



# CHATTER

## -IN THE WOODS-

Read the online version of the CHATTER @ [www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)  
Follow Redwood Meadows on FACEBOOK and TWITTER!

Easter arrives early this year, and Redwood Meadows is ready! Along with the Bragg Creek Community Association, Redwood will host an Easter egg hunt and pancake breakfast on Saturday, March 31. See page 20 for details.

Good news! Redwood Meadows reached the minimum number of households required to bring fiber optic internet service to our community. Members of town council have met with AXIA to discuss the go-forward path. Watch for more information.

Councillors also met with both the community association and local emergency services to improve collaboration in all areas. Looking for lease updates? Don't miss the next lease café, March 22 at 7 pm at Redwood House.

Also in this issue, learn why you shouldn't feed the deer (page 8), what you might want to wear this spring (page 9), how you could benefit from Reiki (page 7) and where to find great food in April (page 12).

[thechatter@redwoodmeadows.ab.ca](mailto:thechatter@redwoodmeadows.ab.ca)

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## Local Cross Country Skiers Prepare for Alberta Youth Championships



Athletes from XC Bragg Creek hone their skills on the trails in Redwood Meadows every Thursday afternoon.

On March 3 and 4, the club will host the seventh annual Alberta Youth Cross Country Ski Championships on the trails in West Bragg Creek.

The event welcomes skiers aged 10 to 13 from across the province and as far away as Yellowknife. Watch for results in the April Chatter.

*The Chatter*

## 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](http://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](mailto: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](mailto:thechatter@redwoodmeadows.ab.ca)

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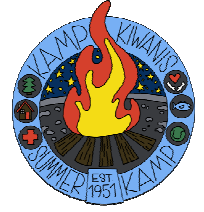
Deadline for each edition is the 15th of the month prior to publication.

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

The **CHATTER** is printed  
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403-949-2333

## THANK YOU TO MOOSE MOUNTAIN

Kamp Kiwanis would like to thank Moose Mountain general store for its continual support of our annual Summer Kamp Winter Reunion. The campers had an amazing day that they will never forget. On behalf of the staff, volunteers and campers at Kamp Kiwanis, **thank you Mark, Jennifer and staff!**



## MEET US AT THE HUB!

Bragg Creek Community Church office, warmly called the Hub, is open in the Bragg Creek Shopping Centre (next to the Best Little Wordhouse bookstore). Please come in to use our free wifi, borrow a book or just to visit. Homework Club is open Wednesday afternoons from 3 to 5 pm for kids to complete their schoolwork in a safe and supervised location. (See ad on page 16). You will find a Church volunteer at the Hub during the week. After hours, please contact Pastor Dave Zimmerman @ [braggcreekcommunitychurch@gmail.com](mailto:braggcreekcommunitychurch@gmail.com) or 403-949-2072.

## BRAGG CREEK LADIES INVITE ALL FOR SOUP AND PIE

The Bragg Creek Ladies Auxiliary invites everyone to the next soup and pie lunch on Friday, March 23. The event takes place from noon to 2 pm at the Bragg Creek Community Centre. Cost is just \$5 per person. Invite your friends and neighbours!

## CHATTER SEEKS BOOKKEEPING HELP

The *Chatter* is looking for a volunteer to assist with bookkeeping entries. This role requires keeping a spreadsheet of all current vendors, issuing invoices, and following up with RMCA volunteers regarding payments received. Time required is 2 to 3 hours per month. No meetings required—you can do it all from home! The current system used is QuickBooks, but you can start the next fiscal year with any bookkeeping system. Position will start in September 2018. Email [thechatter@redwoodmeadows.ab.ca](mailto:thechatter@redwoodmeadows.ab.ca).

## Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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### Dog Owners are Reminded to Keep Pets Under Control

Redwood town council met on February 6 and 20. The focus this month has turned to the townsite's upcoming annual general meeting, financial planning and budgetary reviews for the upcoming year.



#### **BYLAWS**

The townsite has been receiving an increasing amount of concern and complaints about dogs in our community. A reminder to residents that there is a bylaw pertaining to dogs in Redwood Meadows. All dogs must be licensed. Licences are available at the townsite office.

#### **INFRASTRUCTURE-**

Councillor Allen, as head of infrastructure, met with fiber optic internet service provider AXIA on February 9 to discuss the implementation of fiber optic internet and to review the detailed engineering findings. Council expects further information from AXIA about the steps required to confirm the go-forward path for our community.

Councillor Allen is currently reviewing our operations department, with the intention of finalizing summer projects, ensuring both fiscal responsibility and adhering to time constraints and feasibility to finish projects.

#### **PERSONNEL/EMERGENCY SERVICES**

Councillor Van Camp organized a tour of our emergency services buildings for council on February 7. Thanks go out to Fire Chief Rob Evans and his team for welcoming council, showing us the infrastructure and introducing personnel. We are extremely lucky to have such a wonderful resource in our community. In relation to our fire department, look for Chief Evans' monthly update in the *Chatter*, starting this month. (See page 5.)

In addition, council is pleased to announce that a more formal relationship has been formed with Constable Moore from the Cochrane RCMP detachment. Look for his submissions, updates, and recommendations for residents in the April *Chatter*.

Constable Moore has been made aware of our townsite's concerns about recent vehicle break-ins and thefts in the community.

#### **INTERGOVERNMENTAL AFFAIRS/MAYORAL**

Mayor Sawler continues to attend meetings to maintain and improve our community's voice in the region. Mayor Sawler is involved in the Calgary Regional Partnership Committee as it transitions to its yet to-be-determined new vision. He is also involved in the bi-weekly lease negotiations and meets with Chief and Council of Tsuut'ina during this time.

