



CHATTER

-IN THE WOODS-

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

The Townsite of Redwood Meadows Administration Society holds its annual general meeting on Tuesday, May 15 at 7 pm at Redwood House. All leaseholders and residents are invited to take part. In the meantime, learn more about your town council and townsite staff on page 3.

The snow is melting, and spring sports are set to go in Redwood this month. See page 4 for online registration information.

Want to get involved in local crime prevention? Find out how on page 17.

You can celebrate moms in May with several fun events: the Ladies Auxiliary's Mothers' Spring Tea (page 15) and Bubbles and Bling (page 17).

Ready for a spring cleanse? Check out the ultra-healthy cookbook by Redwood osteopath and author Lucy Paget (page 14). This month's Parade of Garage Sales (page 9) provides another opportunity for a spring "cleanse." Sales take place May 26 and 27 throughout the neighbourhood.

thechatter@redwoodmeadows.ab.ca

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Redwood Celebrates Easter with Egg Hunt and Brunch



Families descended on Redwood House on a beautiful but chilly morning for the annual Redwood Meadows/Bragg Creek Easter Brunch and Egg Hunt. Lucky kids found more than 350 eggs hidden outside Redwood House and in the playground at Curtis Park.

Close to 100 families enjoyed a wonderful brunch buffet—pancakes, hash browns and sausages—cooked and served by the Bragg Creek Community Church.

Big thanks go to the Redwood Meadows Community Association and the Bragg Creek Community Church as well as to Tristan Parker.



Cruz Watts poses with the Easter bunny after the egg hunt at Redwood House.

Photo by Karla Watts

CHATTER IN THE WOODS

is a monthly, volunteer-managed publication of the Redwood Meadows Community Association and is distributed via email to residents of Redwood Meadows and the surrounding area. The Chatter is also available online at www.redwoodmeadows.ab.ca.

Receive a link to the Chatter on the first day of each month by emailing us at: thechatter@redwoodmeadows.ab.ca. A limited number of printed copies is available from the Chatter boxes at Redwood House, mailboxes and at the BCCC in Bragg Creek.

Contact the EDITORIAL TEAM at thechatter@redwoodmeadows.ab.ca

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

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

The **CHATTER** is printed
by the Bragg Creek
Business Centre:
403-949-2333

CHATTER SEEKS NEW EDITOR

The Chatter is looking for someone to take on the editing and layout of this monthly (Sept. to June) publication. The volunteer position requires experience with Microsoft Publisher and good communication skills. Knowledge of the local community helps! Time commitment is about 15 hours per month. If you would like to get involved, email thechatter@redwoodmeadows.ab.ca.

TUNES FOR TRAILS FUNDRAISER JUNE 2

The sixth annual party/dance/fundraiser for local trails takes place Sat., June 2 at the Bragg Creek Centre, featuring live music by Skuzzy and the Woodticks. Watch for details around town and on social media.

BRAGG CREEK LAUNCHES NEW MUSICAL THEATRE SOCIETY

Gotta dance? Gotta sing? Then get involved in Bragg Creek's new musical theatre society. Email Trisha Gizen at tgizen@gmail.com for information.

WANTED: SIX FOOT HIGH DOG RUN

Call or text 403-660-0748.

MARK YOUR CALENDAR—ART SHOW AND SALE IN JUNE

Bragg Creek Painters will hold a show and sale at Redwood House. Reception takes place Fri., June 15 from 6 to 9 pm. Join us for appetizers, aperitifs and art. Show and sale continues Sat., June 16 from 10 am to 4 pm. All are welcome!

EAT HEALTHY WITH SALAD-IN-A-JAR PARTIES IN REDWOOD

Carrie Hucal hosts salad-in-a-jar parties Sunday afternoons at her home in Redwood Meadows. Participants arrive with 8 cups of greens, five 1-litre Mason jars and one ingredient to share with the group and leave with a week's worth of delicious, healthy salads. Contact Carrie at 403-650-7762.

JOIN YOUR FRIENDS FOR A WALK IN THE HAMLET

The Ladies Auxiliary hosts a weekly walking group in Bragg Creek. Meet at 10:30 am Wednesdays at the community centre. Email jahand@telus.net.

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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www.FB.com/DrKarenMassey
www.Twitter.com/DrKarenMassey

Train to be a Flood Mitigation Volunteer

Redwood Town Council met on April 3 and April 17. The fiscal year's operations and financial budget were finalized. The AXIA initiative and the repercussions from the vote were also debated. Council members are looking forward to the annual general meeting on Tuesday, May 15 at 7 pm at Redwood House.



to have preparedness at an active level, the Townsite is partnering with Redwood Meadows Emergency Services (RMES) to have a volunteer base of residents trained, organized and familiar with local flood mitigation protocols and apparatus. Volunteers are asked to meet at Redwood House on Saturday, May 26 at 1 pm for training.

INFRASTRUCTURE

Town Council is greatly appreciative of the amount of passion residents showed on the AXIA initiative. As relayed to the Townsite, Council is in support of the special resolution vote results from April 12. The deal as proposed was defeated, and our infrastructure lead, Councillor Allen, will continue to work on the possibility of other options to provide the Townsite with high-speed internet.

