



CHATTER

-IN THE WOODS-

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WELCOME!

This is our first July/August issue of the Chatter. I'm new here so maybe its not the first...but it's the first in awhile. We really wanted to have a summer issue to ensure that information was available to residents about our summer events and news but also an issue to celebrate spring sports and our famous CANADA Day celebration!

We have some exciting articles this month from our amazing writers including an Indigenous Awareness Committee article about the Tsuut'ina's upcoming powwow as well as a wellness article from Dr. Gillian Sawyer. Our business feature this month is The Heart Café.

Enjoy reading and as always if you have suggestions for the Chatter, RMCA programs or events please email TheChatter@redwoodmeadows.ab.ca

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Spring Sports 2019
Where we saw lifelong friendships flourish and amazing youth step up to support our community.

Until next year!
RMCA

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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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.



Happy summer everyone!

July is the month we permit ourselves to relax and forget most of our worries. Redwood Meadows always has a wonderful way to start summer with our Canada Day celebration. This year was such a success, people are still talking about it and so many photos are being shared with us. The weather was kind, the atmosphere was fun, and the entertainment was spectacular. It was wonderful to see our community come together and make some very happy memories. These events do not come magically by themselves; we need to give gratitude to the beautiful land we reside on, the committees and groups that collaborated, and of course of amazing volunteers to bring such an amazing experience together. A warm thank you to everyone that came to celebrate Canada's birthday but as well our culture and community.

RMCA had some inspirational moments with our local Indigenous Awareness Group on National Indigenous Peoples day when Dr. Jennifer Leason presented an education exercise on reconciliation. We can not move forward without knowing our past. This was an eye-opening exercise that touched all human emotions. I strongly recommend that our community take time to join in the next IAC speaker event. These are very well thought out speakers and it is a great way to know about where we live and how we can unite and live in harmony.

As you might have noticed Redwood Meadows purchased a teepee that will stand tall at all mayor events from this day forth. RMCA, council and the IAC are planning to have a community day (August 24th) and part of this day we will have a painting ceremony of our teepee. A time for all Redwood residents to have an opportunity to place their handprint on the teepee. Traditional ceremonies for indigenous peoples are ways to promote wellness and heal the spirit. Stay tuned for more details as our community day comes together – but save the date of August 24th!

On a totally different note RMCA will be taking over the collection of empties from Redwood House as well as all the new recycling bins from around the community. This will be a new environmental way to raise funds for activities and initiatives in our community. Please do not place anything other than cans, bottles and juice boxes in the recycling bins around townsite. Thank you! Our next Chatter in the Woods will be published in September, RMCA wishes everyone a glorious summer full of memories and laughter!



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BCCA	403-949-4277	program@braggcreekca.com
Big Brothers/Big Sisters of Calgary and Area		Leila.maillet@bigbrothersbigsisters.ca
Bow Valley Rugby		Rugby34@telus.net
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Cameron Westhead MLA		Cameron.westhead@assembly.ab.ca
Care in the Creek	403-949-2457	careinthecreek@gmail.com
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Countryside Financial - Candace Perko	403-949-4129	cperko@countrysidefinancial.ca
Durango Trails	403-949-3266	hello@durangotrails.com
Dieter Hendrickson	403-612-7849	dieter@remaxbraggcreek.com
Resource & Support Services in Bragg Creek	403-851-2286	Wendy.farnsworth@cochrane.ca
Fitness with Ann Sullivan	403-689-4835	anns@safari.ca
Harder and Sons Exterior Maintenance Services Inc.	403-949-3442	Lowell@exteriormaintenance.ca
Indigenous Awareness Committee (IAC)	403-949-3563	
Jeff Mackinnon, Maxwell Canyon Creek	403-860-9525	homesinalberta.ca
Juice Plus	403-650-7762	Carrie.hucal@aol.com
KarmiK Elite Performance	403-408-6998	Michael.d.moore@hotmail.com
Kathleen LaPlante Remax West	403-818-8049	kathleenlaplante@remax.net
Kamp Kiwanis	403-686-6325	community@kampkiwanis.ca
Linda Anderson - Barrister, Solicitor, and Notary	403-243-6400	linda@lindaandersonlaw.com
Mamabefit		stocmeg@hotmail.com
Maverick Law	403-949-3339	carmen@mavericklaw.ca
Montessori Home-Tutoring (K-12) Math and Language	403-949-2238	
Redwood Meadows Emergency Services (non emerg)	403-949-2012	www.rmesfire.org ; Call 911 in an Emergency
Redwood Meadows Tae Kwon Do School	403-807-1030	ninedegrees@telus.net
RMCA		programs@redwoodmeadows.ab.ca
Robotics	403-993-2334	
Rocky Mountain Adventure Medicine	403-949-2632	Brenda.watt@adventuremed.ca
Swamp Donkey Musical Theatre Society		tgizen@gmail.com
The Little Schoolhouse	403-949-3939	www.thelittleschoolhouse.ca
Wintergreen Athletic Therapy	403-667-7116	simacphee@gmail.com
Wintergreen Golf Course	403-861-8918	sjackson@wintergreengolf.com
XC Bragg Creek Ski and Bike Society		www.xcbraggcreek.ca
Youngevity	403-949-4109	helencirin@gmail.com



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Redwood Townsite Update

Summer is finally here! As we celebrate Canada Day and the vacation season I want to pass on a message from council.