When you are out in the community, your dog must be under control at all times. This means that dogs must be able to respond immediately to voice, sound or visual signs and be in your sight at all times.

Always pick up after your dog; this helps prevent the spread of disease from dog to dog and from dog to human. If you forget a bag, look for one of the dispensers near town pathways.

If an animal defecates on any public or private property other than the property of its owner, the owner is required to remove such feces immediately.

In relation to maintaining the protocols for this above-mentioned bylaw, residents are reminded that failure to comply with the bylaw will result in a fine. Reporting violations of this bylaw to the townsite office is to be done within reason and cause. If necessary, please document or visually record violations if you see them occur.

As a reminder, the townsite does have a complaint process and it is complaint driven and enforced. Residents with a complaint or concern must fill out a complaint form, which can be obtained at the townsite office. Once the written complaint is received, a warning letter is issued to the individual. If a second complaint is received regarding the same individual and issue, then a fine letter is issued and a fine is applied to the individual's utility bill. If the fine is not paid within the month of issuance then a 2 percent penalty rate will be applied monthly until the fine is paid. If additional complaints are received regarding the same individual and issue, additional fine letters will be issued and fines will be applied to the individual's utility bill.

#### **COMMUNICATIONS**

Councillor Decore met with the Redwood Meadows Community Association on February 8. Together they worked on what both council and the RMCA wish to

Continued on next page



## council update

Continued from previous page

accomplish collaboratively in the coming months.

Councillor Decore met with representatives from the Bragg Creek community on February 15 as a way to improve our community collaboration. This year we will work to incorporate our community into surrounding groups and organizations.

Council is organizing an Emergency Services Department open house in early spring with representation from the RCMP, Redwood Meadows Emergency Services, Tsuut'ina Police and Alberta Fish and Wildlife in attendance. Council will update the community when a date has been finalized.

An information night for the community on "Living with Wildlife" is being organized, also for early spring. The hope is that we as responsible local residents can gain information about wildlife in the area and what we can do to ensure our co-habitation. A fish and wildlife biologist will give the presentation.

Council is hoping to re-establish the vision of Sustainable Redwood and is looking for anyone interested in being part of this valuable committee in our community. Environmental stewardship is an essential component of Tsuut'ina Nation and of our community. Please contact council member Mike Decore at [mdecore@redwoodmeadows.ab.ca](mailto:mdecore@redwoodmeadows.ab.ca) if you are interested.

The townsite is currently revamping our website ([www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)); look for the changes and give feedback on any additions you would like to see.

### LEASE UPDATE

The next lease update café will be held on Thursday, March 22 at 7 pm at Redwood House. Residents are encouraged to come out and hear where we are in the lease discussions.


### COUNCIL MEETINGS

Council meetings are held on the first and third Tuesday of every month at 7 pm at Redwood House. Meeting agendas are made available to the community on the Redwood Meadows website prior to the council meeting. If you would like to add an item to the agenda, please forward this to Julia, our townsite manager, on/by the Friday before the scheduled council meeting. Email Julia at [jkf@redwoodmeadows.ab.ca](mailto:jkf@redwoodmeadows.ab.ca)

*Redwood Meadows Town Council*



**BRAGG CREEK**  
community church



**Please Join Us**  
**Weekday Community Worship Service**  
**The Hub - Bragg Creek Shopping Mall**  
This weekday church service will be held once per month, occurring on the second Tuesday of the month 10AM - 11AM



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## Jenga with Jaws of Life a Highlight of Fire Department Tour

After allowing the new council to get settled following the October elections, our members invited them for a tour of the fire station and equipment on February 7. Unfortunately two councillors and the mayor were unable to attend due to other commitments but we will have them out at another time to look around.

It is great to have a strong, respectful relationship with our town council. Doing so allows the fire department administration to provide a safe working environment for our firefighters that in turn allows them to do their jobs keeping everyone in the community from harm.

The night at the fire hall started with a tour of the building, trucks and equipment with lots of questions—and answers—from everyone involved. Councillors were then able to actually use some of the tools that had been set out. One of the highlights of the evening was playing Jenga. This wasn't just any tabletop game, however, as it is played with our "Jaws of Life."

The night ended with a lesson on fire behaviour. Our firefighters were able to show councillors how you can "control" fires in your home before firefighters arrive on scene. We will be doing similar lessons for the community throughout the year at different events, so stay tuned. The following is a YouTube link showing what to look forward to: <https://youtu.be/p9BHgQ2xNXM>.

### CARBON MONOXIDE SAFETY

The department would like to remind people to please have carbon monoxide detectors in your home. Each level of your home should have a detector, preferably outside any bedrooms. Smoke alarms should be in your home as well, and these should be tested monthly.

