





Chatter - IN THE WOODS -

Read the online version of the CHATTER at

www.redwoodmeadows.ab.ca

Let's get social!

Follow us on:

@Redwood Meadows  

March Madness!

March brings so much to our lives. In Redwood we would suggest that March brings the end to the winter hibernation for our residents. It means that the sun shines, winter diminishes, that spring starts to emerge. It also means green beer, beach parties (BCCA) and so much fun! I hope you have a wonderful March and enjoy that spring weather that is just around the corner.

All the regulars are here this month – our Council update, the RMCA, RMES and BCCA updates.

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

Thank you,

Jessie Seymour

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Crime Watch Focus Group

Are you concerned about crime in Redwood Meadows? Do you have ideas for community crime prevention? If so, please join our Crime Watch Focus Group.

We will brainstorm ways to target local crime via the townsite app, signage, observe-and-report, and any other ideas introduced by the innovative residents of Redwood Meadows. If you are interested in participating please contact Peg Rupert (prupert@redwoodmeadows.ab.ca, or call 403-949-3563) by March 9, 2020 to have your name included in the group.

Howdy folks!

And just like that we are into March and heading towards the end of winter. Mother Nature tested us all with a hard long winter. Thank goodness we are fortunate to live in an area where we can embrace winter with skating, xc skiing, hiking and fat tire biking trails, right at our door step. RMCA would like to thank Rebecca Larocque for maintaining the xc trail on our berm, Dave Dunay and the volunteer maintenance team for our fabulous ice rink and our maintenance staff for keeping our streets walkable. Did you know that the trails we enjoy at West Bragg are all maintained by volunteers as well? It sure makes me appreciate the outdoors even more. At the RMCA January meeting, we had three guest speakers. Adrian Turner from Bow Valley Rugby, and Dave Dunay with partner-in-crime Bart Frasca. They attended to propose new initiatives that will help us enjoy our space even more.

Adrian introduced an opportunity to have rugby be part of the RCMA spring sports program. The RMCA team were very excited by the idea and have met with Adrian again with all our spring sports leaders. Our juniors will have the opportunity to give rugby a try this spring. Registration for all t-ball, soccer and rugby will start later this month. Our sports teams will also be looking for volunteer coaches, set up and take down team, and peeps to run the concession stand.

Dave and Bart came to educate us about the extensive trails on the river side of the berm. They have been grooming them to encourage fat bike riding. This is a slow and labour-intensive task. They asked RMCA to invest in a trail groomer. If you fat bike, you know this is a machine that is a hybrid of a small motor-cross bike and the back end of a snowmobile. RMCA voted to approve the investment as long as it stays in the permitted usage area, and there is no disturbance to nature and residents.

This past February's meeting, we welcomed Councillor Ed Perkins and local resident Bill Ardley looking for RMCA support in bringing together a crime watch focus group. This group will try to find a clear and workable solution in keeping Redwood Meadows residents aware of criminal activities in our neighborhood and help keep us aware of preventive ways to keep our homes and vehicles safe. Please contact Redwood office 403-949-3563 if you are interested or need more information. RMCA is also busy prepping for our Easter brunch, which we collaborate with Bragg Creek Community church for. As well, paint night with David Zimmerman on May 1st will be so much fun and a great time to take Mom out for her special day.

Keep an eye out for more info on all that RMCA and local groups are planning on our Facebook page, the Chatter and the Redwood updater.

By the way, March 8th is International Women's Day so please show the women in your life how much we appreciate their strength and sacrifice. And Happy St. Patrick's Day to all the Irish and wannabe Irish!

Cheers,

Renate van der Zande

rmca-president@redwoodmeadows.ab.ca



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

ADVERTISING RATES:

Business Card	\$30/month
Quarter Page	\$44/month
Half Page	\$63/month
Full Page	\$120/month

Payment is required with your advertisement.

Discount rates are offered for six-month or one-year commitments.

The deadline for each edition is no later than the 15th of each month prior to publication. All 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 reflect the views of the editors.

Contact the Editorial Team at:
thechatter@redwoodmeadows.ab.ca

COUNCIL MEETINGS

Council meetings are held on the first and third Tuesday of every month at 7pm at the 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 to see added, please forward it to Peg Rupert our Council Executive Assistant on or by the Friday before the next scheduled Council meeting.

