



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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Ready. Set. Go!
Spring is off to the races! We know that this is an exceptionally busy time of year for most. As we work on our yards, start spring activities, celebrate Mother's Day, enjoy long weekends or just ready ourselves for summer, it is a busy season—and it sure is pesky when a spring snowstorm gets in the way...whoa!

This issue of the Chatter has our regular updates from the Redwood Meadows Community Association, The Redwood Meadows Council, the Redwood Meadows

Emergency Services as well as the Bragg Creek Community Association. We have some new content around seasonal maintenance for our local yards and some great new writers to acknowledge Mother's Day.

Check out the Spring Fling details. Come out for some fun May 10th at Redwood House and support the RMCA.

If you have suggestions for the Chatter, RMCA programs or events please email

TheChatter@redwoodmeadows.ab.ca

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The Redwood Meadows Emergency Services team came out to support the Easter festivities at Bragg Creek Centre. Thank you to all those that volunteered and organized this year's event. It was enjoyed by many local families.

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.



April showers aka snow storm brings a May "Spring Fling". May seems to be a busy time for most of us, and the RMCA is definitely hopping busy the next two months.

Spring Sport registration is complete and saw over 120 kids sign up for our grassroots soccer and tball—now its time to play ball as it will kick off May 14th. May 7th is when residents will come together at our Townsite AGM. Our volunteer Townsite council has been working hard not only on the everyday challenges as a townsite but also developing a lease agreement and partnership with our neighbours and land owners that will see Redwood Meadows hopefully have 40 years added to our lease. Please attend the AGM to understand and support all the work Council and administration staff have done. May 10th we present our newest event Spring Fling where RMCA will host a wine and cheese party with live music. This evening will feature three local talented singers for us. Soprano Michelle Minke is an award-winning songstress who will wow us with her outstanding voice. We are pleased to have two singers Jen Evans and Jaclyn Scrimshaw perform again for us. We've had the pleasure to listen to them at last year's Canada day and at the Kananaskis Christmas Market. This should be an evening to remember. Visit our Facebook event page to purchase tickets and get more information.

RMCA has met with our own Indigenous Awareness Committee to help RMCA foster and integrate First Nations peoples culture and traditions into our events and activities. RMCA will continue building our relationship with IAC to write grants, work on events and inform our residents of our important connection to Indigenous peoples. RMCA also met with Bragg Creek Bears Hockey at our last meeting. They came "Bearing" a generous gift of future bleachers for our ice rink. RMCA will contribute some additional funds for a pad to place the bleachers on. Thank you to the Bears parents and volunteers that raised these funds.

As you may have noticed the ice rink reconstruction has begun. Our operations department led by Rocky Bond have been a crucial part of getting this project moving ahead. RMCA appreciates all that they do for our community!

RMCA has their casino on June 10th and 11th and we are looking for volunteers to help run it. The money we receive from running the casino will help pay for repairs on our parks, rebuild the bike pump park and so many additional items to assist our community. Please sign up! <https://www.signupgenius.com/go/70a084fada723a3fd0-casino>. June 21st is National Indigenous Peoples Day and the IAC will be holding a speakers series with a potluck dinner. All are welcome to attend this unique and special event. More information on this evening will be on page 14 and on our Facebook page. Redwood Meadows annual parade of garage sale will be May 26th and 27th. Don't be shy and use our community Facebook page to announce your garage sale. Looking forward to finding some treasures and drinking some homemade lemonade. Finally our preparations are underway for our next Canada Day, if you would like to participate or volunteer at our biggest event please contact rmca-president@redwoodmeadows.ab.ca and we look forward to having you be part of this great day.

I like to thank my fellow moms that run RMCA. I have the privilege to work, play and create alongside some of the most amazing women I know. Thank you ladies for all you are and all you do! Happy Mother's Day! Have a wonderful May everyone and be kind to your mamma's!

Renate Van Der Zande—President RMCA
rmca-president@redwoodmeadows.ab.ca

Redwood Meadows Community Association—Business Listings

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

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Redwood Townsite Update

Council Update

Over the month of April, council met twice. Council's main area of focus over this time is preparing for the Annual General Meeting on May 7th, finalizing the operational budget for the upcoming fiscal year, and working diligently on the lease negotiations.



Infrastructure

The skating rink refurbishment has begun. All residents and visitors are reminded that the location of the skating rink and surrounding area are a work site for the next few months. Please avoid the area and watch for moving equipment and hazards if you have pets or small curious children.

The Townsite once again apologizes to residents for the inconvenience of the frozen water line issues. The spring freeze/thaw cycle in conjunction with the terribly cold February was an uncharacteristically perfect storm of frozen water lines in the local area. The Townsite dipped into the reserve infrastructure funding to provide close to \$10,000 in regards to providing affected residents with temporary solutions. Our operations crew will be inspecting water lines through the month and if there are any concerns please contact the Townsite Office.

Emergency Services

With the spring melt coming, our Townsite staff and emergency services department will be prepping and ensuring in the case of emergency that the Townsite is prepared. We do not anticipate any concerns this spring due to the lower amount of snowpack this winter.