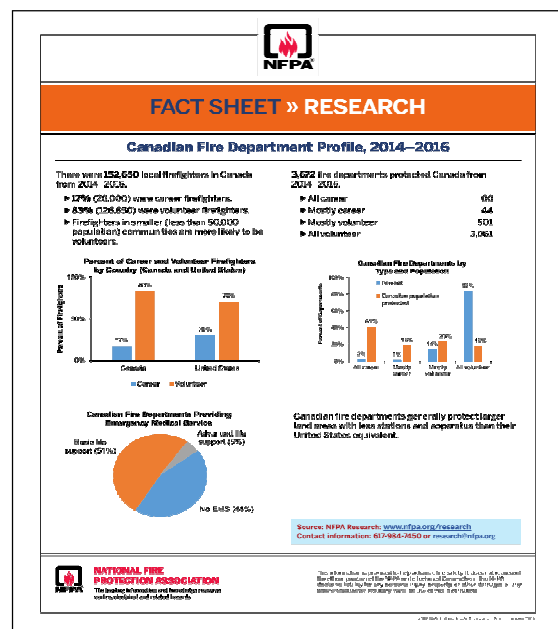
### INTERESTING STATISTICS

The National Fire Protection Association (NFPA) recently released updated numbers about the Canadian fire service gathered from 2014 to 2016. For comparison, our department of volunteers responded to 21 calls during the month of January:

Fire - 5  
Rescue - 3  
Medical - 12  
Hazmat - 1  
Other - 0

January was a little bit busier than historic numbers for the month. Typically, we would respond to about 15 calls during the month.

*Rob Evan, Redwood Meadows Fire Chief*



## Barbara Jones REALTOR® Redwood Meadows Resident Realtor



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*Barbara Jones*



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## RMCA and Town Council to Collaborate on Events

Hello and happy almost-spring!

Well we all know that this snow will last a bit longer, but it's sure nice to be discussing spring events and programs!

This month we had the pleasure of being invited to a town council meeting and also having a member of council join us for a meeting. Mike Decore, who is in charge of communications on council, joined us to talk about future events, communications, and how we can work together to help get more out to the community. We have some great things coming up with council and the RMCA and we look forward to sharing it all with you soon.

We are excited for Easter, which is just around the corner. We are planning an Easter brunch and an Easter egg hunt for the kids at Redwood House. This will take place on Saturday, March 31. (see last page for poster.) We will be posting more information throughout the community, so please look for the posters and check the town's website ([www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)) and our Facebook page.

We are already in full swing planning Canada Day as well.

Please let us know if you are able to volunteer for this event or any others.

We also want to invite you to join our Facebook page; we are the Redwood Meadows Community Group and we try and make sure we post anything community-related on this page as well.

We look forward to seeing you at Easter or, before that, at our next meeting, which takes place Thursday, March 8 at 6:30pm at Redwood House.

Thank you!

*Jackie Neher and the RMCA board*



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## Reiki: A Gentle Yet Powerful Health Practice

Eight years ago, I was diagnosed with multiple sclerosis (MS). As a 26-year-old radio DJ, I was looking at a scary and uncertain future. A psychologist suggested I try a Reiki session to assist in healing my physical and emotional pain. I had no idea at the time that Reiki would end up changing my life for the better, and that I would end up becoming a practitioner myself.

So what exactly is Reiki?

It is a very gentle yet powerful practice. Reiki is two words, *Rei* and *Ki*. *Rei* means universal life force, and *ki*, along with *chi* and *prana*, means energy. Everything and everyone is made up of energy, and Reiki taps into the subtle energy of the body. It is a Japanese technique administered by light touch and supports the body's own healing ability. Reiki isn't associated with any religious dogma and you don't have to believe in it to experience the healing benefits. You simply have to be open to relaxing!

A session starts with you wearing comfy clothing, under a blanket on a massage table. It can also be done seated in a

chair. Through a series of hand positions held gently on or above the body, the practitioner allows the energy to flow through them into the client. The energy can normally be felt as a warm/cold sensation or tingling in the body. The hand positions start at the head, move down the body, and finish on the feet.

The experience of a treatment is, of course, subjective and varies from person to person, even session to session. Most people I work with are drawn into a deep state of relaxation. Many fall asleep. Some feel subtle pulses flowing through their bodies while others feel nothing in particular other than a sense of being more relaxed than when they first arrived. Normally clients report an improvement in their sleep and they soon return for another session. Research has associated Reiki with improved blood pressure and heart rate, reduced anxiety, pain and enhanced well-being. Reiki works beautifully with all forms of therapy and is a wonderful complement to medications and treatments.

Reiki teaches you to take time for yourself. MS teaches you not to take your body for granted. One of the reasons I was keen to learn Reiki was for the element of a daily self-healing practice. Much like the advice you receive on an airplane: Please put on your own oxygen mask before helping others," I have learned there is nothing more important than giving myself a few moments every day to check in, slow down and breathe.

If you are seeking a life-changing resolution for 2018 and beyond, I encourage you to make your body and health your highest priority. Self-love and care is not vanity, it is a necessity. You are worth it!

Jaclyn Scrimshaw

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## Feeding Deer Can Endanger Animals' Health and Survival

Although well intentioned, feeding deer can actually endanger the animals' health and survival. There are many reasons why Alberta Fish and Wildlife does not recommend feeding deer.

### Human Safety and Property Damage

- Wild animals are dangerous. By feeding wild animals, you may be conditioning them to expect food from people. Deer that lose their natural tendency to avoid people can become a significant threat.
- Deer can attract predators such as cougars, bears, and wolves. This would increase safety concerns and risk to people and pets.
- When deer are attracted to homes or farms, the risk for vehicle collisions increases. This can result in numerous deer fatalities, expensive vehicle repairs and human injury.
- Deer attracted to artificial or supplemental food sources will also feed on neighbours' flowers, trees, shrubs or on farmers' hay bales.

### Deer Health and Safety

- A deer's digestive system changes slowly with the seasons. In winter, their system adapts to allow them to digest relatively low-quality food like twigs, buds and stems.
- Rapid or dramatic changes to this winter diet can lead to bloating, diarrhea, enteritis and, in some cases, death.
- Deer have starved to death with full stomachs in winter because they could not digest hay, grains, corn, alfalfa and others high-carbohydrate foods.
- Deer will travel long distances to reach an artificial food source. This may increase exposure to predators and other hazards (e.g., increased risk of vehicle collision with more frequent highway crossings).