Contact:
admin@redwoodmeadows.ab.ca

LEASE UPDATE

Townsite is working on completing an email contact list for all Redwood Meadows Lease holders. A notice was sent on February 21st to all emails currently on the list. If you are a Lease holder and did not receive the email, please contact the office at admin@redwoodmeadows.ab.ca to be added.

SAVE THE DATE

Mark your calendar for these upcoming dates:

Sunday, Mar 8th - International Women's Day

Sunday, Mar 8th - Daylight Saving Time

Tuesday, Mar 17th - St. Patrick's Day

Saturday, Mar. 21st - First day of Spring



HOCKEY & ICE SKATING RINK

With the warmer weather upon us, Townsite is asking residents to please stay off the rink ice. It has become soft in spots and is not safe. If the temperatures drop we might be able to open it back up for our last chance at skating. Enjoy the warmer weather and please remind your children that the rink is closed until further notice.



Council is pleased to announce Jamie Mitchell has accepted an employment offer to be our new Chief Administration Officer (CAO). Jamie joined the Redwood Meadows team last year as our Bylaw Officer. Since then, he's not only helped revise our bylaws and enforce them in a professional manner, he's brought great leadership to the Townsite Office. A former police officer with a PhD in Physiology, Jamie also serves as a Professor part-time at the University of Alberta. In the coming months, Jamie will increasingly shift his duties to Redwood Meadows.

Council recently attended an offsite strategy/planning retreat, where we reviewed Redwood Meadows' Mission and Vision, discussed long-term community goals and near-term priorities. An overview will be presented at our upcoming AGM May 12.

Our new fire truck has arrived! 220 Engine is here, and RMES is now equipping with tools and supplies in advance of the truck's final inspection. Mark your calendars for April 18 to come down and see the new fire truck at RMES' Open House.

Our new Townsite mobile App has completed testing (thank you to our volunteers!) and will be available soon for both iPhone and Android. The App will provide residents with alerts and information on upcoming events, online forms for standard services, Council meeting minutes and much more.

Last, but certainly not least, we are getting very close to a deal in principle for the lease extension.

An update was recently emailed to leaseholders, and a physical copy sent through standard mail. **If you are a leaseholder and did not receive the email, please contact our office at admin@redwoodmeadows.ab.ca.** The Townsite has recently retained a third-party Returning Officer to oversee a fair and transparent vote and will be working shortly with our Townsite Office to get the Voter Declaration process underway.

Lots of exciting things going on – thank you as always for your continued support.

The Redwood Meadows Town Council

Barbara Jones REALTOR® Redwood Meadows Resident Realtor



I have successfully sold numerous homes in Redwood Meadows and have introduced many new buyers to the community. If you're thinking of selling or buying, call me today! (403) 630-5194 cell

Barbara Jones



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

REDWOOD MEADOWS COMMUNITY ASSOCIATION - BUSINESS LISTINGS

BCCA	403-949-4277	PROGRAM@BRAGGCREEKCA.COM
BLINDA BILOU - INTERIOR INSPIRATIONS	403-461-9748	BLINDABILOUINTERIORS.CA
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
BRAGG CREEK TREE HUGGERS - PRUNING & REMOVAL	403-589-6594	-
CARE IN THE CREEK	403-949-2457	CAREINTHECREEK@GMAIL.COM
COCHRANE PUBLIC LIBRARY	403-709-0346	ANDREA.JOHNSTON@COCHRANEPUBLICLIBRARY.CA
COUNTRYSIDE FINANCIAL - CANDACE PERKO	403-560-6016	CPERKO@COUNTRYSIDEFINANCIAL.CA
DURANGO TRAILS	403-949-3266	HELLO@DURANGOTRAILS.COM
DIETER HENDRICKSON - REMAX BRAGG CREEK	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@LINDANADERSONLAW.COM
MAMABEFIT	-	STOCMEG@HOTMAIL.COM
MAVERICK LAW	403-949-3339	CARMEN@MAVERICKLAW.CA
MONTESORI HOME - TUTORING (K-12) MATH & 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
REFINING FIRE WELDING - FABRICATION, REPAIR & ART	403-589-6594	-
RMCA	-	RMCA-PRESIDENT@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	SLMACPHEE@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

March is fire prevention month!