The number of residents who came out, were involved, or provided constructive feedback in favour of or in opposition to the proposal shows promise in relation to the ongoing engagement needed about the lease negotiations and other pertinent issues facing the Townsite.

The Townsite has applied to the federal government for Canada's Summer Student Program (CSSP). Redwood plans to hire several students to work with our operations department for the summer season. The 16-week program is open to qualified applicants; please contact the town office at 403-949-3563 for details.

With the excess amount of snowfall, the expected rise in temperatures and the oncoming spring melt, Townsite reminds residents to ensure that they place their eavestrough downspouts down and away from their foundations. In addition, residents are asked, if applicable, to ensure that sump pumps are plugged in and operational. Please do not direct the flow of water from your sump pump into the floor drain as this may overload our wastewater system. If you need advice or feedback on your sump pump drainage, please contact the townsite at 403-949-3563. If you experience water in your basement, or notice areas around roads or ditches not draining, please also contact the townsite.

EMERGENCY SERVICES

Our operations department is actively preparing for the oncoming spring melt. In the event of an emergency, and

If you are interested, visit redwoodmeadows.ab.ca, look under *Community* then *Volunteers* and place "flood mitigation" in the description to sign up.

The Townsite conducted a test of our emergency call-out system on April 18. The system is designed to inform residents of an emergency situation. If you were NOT notified by BOTH email and by telephone, please let the townsite office know. PLEASE only contact the office if you DID NOT receive a call and email.

In the event of an emergency, the Townsite will be utilizing this system along with our own social media platforms including our website, Twitter, and Facebook to relay pertinent information. In addition, there are several other apps for your personal devices that can alert you to provincial alerts that may affect us. Check www.alertready.ca or www.emergencyalert.alberta.ca.

Our Townsite operations manager is keeping a close watch on our community's preparedness for our spring melt. Daily or weekly updates are given to our townsite manager and to town council as needed. The lift station at the north end of the community is designed to relieve the surface drainage issues; dealing with groundwater is a major step in reducing the concerns of water permeation.

FINANCIAL

MNP, an independent financial auditor, has finished its audit of council's finance department and presented its findings to council members at the April 17 meeting. Budgetary constraints and proper fiscal management are always at the forefront of these discussions.

BYLAWS

Did you know, that your garbage service works under several different sets of rules? The garbage truck driver, working by himself, can choose to ignore any of the following rules (but at his own risk and hazard). His employer and the Townsite have a contract which

Continued on next page

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qualifies much of what he does but agrees with or exceeds the Redwood Meadows Waste Management By-law 2010-02. The driver must also follow the Waste Control Regulation of Alberta 192/1996 and the Environmental Protection and Enhancement Act, Revised Statutes of Alberta 2000, Chapter E-12.

In summary, our Townsite bylaw states the following:

1. Domestic waste is defined to exclude construction, renovation, demolition, hazardous and biomedical waste amongst others (10.1).
2. Domestic waste shall NOT be placed “curbside” before 7:00 am on the day of collection (6.1e i). Our current contract is set at 7:30 am for pick up.
3. A maximum of three containers of waste NOT greater than 80 Liters (17.6 Imp. Gal.) in volume and NOT greater than 15 Kilograms (33.0 Lbs.) in mass. (5.1 a, 6.1d v & 6.1d vi)
4. Containers should be designed to, and maintained to, be impervious to Animals, Birds and Weather and do NOT have lids attached to them. (6.1d ii, 6.1d vii) (Secured by straps are fine, not hinged)

5. Loose waste is not permitted (9.4 ii)

So, treat the driver kindly, stay within the rules, and may your garbage days be bright, shiny, and empty of trash.

COMMUNICATIONS

The Emergency Services Department Open House takes place Sat., May 12 from 1-3pm. Come meet with representation from the many different service departments that serve our community: RCMP, RMES, Tsuut’ina Police and Alberta Fish and Wildlife.

Many of our residents have noticed changes in the town’s social media presence. We have increased our weekly communication through the emailed *Updater*. We have longer, more detailed submissions to the monthly community newsletter from our town council. We have included in the Chatter updates from our emergency services department and the RCMP. We are working on updating our emergency call-out list to ensure all residents are notified of an emergency. We have re-introduced Redwood’s Twitter feed, with frequent updates of infor-

Continued on next page



Redwood Meadows Community Association

2018 Spring Sports
Online Registration NOW OPEN!
Ages 3-11



Soccer:



Tuesday evenings starting on May 8
3-7 year olds at 5pm & 7-11year olds at 6pm

T-Ball:

Wednesday evenings starting on May 9



PLEASE VISIT OUR **NEW** SPRING SPORTS WEBSITE FOR MORE
DETAILS AND TO REGISTER ONLINE:

www.playyon.com/redwood-meadows-soccer

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Continued from previous page

mation. We have rebuilt the town's web page to be more user-friendly and contain more pertinent information.

The next step in the process is our Facebook page, which needs some improvement. We wish to use the page as an information page for residents and the public. In an online media world, many people, including residents, visitors, and prospective home buyers, use Facebook to find out more about a community. In researching comparable sites, most local communities use this approach.