Please note that during the summer Council moves to only one meeting per month. In July – Council will meet on July 16. August date will be released shortly.

Council recently emailed an important lease update to all residents, followed by a lease information session June 19th. Tsuut'ina and Redwood Meadows remain dedicated and focused on resolving the lease. I will pass on more information as it becomes available.

Thank you to the Indigenous Awareness Committee for organizing an exceptional evening with Dr. Jennifer Leason on June 21 for National Indigenous Peoples Day. It was a great turnout and a very informative and moving evening.

Construction on the hockey rink continues to move along, although progress has been a bit slowed by the weather. We are waiting to confirm appropriate compaction on the base before proceeding with concrete. Have no fear – we will be ready for hockey season.

You may have noticed some new recycling bins popping up in our parks as Council continues to look for ways to improve waste management around our community.

On a bit of a sad note, Julia Kenney Francis will be moving on from her position with Townsite on July 12th. Julia is moving back to New Brunswick with her family. I would like to take this opportunity to thank her for her service and wish her all the best in her future endeavors.

Sincerely,
Paul Sawler - Mayor

Note from Ed Perkins, Bylaw Committee Chair:
I would like to thank residents who have called me or Townsite with concerns and feedback regarding bylaw matters. My colleagues and I have been extensively reviewing our bylaws and agreements in place with the Nation as we work forward to a new stewardship agreement. This has been a long process, as many of our

bylaws had become rather dated and the lack of enforcement had created some challenges in both processes and behaviours. We heard your concerns and have acted.

I hope many of you were able to introduce yourselves to Redwood's new bylaw officer on Canada Day. Jamie Mitchell is excited to be a part of our community and has advised council that Townsite's reception has been very positive and pleasant. Thank you all for your positive feedback on interactions thus far. Our commitment to residents as we move forward is to address some of the behaviours that collectively put us at risk and those that can negatively affect our quality of life and the appearance of our community. This will accompany education and messaging. We know that our unique status as a "townsite" can create some confusion, so we are working on simplifying your access to the agreements and rules that are in place.

Did you bring your dog for a photo with bylaw on Canada Day? It was great to meet you all at our booth. Please be patient with us as we update our dog registry. Many thanks for all your patience as we work to improve.

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 Council meeting. If there is an agenda item that you would like added, please forward this to Colleen, our Council Executive Assistant on/by the Friday before the scheduled Council meeting. cthiesse@redwoodmeadows.ab.ca



Picapix Puzzle



Resource & Support Services available at the Bragg Creek Community Centre

Through the Rural Outreach program, with Western Rocky View Family and Community Resource Centre, residents living in Bragg Creek and Redwood Meadows have direct access to the following; Basic needs support, Elder abuse and Domestic violence supports, Financial information and income supports, Parenting education and In-home support, Youth outreach support, Legal resources, Assistance accessing and completing government forms, Addiction and Mental Health referrals, supportive counselling and much more.

If you, or someone you know, has a problem and you're not sure what to do about it, please contact Wendy Farnsworth, Community Support Worker, at phone number: 403-851-2286.

Services are FREE and CONFIDENTIAL.



"The one common experience of all humanity is the challenge of problems."
R. Buckminster Fuller

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 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.

For more information, visit

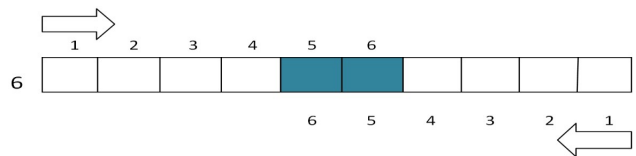
<http://www.learnpicapix.com>.