Here are some important tips that can save you and your loved ones in case of fire.

1. Check your smoke and CO alarms: Working smoke detectors and CO alarms save lives. Replace the batteries yearly and have the electrical wiring checked. Smoke detectors and CO alarms expire after 10 years. Depending on model and conditions, some CO detectors may expire in as little as 5 years. Be sure to keep track of how old your alarm is and change it when needed.

2. Schedule a check-up for electrical wiring: Faulty electrical wiring can cause fire incidents. If you notice flickering light bulbs and sparking switches, have the lines checked by an expert as it might be time for replacement or repair. Keep foot traffic away from electrical cords to avoid wiring damage and limit the use of extension cords as they may overheat the sockets. Big appliances such as refrigerators should have their own outlet.

3. Keep flammable items away from children: Candles, matches, lighters, butane, gasoline and items alike should be stored away from children.

4. Be alert in the kitchen: Stay mindful when cooking and don't leave ovens, broilers, and stoves unattended. Keep towels or anything that can catch fire away from your stovetop. Always make sure the lid is available to cover the pan in case the pan catches fire.

5. Avoid smoking indoors: If you have a smoking room, place several deep and stable ashtrays on a sturdy surface. When emptying the ashtrays or throwing away cigarette butts and ashes, make sure that they have cooled and there are no remaining embers.

6. Keep emergency numbers visible and easily on hand: In addition to saving important emergency numbers on your phone, write them down and place them in a visible location in your home. Be sure to include your address and home phone number for visiting guests.

7. Create and practice a fire escape plan at home: A well-rehearsed emergency exit plan greatly alleviates panic during an emergency. It takes two minutes for your house to be filled with toxic fumes from a fire: "Get low and go" when making an exit. Practice feeling the door and walls using the back of your hand for a hint from the next room. Designate a person to get elderly and young children out safely. Pick a meeting place to assemble afterward.

8. Make sure that your address number is visible from the road, especially at night, so we can find you in an emergency.



**MARCH 26TH
6:30-8:30PM
REDWOOD HOUSE**

UNDERSTANDING CHILDREN'S BEHAVIOUR

PARENT WORKSHOP

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THE LITTLE SCHOOLHOUSE

**Join us for this FREE session
for parents or anyone who
works with young children,
as Registered Psychologist,
Jayla Schmidt, provides
strategies for challenging
behaviour in children.**



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In January 2019, Townsite of Redwood Meadows council approved the purchase of a new fire pumper, using provincial MSI grant funds, to replace a 43-year-old pumper that had served RMES well since 1997. This old pumper had previously been on the roster of the Calgary fire department.

The new custom pumper, built in Winnipeg by Fort Garry Fire Trucks, was delivered almost one year to the day of it being ordered. The truck introduces a number of different design features, carefully thought out by our members, which will improve how RMES fights fires. The fire pump has been increased in size over our current pumper that will allow it to pump more volume of water. Water discharge lines are colour-coded, along with the nozzles and hoses to allow firefighters to identify lines and communicate where water is needed more seamlessly. There is a front water intake that will allow for operations in tighter spaces. A light tower will improve safety, providing light during night operations and medical equipment will be stored inside the cab of the truck instead of in outside compartments.



This truck will serve the communities of Redwood Meadows and our neighbours in Tsuut'ina Nation, Bragg Creek, Rocky View County and Kananaskis. The truck will be showcased to the community once it has been placed into service and the weather is a bit more welcoming (hopefully).

The new pumper arrived late in January and is being equipped and licensed, concurrently members are receiving training prior to it being put into service.

For more information contact Chief Evans.

Rob Evans, Fire Chief
ECFO, EMR, EMD, EFD



2nd Vice President, Alberta Fire Chief's Association
Redwood Meadows Emergency Services
1 Manyhorses Drive, Redwood Meadows, Alberta, T3Z 1A4
403-949-2012 (fire hall); 403-874-8870 (cell)

Hello Creekers,

We have a fun March planned with these great events!

Family Movie Night – March 13th movie to be announced so check your social media page or www.braggcreekca.com



A Skuzzy Beach Party – March 21st We had so much fun last year we decided to do it again! Mark your calendars for our 2nd annual beach party themed fundraiser featuring Skuzzy and the Woodticks.