Townsite staff and council recognize that feedback from residents is an essential and integral part of keeping our community involved. We often encourage residents to email the townsite office or our council. To ensure an avenue exists for respectful and constructive dialogue, the Townsite has constructed a Facebook community discussion page, similar to others in the area. This will be a closed group, open only to residents of Redwood Meadows. Redwood Meadows Forum is now operational, and we encourage residents to enjoy it through a respectful and lively debate. As with any closed group, all commenters will need to be approved by the group administrator, and the discussions will be monitored to ensure respect, civility, and overall appropriateness of submissions for discussions.

LEASE UPDATES

There is constant work happening regarding the lease negotiations. Our townsite manager meets with representatives from Tsuu'tina Nation on a weekly basis regarding operational, legal and administrative dialogue pertaining to lease negotiations.

There is a community working group (LAWG) consisting of three councillors and community members who meet

on a biweekly basis, to discuss our community's interests and brainstorm ideas. The townsite manager and the councillors from the working group report back to council at our regularly scheduled meetings to discuss their progress and get direction for the next meeting.

Our townsite manager, mayor and deputy mayor meet with Tsuu'tina representatives on the alternate weeks from the LAWG meetings. On a weekly basis, more than 40 hours are devoted to lease discussions and moving the process forward. There is a Gantt chart (a working schedule of projects and timelines) that is in place and is used as a point of reference for our discussions. With the Framework Discussion Document signed by both our community and Tsuu'tina Nation to work on the lease and related issues, it is important that we are meeting our own deadlines, and we are pleased with the progress to date.

If you would like further updates, please come out to the lease information nights. This is a chance for our LAWG group and Town Council to inform residents in person, and to answer any questions. The next lease information night will be held May 2 at 7 pm at Redwood House.

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 town's website prior to the meeting.

To add an agenda item, please contact Julia, our Townsite Manager, on/by the Friday before the scheduled council meeting at jkf@redwoodmeadows.ab.ca.

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



ROYAL LEPAGE
Benchmark

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

Canada Day Volunteer Opportunities Now Available

Happy spring finally!!

Thank you again to everyone who helped out with the Easter Brunch and Easter Egg Hunt on March 31. It was another great event and we are so happy to see the community come out, even if the weather was a bit chilly for Easter.

The RMCA is looking forward to spring sports, especially as this snow melts. If you haven't registered your kids already, there is still time while the ground dries out—we anticipate starting around May 16. Please register at www.playyon.com/redwood-meadows-soccer/. We would like to thank Kristi Kraychy for all her hard work in

getting the spring sports program started up.

We are already in the works for planning Canada Day! We look forward to another amazing day and of course we are always in need of volunteers. Please sign up on the townsite webpage if you would like to help us out!

Jackie Neher, RMCA president

Wishing all moms and grandmas
a wonderful Mother's Day
on May 13!

(Call your mom!)



Community Café

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

Everyone is welcome!

Friday, May 11, 2017
10:30 am to noon
at Redwood House



Community cafés are brought to you by the RMCA.



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Spring Food Drive Support Breaks Records

THANK YOU! Helping Hands had an excellent food drive on April 21, and the shelves at the Cochrane Activettes food bank are again prepared for the upcoming months.



drop off donations in coming weeks, this number will likely continue to rise.

Thank you to all of the 600+ outstanding volunteers from Cochrane and area without whom none of this would have

In difficult economic times, many more families are in need, and at the same time, we recognize that many families have a reduced capacity to give. Our semi-annual food drives currently provide 60 percent of all donations to the food bank. Through your efforts and generosity, many more families in Rockyview Country, including families in Redwood Meadows and Bragg Creek, will be supported in their time of need.

been possible and to Rockyview residents for giving so generously!

Please accept our heartfelt appreciation for giving so fully to touch the lives of others. The Helping Hands Society links people who help with people who need help and that happened in a very big way last month. Thank you!

Donor generosity made this drive the biggest one to date! Last fall's drive brought in 1,000 cases of food. This spring, volunteers collected more than 1,200 cases of food. This is a new record for us! With residents likely to

Mark your calendar for our next food drive, scheduled for September 15, 2018.

*Submitted by Terrance Haxton
Helping Hands Society*



Tree Services Certified Arborist

Poplar Wood Crafters

Jared Myrtle
403-679-9713

Is Your Sump Pump Springtime Ready?

Every year, millions of litres of water flow into the municipal drainage system from residential rooftops and indoor plumbing. Most people don't think about how the water is collected or where it goes. It's a different matter, though, when a spring melt comes, the drainage system falters or there is water in the basement.

Water damage from flooding costs time, money and inconvenience. Fortunately, there are many things you can do to reduce your risk. Prevention and maintenance are the keys. Looking at your home now and fixing any problem areas before the next major water event can save you a lot of grief.

In any community, private and public drainage systems work together to channel and move sanitary and storm water safely away from homes and neighborhood streets.

The private system is the responsibility of residential and commercial property owners. The public system is owned and operated by the municipality, in this case the Townsite of Redwood Meadows. The sanitary sewer main deals with all water disposed of inside the home. Water from showers, toilets, sinks, dishwashers, clothes washers and floor drains is channelled to a pipe under your basement floor. This pipe is connected to a larger sanitary sewer



pipe located under the street. Sloped lawns and driveways direct water from the roof and the ground to the street or drainage ditches, which in Redwood Meadows is essentially our storm drain system.