### Overabundance

- Natural processes limit deer populations to a level where they live in balance with their habitat. Winter mortality is normal in Alberta. This natural mortality varies from year to year, but helps ensure the deer population stays at, or below, what the habitat can support.
- Research shows that providing extra food can raise deer reproduction and survival rates. Deer populations can increase to levels too high for the habitat to sustain, causing long-term damage to that habitat. This damage can affect the deer population, vegetation and a wide variety of other wildlife species that depend on the habitat for food, nesting or shelter.

### Disease Transmission

- Deer gathered at artificial food sources have a higher risk of transmitting diseases such as bovine tuberculosis, chronic wasting disease, brucellosis and parasites to one another. Alberta Fish and Wildlife officers can order people to stop feeding wildlife due to concerns about the health and safety of wildlife, the safety of people or to prevent property damage. Additional enforcement action, up to and including charges and possible fines, may occur if orders issued are not adhered to.

*Submitted by Townsite of Redwood Meadows*



**If you're reading a paper copy of the Chatter, please remember to recycle it.**

**Thank you!**



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## Spring Clothing Trends are Blooming Loud and Fun

As I sit here at my computer looking outside at the beautiful yet frigid snowscape, I am challenged to think of anything beyond the bundled-up final stretch of surviving the winter. I am THAT person—you all know one—who is epically cold. The irony of this is that I am also the person who chooses fashion over comfort. I am a fashion stylist. This job involves everything to do with putting clothing and accessories on people: I do personal shopping and styling, closet makeovers, photo shoots, fashion shows, private parties and classes about fashion.

To that end, you can imagine my conundrum: the artistic fashionista in me is yearning to explore the fashion outside my buttoned-down down coat, but just looking at the snow out there, I cannot imagine trading my wool socks for strappy sandals. Everything is just temporary, though, and as this winter weather will fade, the blooming spring will bring in a new set of trends.

Speaking of blooming, one of the trends coming through this spring is another version of the typical florals we see each year during the transition from the bleak winter to the shining summer. This year, oversized, loud and fun florals are popping through the designers' runways. For those of you who have a hard time relinquishing past fashion finds, don't worry! The vintage floral feel has recirculated! Pull out last year's (or last decade's) flowy, flowery prints to wear again if you are not feeling the gaudy large prints.

To be clear, clothing trends are just a window of style, an opportunity to try something different for a moment in history and expand your outward expression to include something that might even seem bizarre in your current repertoire. Trends make fashion more fun and dynamic. I am a big proponent of having a well-established closet, filled with things that make you love whatever body shape and size you are, and make you feel authentic in your outward representation of your inner beautiful self. Having clothing that you love and that makes you feel great is key; even adding just a piece or two that's trending each season will amp up your typical look.

One of my favourite easy-to-wear trends this upcoming season has all its attention on the shoulders and arms: think modern and classy take on 80s silhouettes with nipped-in waists and plenty of volume from the shoulder tapering down to the wrist. There's nothing like adding a billowy armed sweater to your favourite pair of jeans to create an intentional look of something that feels cozy and just thrown on. And if all of this still feels overwhelming, just hire a fashion stylist!

Check out my website: [www.fashionstylelust.com](http://www.fashionstylelust.com) to get a little help with your spring overhaul!

*Desiree Boa*



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### FOOT CARE IN THE CREEK!

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Hours: 9.00am to 4.00pm

Clinician: Jill Read-Johnson, Certified Podologist

Cost: \$30.00 /session

Appointment: Call [403-949-2133](tel:403-949-2133) for more details  
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receive a call to confirm your appt.

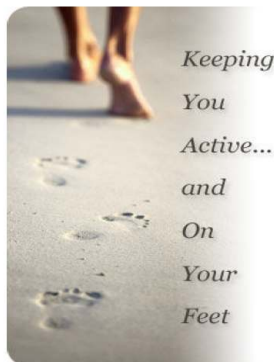
*\*Clients must provide their own foot basin & towel.*

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- \* Can help prevent or treat calluses, corns, and ingrown toenails
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- \* Can help reduce risk of foot infection and pathology

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

[www.mountainwoodshealth.com](http://www.mountainwoodshealth.com)



#### Upcoming 2018 Foot Care Clinics

March 22

May 3

June 14

July 26

September 6

October 18

November 29



Happy Easter to  
our friends and  
neighbours in  
Redwood Meadows  
and Bragg Creek!

*From all of us at  
the Chatter.*

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## BCCA Gearing up for Easter and Taste of Bragg Creek

Hello Community!

It's March! Let's hope that means spring might possibly be in sight soon. This month, the annual Easter Egg Hunt and Pancake Breakfast takes place on March 31 at Redwood House.

Also, coming up in April, get ready for something for everyone: There will be a spring break camp run by Nature Connections from April 3 to 6 for kids ages 5 to 10 (pre-registration required, so book early). On April 13 everyone's favourite food-filled Friday returns. Taste of Bragg Creek will be hosted by the Bragg Creek Chamber of Commerce from 5 to 9 pm. Check out the Taste website for details: [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca).

We are already gearing up for summer, and one of the things we want to do is ensure our community has high-



quality summer programming for the little ones. If you or someone you know is looking for space to rent to run a summer program, pop in to the centre and speak with Russ—he can offer some great deals to ensure awesome programs can run in our

community. Reach Russ at [program@braggcreekca.com](mailto:program@braggcreekca.com).