This is our major fundraiser for the year so we keep the Centre open and thriving.
Tickets \$40, sold at the office or via [eventbrite.ca](https://www.eventbrite.ca) .
Doors open 6:30, music begins 8:30.
Dinner will be served between 7-9 PM.

We are gratefully accepting silent auction donations, feel free to drop them off at the BCCA office.

Coming in April:

7th Annual Taste of Bragg Creek – April 3rd 5:00 – 9:00 pm

Local area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique “tastes” at booths at the Bragg Creek Community Centre. Then attendees will be given a map and have the chance to travel to many of the Bragg Creek restaurants, fine liquor purveyors and local shops and retailers who will be participating by offering in-store promotions. FREE admission and parking at Bragg Creek Community Centre.
Tasting tickets are \$2.00 each. Number of tickets per sample is subject to merchant.

Easter Pancake Breakfast & Egg Hunt – April 12th @ Redwood House

Breakfast 10:30 am – 12:00 pm Egg Hunt 10:00 am

Community Survey – We want to hear from you!

You may have seen a short survey in your inbox over the past few weeks. We are looking for answers to a handful of questions to better understand the needs and wants of our community. Please take a few minutes to share your thoughts so that we can focus our efforts on meaningful, quality programs, events and services.

Please welcome Jim Darby as our new General Manager. He is excited to contribute towards our beloved hamlet so please pop in to say hello.

We are a good team, Bragg Creek. Thank you to all for your contributions towards all the many activities we and other fine organizations hold each month. And all RIGHT HERE, without driving to the City! YAY!

See you around town!

Sherri Olsen, Director

High County News

A meeting was held with various Community Groups with the goal to reduce scheduling conflicts amongst us. Ideas were shared on how to create synergies with perhaps having back-to-back activities on agreed upon dates. There are also funding incentives to do this with each group planning only one day but collaboration between two or more organizations could easily produce a weekend festival.

The first step decided upon was to check with Lowell about the use of the High Country News Online Calendar as the single community calendar.



A SKUZZY
Beach Party
A BCCA FUNDRAISER
MARCH 21 2020

AT YOUR BRAGG CREEK COMMUNITY CENTRE
SUPPORT US SO WE CAN SUPPORT YOU!

DON'T MISS THE PARTY OF THE YEAR!
BEACH ATTIRE CONTEST, SILENT AUCTION, 50/50 DRAW &
MUSICAL PERFORMANCE BY SKUZZY & THE WOODTICKS

6:30 DOORS **\$40** SOLD AT THE COMMUNITY
8:30 MUSIC **TICKETS** CENTRE AND EVENTBRITE.CA

DINNER WILL BE SERVED BETWEEN 7 AND 9 PM
VISIT OUR BEACH CANTINA WINDOW TO PICK UP YOUR PLATE



This month, we did a Q&A with the new president of the Bragg Creek Chamber of Commerce, Kathleen Burk, to get a better sense of what the Chamber is all about, and what to expect moving forward.

Q: What does the Bragg Creek and Area Chamber of Commerce do?

A: Simply stated, the Chamber of Commerce in Bragg Creek promotes business interests and supports progress in and around our hamlet that will better the business community. We advocate for the business community and liaise with the municipal government. We also provide resources to our members. The Chamber is here to openly support, without bias, business ventures that align with the by-laws and the area structure plan of this extraordinary area. In essence, we work for you, we advocate for you, and we support you.

Q: Why is it important for Bragg Creek to have such an organization?

A: A successful chamber of commerce is vital to the business community here in the hamlet. The Bragg Creek Chamber is affiliated with the umbrella chamber organizations which offer unlimited resources for support, entrepreneurial mentorship, networking, governance models and benefit plans. Our area is on the cusp of growth, a tipping point if you will. Once this happens, the business community may have to switch gears and may have to do so quickly to keep up with demand. The Chamber of Commerce can also act as a resource of information and support in the form of speaker meetings, lunch and learns, video conference seminars and networking. We can help business owners navigate today's expectations of marketing and management.

Q: As the new president of the Chamber, what can we expect moving forward?

A: You can expect a continuation with some aspects of what the two Past Presidents have modeled for me—a respect for rule and order and an importance placed on active listening and compassion. With the new board and new leadership, the community can expect a sense of urgency, and a reliance on the unbridled passion of the members who are volunteering as directors and as helpers. The community and the members can be assured of my conviction in allowing everyone a voice and ensuring they feel valued as well as that I know our role: I answer to the directors, and the directors answer to YOU the membership. This is collaborative leadership that is shared and celebrated.