This winter our community has had an abundance of snowfall, and now with the spring melt fully underway, it is very important to note that our sanitary system is **NOT** designed to handle the amount of drainage from sump pumps operating in people's homes.

It's time again for the annual Redwood Meadows **PARADE OF GARAGE SALES**

May 26 & 27

9am to 3pm

**A great way to find
hidden gems and great
deals!**

For info: programs@redwoodmeadows.ab.ca

We look forward to seeing you there!



The townsite asks ALL residents at this time NOT to allow their sump pumps to drain into the inside floor drains, outside street drains or the streets as this will lead to possible sewage backup in the home.

All ground water from sump pumps must be drained onto the ground or lawn away from the house on the resident's property. Our operations department will be checking manhole access periodically to ensure compliance.

Thank you for your cooperation. Please contact the town office at 403-949-3563 with any concerns.

Redwood Meadows Townsite staff

Meet Your Family Fitness Goals Together

Martial arts such as tae kwon do can be learned at almost any age, which is one of the many reasons that tae kwon do is such a great family activity.

Because tae kwon do is both an individual sport and a group activity, entire families often train together to accomplish their fitness and sport goals. Each family member can train at his or her own pace and enjoy the

comaraderie and efficiency of being in the same class.

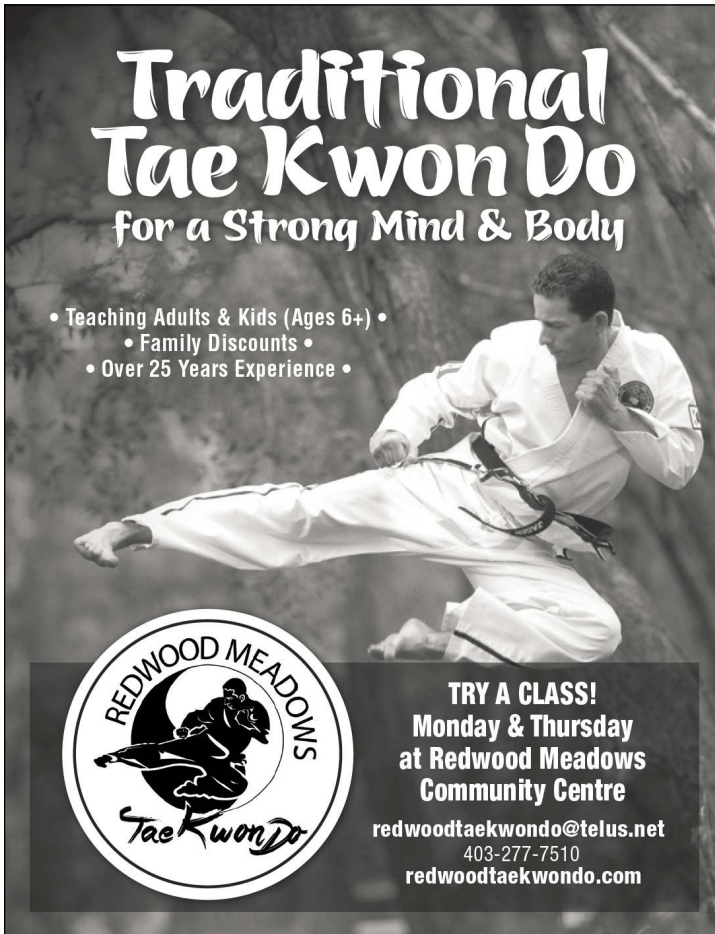
With over 25 years of teaching students in the community, the **Redwood Meadows Tae Kwon Do School** has had numerous families train together. Often the progress of younger students is increased because of the support of siblings or parents in the class.

Parents are motivated when they see their children progress and gain the physical and mental skills that martial arts teach. Organized primarily by rank or belt colour, kids soon recognize that they can achieve an equal level to their parents and enjoy having them as training partners.

Within our community, there are several families of black belts and senior belts who started as beginners and have now trained for several years, gradually progressing through the ranks together.

Classes are offered by the Redwood Meadows Tae Kwon Do School on Monday and Thursday evenings for kids (ages six and up) and all adults. For more information, visit www.redwoodtaekwondo.com.


Stacie Smith
Redwood Meadows Tae Kwon Do School



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Community Centre

redwoodtaekwondo@telus.net
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redwoodtaekwondo.com



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Thank you!

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Redwood Meadows, Bragg Creek, and Cochrane.

Kathleen brings 17 years of award winning Real Estate expertise to you.

As always, my market evaluations are complimentary
and should be updated every 6 months.

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BCCA Welcomes Spring with Another Successful Taste Of Bragg

Hello Community!

Let's hope we are officially saying hello to spring and defrosting from the past 80 months of winter. As we enter into May, and finally into greener pastures, we cannot wait for all the excitement that comes with springtime in Bragg Creek!

Before we move on to all that will be coming up, we wanted to start by thanking everyone who was involved in April's sixth annual Taste of Bragg Creek.