Financial

We have reviewed and approved our 2019 budgets. The budgets will be presented at the AGM on May 7th.

Waste Management

A reminder to residents that effective June 1st our

garbage pick-up will be moving to bi-weekly pick up. This is part of our new Waste Diversion Initiative, funded by grants and our designation of a Wildsmart Community. There will now be Recycling within the community to eliminate the volume that residents put into the waste stream. The Townsite

hopes also to have our in-vessel composter for Townsite residents' organics operational by the end of June. There will be community bear-proof depots that residents can place their organics into. More details will be sent out to residents via mail and information will be given at the AGM in regards to this initiative.

Bylaws

The Townsite continues to receive numerous complaints about pets, namely dogs in our community. This is the number one complaint that is fielded by our Townsite staff. Numerous messages have gone out to our community resident dog owners asking for their cooperation in maintaining adherence to our pet bylaw and to show respect to your neighbors. Please do not let your dog run free or let them use others lawns as their bathroom. If your dog does, please pick up after your dog. The Townsite will be introducing new methods of addressing this major concern this month including cameras and stricter methods of enforcement. There is a new user-friendly online submission form to report bylaw infractions.

Residents are also reminded that bears are waking up and to ensure that we do not have a continuation of last year, residents are asked to keep their waste inside their home until the morning of pick up day, not allow your pet to be off leash without close supervision anywhere in the Townsite including along the berm, and to report any sightings to the Townsite Office.

Continued on next page:

Picapix Puzzle

Lease Updates

The Lease Negotiations are progressing towards our target date of an August 2019 completion. Several hurdles and deadlines have been met in terms of administrative practices and stewardship agreements. There is a vote scheduled for the summer of this year for both the Nation and our Leaseholders. Leaseholders will be kept aware of the rapid progress and what their requirements are prior to the vote. Please attend the AGM on May 7th for updates.

Council Meetings

Council meetings are held on the first and third Tuesday of every month at 7pm at Redwood House. Meeting agendas are available to the community on the Redwood Meadows website prior to the Council meeting. If there is an agenda item that you would like added, please forward this to Colleen, our Council Executive Assistant on/by the Friday before the scheduled Council meeting.

cthiessen@redwoodmeadows.ab.ca



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

The three basic rules are:

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

The "logic count method" shown below is very useful:

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

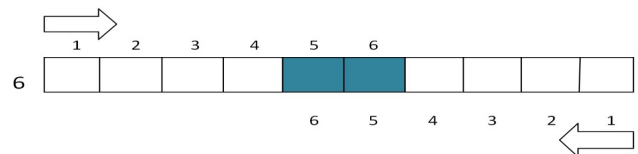
Confidently shade in the overlapping squares. This same method can be applied even when there is more than one number, remembering to allow one empty square between groups or blocks. Use a second colour for elimination of background squares.

For more information, visit

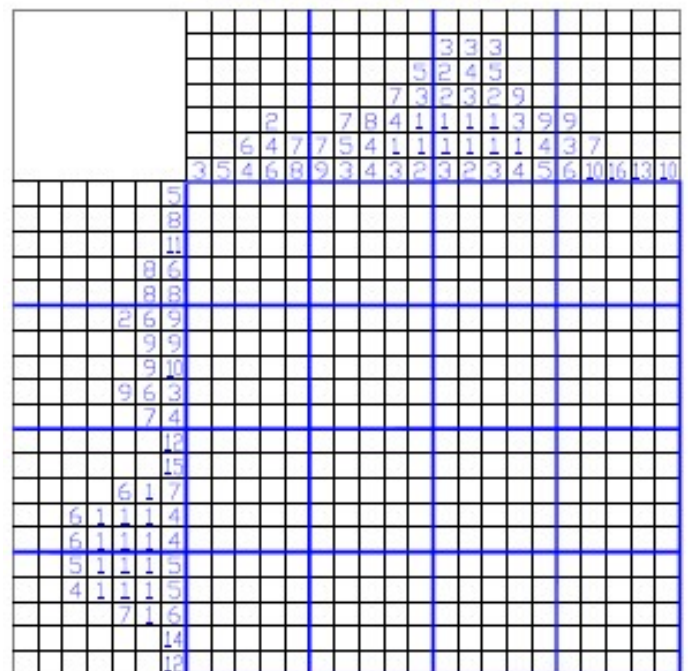
<http://www.learnpicapix.com>.

Created by Diane Baher of Okotoks

Solution on page 15



STAR OF NICKEL



Redwood Meadows Emergency Services— Put a Lid on It!

After a long, cold winter, spring is a great time to get out and enjoy our beautiful area on your bike. Helmets should be worn during every ride, no matter how short, no matter your age.

Trauma to the brain can occur as a result of an impact or a jarring motion, which can cause a concussion or open skull fracture, such as a quick turn or sudden stop. Even seemingly mild head injuries, where you don't lose consciousness, can cause permanent behavioral or cognitive problems, such as memory loss, inability to concentrate, sleep disorders and, in some cases, permanent disability or death.