You can expect initiatives that aim to include our neighbors on the Nakoda Nation and Tsuut'ina Nation. You can expect a spotlight to be placed on our community's extraordinary environmental initiatives. You can expect a focus to be placed on generating media attention for our community and advocacy at the municipal level for sustainable development and infrastructure improvement. Bringing a strong and unified voice to our Councillor is important.

Q: Anything else we should know?

A: I am a supporter of cooperative governance and collaborative leadership. This is the form that resonates with me personally and professionally, and it is the model that I hope we will continue to follow. I place a high importance on inclusivity and seeing others for their uniqueness and individual value. I try to create space where people can be passionate and empowered. I believe being vulnerable is where we connect the deepest and consequently have the most impact.

I welcome everyone in the community to our meetings. There is no membership required to attend, and we supply dinner!

braggcreekchamber.com
office@braggcreekchamber.com

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THE BRAGG CREEK SNOWBIRDS SENIOR FELLOWSHIP

REMEMBER WHEN ... AND WHAT IS HAPPENING NOW

The Bragg Creek Snowbirds Seniors Fellowship began in 1985 with a gathering of friends for coffee, usually at the home of Ena and Eric Nichol. As the group grew, so did an interest for a Seniors' Club. By 1987 an application was made and Ena Nichol was elected as the first President of the Bragg Creek Snowbirds Seniors Fellowship. Incorporation was granted in November 1988.

The Snowbirds had a 10-year agreement with the Bragg Creek Community Association, along with a working agreement with the Bragg Creek Church, provided space for the new Club in the form of the "old lounge". Funding through Grants and Donations allowed remodelling and equipping the lounge to meet the needs of the Club, although the Nichol home continued to host activities such as pool parties and barbeques while other members opened their homes for summer picnics. Many activities were initiated over the next several years and the membership grew to about 40 members, providing a strong support group to the Community Association.

The fire of September 13, 1998 which destroyed the Bragg Creek Community Centre, set the Club on a new course when it was decided its needs would be better served with a building of our own. Fundraising began with one of the more memorable undertakings by our members when the largest garage sale ever held in this area. Nearly \$13,000 was netted and became the seed money for the construction of our Club.

Thought, care and experience went into the design of the Chalet with over 5000 hours of volunteer labour by members. On September 23, 2001, the Chalet had its grand opening with strong Community support.

The Bragg Creek Snowbirds Seniors Fellowship today is a group of 130 members strong. Although it is noted as a "seniors" group, we actually consider ourselves more as a 50+ social club. The Chalet is open Tuesday and Thursday afternoons for various activities and pool/snooker. We also have monthly social dinners and other social events. Depending on interest the Chalet will open at other times throughout the week.

We also provide to the Community of Bragg Creek and Area, for people who have no alternative means, rides to and from medical appointments to Calgary or Cochrane. If you are interested in volunteering your time to assist in driving for this initiative, please contact Roger Latham at 403-949-4147 or rlatham3@gmail.com. Also should you require this service, please also contact Roger.

Volunteers are the backbone of any organization and if you have a talent or skill that could assist our group, no matter how small or large, whether on occasion or a longer-term role, we would love to hear from you.

Contact Sharon Gough 403-620-1506 or goughslg99@gmail.com

Our Chalet is also available for Rent with capacity for 120 people at a very reasonable price. It is a great place to hold Celebrations of Life, Staff development days, birthday parties, yoga and fitness classes and the list goes on.

Contact Brian Hodgkins at 403-949-4204 or bhodgy@telus.net

Our upcoming CALENDAR OF EVENTS – Mark your Calendars!!!

***ST. PATRICK'S DAY OPEN HOUSE- Saturday March 14, 2020 – 1 – 4 PM.**

Come mix and mingle with your neighbor and members over a green (if you choose) beverage and appetizers. This event is open to Members and Non-Members within the Area of Bragg Creek.

***March Monthly Social Dinner – Italian Farmhouse catering, Doors open at 5 pm, Dinner at 6 pm.**

Open to Members and their invited Guests ONLY, \$20/person RSVP will be required.