What a year to remember with delicious local food, amazing volunteers, and so many supportive partnerships. Thank you to the Bragg Creek Chamber of Commerce for spearheading the organization of this huge event, and to Charlie Holschuh, the fearless volunteer and founder who keeps making Taste better every year! Thank you to all those volunteers (63 of them, to be exact) who made this fundraiser possible. And, a shout-out to Bobcat Lori and her team for getting the half-frozen swimming pool out of the Centre's parking lot just in time for the event.

Recently, a Rural Crime Watch meeting was hosted at the Bragg Creek community centre, so stay tuned for updates on how we can work together to foster a safe and kind community for all.

Looking ahead to this summer: the BCCA is unable to continue offering Camp in the Creek, and we are instead promoting other summer camps in the area. Check out the BCCA website (braggcreekca.com) for links to some awesome local summer camp



options for your little ones. It is also time to mark your calendars: Bragg Creek Days will be happening on July 21 and 22. To find out how to get involved, contact the BCCA for tons of opportunities, from volunteering to promoting your business and everything in between. Call 403-949-4277.

Wishing everyone a beautiful May, full of sunshine, local patios and outdoor adventures. See you around!

Bragg Creek Community Association

Bragg Creek Community Centre May Events

Friday, 4th Youth Activity Night (FREE)
Saturday, 5th BCPA Concert - Matthew & Jill Barber
Thursday, 10th It's not Right - Older Adult Abuse
Saturday, 12th Standard First Aid Course
Sunday, 13th Standard First Aid Course
Wednesday, 16th .. Community Group - Drumming Circle
Friday, 25th Soup & Pie - Ladies Auxiliary
Friday, 25th Movie Night - TBA
Sunday, 26th Theresa Puskar's Performance
Thursday, 31st Mental Health First Aid

Community Group Event DRUMMING CIRCLE

Wed, May 16th | 7-9pm | \$45 | All Ages!

Discover the therapeutic & community building benefits of drum circles.
Guided by a professional facilitator.
~ Hosted by Circles of Rhythm ~

Register at: www.braggcreekca.com



Bragg Creek Community Centre
outreach@braggcreekca.com
403-949-4277 | 23 White Avenue

Meet Us at the Hub!

Bragg Creek Community Church office, 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. You will find a Church volunteer at the Hub during the week. After hours, please contact Pastor Dave Zimmerman @ braggcreekcommunitychurch@gmail.com or [403-949-2072](tel:403-949-2072).

AB Government Improves West Bragg Creek Trails Protection

AB ENVIRONMENT & PARKS ANNOUNCEMENT

We have something to celebrate as the level of protection for the West Bragg Creek trail network has been improved!

Due to the popularity of the trail network on the public land at Greater West Bragg Creek and Moose Mountain, Alberta Environment and Parks (AEP) has placed a Consultative Notation over this area (CNT 170007). This will ensure the trail network is safeguarded from other proposed land uses. Below is a brief description of the Consultative Notation that AEP, Integrated Resource Management Branch, has recently placed on the West Bragg Creek and Moose Mountain trail networks.

What is a CNT?

Notations are instruments used through the Public Lands Act to identify a management intention regarding specific sections of public land by government departments or legal entities. Notations indicate that the holder of the notation wants to be consulted before any commitment or disposition is placed on the land.

GBCTA would like to recognize and thank AEP staff, Minister Shannon Phillips and MLA Cam Westhead.

AUXILLIUM FOUNDATION DONATES \$60,000

The GBCTA recently received an incredibly generous donation of \$60,000 from the Auxillium Foundation to support trail construction and maintenance operations in 2018. This donation is a major jumpstart for our 2018 donations, and it gives us the confidence to go ahead with ambitious plans for trail building, trail upgrades, and maintenance of our trail network.

This year's donation follows on the significant donation in 2017 by the Auxillium Foundation, which allowed the GBCTA to construct the links that connect the Trans-Canada Trail from Bragg Creek through to Highway 68. Thank you to the Auxillium Foundation!

TUNES 4 TRAILS - JUNE 2, 2018

Save June 2, 2018 for another great GBCTA fundraiser. Dance the night away with Skuzzy and the Woodticks. We will have a similar format as other years with a cash bar featuring craft beer, a silent auction and evening snacks. Typically we sell out so watch for further updates. If you want to volunteer, please email us at info@braggcreektrails.org.


50/50 FUNDRAISER UPDATE

Thanks very much for your donations. We are now up to nearly \$22,000.

LOST AND FOUND

The lost and found box just outside the Trail Centre in the West Bragg Creek parking lot is very nearly full. If you've lost something out on the trails, please check it out in case someone handed it in.

Greater Bragg Creek Trails Association



IT'S NOT RIGHT!
Maintaining Healthy Relationships
and Helping Older Adults at Risk




Community Presentations - Neighbours, Friends
& Families for Older Adults


THURSDAY, MAY 10/18
7:00-9:00pm
Free!
BRAGG CREEK COMMUNITY CENTRE

It's Not Right! is a program that addresses issues of older adult abuse, neglect and self-neglect in communities by engaging bystanders. **See it**, by learning how to identify the types of adult abuse and their warning signs.