Did you know that wearing a bike helmet reduces the risk of serious head and brain injuries by 85%?

Studies have shown that wearing a helmet can reduce your risk of a serious brain injury or death, because during a fall or collision most of the impact energy is absorbed by the helmet, rather than your head and brain.

Just as important as wearing a helmet, is wearing the right helmet. A helmet that doesn't fit properly or offer sufficient cushioning can give you a false sense of security while not actually providing the level of protection you need. Here's some tips:

Not all helmets are created equal.

Different helmets are meant for different activities and each type of helmet is designed to protect your head from the impact common to a particular activity or sport. You should always wear a helmet that is appropriate for the activity you're involved in because other types of helmets may not protect you adequately.

If the helmet doesn't fit, don't buy it. To ensure proper protection, your helmet should:

- Feel comfortable but snug.
- Sit evenly on your head.
- Not move in any direction, back to front or side-to-side.
- Have a secure buckle to keep it from falling off.
- Be easy to adjust and properly fit without a lot of adjustments.

Kids have special helmet needs. It can be challenging getting kids to always wear a helmet. So it's up to parents to set firm rules. Either they wear the helmet or they don't ride their bike or scooter.

Parents should also lead by example and always wear their helmets. While it's okay to purchase children's clothing a size larger, the same is not true of helmets – they should fit perfectly when you purchase them.

Helmets aren't forever. Some helmets are made to withstand one impact, others are made to withstand multiple impacts. Be sure to read the manufacturer instructions and replace a helmet after severe impacts, particularly if the helmet has visible signs of damage such as a cracked shell or permanent dent.

Helmets are just a part of the safety equation. While helmets are protective, they aren't perfect. Use caution while doing recreational activities: watch your speed, obey posted traffic signs and signals, and be mindful of cars, pedestrians, animals and uneven pavement.

Until next month, stay safe and happy riding!



Bragg Creek Centre

Happy Spring Redwood Meadows, Bragg Creek and Area!

Oh my, it is hard to believe with the white we see outside (still) that we at the Bragg Creek Community Association are hiring for a SUMMER position!

We are looking for someone 18-30 (age due to a grant by Canada Summer Jobs) to fill a Summer Program & Event Administrator role. You can take an active role in creating lasting memories to the folks who attend our many events this summer.

Also, we are hiring a part time ongoing role as a Program & Event Assistant.

Please see www.braggcreekca.com for more information. We welcome you to email your resume and cover letter to program@braggcreekca.com

Other events in our community:

Youth Committee

We have formed a committee of local youth that will be responsible for planning three programs to run this summer. There was an amazing turnout of eager young people that have some fantastic ideas. They will be supported through the entire process of planning, marketing and in some cases implementation of these youth for youth programs.

May 4th – Bragg Creek Performing Arts Society presents Poor Nameless Boy with Flint & Feather.

For tickets call 1-800-655-9090 or www.braggcreekperformingarts.com

Swamp Donkey Theatre presents The Sound of Music!

May 24th 7PM

May 25th 2PM & 7PM

May 26th 2PM

Cash Bar

Visit <http://swampdonkeytheatre.ca/> for ticket information.

As always, please see our website for a full calendar of events at braggcreekca.com

We have had some very kind volunteers help with the clean up of our facility. We still have a few projects if you have a few hours. Every hour here and there really makes a difference.

Our current volunteer needs are:

- Centre grounds clean up
- Weekly cleaning of Rumble & Roar equipment
- General cleaning
- Social media assistance

Anyone wanting to volunteer time can contact program@braggcreekca.com



The strength of community came out as the Hawaiian Beach Party Fundraiser brought in approximately \$14,000!! Way to go Bragg Creek!!

Until next issue,
Sherri Olsen
BCCA Board Director



TOWNSITE OF REDWOOD MEADOWS
ADMINISTRATION SOCIETY ANNUAL GENERAL
MEETING

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

ALL LEASEHOLDERS ARE MEMBERS. A LEASE
UPDATE WILL BE PROVIDED AT THIS MEETING.

YOUR PARTICIPATION AND INPUT IS ESSENTIAL FOR
THE FUTURE DIRECTION & WELL BEING OF OUR
COMMUNITY

MARK THE DATE ON YOUR CALENDAR

TUESDAY May 07, 2019 – REDWOOD HOUSE AT 7:00 P.M.



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Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00am
Youth Gym Night • May 3 & June 7 at 7:00pm
both at Bragg Creek Community Centre
Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study

Mondays 10:30am

Needle Craft Club

First Sat of Every Month 7:00pm

Monthly Business Lunches

CANCELLED for May

Christian Fiction & Nonfiction Library

MEETING SPACE for your small group available!

Contact us at thehub@braggcreekchurch.ca to book your time!

