frame, the proportion of low-credit-quality borrowers fell from 17% to just 3%.

Mortgages in Arrears

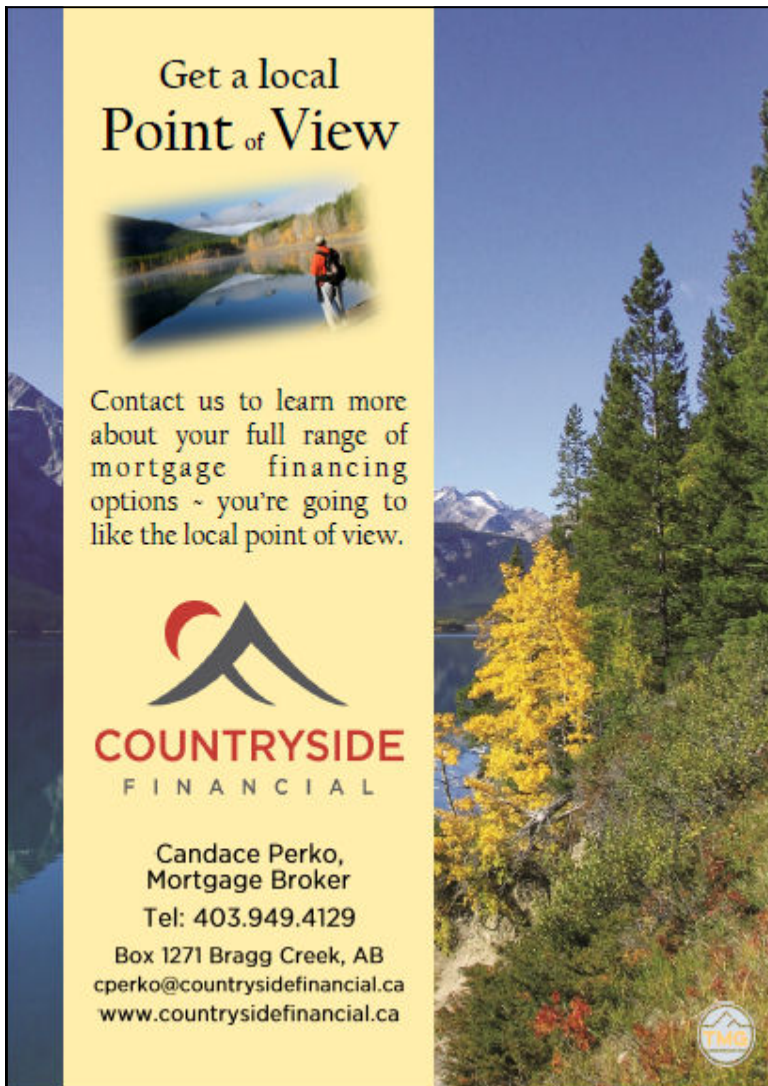
The number of residential mortgages in arrears has dropped slightly, according to figures from the Canadian Bankers' Association. As of June 30, 2018, 0.23% of mortgages across Canada were in arrears. The same period in 2017 had 0.25% of mortgages in arrears.

Continued on next page.


Household Debt

Canadians are carrying a lot of debt — \$1.68 of it for every dollar of disposable income, making Canadians the most indebted people among G7 countries. However, household debt grew by only 3.5 per cent over the past year, this pace of consumer debt growth has fallen to its lowest in 35 years, according to recent data from the Bank of Canada. The last time Canadians slowed down their borrowing this much, back in 1983, consumers were under pressure from interest rates like they are today. But rates were at much higher levels then, with the Bank of Canada's key lending rate peaking at around 21 per cent in the early 1980s.


There were 11,641 consumer insolvencies in October of this year, up 9.2 per cent from a year earlier, according to data from the Office of the Superintendent of Bankruptcy. The insolvency numbers include both bankruptcies and consumer proposals, an alternative to bankruptcy that has become popular in recent years. It's the largest number of consumer insolvencies for the month since at least 2010. CAIRP, which represents nine out of 10 licenced Canadian solvency trustees, said 97 per cent of its membership expects insolvencies to rise in 2019. Ninety per cent agreed that Canadians "possess unhealthy levels of debt." Data released by Statistics Canada, found that Canadians' savings rate dropped to just 1.4 percent of their incomes in 2018, the lowest level in over 10 years.