***April Monthly Social Dinner – menu to be announced, Doors open at 5 pm, Dinner at 6 pm.**

Open to Members and their invited Guests ONLY, \$20/person RSVP will be required.

If you are not a member and would like to find out more about us, You can come see us at the March 14 Open House, any Tuesday afternoon between 1 – 4 pm or visit us on Facebook and our website www.braggcreekseniors.ca. The Snowbirds Chalet is located at 19 Balsam Ave in Bragg Creek.

Meet you at the Chalet!!!

The BRAGG CREEK SNOWBIRDS SENIORS FELLOWSHIP



OPEN HOUSE

MARCH 14 1 – 4 PM

IF YOU ARE 50+ WE INVITE YOU TO COME JOIN US

FOR OUR ST. PATRICK'S DAY SOCIAL EVENT

BEVERAGES (YOU CAN MAKE IT GREEN IF YOU WISH) AND APPETIZERS

OPEN TO EVERYONE 50+

COME SEE WHAT THE SNOWBIRDS 50+ SOCIAL
CLUB HAS TO OFFER

SNOWBIRDS CHALET, 19 BALSAM AVE BRAGG CREEK

March Fitness

with Ann Sullivan

Squeeze Some Time for Exercise into your Everyday Routine

We spring forward to Daylight Saving Time on Sunday, March 8. Yes, we'll lose one hour of sleep this month, but the good news is we'll gain longer evenings.

Despite the "extra" time we might gain, it can still be a struggle to fit in time for exercise. How do you squeeze a workout into an already jammed schedule? Sometimes you have to be sneaky. I know there are certain periods in life when you can't find a spare second to exercise: long hours at work, a new baby, kids' schedules, caregiving . . . But if you can find an extra few minutes a day to make yourself feel better with movement, grab those minutes and go.

Some people swear by adding exercise to their calendar. Instead of telling yourself you'll fit in some time at lunch or at the end of the day, book half an hour into your schedule and stick to it.

Whether or not you're a morning person, get up a bit earlier for a quick high-intensity workout or a stretch session. Exercising in the morning is a good idea because our resolve generally weakens as the day goes on. That spin class that seemed like such a good idea yesterday looks way more daunting at 6 pm. Get your daily dose of exercise before breakfast and you're pretty much guaranteed to feel proud, not to mention energized for the day.

If you're a night owl, try going to bed a bit earlier so that you can get up earlier for fitness. High-intensity exercise right before bed might rev you up too much, and no one wants to sacrifice crucial sleep time.

Sneak in exercise when you can. Kids have soccer practice or dance? Instead of standing and sipping a coffee, head off for a walk or run. Invite other parents along for company.

Don't forget the classics: Take the stairs when you can, park farther away than needed, or hop off the bus sooner so that you have to walk.

My personal favourite? Be just a little bit late for everything so that you're forced to walk quickly at all times!

Ann Sullivan

Ann leads fitness classes at Redwood House Monday, Wednesday and Friday from 9 to 10 am.

anns@safari.ca



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Taste of Bragg Creek

Something's cooking in the Creek

More vendors, more space, more yum...

Since 2013 foodies from all over southern Alberta have converged on Bragg Creek for what has become known as one of the premier events in the Foothills. Now in its 8th year, Taste of Bragg Creek is EXPANDING to allow even more people to enjoy even more tasty samples from over 25 vendors, all at the Bragg Creek Community Centre.

On Friday April 3rd, 2020 head to Bragg Creek for the 8th annual Taste of Bragg Creek. Local and area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique “tastes” at booths at the Bragg Creek Community Centre. Thanks to a new sponsor we can have even more vendors than in years past with the addition of a covered tent attached to the main event space. More space means we will also be able to accommodate more attendees, so spread the word. Park at the centre, purchase your tasting tickets and get started. Once you have experienced all the delightful dishes and libations at the centre we encourage you to grab a map and discover our local shops, boutiques and restaurant store-fronts.

New this year, if you have extra tasting tickets at the end of the night you will be able to exchange them for vouchers from local restaurants that can be redeemed during the month of April. Examples of the vouchers could include, two for one appetizers, free dessert or a discount off your bill. This is in an effort to get you coming back to experience all Bragg Creek has to offer.