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For The Love of Wine—Rosé All Day in May

Yay! Nowadays, Rosé is hitting huge strides with the store shelves filling up more and more with the pink stuff. But what is it exactly? Well, it's not to be confused with your Grandmother's sickly-sweet pink wine known as White Zinfandel! Rosé happens when the juice of the grapes is pressed off and left to sit on the skins for only a short time, anywhere from 2-20 hours. The wine maker has complete control over the desired color with time and grape variety. A Rosé wine can have many shades of pink from brilliant ruby to pale peach to deep pink.

Depending on the type of grape the rosé wine is made with will greatly vary the flavor. For example, a deeply-colored Italian Aglianico rosé—rosé is called "*Rosato*" in Italy,— will offer up cherry and orange zest flavors.



Tavel is a special little hub in the rosé world out of the Cote du Rhone. It is an unusually dry Rosé. It has more body and structure than most pink wines and is considered to have all the character of a good red wine, just less color.

Rosé, from Provence is the little black dress of pink wines. This wine is just as at home on the patio as it is in the dining room. Its fresh, crisp, dry style is a masterful match for almost any dish; even a juicy burger makes a perfect partner.

Rosé for some reason, tends to be seasonal. I *tend* to drink it all year round! I find that there is a perfect mood and not a whole lot of fuss with a lovely bottle of pink. Oh, and real men drink pink....especially from Tavel I hear ;) Cheers!

Yours in good wine,

Karla Watts
Ruby Red Vino
www.RubyRedVino.com



KIWANIS CLUB OF CALGARY (DOWNTOWN) &
CRAFTERNOON YYC
PRESENT

Pre-Mother's Day Tea

A FAMILY EVENT AT KAMP KIWANIS
Saturday, May 11 1-3:30p
Nestor Lodge, Kamp Kiwanis

tickets \$30/family
2 adults + 2 kids- additional children \$5 each
Adults- \$10 each

PURCHASE YOUR TICKETS AT
GENEROUSSOLUTIONS.COM/E/PRE-MOTHERS-DAY-TEA-151

Ticket includes:
Tea, Hot Cocoa and Goodies
Fully guided CrafternoonYYC craft workshop- Handmade gifts
for mom, created by you! (one per child)



Great Cycle Challenge to Fight Kids' Cancer

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 by joining the Great Cycle Challenge Team. They support the SickKids Foundation and donations will help fund research, clinical advances and compassionate care at The Hospital for Sick Children.

Last year our community biked more than 10,000 kilometres and raised over \$12,000, bringing us to the 4th place in Canada. Schools, businesses, families and individuals (the youngest participant 4 years old!) from different provinces and countries joined our team. A beautiful achievement!

How does it work?

Register for free at greatcyclechallenge.ca
Join our team 'Care in the Creek Medical Centre'
Open to all ages; all fitness levels.




Spread the word and motivate others to join the challenge or become a sponsor. The clinic will sponsor every participant who joins the Care in the Creek Medical Centre Team for \$10 up to a maximum of \$500 for the group. Get on your bike, indoors or outdoors in June and track your kilometres.

See greatcyclechallenge.ca for further details.

Updates and progress will get posted on facebook.com/careinthecreek, careinthecreek.com and instagram regularly. Please join us and hope to see you on the bike! Care in the Creek Medical Centre is accepting new patients. Evening and weekend appointments available. Contact us at 403 949 2457.





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A Shapeshifter to Her Daughter

You are michif I told her.
A mix of blood,
of story,
of fur and blankets and education,
of resistance,

A part of you likes silence,
sacred patterns and spirals,
part of you studies an infinite
refining,
of life,
of self,
part of you is beyond,
the word wild,
the colonized definition.
part of you remembers,
how to dance to the song of the
moon,

How do we change into wolves,
her curious little black wapos
eyes asked me,
how do I shift from one world to
the other,
with practice,
and patience,
patience.
Elk paced patience

Then there will be one day,
that you will slip like the loon
beneath the water through the
reeds,
up stream,
even portage,
with both families on your back,
Indigenous and not,

I was born with privileged skin,
Metis privilege,
out of community,
I will be defined,
questioned: you don't look the
stereotype?
and categorized by blood,
and left behind,

Yes my girl, that is all possible,
respond with a heart lead
rebellion,
to shift minds

Something's my girl will be easier,
like flights on silent fringed wings,
between open fields , faculties
and libraries,
of red willow, research, and
academia,
into the black spruce forest,
where we understand
interconnection,
still know our language,
the language of everything,

The ability to see 360,
degrees of all people,
patterns,
and cultures,
will be a secret gift,
exhausting and humbling.
to see and be on all sides,
is in our Michif creation,
to be a middleman between
colliding nations,
created out of the trades of fur
and blood,

Death and birth
like the owl and messages,
we will be there,
for the death and birth,
of the future just like the past,

I will be alone, she cried,
Do not worry,
Moswa will teach you,
she weaves stories through
muskeg,
and navigates politics,
between rat root and Labrador
tea.
her children and theirs and theirs,
learn the medicine,

and then she lets them go,
you must find strength in solitude

I don't want to be a rougaroux,
a shapeshifter,
half-breed,
child of two,
child of none,
child of no where,

You don't have to, my girl
It would be easier,
I know. I know. I know
But you cannot escape,
the call in your blood and the song
of the moon.