- **See it**, recognize the warning signs of abuse.
- **Name it**, by learning how to let your loved one know you are concerned.
- **Check it**, by asking questions and knowing how to help.

TO REGISTER, or for more information contact:
Alison Bush at 403-669-0914





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

Help Fight Kids' Cancer with Great Cycle Challenge

Wouldn't it be great to stimulate your health and at the same time help to fight kids' cancer? Care in the Creek Medical Centre thinks so. This June you will get an opportunity to do both by joining the Great Cycle



Challenge Team. The team supports the SickKids Foundation; donations will help fund research, clinical advances and compassionate care at The Hospital for Sick Children in Toronto.

How does it work?

- Register for free at greatcyclechallenge.ca.
- Join our team: Care in the Creek Medical Centre.
- The team is open to all ages and fitness levels.

Spread the word and motivate others to join the challenge or become a sponsor. Doctor Noordman will sponsor every participant who joins the Care in the Creek Medical Centre Team for \$10 each up to a maximum of \$500 for the group.



Get on your bike, indoors or outdoors in June and track your kilometres. **For further details, see greatcyclechallenge.ca.**

Updates and progress will be posted regularly on facebook.com/careinthecreek and careinthecreek.com.

Please join us! I hope to see you on the bike when I will try to reach my 200-kilometre goal!

Care in the Creek Medical Centre is accepting new patients. Evening and weekend appointments available. Contact us at 403 949 2457.

Dr. Annelies Noordman





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SPIRITSWEST.CA  

Kickstart a Spring Detox with Redwood Author's Recipes

Redwood Meadows writer and osteopath Lucy Paget, pictured at right, has recently published *The Community Table*, an e-cookbook that includes a wealth of autoimmune-friendly, anti-inflammatory recipes that are deeply nourishing and 100 percent gluten-free.

Enjoy recipes for delicious, family-friendly home cooking that use minimal, healthy sugars.

The Community Table also includes a 14-day meal plan to kickstart your spring detox.

Use the promo code "NOURISH" to receive 20 percent off your copy of *The Community Table*, which you can download at

www.lucypaget.com.



In the meantime, enjoy this tasty recipe for Cold Red Pepper Soup by Lucy Paget (www.lucypaget.com).

See recipe at left.



Cold Red Pepper Soup

This soup is creamy, slightly sweet and flavourful. It's the best red pepper soup I've ever tasted.

PREP TIME 15 minutes COOK TIME 30 minutes

2 tbsp butter, ghee, or coconut oil
2 medium onions, diced
3 cloves garlic, crushed
4 large sweet peppers sliced and seeded
3 cups bone broth
1 bay leaf
1/2 cup full fat canned coconut milk
Handful fresh chives

Melt fat in a deep saucepan, then add onion and sauté for 5 to 10 minutes.
Add garlic and sauté for 2 – 3 minutes.
Add peppers and sauté on additional 2 minutes without browning.
Add chicken stock, coconut milk, and bay leaf.
Cover and simmer for 30 minutes.
Remove bay leaf.
Cool.
Puree in blender then sieve to remove skins.
Chill.
Serve soup garnished with chives.

"At the age of six I wanted to be a cook. At seven I wanted to be Napoleon. And my ambition has been growing steadily ever since."
— SALVADOR DALI

THE COMMUNITY TABLE – SOUPS & SALADS

FOOT CARE IN THE CREEK!

Clinics: Thursdays at 6-week intervals
Location: Snowbirds Chalet
19 Balsam Avenue, Bragg Creek
Hours: 9:00am to 4:00pm
Clinician: Jill Read-Johnson, Certified Podologist
Cost: \$30.00 /session
Appointment: Call **403-949-2133** for more details and to book an appointment. You will receive a call to confirm.

*Clients must provide their own foot basin & towel.

The benefits of regular professional foot care:

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

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



Upcoming 2018 Foot Care Clinics

May 3
June 14
July 26
September 6
October 18
November 29

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Mothers'

It's Finally Spring!

TEA

Saturday May 5

2 – 4 pm Redwood House

Live Music, Entertainment

EVERYONE Welcome!

\$10 adults \$7 12 and under

Brought to you by Bragg Creek Ladies' Auxiliary

Tickets available at Redwood House, BC Community Centre & the Korner Kitchen (exact cash or cheque made out to BC Ladies Auxiliary please)



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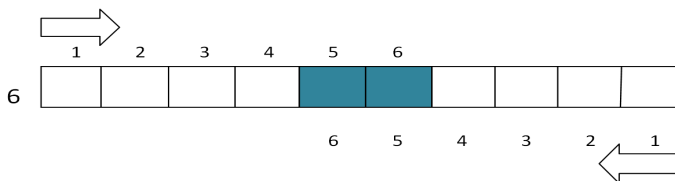
picapix puzzle

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.