“Taste of Bragg Creek attracts people from Calgary, Cochrane, Okotoks and the foothills,” says organizer Mackenzie Walsh. “People new to the event will soon learn about our exceptional culinary scene, we have world renowned trails, breathtaking scenery, talented artisans, the best community there is AND amazing food.”

We'd like you to experience Bragg Creek every day of the year, but you'll definitely want to be here on Friday April 3rd, 2020 for Taste of Bragg Creek.

Event Details:

Date: April 3rd, 2020

Time: 5pm-9pm

Place: Bragg Creek Community Centre

23 White Ave, Bragg Creek

FREE admission and parking at Bragg Creek Community Centre

Tasting tickets are \$2 each

Number of tickets per sample is subject to merchant

Visit www.tasteofbraggcreek.ca for more information.

CONTACT INFO:

Mackenzie Walsh, 403-837-1433



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PICAPIX PUZZLE

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:

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

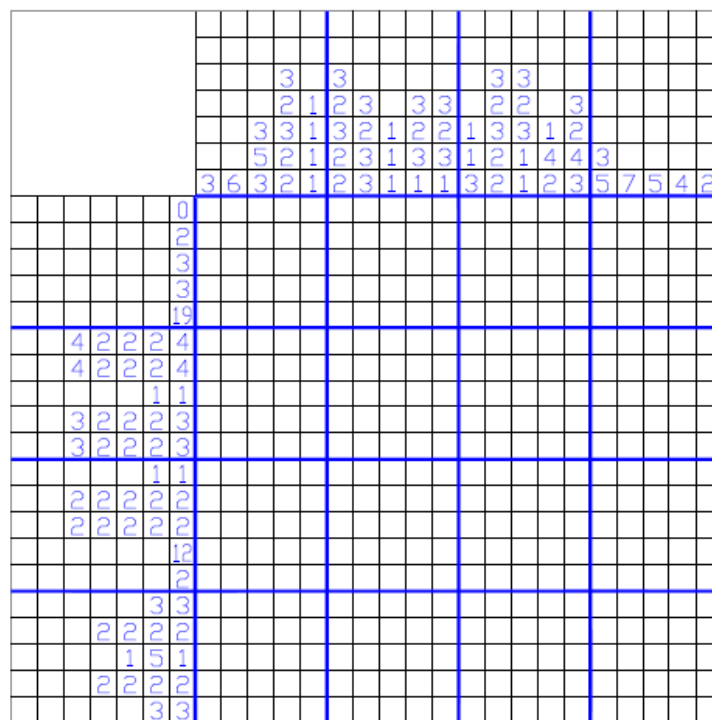
The “logic count method” shown below is very useful:

The clue at the left of the row is 6, so count 6 squares from the left to right 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.

Created by Diane Baher of Okotoks

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REDWOOD MEADOWS COMMUNITY BABYSITTERS LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
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
Ella	11 ^{1/2}	Babysitting Course	403-470-6411
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
Hunter	12	Red Cross Home Alone, Babysitting Course	403-949-8888 (Redwood)
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	16	Babysitting Course	403-860-9525
Keeling	17	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Kyle	14	Babysitting Course	403-470-6411
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	14	Babysitters License, Standard First Aid, 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 tanyasilvercyr@gmail.com
Quinn	14	Babysitting Course	403-949-3149 quinnbarrie@me.com
Sawyer	14	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	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone	403-949-3463
Zara	14	Babysitting Certificate	403-949-4474

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- ◆ Saturday 14th - St. Paddy's Party
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- ◆ Friday 20th - Backroad Traveler Band
- ◆ Friday 27th - Wrongly Accused

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Credit Reporting Quick Improvement Tips

A credit report (also known as a credit bureau) is a history of how consistently you pay your financial obligations. A credit report is created when you first borrow money or apply for credit.

Besides being an overall responsible user of credit, there are 5 main tips to better your score **QUICKLY** provided by Ross Taylor, a licensed insolvency counsellor:

1. Use The Optimal Utilization Strategy

When maximizing your personal credit score, you should look at your utilization of available credit for each individual credit facility. By this I mean what percentage of your available credit is the balance being reported? Percentage utilization can have a significant impact on your personal credit score. Equifax Canada states utilization has a 30% weighting on your personal credit score.

Scenario: suppose you have three credit cards, each with a limit of \$10,000.