++++
Meet Jessie Fiddler-Kiss, the
principal of Wisakejak Education.
She is a Metis woman, mother of
three and lives in Bragg Creek,
Alberta. Her paternal family
comes from the Batoche Metis
community in Northern
Saskatchewan, and her maternal
side from Scotland and Norway.
She is the creator of the Moss Bag
Project: A scholarship for
Indigenous mothers pursuing their
post-secondary education.

jlfiddlerkiss@wisakejakconsulting.com

Mama You Are Amazing!

The past few weeks have been filled with many conversations. With mamas at all different stages of pregnancy, postpartum & motherhood. There's a common theme and it has me thinking... We are ALL struggling with something. Big or small, there's something. What if we just gave ourselves permission to just sit in what we are feeling or experiencing? Without having to fix it, without feeling inadequate, without comparing, without googling... Because pregnancy, postpartum and the transition into and through Motherhood is A LOT.

Stepping into motherhood for the first time, expecting your second, 3rd, 4th baby, potty training your toddler, not sleeping, not taking care of yourself, feeling frustrated, holding onto resentment, learning your baby's cries, giving first foods, dealing with broken hearts, bullying, illnesses... the stress.... all the stress and worry that comes with motherhood is, well, not easy. In fact, it's the hardest thing I've ever done. We are ALL having those moments, days, weeks when we have no idea what to do, when we lay awake at night wondering if we made the right decision, when don't even recognize ourselves anymore, our relationships, our lives for that matter and it's okay.

It's also okay to be scared as your bump grows, and as you pack your hospital bag. It's okay to not love breastfeeding or to not breastfeed at all even though you thought you would. It's okay to let your kids see you cry. It's okay to feel that tremendous guilt when you know your relationship with your first born is about to change. It's okay to be excited to go to work. It's okay to pick and choose who you spend your time with because one more conversation about crafting, or ALL the activities may just put you over the edge. It's okay that your jeans don't fit and you are upset by it. Maybe you've waited, willed, wished for 3 years to finally fall pregnant and now you can't believe you are missing your old life, and that too is okay.

Instead of feeling bad about any or all of these things. Maybe we could just stop and take a second to appreciate what we've gone through to get where we

are. Let that sink in for a minute... look at where you've come from, what you've survived, what you've navigated. Every one of our journeys is different. Motherhood is challenging on a second to second basis. It can push us to our limits on any given day.

In this moment, maybe you don't even need to find the good, to think positive, to be grateful. For right now just feels the feels, let it sit for a bit, acknowledge how you are feeling, vent to a friend, have a shower, get some fresh air and a hot coffee and know that you are not alone and that **you are amazing**.

If you are just done with the to-do list, the unsolicited advice, reading another late-night forum that makes you feel like a bad mom, and the mess in your house. I encourage you to give yourself permission, to not care right now. Just for a minute. Or for as long as you need. Give yourself a break.

You are doing a great job. Your babies think the world of you, your partner and your family probably think you are a magical superhero and tomorrow will be different.

I should say here, as a final thought, that sometimes when I find it hard to see the good in myself, I look for it in others. What is it that you admire(d) about your mom? About your best friend? About your neighbor? What beauty do you see in her? Does that help to also highlight the beauty in yourself? Does it make it easier to see the gifts that you give to your family, to your community on a daily basis? Big or small.

In light of Mother's Day this month and all the beautiful, tireless, dedicated "work" we do, day in and day out, I just want to let you know that, I celebrate you, I see you and I honor the path you've walked to get here.

Happy Mother's Day, mama.... Today and every day.
Dr. Gillian Sawyer

You can find me in and around the community or on Instagram/
Facebook at:
@drgilliansawyer @thepostpartumpilot @mamaandmechiropractic
@movementandmotherhood



Local Business Feature— Stone Creek Gardens

Spring has finally sprung as we're seeing green grass poke through the earth along with a few fresh blooms dotting the landscape. It makes you think about your own garden, and what you plan to grow this summer. Look no further than Stone Creek Gardens, Bragg's very own garden centre, located just off Highway 66, near the Highway 785 junction. Owned by Jane and Ken Boyce, Stone Creek Gardens offers locally grown hardy annuals, perennials and shrubs, ideal for the Bragg Creek area.



Check out the herbs and tomato plants, not to mention the beautiful selection of hanging baskets and planters. And of course, there are loads of individual plants to make up your own planters. But did you know that Stone Creek will also custom design and plant your planters for you? "Just bring by your planters," says Jane.

Of particular note is that all of the plants are chemical free. "Our 22,000 square feet of greenhouses is pesticide free as we use biological controls," affirms Jane. What do they use, you wonder? Ladybugs!