If the winter blues are getting to you, come on over to the community centre for one of our adult programs: Artsy Afternoon on Mondays from 1 to 4 pm; pickleball on Tuesdays at 7:30 pm or badminton on Wednesdays at 7:45 pm.

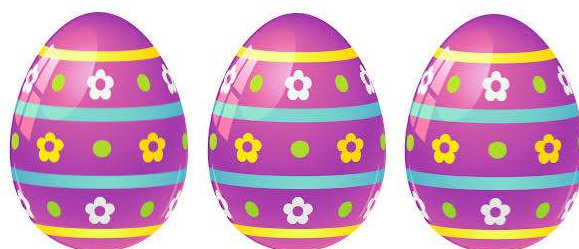
Speaking of pickleball, a huge thank-you goes out to Mike and Lily Frena for all of their help building this program. And, speaking of badminton, thank you to the Redwood Meadows Emergency Services for all their help. What a vibrant community we live in!

If you are still loving that outdoor environment, come on out to the Bragg Creek community rink, maintained by the awesome volunteers on the Bragg Creek rink committee. Thanks to Bob Jackson for all his time on the rink and for always going above and beyond to help with the centre's maintenance needs.

Thanks also to all the volunteers who came to help with the Family Valentine's Dance! Jane, Julie, Shannon, Neepin and Gil, Ashlynn-Rose, and John—we so appreciate your time and talents.

If you happen to be in the centre this month and notice something missing, that would be Shawntel. Our awesome community outreach manager is currently away for her well-deserved honeymoon! We look forward to welcoming her back later in the month.

*Wishing you a fun and interesting March,  
Shaye and the BCCA*



### Bragg Creek Community Centre March Events

March, 2nd .....	Youth Activity Night (FREE)
Monday, 12th .....	Lego Club (FREE)
Monday 12th .....	Nature Connections Camp
Thursday, 15th .....	Wild Life Distillery Tasting
Friday, 23rd .....	Soup & Pie   Movie Night
Saturday, 24th .....	BCPA Fred Penner   Laila Biali
Monday, 26th .....	S.T.E.A.M Club (FREE)
Saturday, 31st .....	Easter Egg Hunt & Brunch (Redwood)

### Outdoors In - Nature Connections

## PD DAY CAMP!

March 12th | 9am-4pm | \$40 | Age 5-10

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CHILDREN TO LEARN "WHAT'S IN  
THEIR BACKYARD"**

## SPRING BREAK CAMP!

Apr 3-6th | 9am-4pm | Tues-Fri | \$160

**Register at: [www.outdoorsin.ca](http://www.outdoorsin.ca)**



Bragg Creek Community Centre  
[outreach@braggcreekca.com](mailto:outreach@braggcreekca.com)  
403-949-4277 | 23 White Avenue



## Food Lovers Will Devour a Taste of Bragg Creek

Taste of Bragg Creek returns to the hamlet for one night only, Friday, April 13, from 5 to 9 pm. Join more than 30 vendors and 1,000 visitors from around southern Alberta for this delicious and delightful event, now in its sixth year.

Area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique “tastes” at booths at the Bragg Creek Community Centre. Attendees will also be provided with a map and encouraged to travel to participating local venues hosting in-store samplings throughout the hamlet. Attendees will have the opportunity to visit other local store-front businesses who will stay open during the event.

Taste of Bragg Creek will be the kick off to “Taste in the Creek.” Participating vendors will be offering special discounts, menus and deals throughout the remainder of the month of April to encourage attendees to return to Bragg Creek post event to take in the scenery and see what all our local businesses have to offer.

This year the Bragg Creek and Area Chamber of Commerce has taken a lead sponsorship role. “The partnership will bridge the tourism focus of the event with our local business community,” says Taste of Bragg Creek founder Charlie Holschuh. “Paired with our other amazing sponsors, we will offer a world-class experience for vendors and attendees that will leave a lasting impact on our hamlet.”

Our community’s unique, world-class culinary scene and this exceptional family friendly event are sure to please foodies and newbies alike. The event is a fundraiser for the Bragg Creek Community Association and the Bragg Creek and Area Chamber of Commerce.

**FREE** admission and parking at the Bragg Creek Centre. Tasting tickets are \$1.50 each. *Number of tickets per sample is subject to merchant.*

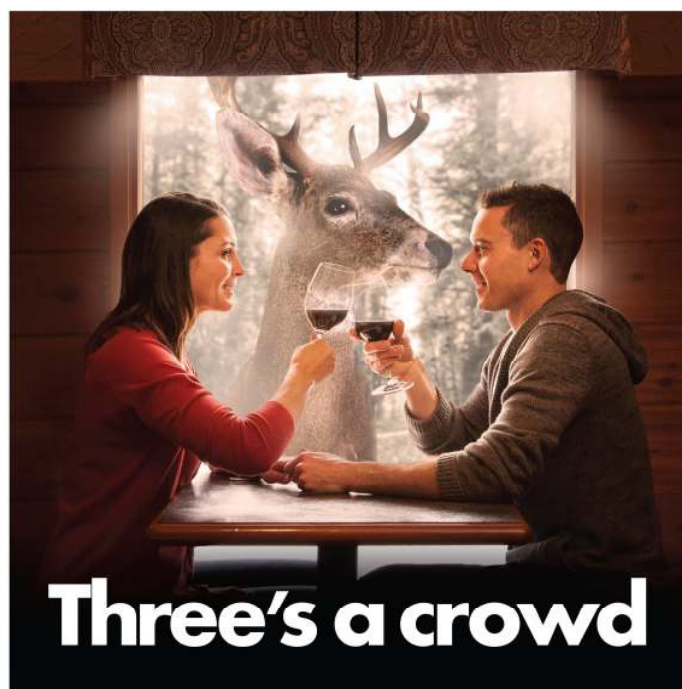
Tasting coupons will be available at the community centre door and at participating merchants, or for pre-purchase from the Bragg Creek Community Centre (cash only). To purchase tickets in advance, call the centre at 403-949-4277.