Created by Diane Baher of Okotoks

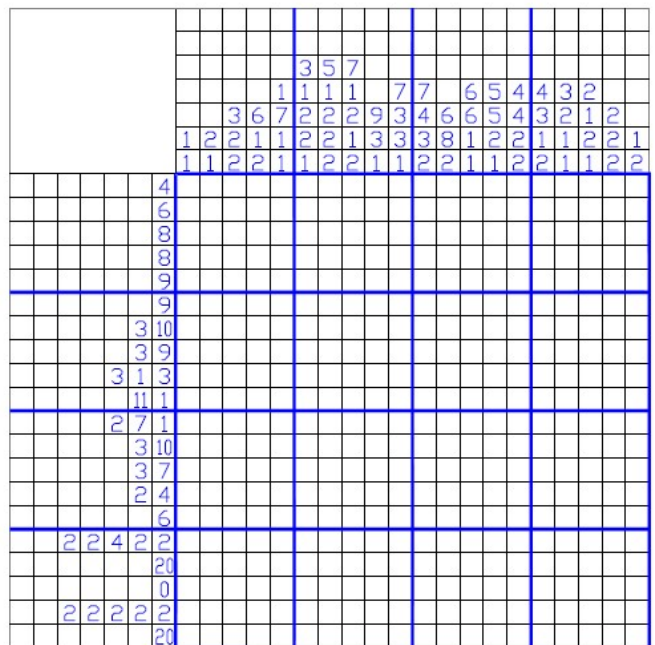
Solution on page 15



**Save the Date
Redwood Sport Field
August 24th**



WINDSURFER





Summer is here!

It's a time for family road trips, outdoor fun and (hopefully) lots of great weather.

Here are some simple reminders to prepare

for safe summer days:

1. Stay in cool, shaded areas during the heat of the day. Stay well hydrated with water. Wear clothing that's loose and light.
2. Wear the right helmet when cycling, inline skating and skateboarding.
3. When the thunder roars, go indoors and stay there for at least 30 minutes after the last rumble of thunder.
4. Stay safe while camping: if strong winds, hail or a storm is developing while you're camping in a tent or tent-trailer, move to the closest building or hard topped vehicle. If no shelter is available, seek refuge deep in a thick stand of trees.
5. If you're heading out camping or hiking, tell someone where you're going and when you plan to be back.
6. Avoid the bugs and their bite. Keep in mind, ticks are often found along trail edges, mostly in wooded areas or tall grass. Lightly coloured clothing is less attractive to mosquitos and easier to spot ticks.
7. Pack an emergency kit; make sure it's organized and easy to find in case you need to evacuate your home quickly.
8. Keep food fresh: Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness. Leftover food should be chilled promptly, and remember to throw it away if it has

been out for more than 2 hours.

9. Make a safe splash: Never leave a child unattended near water, not even for a second. Avoid swimming while under the influence of drugs or alcohol, at night or in stormy weather.
10. Stay safe on the roads: Every year, 10,000 children are hurt or killed on Canadian highways. Make sure everyone in the vehicle is buckled up properly, even for short trips.
11. Please don't drink and drive (a boat, a car, a motorcycle or an ATV)!

Watch for your Redwood Meadows Emergency Services crews helping out at Redwood Meadows' Canada Day Parade and fireworks (July 1), Bragg Creek Days' Pancake Breakfast and Parade (July 20) and the TsuuT'ina Rodeo and Pow Wow (July 27-29).

And if you see us coming down the road in the big red trucks with lights flashing, please move over, stop your vehicle and let us pass safely so we can get to someone who needs us quickly.

Until September, stay safe!





Bragg Creek Centre

G

reetings Bragg Creek!

We at the Bragg Creek Community Association celebrate community! We have SO many fun activities lined up the

summer. Such as:

Sole Girls Summer Camp, an empowerment camp for tween girls aged 8 -12

July 8th -12th, 9:00 am – 3:00 pm

Topics like body image, being unique, media, health and making our own choices can be hard for tweens – especially when fitting in and being cool is so important to them! Day Camps combine physical activity and mentorship to build confidence. Girls will learn tools to overcome bullying and mean girls, and how to be an empowered friend. Our Day Camps encourage girls to discover what they love about themselves and celebrate it. Be active, come meet new friends, release your inner awesome and have fun at camp with us this summer.

Email: info@braggcreekca.com to register

Bragg Creek Days – July 20th

Participate by entering in the Parade (floats, vehicles, riders & walkers all welcome), as a vendor in the Market (indoor and outdoor spaces available) or in the Pie Eating Contest (kids & adults needed). Email: braggcreekdays@gmail.com to register.

Family Rollerblading and Dance Party – July 12, 7:00 – 9:00 pm

\$15 each, \$40 per family of 4. Fun for everyone!

Rollerblade, dance, live DJ with light show! Cash bar and concession.

The Bragg Creek Community Centre is taking steps to be an environmentally sustainable facility. Some practices we have already put in place include:

Energy Conservation

- Last year we changed all outdoor lighting to energy efficient LED bulbs
- Keep unnecessary facility lights off during daylight hours
- Unplug appliances when not in use
- Cleaning products are eco-friendly and biodegradable
- No longer using single use cups or straws
- No longer sell bottled water at concession
- Have recycling receptacles throughout facility

In keeping with this effort this year's Bragg Creek Days will be a Green Event

- Range Recycling will be onsite to assist with making sure recyclables are placed in the proper receptacles
- Please bring your reusable water bottles as we will have a water filling station available
- Any disposables will be compostable

Rumble & Roar, Pickleball, Lego Club, Movie Night are finished for the season. Regular programming will start up again in the Fall and we are working on some new exciting ideas.