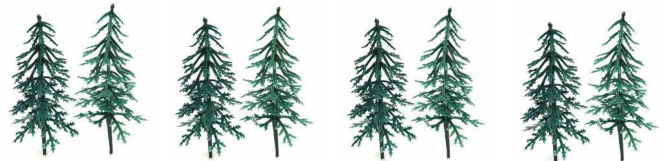
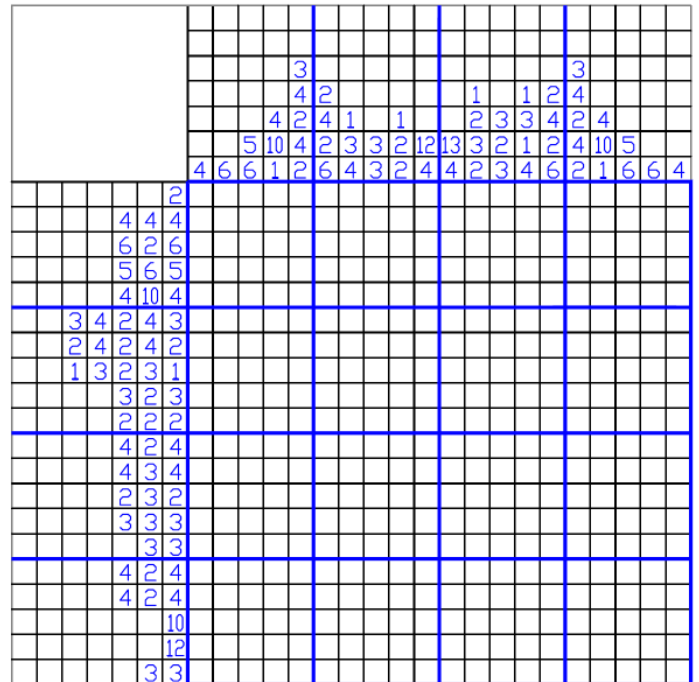
Confidently shade in the overlapping squares. This is spatial reasoning. Even one shaded square can lead to others.

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 19.)*

ALARM





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New Initiative Helps Residents Deter Rural Crime

About 80 residents of Bragg Creek and Redwood Meadows met at the Bragg Creek Community Centre in mid-April to hear presentations from Rosemary Lindsay, president of the Cochrane Foothills Protective Association (CFPA), and Constable Nathan Moore, our local RCMP liaison.

The CFPA operates in conjunction with Alberta Rural Crime Watch and Bragg Creek/Redwood Meadows falls within their area. This is the first step in the creation of a local initiative to educate residents on how to secure property, effectively report criminal activity and organize ourselves in a way in that will help deter criminals from engaging in illicit behaviour in the first place.

The minutes of this informative meeting are available on the BCCA Facebook page. We are at the beginning of this initiative. If you are interested in helping, please contact the BCCA (403-949-4277) and learn about further developments and announcements. In the meantime, check out www.ruralcrimewatch.ab.ca for more information.

Dave Rupert



SUNDAY MAY 6
10:00AM-12:00PM
REDWOOD HOUSE
1 MANYHORSES DR
To reserve your spot,
etransfer:
nicole@stonewillow.ca
password "bling"
Limited to 20 attendees



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The Bragg Creek Ladies Auxiliary Proudly Presents

Bragg Creek Community Lunch



\$5.00 for
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Soup and Pie



Upcoming Dates:
25 May 22 June

Lunch starts at 12:00 pm
Bragg Creek Community Centre

"Come have lunch with
your fellow Creekers!"



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Visit to Pandas an Upcoming Highlight for Little Schoolhouse Students

Creative exploration and collaborative play have been at the forefront of our collective school experience this past month. From magnetic sculpture building to dramatic play with the blocks and animals, we have continued to stretch our imaginations. We are working together, respecting one another's ideas and seeking answers to our questions about the world around us.

In kindergarten, the children have been documenting their ideas during daily drawing and writing work. Amazing illustrations are accompanied by invented spelling, as we learn to "stretch out" the sounds in words that we print. At the beginning of June, we will be travelling to the Calgary Zoo for the "Edu-Trek Panda" experience, which we are all very excited about! As the snow melts away, outdoor play will involve sketching the signs of spring and examining the season with our five senses.

We are preparing for our Spring Celebration of Learning, to be held at the beginning of June. The preschool and kindergarten classes will be presenting songs and poems on the stage and sharing cookies and treats with families and friends. We will showcase our learning throughout this school year with photographs and children's work displayed in the Bragg Creek Community Centre.

Registration for the 2018-19 school year is ongoing.



Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9 am to 3:15 pm, and multi-aged 3- & 4-year-old preschool programs are on Monday, Wednesday and Friday mornings from 9 to 11:45 am and afternoons from 12:30 to 3:15pm. For information, please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