And let's say one card has a balance owing of \$9,900 and the other two have zero balances. This might happen because you are trying to earn rewards on one particular card, or maybe you said yes to a balance transfer promotional offer.

Chances are your credit score is lower than if the usage was spread across the three cards equally—i.e., each with a balance owing of \$3,300, or 33% of the limit.

Overall, your usage remains unchanged, but now you no longer have an individual card reporting at 99% utilization. If you can afford to cover or reduce the balance owing on the one with a balance of \$9,900, you should see a nice little score boost.

2. Use the Statement Date Strategy

It may be that the best thing for you to do is simply reduce balances owing on your credit facilities. If time is of the essence, you should plan this carefully and do it in the correct order.

Gather up your most recent available statements for all relevant credit facilities. And note the day of the month when the statement was printed. Most of the time it's the balance on that statement date that is being reported to the credit bureau. And give or take a day, it is safe to assume that same day of the following month is when the next statement will be issued. So, plan your payments accordingly.

3. Pay It Down and Keep It Down

This is especially important when your limits are not very large. It's far better to pay your balance in full before your statements come out. You are even more of a model citizen, and now the balance being reported to the credit bureau will always be extremely small, if anything.

4. Exercise All Dormant Credit Cards and Lines of Credit

Some people have credit facilities they never use. People tend to favour one particular credit card and we might neglect our other cards. If you are trying to maximize your credit score, it is good to use all available credit fairly regularly, even if it's just for a nanosecond.

Equifax Canada states your history can have a 15% weighting on your personal credit score.

Update the DLA (date of last activity) with a modest transaction and then pay it online immediately. If you notice you have credit cards that have not seen daylight for months or years, take them to the supermarket or gas station, use them just once, and pay online right away. After the next statement these cards will report the date of last activity as the current month and year, and that may give you some much-needed points.

5. Scour & Clean All Reporting Errors

There might be some incorrect information in your personal credit history that's needlessly dragging down your score.

A few examples include:

- You have two or more personal profiles with the credit bureau and your information is scattered and diffused. Combining it all into one credit report could well increase your score and strengthen your look. (This often happens to people whose name is hard to spell, or who have legally changed their name).
- Late payments being reported when it's not you. Maybe you have a relative with the exact same name.
- That router you returned to the cable company is showing as a collection; but in fact you returned it to the local store.
- You completed a consumer proposal and all the debts included in the proposal should be reporting zero balances and should not carry an "R9" rating. This generally means an account has been placed for collection or is considered un-collectible.
- There may be incorrect late payments.

Equifax Canada states payment history has a 35% weighting on your personal credit score.

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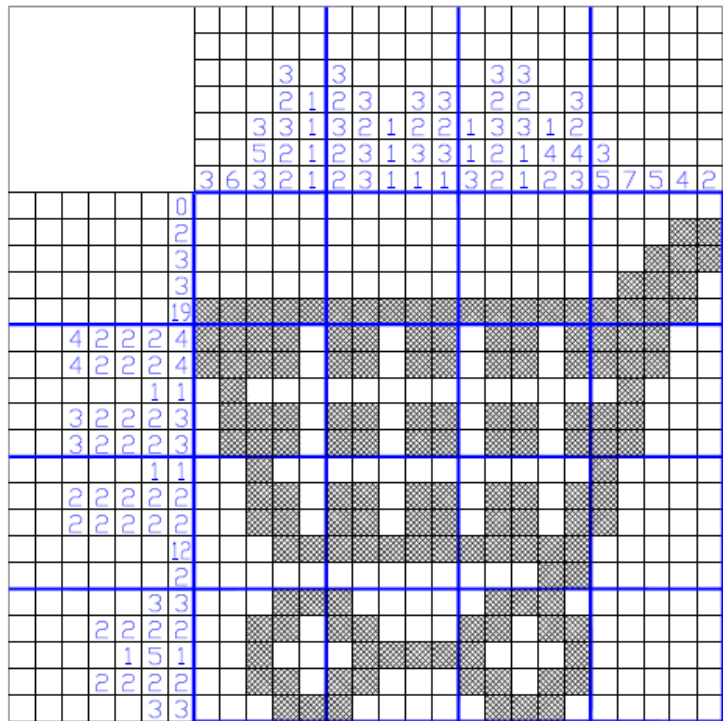
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