We would also like to congratulate and say thank you so much to Peter Van Thiel and Acrobatic Studio for their contribution to our facility for the past few years. Peter is moving his studio to Springbank where we wish him continued success. Having attended the last three years of performances the skill and poise the kids demonstrate is truly a privilege to watch.

My favourite moment this past month was the facilitator of the Opioid awareness workshop exclaim with pure joy and in mid-sentence - "look a deer! Oh, two of them!" Such a wonderful reminder of our extended four-legged community and the novelty they are to some. Please remember to watch our speed as we drive about the Hamlet this busy summer.

Sincerely,
Sherri Olsen, BCCA Director

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July Events

July 20th—Bragg Creek Days

August Events

Aug 5th—Heritage Day Long Weekend

August 24th—Redwood Meadows Community Day—Featuring Movie in the Park!

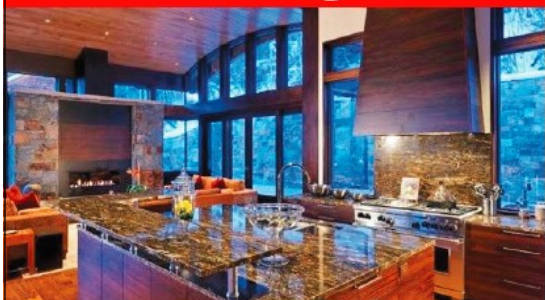
September Events

Sept 2nd—Labour Day Long Weekend

Sept 3rd—First Day Back to School

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For The Love of Wine— Canada Day Wines

When it comes to Canadian wine, most wine aficionados around the world can't get past the thought of Ice Wine as the only real Canadian marker. And this is just not the case! It is true however, that Canada contributes two thirds of the world's Ice Wine production, but there are so many others worth exploring.

The Okanagan valley is a familiar and easy destination for us Albertans, and because we don't get to see a lot of BC wines, it is worth the trip. It is a hot, dry and sunny region, with long summer days giving the grapes a lot more hang time to ripen. It is very common to find Chardonnay, Rieslings, sparkling wines and Pinot Gris. But you will be pleasantly surprised to find GSM (grenache, syrah, mouvedre) blends, Syrah and Bordeaux (Merlot dominant) blends coming out of the South. If you are a big fan of Loire valley wines, you might just fall in love with Okanagan Cabernet Franc for its flavors of dried pepper flakes, cherry, cocoa powder, and moderate acidity. The wines taste riper and sweeter here with more robust, suede-like tannins. In the North, or East Kelowna you can find fascinating Pinot Noirs from the powdery chalk-like soils showing notes of cranberry, raspberry and pomegranate. On the world scale, Chardonnay will be a grape to look out for with its familiar Chablis style! Plantings in the South do not get the intense afternoon sun and show more passionfruit and apricot flavors with great acidity, while the North's chalk-like soil show wines of lean green apple and white blossoms with crazy acidity. Branch and try some great Canadian wines this month, or hit the road for a holiday! Wine tastings can be \$5-\$10 and the fee is waived when you buy a bottle. Happy Birthday Canada!



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July Happenings

Friday 5th - Puttin On The Foil - Hillybilly Rock

Friday 12th - The Jack Butler Society

Friday 19th - The Tumbleweeds - Classic Country

Friday 26th/Saturday 27th - Nite Wind Band

"THE POWDERHORN'S GOT TALENT"

Details coming for the Fall Talent Show
\$1000 Prize Money!

Kidney March—2019 September 6-8

Watch for walkers during the 10th annual Kidney March from September 6 to 8

The Kidney Foundation is hosting its 10th annual Kidney March from September 6 through September 8, 2019. Kidney March registrations and fundraising are at a record high with over 600 Marchers and Crew embarking on the 100 KM trail from Kananaskis to Calgary, and a goal to raise over \$1 million. The journey will begin at Millarville Race Track on Friday, September 6 and ends at Canada Olympic Park on Sunday, September 8.

This transformational weekend is designed to raise awareness and funds for kidney disease prevention, life-saving research, patient programs and organ donation initiatives. 1 in 10 Canadians have kidney disease, and the number of Canadians living with end-stage kidney disease has grown 36% since 2007. Each day 15 Canadians learn their kidneys have failed. Thanks to the determination of dedicated Kidney Marchers and Crew, Kidney March has raised over \$7 million to reduce these numbers.

Kidney March is made up of everyday individuals doing the extraordinary. Family, friends, patients, doctors, nurses walk side-by-side to fight kidney disease and support organ donation. The heroic event is more than a fundraiser but also a community for those affected by the disease.

Kidney Marchers will be walking through the Redwood Meadows community on September 7. Please be cautious of Marchers on the roads, look out for the Kidney March signs and feel free to cheer them on!

Thank you for helping to keep the Kidney March community safe. For more information, to donate or become involved, please visit KidneyMarch.ca or call 1.866.9KMarch.