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Canadian Housing

Canada continued its downward slide in global price rankings last quarter, falling to number 44 on property consultancy Knight Frank's 57-city price index. The report cited the introduction of foreign-buyer taxes in BC and Ontario, stricter mortgage qualification rules and rising interest rates as factors in the country's falling status.

Cooling activity numbers are music to the ears of policy makers, who were hoping that a new mortgage stress test and foreign-buyer taxes would help to balance the formerly red hot Toronto and Vancouver markets. Royal LePage is anticipating the national median home price will increase by 1.2 per cent in 2019, is expected to remain in a "correctional cycle" that began this year, with home prices appreciating at a "snail's pace."



The Powderhorn Celebrates 40 Years

Established in 1979, the Powderhorn Saloon will celebrate its 40th anniversary this year. "I believe for a Canadian business in a small town, this is pretty special!" says owner/manager Rose Dallyn, who bought the "Horn," as it's affectionately known, in 2008 with her husband, Geoff. As the local go-to watering hole, the Horn has hosted many occasions ranging from weddings to wakes. The Powderhorn also sponsors many local events and runs the beer gardens on Bragg Creek Days.

Even though the Dallyns are originally from England, they "felt it was very important to keep the western/cowboy theme," says Rose. "We kept as many of the original features as we could. The main bar is the original oak bar with all the branding iron marks from local ranches." They added another section to the bar and had more local ranchers come brand it, including the Calgary Stampede brand.

After the flood of 2013, the Dallyns had to renovate again, and the Horn continues to be a much-loved staple in the hamlet. "It's a casual bar that hopefully everyone feels comfortable and at ease in—a bit like the famous 'Cheers' bar where everybody knows your name." In fact, many of the Horn's staff have been there since the Dallyns bought it, 10 years ago! "I'm pretty lucky for that loyalty and commitment," says Rose. "My daughters have also played a huge part in helping me, working there and promoting it."

So, what to expect at the Horn? Daily specials including Tuesday Taco nights, Wednesday Wing nights, and the new Thursday Shwing night where shrimp is tossed in wing sauces. Thursday nights also feature open mic, and every Friday night showcases live music. Don't forget bingo, which happens one Saturday night a month. "It's free to play and you can win prizes," says Rose. "I host it and use all the old-fashioned bingo calls."

Above all, the Horn is a place for community, run by folks who love the community. "We ran out of gas in Bragg Creek and never left," laughs Rose.

The Powderhorn Saloon

Address: 7 Balsam Ave

Hours: Monday – Sunday, 11am – Late
open daily except for Christmas

Phone: (403) 949-3946

Email: info@powderhornsaloon.ca

Website: powderhornsaloon.ca

Social: facebook.com/ThePowderHornSaloon

If you would like your local business spotlighted in a future issue of the Chatter, email setocolleen@gmail.com with details about your business, how it contributes to the community, and upcoming events.

THE POWDERHORN SALOON
BRAGG CREEK, AB.

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DAILY DRINK & FOOD SPECIALS
LIVE MUSIC FRIDAYS
PRIVATE EVENTS CATERED FOR & HOSTED
Open Mic Every Thursday from 7pm

=====

Friday Jan 4th—Al Barrett Bar
Friday Jan 11th—Malibu Mike
Friday Jan 18th—JR Kaquitt
Friday Jan 25th—Backroad Traveler Band
Saturday Jan 26th—Curringio =
Rani Rasoi & BINGO
Watch Facebook For extra BINGO dates
Wishing you a very Happy New Year!

=====

Happy 40th Birthday Powderhorn!!
Watch for Birthday Events Throughout 2019!

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Health for Body, Mind, and Spirit

New Beginner Class in Bragg Creek

Weekly Class Starting January 2019
Tuesday evenings 6:30 - 8:00 pm
at Snowbirds Chalet, 19 Balsam Avenue

Demonstration & Registration
6:30 pm, Tuesday January 22, 2019

First Class
6:30 pm, Tuesday January 29, 2019



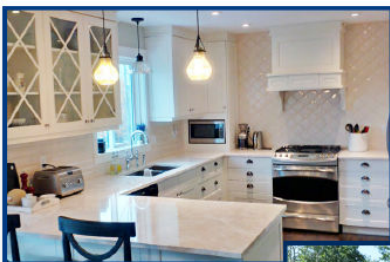
More Information:
403-949-2933

CanadianTaiChiAcademy.org



**MOUNTAIN'S EDGE
RENOVATIONS**

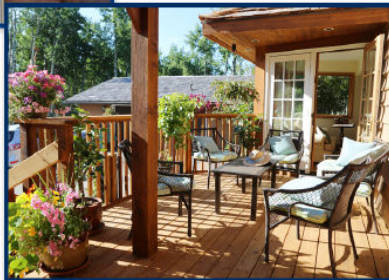
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Banded Peak Kindergarten Program

"AT BANDED PEAK, WE STRIVE TO BE THE BEST THAT WE CAN BE!"