Anyone who gardens in our area knows that it can be a tricky business even for the greenest of thumbs. Whether it's the soil, the weather or the appetites of our four-legged neighbours, gardening in the Bragg Creek area can be a real challenge. Stone Creek Gardens specializes in resilient plants that thrive here, and Jane is full of knowledge and growing advice to help you create and maintain a blossoming garden and robust planters. "Bragg

Creek is gardening zone 2/3. All of the perennials and shrubs I carry are all for our zone," she says. "Also, if you're worried about deer, there are plants that are deer resistant. I also carry an organic spray that repels deer."



Stone Creek Gardens open May 18 and will be open 10am to 5pm every day until mid-summer. But, if you need plants earlier or if you have any gardening questions, just contact Jane at 403-949-2860.

Local Business Features

To have your local business featured please contact the Chatter team @ thechatter@redwoodmeadows.ab.ca



Spring Property Tips

For those of us living in the shadow of the Rockies, we are now entering our much anticipated growing season as short as it is. There are many things we can do to maintain our property's curb appeal, enhance the health of our grass and trees, and prolong the life of our roof and eave system. Here are a couple simple things you can be doing.

Lawn Care

Let's face it. Maintaining a lawn in the middle of a forest isn't for the faint of heart, yet many of us Redwood Meadowian's try and do so. If like me, you want a bit of a patch of grass for aesthetic appeal, and a place for your children to play here are a couple of tips.

- Aerate every spring or fall. This brings the nutrients of the soil back up to the surface, breaks the root thatch which encourages growth, and brings air into the soil, reducing the amount of soil compaction from traffic.
- De-Thatch. This is just that, use a "power rake", or just hand rake out the old dead thatch from the grass. This also helps clean out the needles from the lawn which are highly acidic.
- Add a nutrient to your soil. Ensure that it has a "slow release" nitrogen component. We use a custom mix from Blue Grass Nursery which they use on their sod farms.
- Over seed. I would suggest using a seed that has a high

fescue mix. Fescue is very drought tolerant and a hardy grass.

Here are a couple other property tips that would be important to consider for your spring.

Clean your eaves. Due to the aging spruce trees in our community, there is significant needle shedding. These needles collect in our eaves, clogging down spouts, damaging joints, and actually creating a significant fire risk to your home. If you have significant branch cover over your eaves I would suggest cleaning both in the spring and fall, however at a minimum you should clean the eaves in the spring.

Tree care

The spring is a great time to prune and remove trees. Removing dead and diseased branches will encourage your tree to put its energy into good growth. Trees leaning into your house should be removed. For the approximate cost of your insurance deductible, it is better to cut it proactively than deal with a situation reactively in a crisis. Branches growing over your roof, and into your eave system should be cut back. There are many arborist companies operating in the area, so if you need some advice, contact one of us.

Until next month – happy growing season, and live life outside.

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your property for the summer*
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Indigenous Awareness Committee—National Indigenous Peoples Day

Mark your calendars for June 21—it's National Indigenous Peoples Day! The Indigenous Awareness Committee (IAC) in collaboration with the RMCA will host its fifth annual celebration in Redwood Meadows! It's a time to recognize and celebrate the unique heritage, diverse cultures and contributions of First Nations, Inuit and Métis peoples.

"Living on nation land, we [Redwood Meadows residents] should be interested in learning about Indigenous peoples and the history of this land," says Leslee Mills, IAC board member. This celebration offers just such an occasion for Redwood and area residents to do so, and to also start a meaningful dialogue with Indigenous community members.

"It's especially important now," Mills adds. "We are putting the truth out when it comes to Aboriginal peoples. Dancers, drummers, dream catchers—these are all beautiful things that bring people together, but they're also kind of cliché Aboriginal associations. That's why education is important too.

"Because we're such a multicultural country, we sometimes forget that we do have Indigenous peoples. Canada is guilty of colonization of Indigenous peoples and that's only recently been acknowledged. That's the awareness we are trying to build. We are on reserve land;

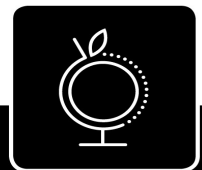
we need to recognize this. It's not just Indigenous peoples who are treaty people. Many of our ancestors signed treaties so we are all treaty people. Through truth and reconciliation, we're starting to get there."

The event is free, and everyone is welcome. It's a continuation of the IAC's speaker series to raise awareness and break down myths and stereotypes about Indigenous peoples. In the past, it has featured distinguished speakers such as Hal Eagletail of the Tsuu T'ina nation and Dr. Jennifer Leason who is a Saulteaux-Métis Anishinaabek Kwé.

It will take place on Friday, June 21, starting at 5:30pm at Redwood House. It will kick off with a potluck dinner; all attendees are encouraged to bring a dish. There will be a presentation by an indigenous speaker followed by a Q&A. "There's always interaction and a question period at our speaker series events," affirms Mills. "This is a safe place for people to inquire and discuss. If you have a question, this is your opportunity to come ask and learn more about your neighbours."

The IAC also invites anyone interested in getting involved with the IAC and helping to plan more Indigenous events and activities to please contact lesleemills@icloud.com or 403-829-2728.

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small place, Big Destination!



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. Adventuring outdoors is always a favourite, especially as we start to see signs of spring!