Visit [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca) for more information.

### Join the Bragg Creek Ladies Auxiliary for a Weekly Walk in the Hamlet

The Ladies Auxiliary hosts a weekly walking group in Bragg Creek. Meet at 10:30 am on Wednesdays at the Bragg Creek Community Centre for some fresh air and a stroll with friends. All are welcome!

Email Julie at [jahand@telus.net](mailto:jahand@telus.net) for information.



**Taste of Bragg Creek**

### But not on Friday, April 13<sup>th</sup>

Join more than 30 unique vendors from the Bragg Creek area as we celebrate the 6th annual Taste of Bragg Creek. Let your taste buds guide you to the biggest and best “Taste” event we’ve ever hosted. Area restaurateurs, caterers, and food & liquor merchants will prepare and serve unique “tastes” at the Bragg Creek Community Centre. Attendees will also be provided with a map and encouraged to visit local venues hosting in-store samplings throughout the hamlet. The event will help raise funds for programming at the Bragg Creek Community Centre.

Friday, April 13<sup>th</sup> 5:00 – 9:00PM  
Bragg Creek Community Centre and Hamlet  
23 White Avenue, Bragg Creek  
Free admission and parking

Tasting Tickets  
\$1.50 each available at the door  
(Tickets per sample is subject to merchant)  
[tasteofbraggcreek.ca](http://tasteofbraggcreek.ca) for all the tasty details



## Talk to your Doctor about Decreasing Colorectal Cancer Risks



Colorectal cancer is the second most common cancer in Canada. It is also the second most common cause of cancer death in men and the third most common cause of cancer death in women.

If you do not have a family doctor, call Care In The Creek Medical Centre today!

*Dr. Annelies Noordman is accepting new patients.  
Call 403-949-2457 today to book your appointment  
or visit us at [www.careinthecreek.com](http://www.careinthecreek.com).*

There are nine risk factors for this cancer that can be altered with lifestyle changes and seven that, unfortunately, cannot. In Alberta, it is estimated that over half of colorectal cancer (57 percent) is linked to the factors related to lifestyle.

Fortunately, there are now screening tests for this common cancer and these tests have significantly contributed to early detection and a decrease in the number of people dying from this cancer.

If you are over 50 years of age or have a concern about your risks for colorectal cancer, it is recommended that you talk with your doctor at Care in the Creek Medical Centre about screening tests.



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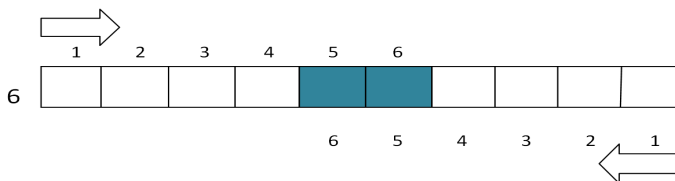
## picapix puzzle

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

The three basic rules are:

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

The “logic count method” shown below is very useful:  
The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left.



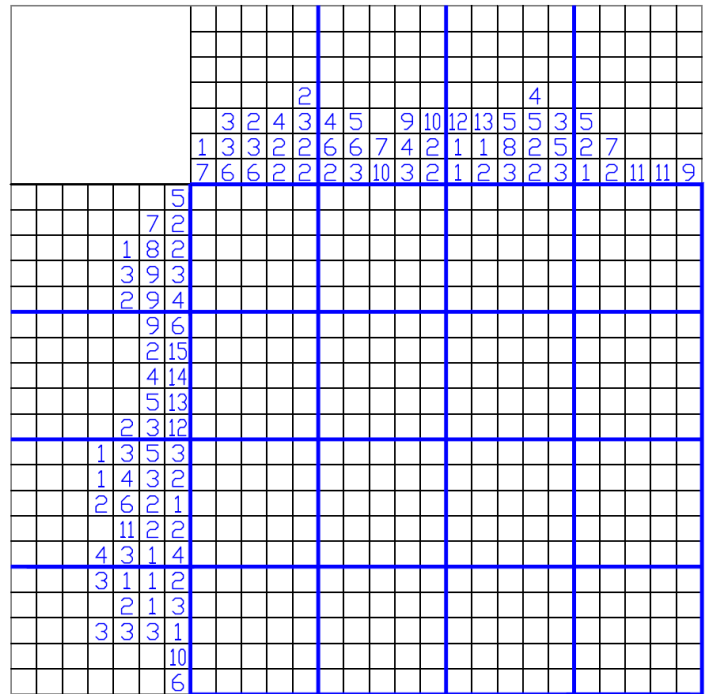
Confidently shade in the overlapping squares. This is spatial reasoning. Even one shaded square can lead to others.