Fax: 949-4067 Website: <http://bpeak.rockyview.ab.ca>



Kindergarten students at Banded Peak are provided an exciting, enriching, and nurturing learning experience to begin their formal schooling. Talented, qualified teachers, spacious, well-equipped classrooms, a strong focus on literacy, numeracy and citizenship, access to a rich school library, daily physical education in our gymnasium, music, buddy programs, opportunities for parent involvement, and access to on-site before and after school childcare are but a few of the wonderful aspects of kindergarten at Banded Peak.

Parents and new kindergarten students are invited to take a 'peak' into our program on the evening of Wednesday, January 16th beginning at 6:00pm.

During the evening orientation, parents AND new students will be introduced to our kindergarten team, review our program, tour the school, and participate in a number of activities to help prepare new students for the upcoming school year.

Please check the Rocky View School website at www.rockyview.ab.ca (Advanced Registration Edition) for further information on how to register your child online.

Banded Peak is located 1.5KM south of the Hamlet of Bragg Creek on Highway 22.

KINDERGARTEN REGISTRATION FOR THE 2019/2020 SCHOOL YEAR AT BANDED PEAK WILL BE ONGOING FROM JANUARY 14TH.

Please contact Banded Peak School at 403.949.2292 for further information.

CRABAPPLE COTTAGE



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Welcome to the New Year!

Hello Community!

Compliments of the season and a happy start to the New Year for all! Lets make 2019 the best year for Bragg Creek yet! Before we jump into everything coming up at the Bragg Creek Community Centre, we have a big thank you for everyone who planned and helped out with the Kids Only Store on December 1st. Our thanks to Banded Peak School kids (or Santa's Elves), Andrea Nelson, Renate Van der Zande, Shaye Radford, Carrie Hucal, Tanya Kamachi, Michelle Minke and everyone who volunteered. We had 160 kids come through and almost ran out of gifts to offer! We would also like to thank everyone who donated all manner of various sundry items for crafts and additional gifts including Cochrane Canadian Tire, Camp Horizon, Banded Peak Veterinary Hospital, Sandstone Pharmacy, My Favorite Store and our lovely local residents. We love being able to be part of the Spirit of Christmas initiative and help build holiday spirit in and around the community so our thanks to Louise-



Bragg Creek Centre

Marie Auger and the planning committee for another great year of festive fun!

Upcoming in 2019, be sure to save the date of **MARCH 9th** to beat the winter blues and attend our Hawaiian themed BCCA Fundraiser! There will be food, drinks, music and a 12 foot inflatable palm tree that is too good to miss. Stay tuned for tickets sales and additional information!

Be sure to check out our website, www.braggcreekca.com, to stay up to date on all of our upcoming programs throughout the year! Your centre is a hub of activity and has on offer everything from Drop-in Pickleball to theatre training to morning walking clubs. We would like to highlight the Outdoors-In Nature Connection Camps being run on the Professional Development Day of March 18th and Spring Break from April 23rd to 26th! Be sure to get the kiddos in early and avoid the deadlines by registering at www.outdoorsin.ca today.

There is so much more going on in the early months of 2019! For additional information on what's coming up and going on at your Bragg Creek Community Centre, be sure to like and check out our Facebook page.

See you around town!

Ben McTaggart
Event Coordinator

MOVIE NIGHT

Smallfoot

Friday. January 25, 2019



Doors Open: 6:00pm | Show Time: 6:30pm

Members FREE | \$5 Per Person Non-Members

Concession: hotdogs, popcorn, candy, pop!
Remember: Parental supervision required!!!!



Bragg Creek Centre

www.braggcreekca.com
23 White Avenue | 403-949-4277
info@braggcreekca.com



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 re-defines 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. *Check on more on the website about this show!*

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.

From the BCPA Website


BRAGG CREEK PERFORMING ARTS PRESENTS



FEB. 9, 2019



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• OR IN PERSON AT SUNCATCHERS, WHITE AVE, BRAGG CREEK



**NOTICE
CHANGES TO
GARBAGE
COLLECTION**

**As of January 7th
our new garbage
collection day will
be Mondays**

**Please have your
garbage to the curb by
7am**

Accentuate the Positive this Year

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 good habits. The results might be the same, but the approach is different.