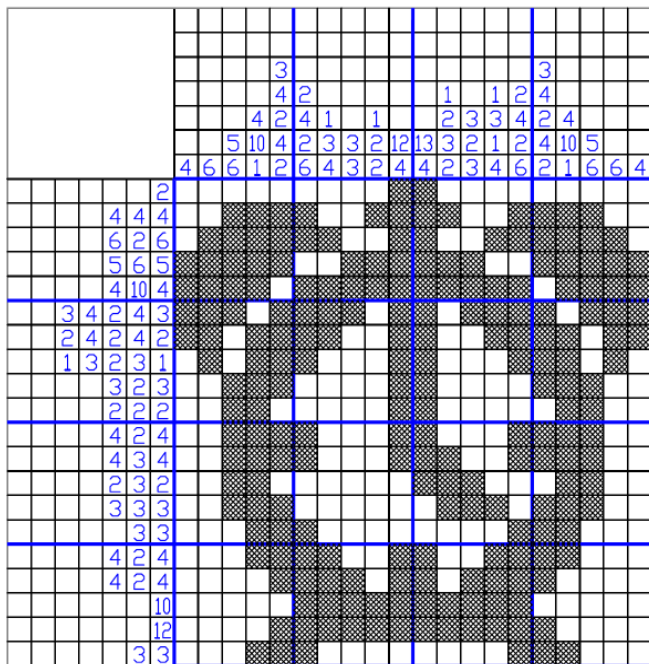
Students in Bragg Creek's Little Schoolhouse have fun inside and outside the classroom.

Photos submitted by Cara Haar.



Picapix Puzzle Solution

ALARM



Bragg Creek Performing Arts Presents:

Matthew Barber & Jill Barber

Opening: Martin Kerr

May 5th, 2018

Multi award winning singer/songwriters, siblings with a lifetime of gorgeous harmonies. A unique show.



Bragg Creek Community Centre 23 White Avenue, Bragg Creek

Doors at 7:00 P.M.

Concert at 7:45 P.M.

Tickets: Adult \$42.00 Senior \$40.00

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



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Compare ‘Good’ and ‘Bad’ Debt in Times of Increasing Interest Rates

Many Canadian’s have found their debt loads heavier now that the Bank of Canada and the country’s lenders have raised their benchmark rates and prime rate. On the other hand, increased lending rates are good news for account holders as the prime rate also affects interest rates for savings and investment accounts.

How can you avoid falling further into debt or take advantage of higher rates of return? Here are some considerations:

- In a perfect world, we’d all like to live totally debt-free but that simply is not reality for many of us. Trying to pay off all debt should be the goal, but if the reality is that some debt has to stay, then before considering any further actions, understand exactly what kind of debts you have.
- There is good debt and there is bad debt. Good debt may include a cost that is incurred to invest in your future. A student loan is a good debt because you are investing in your ability to make more money. Debt you have on real estate or your primary residence is a

good debt because this is an asset and you’re accumulating equity. Debt you incur to buy an investment, assuming the income from the investment far exceeds the cost of the debt, may be a good debt as well.

- If you have tax deductibility because of a debt, this is a good debt.
- Bad debt is your credit cards, department store cards, lines of credit and/or any debt with higher interest rates, no asset generated, and/or no investment opportunity. Pay off the debt with the higher interest rate first.
- A potential concern for anyone with a variable rate mortgage during times of prime rate increases is the increasing cost. Consider locking into a fixed mortgage rate. If you are worried about the exposure to higher mortgage costs, this may be an option to rein in the risk.
- Consider what kind of debt you are taking on; but more importantly, how, when and what your plan for repaying it is.

What if you need to apply for more debt?

- Care about your credit score and check it often. If you are applying for a new debt (especially a mortgage), consider your credit limit and never use more than 70 percent of limit on one single account; or more than 35 percent of all your overall credit capacity. As much as you can, pay down existing debts (especially lines of credit or anything “revolving”) to open up your capacity.

What if you have no debt to pay off, but want to take advantage of the increased rates? You should always speak to an investment professional about your personal situation, but some options may be a regular ol’ savings account; maximum contributions to an RESP; and, once your RESP is max’ed, an RRSP or a Tax-Free Savings Account.

There are many, many options for additional investments. Consult with your financial planner. It’s impossible to predict what is going to happen in the coming months or years, but we do know the time of low interest rates, easy credit, and freewheeling lending policies are over.

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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
Emily	17	First aid, CPR	587-582-2846
Eveliina			403-949-4968
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	14	Babysitting course	403-860-9525
Keeling	15	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Liam	15	Babysitting course	403-949-2090
Logan	14	St. John's Babysitting, Home Alone	403-949-2825
Lucy	21	CPR, First Aid, Babysitting course	587-586-5129 lucygracetalman@hotmail.com
Mackaela	12	Babysitter's license, standard first aid and CPR-B	403.969.6732 macarchambault@gmail.com
Mairenn	15	St. John's Babysitting, Home Alone	403-949-2490
Nolan	11	CPR, Babysitting course	905-999-0635 tanyasilvercy@gmail.com
Quinn	11	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).



TOWNSITE OF REDWOOD MEADOWS
ADMINISTRATION SOCIETY ANNUAL GENERAL
MEETING

Tuesday, May 15, 2018
Redwood House, 1 Manyhorses Drive

IT'S THAT TIME OF YEAR AGAIN WHEN COUNCIL NEEDS
YOUR PARTICIPATION AND INPUT.

ALL LEASEHOLDERS AND RESIDENTS WHO ARE
18 YEARS OF AGE OR OLDER ARE MEMBERS OF
THE SOCIETY.

THE AGM IS ESSENTIAL FOR PROVIDING THE FUTURE
DIRECTION AND WELL-BEING OF OUR COMMUNITY.

SAVE THE DATE:

TUESDAY, May 15, 2018 – REDWOOD HOUSE
7:00 P.M.