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 April, we headed to the Calgary Zoo for a day of animal exploration. It was a beautiful day and our curious minds were very engaged.

We are looking forward to our school-wide field trip to Granary Road on June 19th! It was so much fun last year, that we thought we would do it again. Our Celebrations of Learning will take place in conjunction with our Graduation Ceremonies during the last day of classes. Each preschool and kindergarten class will have an opportunity to showcase their work, share songs and photos from the year, and celebrate the start of summer holidays.

Registration for the 2019-20 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 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



REGISTER NOW!!!



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Fully funded by Alberta Education

PRESCHOOL

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

For additional information please contact
admin@thelittleschoolhouse.ca
403.949.3939

Or visit us online www.thelittleschoolhouse.ca

Poor Nameless Boy—May 4, 2019



As Poor Nameless Boy, Regina-based indie folk artist Joel Henderson leaves a piece of himself on stage every night he performs. His mellow sound is personal, speaking honestly about love, life, and our changing hearts in a busy world. He has been described as a lighter version of Noah Gundersen with the wispy sounds of Gregory Alan Isakov. Listen carefully and take note of the passionate range of vocals and songs with stories, sung from the soul.

Opening Act: **Flint and Feather**

Independent Canadian performing artists **Flint & Feather** are a free-spirited husband and wife duo who are deeply passionate about connecting with people through folk/roots music, stories, and laughter. Based in Calgary, Alberta, co-members Joal and Lauren Kamps blend storytelling with song writing to create charming 'Rocky Mountain Folk-Pop' songs inspired by Canadian history, rocky mountain folklore, and their own personal journeys. Their original songs are filled with vivid imagery accented by delicate harmonies, and their honest and engaging approach to performing connects with listeners of all ages and backgrounds. Doors open at 6:30pm



Tickets for each show are \$30 for adults and \$28 for seniors.

Check braggcreekperformingarts.com for more information.

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May Event Schedule

Friday 3rd - Putting on the Foil also..

Friday 3rd - SINGLES NIGHT see posters and Facebook

Friday 10th - Spur Crazy

Friday 17th - Malibu Mike

Saturday 18th - Rani's Rasoi & BINGO - Curry & Bingo =

CURRINGO NIGHT

All you can eat Indian Buffett for \$19.99 & Free Bingo (Bar menu still available)

Friday 31st - The Tumbleweeds

Open Mic Every Thursday @7pm - All Welcome

See Facebook for Details

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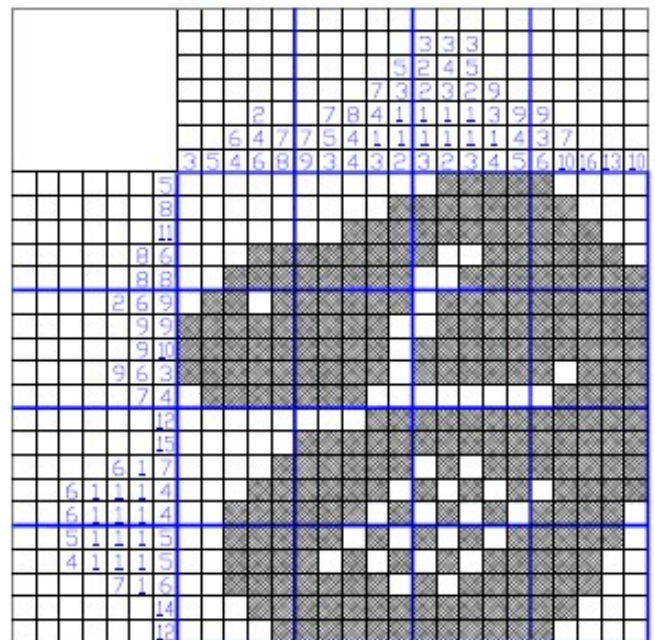


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STAR OF NICKEL



Swamp Donkey

By now, you've probably heard about Swamp Donkey Musical Theatre, and hopefully now know that Swamp Donkey is local slang for our favourite semi aquatic mammal!

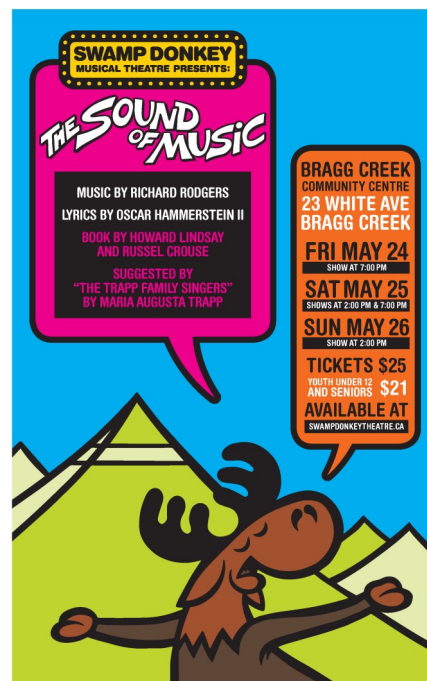
In early 2018, Trisha Gizen reached out to see who was interested in forming a musical theatre society right in our community. Pretty quickly, a spirited group of individuals passionate about musical theatre jumped on board, and Swamp Donkey Musical Theatre was born.