Negative statements like "don't sit too much," "don't eat too much sugar," and "avoid empty calories" can discourage people before they even get started. Even the 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 all-or-nothing resolutions, so here are some small, positive steps that might lead to big, positive changes. Here are a few suggestions:

- Add a simple daily balance move to your routine, like standing on one foot (in line at the grocery store, while brushing your teeth . . .) When that gets too easy, try standing on one foot with your eyes closed.
- Take the stairs rather than the elevator whenever you can.
- Make a habit of walking rather than driving for short trips. If you do drive, park farther away than you need to. (If you're always running late, this tip has the added benefit of forcing you to walk faster.)
- 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 community centre in Redwood Meadows or Bragg Creek to see if there's enough demand for a class.

- Do a plank (the "up" position of a push-up) every day. Start with a 30-second hold and build from there.
- Feeling stressed? Take a minute to breathe deeply and think positively.
- Stand up to work on the computer.
- Try one new vegetable or fruit whenever you can.
- Find a healthy new recipe for your favourite foods.
- Think of a new way to challenge yourself physically.
- Set your goals high -- but not unrealistically so -- and have fun.

Happy new year!

Ann Sullivan

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



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Classical Conditioning



Many people have heard of the Russian physiologist Ivan Pavlov and his experiments with dogs and a bell. His work was done in the 1890s and is still very much studied today. Pavlov is credited for the discovery of Pavlovian conditioning, also known as *classical conditioning*, and it was discovered by accident.

Simply put, it is learning by association. This type of learning is why we are so cautious about using aversive techniques (startle, fear, pain, shock, etc.) when we are trying to teach our dogs how to get along in this world of ours. It is super easy to associate one thing with another, and fear is something that is *generalised* very easily, and quickly, in dogs. For example, if we are out walking our dog and another dog comes into view, our dog may want to meet and greet the other dog. If we are trying to teach our dog to walk nicely on a leash, we may give a sharp tug on the leash with the intention of stopping our dog from not doing what our task is - paying attention to us and

walking nicely beside us.

The problem is that when our dog is looking at the other dog, and it gets a sharp yank on the leash, this is where classical conditioning can come into play. Our dog may very well *associate* the unwelcome, and maybe even painful, jerk on the leash with the other dog. Unfortunately, it can take only one incidence for this to happen, and it is almost guaranteed to occur if the exercise is repeated over and over again. The dog may start to *associate* the uncomfortable or painful yank directly to the other dog, and our dog will begin to feel anxious, or even become frightened around other dogs. This is how leash reactivity gets started. If our dog is repeatedly punished when they see other dogs, he will start to believe that other dogs are not a good thing when he is out for his walks.

Other things that can happen is that the dog may also start associating being outside as a bad thing. We cannot predict what will be related to the uncomfortable experience our dogs have, and we cannot sit them down

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dog behaviour

Continued from previous page

to ask them what went wrong.

Classical conditioning happens everywhere, all the time, with or without our help or knowledge. As they say, Pavlov is always on our shoulder. Most of us have dogs that get excited when they hear the jingle of keys. A set of keys, by themselves, have no special meaning for dogs, but when those keys are associated with walks or car rides, they can trigger as much excitement as the walks or car rides themselves.

Behaviourist and author Jean Donaldson calls the use of classical conditioning, in conjunction with early socialisation, a “puppy insurance policy”.

Each time you pair the presence of one thing with something else really good, like a treat or a nice scratch behind the ears, you are paying into that insurance policy, and that will protect you and your dog from behaviour problems later in life. The more you pay into that

insurance policy, the less likely the dog will have fears or issues later in life.

These positive associations need to be done throughout a dogs entire life. Associative learning doesn't just stop once the dog has left puppyhood, we all experience it every moment, of every day, of every month, of every year we are on this earth, and life is so much more fun when we have positive associations to lifes little experiences rather than building associations by the use of fear or punishment.