Erin Birbeck, Community Relations Associate, KFOC (Southern AB)
403.225.6108. ext. 36
erin.birbeck@kidney.ca

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Local Business Feature—The Heart

What began years ago as a mother-daughter venture to offer yoga in the hamlet, has blossomed into a welcoming community space that fosters wellbeing and sustainability for all. The aptly named Heart of Bragg Creek is a yoga studio and café, but it goes beyond that—offering locals a place to gather, connect and be mindful about how we live.

“We like to inspire heart-centred living—living and relating to one another and the planet,” says long-time Bragg resident Amarin Dawn, who co-owns the Heart with her daughter, Cailen Van Tighem and son-in-law-to-be Pablo Torres. “We’re really committed to doing whatever we can for the environment through really good wholesome food, good service, mindful movement and meditation.”

That is evident by the plant-based menu, where everything save for the samosas (made locally by Rani’s Rasoi), is made in-house with fresh, organic, and where possible, locally sourced ingredients. They’ve also launched a cultured coconut yogurt, called “YOGart,” and use more sustainable milks for coffee, in particular, oat milk made with Alberta oats. “We’re really trying to educate people about it and have people try it,” says Amarin. “Such a small change can make an important difference.”

It’s all about “opening your heart to new things through yoga,” she explains. So in addition to ongoing yoga classes, you can find workshops this summer on topics such as crystal journeys, teen clinics, pelvic health, even a yoga and clay camp July 22-24 with local potter, Juliana Rempel.

And community is at its core with the Heart participating in many community events like hosting a market during Bragg Creek days, teaching yoga at Banded Peak School or through the BCCA, and offering free venue rental to non-profits. Plus, don’t miss plant-based Taco Nights every Friday throughout the summer from 6 to 8:30pm. Bring your own cup and plate, and receive 10% off.

Bottom line, you don’t have to do yoga to enjoy the Heart. “Just come hang out. People feel really comfortable here; our big thing here is connection first,” emphasizes Amarin. “We want people to feel at home here. The root of yoga is non-harming. Compassion is important. We are a compassionate business whether it’s with people, the planet or animals. We’re not shy at all about holding that flag up. We can all use a bit more compassion.”

theheartofbraggcreek.com

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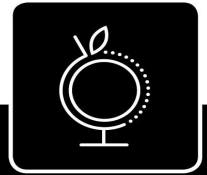
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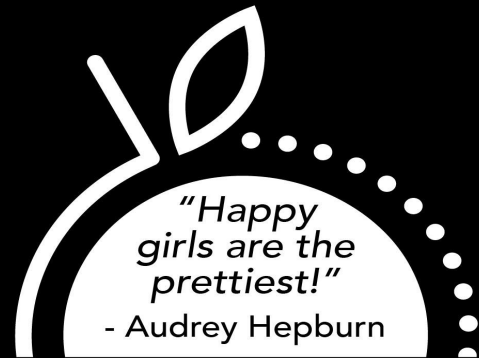
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Indigenous Awareness Committee

Redwood Meadows is one of the few communities fortunate enough to have a live powwow, right in its own backyard! The Tsuut'ina Nation is proud to host its annual powwow and rodeo this year from July 26 to 28, and Redwood's Indigenous Awareness Committee (IAC) encourages everyone to go check it out. As Hal Eagletail, chairman of the powwow celebration, says, "It's a great chance to see authentic native dance and song." This will also be Eagletail's 30th year as emcee of this prestigious event that sees competitors from many different First Nations.

Take in the stunning regalia and amazing talent of dancers of all ages, starting from tiny tots under five all the way to the golden category of dancers ages 56 and up. See the various styles of dancing including traditional, fancy, grass, women's jingle dress and men's prairie chicken as well as a headdress contest. There are cash prizes for dancing as well as for singing with the big powwow drum.

Families will also host special dances in honor of someone who has passed or of someone's accomplishments. "It all originates from a ceremony," explains Eagletail. "There's dancing for healing and you dance for your relatives." Spectators can even participate in the dancing. During the intertribal songs, everyone is invited to dance. So get up and join in!

One of the many draws of the powwow is seeing all the impressive regalia the dancers don. Every piece is unique as they hold different symbols representing different families. You're welcome to take photos of the dancers

during the event, but if you want a photo of or with an individual, it's protocol to always politely ask first.



The powwow is free to attend, and starts on the Friday at 7pm. On Saturday, there are two grand entries, one at 1pm and a second at 7pm, and one grand entry on the Sunday at 1pm. Eagletail advises going early to get a good seat. Parking is also free on-site. In addition to the powwow, take in the many Indigenous jewelry, craft, and food vendors. Try some delicious fried bread or bannock.

The powwow also offers a wonderful opportunity on the path to truth and reconciliation. "We want to be engaged and learn as neighbours," says Eagletail. "Let's send that spirit of continued harmony to the universe. Engage in one another's uniqueness. We have a powerful opportunity to show the world what cooperation can look like with projects like the ring road and the lease—how to nurture a good neighbourly relationship."