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

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

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

### PALETTE





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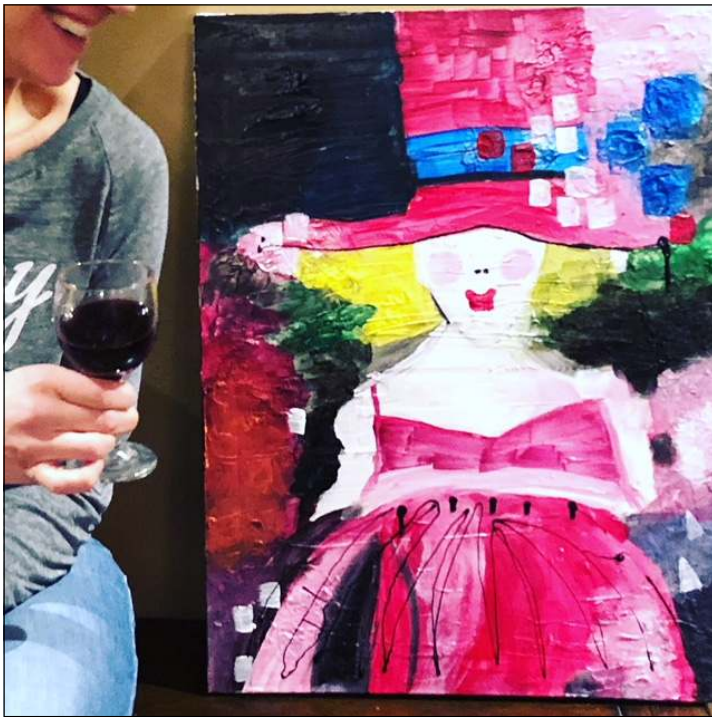
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## community events



The RMCA hosted another popular Paint Night in early February. Local artist David Zimmerman encouraged a roomful of painters to unleash their creativity. The piece shown above is an Angela Morgan painting "with a Zimmerman twist," according to artist Karla Watts. Watch for future Paint Nights as well as other community events, all brought to you by hardworking RMCA volunteers.

### Exciting News? Share it with the community!

Do you have a story to tell  
or an event to advertise?



You can spread the word in the Chatter.  
Contact us at [thechatter@redwoodmeadows.ab.ca](mailto:thechatter@redwoodmeadows.ab.ca)  
for details.



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## Brokers and Realtors Offer Expertise in your Investment Decisions

Purchasing a home is an important decision and you should be confident about your investment. Together, a broker and realtor will offer valuable insights throughout the purchase process and work closely together and with you to find the mortgage and property that works best for you.

A mortgage broker's only goal is to help you successfully finance your home. You will receive independent expert advice on your financial options. A licensed broker is not tied to a specific lender so you will be offered mortgage products that best match your specific needs.

Instead of spending your valuable time meeting with competing mortgage lenders, a broker will quickly narrow down the list of lenders that will help you achieve your financial goals. Comparison-shopping becomes fast, easy, and convenient.

Many people are uncertain or uncomfortable negotiating mortgages directly with their bank. A broker office will fund millions of dollars of mortgage transactions

annually, with a variety of lending institutions, which means lender relationships are strong. This is a negotiating advantage when securing rates and terms that benefit you, even if you have an existing relationship with your bank branch.

If you've already been pre-approved for a mortgage by your bank or another financial institution, you're not obliged to stop shopping. There may be an alternative mortgage product that better suits your needs.

All mortgages are not created equal. Depending on your financial goals, a broker will ensure the mortgage you receive helps you move closer to those goals, whether you are borrowing to purchase, renovate or invest.

After a smooth closing, a broker's job is still not complete. We are always available to discuss your mortgage and any changes that may occur.

There's absolutely no charge for services on typical residential mortgage transactions. Like many other professional services, such as insurance, mortgage brokers are paid a finder's fee when introducing dependable clients to a financial institution.

Just as important as seeking the unbiased, expert advice of a mortgage professional when shopping for a new home, it's equally as important to seek out the professional advice of a licensed realtor. Why? He or she knows the market; is a local market expert; has training and experience; offers price guidance; and helps you negotiate.

Real estate agents also come equipped with a pre-screened list of the best professionals to use on your transaction. They can also market your property to other real estate agents and the public.

Realtors typically get paid by the seller of the property, whether it be an individual or a developer. If you're a buyer, all the more reason to leverage a realtor—their services are free. When you're selling your property, make sure to speak with your realtor about selling the property and helping you buy the next one. If you're using the same realtor on both transactions, you might get a break on their fee.

I can help you find your realtor.

*Candace Perko*

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## Respect Others — Take Responsibility for your Pet



There's no doubt that Redwood Meadows is a dog-friendly community, but to make this community work, pet owners need to control and clean up after their pets.

Please respect your neighbours by keeping your dog on a leash while walking through the playground on Redwood Meadows Drive and along the side of the main sports field.

And **please** clean up after your dog while walking in the neighbourhood. We all appreciate it. Thanks!

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## Ocean Studies Will Culminate in Whales Field Trip

Science is all around us! Kindergarten and preschool students at The Little Schoolhouse are immersed in a study of life in the world's oceans. We have learned about many ocean animals, their characteristics and behaviours, as well as how to sustain our oceans for generations to come. It is exciting to see these young conservationists take on the challenge of caring for the planet. We cannot wait for our school field trip to Telus Spark to take in the Whales Tohora exhibit!



In kindergarten we are quickly becoming writers and readers. Through our daily journal work and home reading program, we are immersed in literacy. It is so wonderful to see young children cuddled with a book that captures their curiosity, fully engaging in the reading process. The children's journals reflect vivid imaginations and theories about their world. In numeracy studies we are looking at graphing, printing numerals and number games to build our mental math skills. Our recent artwork reflects diverse painting and drawing techniques.