Lorraine Brown, ISCP.Dip.Canine.Prac
Smiling Pup Holistic Canine Behaviour Consulting
www.smilingpup.ca

https://www.whole-dog-journal.com/issues/4_6/features/Classical-Conditioning-in-Dog-Training_5364-1.html



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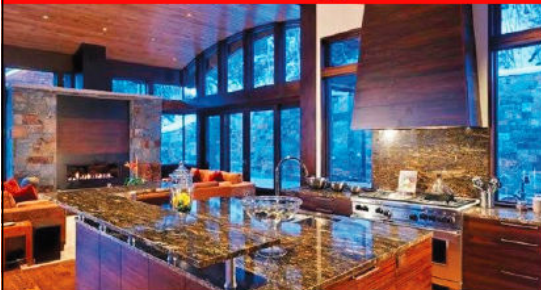
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Barbara Jones



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

NEW FEATURE - ATHLETE OF THE MONTH

We want to feature YOUTH!

ATHLETE 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.

Do you have a budding athlete 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 yoga skills.

Regardless of the activity we would like to feature you!

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

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?

Any other highlights/recognition?

Perhaps a favourite coach or team mate?



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 or phone: (403) 949-3563.

HOMEWORK GIVING YOU A HEADACHE?

Are you suffering thru decimal system “delights” or fraction frantics? Is multiplication in a muddle? Experienced Montessori math coach for students 6 to 12 years old available. After-school, weekend or PD days. Combine with my supervised after-school homework program for real results! Call Ms Carol at 403-949-2238.

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.



Patti Lee
PHOTOGRAPHY

A New Year, a New Beginning
May your 2019 be filled with
laughter and love

“Winter Wonders”
pattileepphotography.com
pattileepphotos@gmail.com
403-870-4928

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 |
| Emily | 17 | First aid, CPR | 587-582-2846 |
| Griffin | 12 | Babysitting course | 403-408-6998 |
| Jerrith | 14 | Red Cross Babysitting | 403-869-5634 |
| Kate | 15 | 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).



Cafe hours

Tuesday - Friday 8:30am-4:00pm

Saturday 8:30am- 5:00pm

Sunday 9:00am-5:00pm

good coffee- tea- elixirs- baked goods- toasts
salad bowls- homemade soups & more

WINTER YOGA

DROP-IN SCHEDULE

45 - 75 MINUTE CLASSES

MONDAY Basics & Beyond 9:30am
Slow Flow 7:00pm

TUESDAY Strong & Fluid 9:30am
Evening Registered Series
(see website)

WEDNESDAY Slow Flow 9:30am
Evening Registered Series
(see website)

THURSDAY The Roll Method 9:00am
Strong & Fluid 7:00pm

FRIDAY Yang/Yin 9:30am
Slow Flow noon

SATURDAY Basics & Beyond 9:00am
Afternoon Registered Series

REGISTERED SERIES /WORKSHOPS/RETREATS

BEGINNING YOGA - Wed. Jan. 16 - Feb. 20 7:15pm 6 class series introducing Heart Yoga

DEEP RELEASE - Sun. Jan 20 - Feb 20 7pm Experience the healing benefits of Yoga Nidra

THE ROLL METHOD - Wed. Jan 16 - Feb 20 6pm MyoFascial Release (Therapy Balls)

CRITICAL ALIGNMENT FOR THE BACK - Sat. Feb 2 - March 16 2pm

CANDLELIT YIN EVENING SERIES- Monthly Friday evening Practices

YOUTH YOGA PROGRAM - Mondays/Wednesdays/Fridays . (visit website for details)
We focus on kindness, gratitude and a deep sense of love and respect for oneself and others

TEEN YOGA PROGRAM - Tuesdays 4:30pm A supportive series offering Mindful Movement,
Meditation, Breath Awareness, Relaxation Techniques & Community volunteering

VISIT OUR WEBSITE

403.813.8465 WWW.THEHEARTOFBRAGGCREEK.CA #12 BALSAM AVE

YOUTH/FAMILY YOGA PROGRAM

HEALTHY BODY HAPPY HEART

PEACEFUL MIND

8 CLASS SERIES Begins Week January 14

5-8 years Mondays 3:30 - 4:15 \$60

9-12 years 4:30 - 5:15

Family Class Fridays 3:30 - 4:30 Inquire

Parent & Babe , Pre-Schoolers , Home Schoolers
Please contact Amarin with days/times that
work best for you by Dec. 22

INQUIRIES/REGISTRATION

www.theheartofbraggcreek.ca

amarin@yogawithintheheart.ca



GET STRONG & FLUID . BE CALM . STAY FOCUSED. SMILE

YOGA FOR TEENS

TUESDAYS 4:30 - 5:30PM

8 WEEK SERIES

\$80.



REGISTER: THEHEARTOFBRAGGCREEK.CA