June was another busy and exciting month in Edmonton. Our government has been working many long days in our pursuit of getting this province back on track.

The most exciting day of the month was undoubtedly June 4th, when the Act to Repeal the Carbon Tax - Bill #1 - was granted royal assent by the Lieutenant Governor and signed into law. Albertans will now see lower gas prices, cheaper heating bills, and more affordable services for at least six months, since we will not be subject to paying Justin Trudeau's federal carbon tax until the new year. I know that myself, and hopefully many around me, will be voting for a change in federal government before then, and if successful, the carbon tax in Alberta will be gone forever!

Repealing the carbon tax isn't all we've been up to in Edmonton. This month we also passed our Job Creation Tax Cut, which will incentivize investment back to Alberta by decreasing our business tax rate by a third over the next four years, making it the lowest in Canada and most of North America. We also passed our Red Tape Reduction Act which will see Alberta's red tape burden decreased by a third across all government departments. Legislation to allow municipalities to offer property tax incentives has been tabled as a means to allow municipalities to encourage their own investment opportunities. We have also passed supplementary and interim supply to get us through the months leading up to the Fall budget, and have announced a firm commitment to funding increased school enrolment all across the province. Ensuring this province becomes a competitive environment to live and do business in once again is a top priority for our government, and we are committed to legislating in a way that we are confident will reignite our economy and quality of life like never before.

In other news, our government made history this month for surviving the longest legislative session. Thanks to our opposition, we sat in the house for nearly 25 hours straight without intermission, only to pass the second reading of a bill. While it is exciting to say that we were a part of history, I must say that it is disappointing to see our opposition filibustering aimlessly on our election promises. There are no surprises to the legislation we are putting forward, and I believe it shows incredible disrespect to Albertans, and to our democracy, to filibuster the very issues which the largest number of Albertans in Alberta history just voted for with resounding support. Nonetheless, we will not be deterred by their tactics, and if that means we filibuster every day for the rest of summer, we will do just that. Albertans elected us to turn this province around, and we will work relentlessly to ensure that happens.

On the SR1 file, I continue to remain opposed to the project for a host of reasons. The Ministry of Transportation has finally released an 8000 page document containing their long awaited responses to the regulator's 600+ questions, which could provide an interesting update in the process. In the meantime, the Springbank Community Association has begun a letter writing campaign. I encourage all of you who are opposed to, and concerned about this project to email me a written letter with your thoughts to banff.kananaskis@assembly.ab.ca. I am working on a very active case file, and would like to bring forward your words to the Legislature.

I hope to see as many of you as possible over the next month, either at Bragg Creek Days, the Springbank Air Show, my Stampede BBQ, or at either of my constituency offices in Canmore or Bragg Creek once they are open! Enjoy the sunshine while you can, and rest assured that our government is fighting for you.



Coming Soon!

Constituency Offices:

#226 - 7 Balsam Avenue
Bragg Creek, AB

&

#206-1080 Railway Avenue
Canmore, AB

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Discover something unexpected

Following the announcement of the First-Time Home Buyer Incentive in Budget 2019, the Government of Canada has just released additional details about the incentive, including eligibility requirements and how the program will be implemented. The First-Time Home Buyer Incentive launches September 2, 2019*.

** Barring any unforeseen circumstances the program will launch on September 2, 2019. The first closing will take effect on November 1, 2019.*

First-Time Home Buyer Incentive

The Incentive helps qualified first-time homebuyers reduce their monthly mortgage carrying costs without adding to their financial burdens. You need to have the minimum down payment to be eligible. You can then apply for a 5% or 10% shared equity mortgage with the Government of Canada. Your maximum qualifying income is no more than \$120,000 and your total borrowing is limited to 4 times the qualifying income. The Incentive has an equity-like payout, where the government would share in the upside and downside of the property value.

How does it work?

The Incentive enables first-time homebuyers to reduce their monthly mortgage payment without increasing their down payment. The Incentive is not interest bearing and does not require ongoing repayments.

Through the First-Time Home Buyer Incentive, the Government of Canada will offer:

5% of a first-time buyer's down payment for the purchase of a re-sale home. 5% or 10% of a first-time buyer's down payment for the purchase of a new construction.

How do I know how much I have to pay back?

You can repay the Incentive at any time without a pre-payment penalty. You have to repay the Incentive after 25 years or if the property is sold. The repayment of the Incentive is based on the property's fair market value:

- You receive a 5% incentive of the home's purchase price of \$200,000, or \$10,000.
- If your home value increases to \$300,000 your payback would be 5% of the current value or \$15,000.
- You receive a 10% incentive of the home's purchase price of \$200,000, or \$20,000 and your home value decreases to \$150,000, your repayment value will be 10% of the current value or \$15,000.

NOTE: If your property value goes down, you are still responsible for repaying the shared equity mortgage based on the current home value at time of repayment.