The preschool classes are discovering letters and numbers

in their world and representing their ideas through a variety of media. Painting, drawing, collage and sculpture have become favourite expressions. We provide our students with a variety of natural and manmade materials to explore and create with in the classroom. Their

admirable passion for telling stories and building relationships amazes us as we document their works of art. Such an exciting time in these young lives!

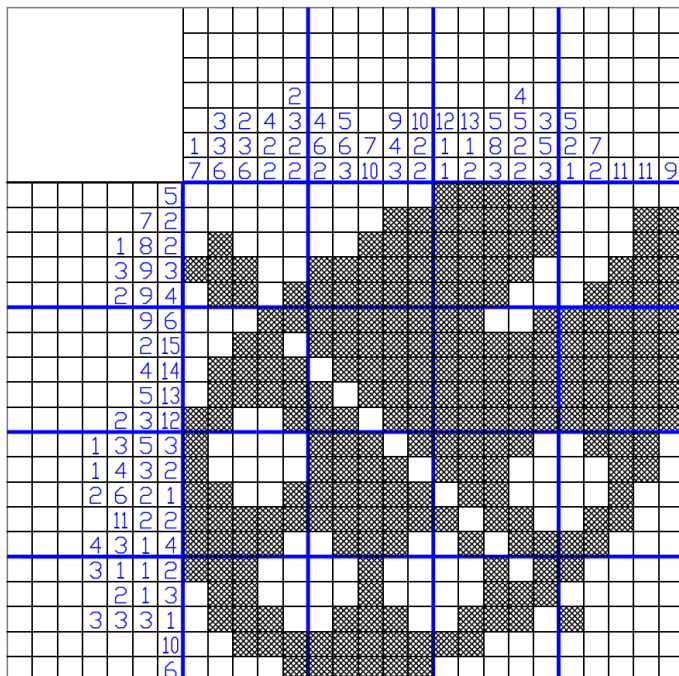
Thank you to all who supported our rustic sign making fundraiser. Our parent board's ticket sales, all the silent auction donations and volunteer time have a great impact on our school. We appreciate this generous contribution to our programming, special projects and materials for the classroom. Thank you!

Registration for the 2018-19 school year is ongoing. Please visit [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) for information and forms or contact me at 403-949-3939 or by email at [mscara@thelittleschoolhouse.ca](mailto:mscara@thelittleschoolhouse.ca).

*Cara Haar, M.Ed., teacher*

## Picapix Puzzle Solution

### PALETTE



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

*The Hub*  
FAMILY COLLEGE COMMUNITY CHOICE

**BRAGG CREEK**  
community church

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

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

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

## redwood meadows babysitters list

Name	Age	Courses	Contact
Banon	13	Home Alone, Babysitting course	403-949-4104
Bo	12	Home Alone, Babysitting course	403-949-8471
Darian	15	St. John's Babysitting, Home Alone	403-949-2490
Elizabeth	12	Red Cross Babysitting, CPR	403-540-8056 <a href="mailto:ekorthuis@telus.net">ekorthuis@telus.net</a>
Emily	17	First aid, CPR	587-582-2846
Eveliina			403-949-4968
Jerrith	14	Red Cross Babysitting	403-869-5634
Jordan		Babysitting course, driver's licence	403-949-4108
Kate	14	Babysitting course	403-860-9525
Keeling	15	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 <a href="mailto:keelingbarrie@me.com">keelingbarrie@me.com</a>
Liam	15	Babysitting course	403-949-2090
Logan	14	St. John's Babysitting, Home Alone	403-949-2825
Lucy	21	CPR, First Aid, Babysitting course	587-586-5129 <a href="mailto:lucygracetalman@hotmail.com">lucygracetalman@hotmail.com</a>
Mackaela	12	Babysitter's license, standard first aid and CPR-B	403.969.6732 <a href="mailto:macarchambault@gmail.com">macarchambault@gmail.com</a>
Mairenn	15	St. John's Babysitting, Home Alone	403-949-2490
Nolan	11	CPR, Babysitting course	905-999-0635 <a href="mailto:tanyasilvercy@gmail.com">tanyasilvercy@gmail.com</a>
Olivia	17	Babysitting course, driver's licence	403-863-4182
Quinn	11	Babysitting course	403-949-3149 <a href="mailto:quinnbarrie@me.com">quinnbarrie@me.com</a>
Sabrina	17	Babysitting course	403-949-2090
Tanis	13	Red Cross babysitting course	403-949-3303
Tessa	12	Babysitting course	403-949-3214
Tia	14	Babysitting course, Home Alone course	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone courses	403-949-3463
Zara	14	Babysitting Certificate	403-949-4474

**Disclaimer:** The Chatter provides this list solely as a service to the community. It is the responsibility of parents/guardians to check all credentials and references before hiring a caregiver for their child(ren).

# **PANCAKE BREAKFAST** *& Easter Egg Hunt*

**SATURDAY, MARCH 31st**  
**~ Redwood House ~**

**PANCAKE BREAKFAST**  
**\$5/Person or \$10/FAMILY**  
**10:30AM-NOON**

**EASTER EGG HUNT**  
**FREE | 10:00AM SHARP! | AGES: 0-10**  
Dress for the weather (the hunt is outside) &  
make sure you bring your own basket!

*Brought to you by:*

Bragg Creek Community Church  
Redwood Meadows Community Association  
Bragg Creek Community Association

**FOR MORE INFO OR TO VOLUNTEER, CONTACT:**  
**programs@redwoodmeadows.ab.ca | 949-3563**