Incentive by Property Type

Funding Available

The First-Time Home Buyer Incentive works on a first-come-first-serve basis. The total amount of funding will be \$1.25 billion over 3 years.

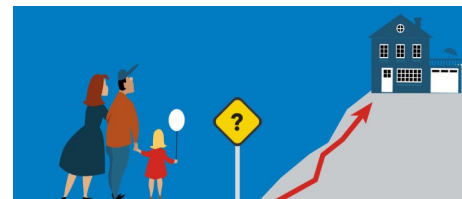
Property Type	Incentive (%)
New Construction	5% or 10%
Existing Home	5%
New or Re-Sale Mobile/ Manufactured Home	5%

Who can apply?

- Canadian citizens, permanent residents, and non-permanent residents who are legally authorized to work in Canada.
- Borrowers (and/or total income if more than one applicant) must have a maximum qualifying income of \$120,000.
- This is subject to qualifying income requirements set out by lenders and mortgage loan insurers
- At least one borrower must be a first-time homebuyer (if you meet one of following qualifications: you have never purchased a home before, you have gone through a breakdown of a marriage or common-law partnership (even if you don't meet the other first-time home buyer requirements); in the last 4 years, you did not occupy a home that you or you current spouse or common-law partner owned.

Are there other mortgage details?

- Total borrowing is limited to 4 times the qualifying income. The combined mortgage and Incentive amount cannot exceed four times the total qualifying income.
- The amount for the mortgage loan insurance premium is excluded from this calculation.
- The Incentive will be a second mortgage on the title of the property. There will be no regular principal payments, it's not interest bearing and has a maximum term of 25 years.
- The Incentive will have an equity-like payout, where the Government of Canada will share in the upside and downside of the property value upon repayment.



Now that this beautiful weather has come, many of you are likely out and about enjoying the sunshine and getting some more movement in. Whether its walking, running, cycling or chasing the kids, these tips on breathing are valuable across the board and can really have an impact in how your whole body feels. Totally worthwhile to try too if you are sitting at a desk for most of the day and experiencing neck and shoulder tension.

BREATHING – Can be such an overlooked topic as it's an automatic process we don't typically pay too much attention to. However, the **WAY** you breathe and **WHERE** you feel your breath really matters.

Here's an easy way to check in to your breathing. Place a hand on your belly and one on your chest. Take a nice deep inhale. Which hand moves more? Does your belly hand balloon out? Did your chest hand rise and lift your shoulders? Now place a hand on each side of your lower rib cage, like in the picture below, with your thumbs wrapped around the back and your index finger pointing forward. Now, take that same breath... Can you feel any movement of those hands on your ribs? Do your hands move away from each other, away from the midline?

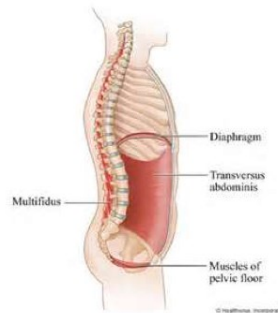


Ideally, you want your breath to feel like it comes from your lower ribs. In that, the majority of the movement you feel when you take a big breath in is under your hands. When you breathe in (Inhale –Picture B) you should feel like an umbrella is opening 360 degrees under your lower ribs. Your hands move apart; your pointer finger gets pushed forward and your thumb gets pushed backwards.

It's interesting to mention here that this is the breathing pattern we were all born with. If you watch a baby breathe, you'll see this "umbrella" / "rib" / "diaphragmatic" breathing pattern.

Somehow as we age, as we move less and sit more, our breathing pattern tends to get short, shallow ... contributing to neck and shoulder tension.

Why is this important to think about in your day-to-day activities? If you are breathing primarily with your chest (the top hand in the first position, we tested), you'll feel or may notice you have lots of upper back and neck tension. When you "chest breathe" the accessory breathing muscles in the neck and shoulders are overworked and tension/soreness typically results. On the contrary, when you use a "diaphragmatic breath" or a "rib breath", where you feel your lower ribs expanding, there are a number of hidden benefits!



One, is a deeper breath, with means more oxygen to the muscles that you are working. It also means less shoulder and neck tension and the added benefit of stimulating your parasympathetic nervous system (the chill, relaxed feeling in your body, compared to the "fight & flight" feeling you get when you are stressed - sympathetic nervous system). Using diaphragmatic breathing in times of stress can really help to dampen the stress response... try it next time!

The other really noteworthy benefit of "rib breathing" is how linked your breath is to core activation and stability in the low back.

So, here's what you can do. Practice the rib breathing with your hands wrapped around your lower ribs. See if you can fill the ribs (the space underneath your hands) with a slow inhale to the count of 4, then challenge yourself to hold your breath at the top of the inhale for a few counts, then exhale extra slow to a count of 6 as you let all of the air out of your lungs. Practice this intentional type of breathing 10 times per day and you'll be surprised at the results in just a few weeks. This could be done while driving in the car, brushing your teeth, or lying in bed in the morning or at night.

Happy moving (and breathing!).

For more info on these exercises, join me for a core/breathing/functional movement class right here in Redwood, visit my website www.gilliansawyer.com or reach out via email to drgilliansawyer@gmail.com

Spring Sports—That's A Wrap!

A BIG THANK YOU to all of our spring sports families, our coaches and volunteers. It was a great six weeks of fun and skill building. We appreciate everyone's support and participation.

Our 2019 Coaches!!

Jordan Smid, Erik Sobry, Tova Shaefer, Dean Svoboda, Gillian Sawyer, Jenna Sparkes, Adam Romp, Craig More, Patrick Seymour, Amanda Matthew-Haywood, Keith Sawyer, Sonya Allen, Cynthia Brocklebank, Adam Parzen, Phil George,

Jessica Lof, Matt Weiers, David Bopp, John Kangles, Alex Mueller,, Anthony Battistone, Alexia Foster-Williamson.

Teen Coaches: Luuk Dekker, Jake Moran, Lila Mackinnon, Yash Mattu, Arriana Haar, Simon Jepp, Mackenzie Morris, Isabelle Jackson





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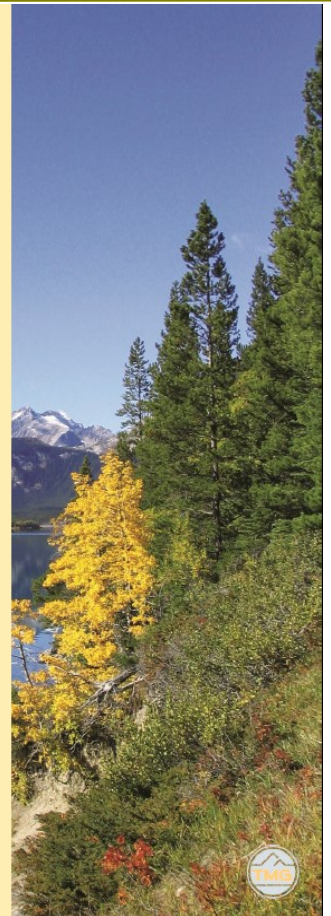


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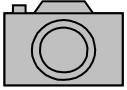
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We want to feature YOUTH!

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



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Cell: 403-554-8978



Your local RWM & Greater Bragg Creek real estate expert!

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.



Athlete/Artist of the Month

Aleeda Maas



Artist Profile

Aleeda Maas

Age: 6

Instrument: Piano

How long have you been practicing?

Since September

Favourite Song?

Halloween Song

Who is your instructor?

Mr. Earl McAuley

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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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.

Are you hiring?

We would love to post your job listings here.

Email your jobs to thechatter@redwoodmeadows.ab.ca

REGISTER NOW!!!



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PRESCHOOL

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For additional information please contact

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403.949.3939

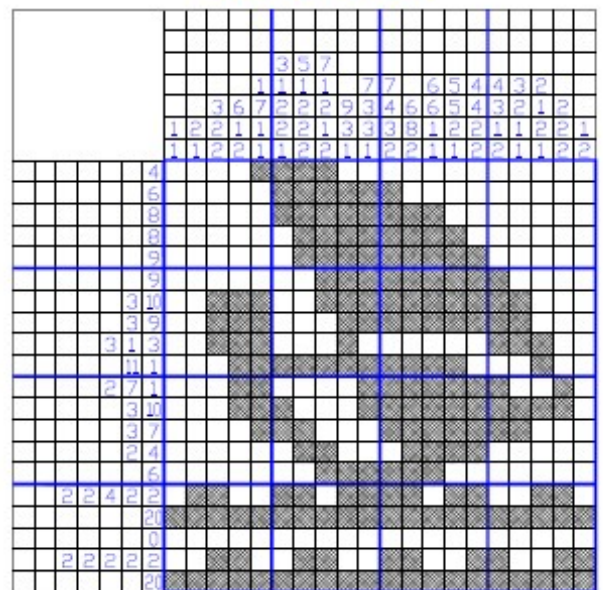
Or visit us online www.thelittleschoolhouse.ca

**Playgroup in Redwood is wrapped up
for the season**

We will see you in September!

Thank you for spending your mornings with us.

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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).



Bragg Creek Days



JULY 20 2019

**BACK TO OUR ROOTS &
FOCUSED ON COMMUNITY**



PANCAKE BREAKFAST 8:00 AM - 10:00 AM

PARADE 10:30 AM

MARKET 9:00 AM - 3:00 PM

GAMES 11:30 AM - 2:30 PM

BBQ 11:00 AM - 2:00 PM

PIE EATING CONTEST 12:00 PM

**BEER GARDEN &
LIVE ENTERTAINMENT** 11:00 AM - 4:00 PM

FOR FULL DETAILS VISIT BRAGGCREEKCA.COM