Our inaugural year has been a wild ride, a year of growth and excitement: in less than a year we have created a society, formed and grown a board, hosted successful workshops and events, and are looking forward to our first ever fully staged musical theatre production!

Our aim is to bring theatre skills to members of our local community regardless of age or ability. Our first event was a zombie makeup workshop much loved by the kids and adults who took part. Next, we created a 14 week series of singing, dancing, and acting workshops with professional instructors which culminated in a recital with each class (ranging from grade 1 to adult) performing numbers from classic musicals. Kids and adults grew in confidence over the course of these workshops and events and have formed new connections and friendships. The overwhelmingly positive feedback we have received has revealed that many are eagerly awaiting the next series of workshops!

Since the start of the year, we've been working hard on our first ever fully staged production, *The Sound of Music*! We've been lucky to work with our fabulous Artistic Director, Michelle Minke, who has been providing so much creativity and inspiration for our board, cast and crew! Our Director Jeremy Walker and Musical Director Melanie Baux have been guiding our cast of newbies and old hands alike through a challenging and fun script and score! The cast has been learning lines and music and staging, all the while having fun and making new friends!

We will be performing May 24-26 at the Bragg Creek Community Centre, and tickets are available online at www.swampdonkeytheatre.ca! Get yours today before they flit, they float, they fleetly flee they fly!





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Mark Your Calendars

Dr. Noordman attended a presentation of Greg's Wings during one of her education days. She was very moved by this story and thought it would be beneficial to bring this story to our community. When she approached the Bragg Creek Ladies Auxiliary our group was more than willing to be co-presenter for this presentation.

[Falling Through the Cracks: Greg's Story](#)

an Alberta-made, short film on Greg Price's journey through the health care system. The film gives a glimpse of who Greg was and focuses on the events of his health care journey that ended in his unexpected and tragic death. In spite of the sadness of Greg's story, the message of the film is intended to inspire positive change and improvement in the health care system.

We invite you to join us for a 30-minute film followed by a discussion with a member of Greg's family.

When: Thursday, May 9, 2019

Where: The Bragg Creek Community Centre

Doors open: 6:30pm

Movie: 7:00pm

Discussion to follow

Please consider a donation to Greg's Wings the evening of the event

The Bragg Creek Ladies Auxiliary and Care in the Creek Medical Centre are proud to present this important story and discussion to our community. Should you have any questions, please contact Julie @ 403-949-2457, you may also go online to gregswings.ca for a preview.

May Events

May 4th—Poor Nameless Boy—BCPA

May 5th—Cinco De Mayo

May 7th—Coaching Clinic RMCA Spring Sports

May 10th—Spring Fling—Redwood House

May 12th—Mother's Day

May 14th—First Day of Spring Sports

May 20th—Victoria Day

May 26 & 27th—Garage Sale Weekend

June Events

June 6th—Wine and Jewellery Night

June 8th—BCCA Rummage Sale

June 9th and 10th—Casino—Volunteers Needed

June 16th—Father's Day

June 21st—National Indigenous Peoples Day

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weekend
love.

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communitynews@redwoodmeadows.ab.ca



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[@ The Townsite of Redwood Meadows, AB](#)



[@RedwoodMeadows](#)

Mortgage Matters

Mortgage Fraud: How to Protect Yourself when Purchasing or Refinancing a Home .

Unfortunately mortgage fraud is on the rise across the country. One in every 109 mortgage applications are suspected of fraud, and instances of fraud are up 12% year over year (22% in income reporting fraud). Consumers who knowingly misrepresent information when buying or refinancing a home are committing mortgage fraud.

What is mortgage fraud?

Mortgage fraud occurs when someone deliberately misrepresents information to obtain mortgage financing that would not have been granted if the truth had been known.

This can include:

- Misstating your position or inflating your income or length of service at your job.
- Stating you are a salaried/full time employee when you are a contract, part time, hourly or commission-based employee or are self-employed.
- Misrepresenting the amount and/or source of your down payment.
- Purchasing a rental property and misrepresenting it as owner-occupied.
- Not disclosing existing mortgage and/or debt obligations.
- Misrepresenting property details or omitting information in order to inflate the property value.
- Adding co-borrowers who will not be residing in the home and do not intend to take responsibility for the mortgage.

Consequences of misrepresentation

Borrowers who misrepresent information are committing mortgage fraud and will be liable for any financial shortfall in the event of default. They may also be held criminally responsible for their misrepresentation.

What can you do to protect yourself?

To protect yourself and your family from becoming victims of, or accomplices to mortgage fraud, be an informed consumer. This means:

- Never deliberately misrepresent information when applying for a mortgage. Be truthful.
- Always know who you are doing business with. Use licensed or accredited mortgage and real


estate professionals.

- Never sign legal documents without reading them thoroughly and being sure you understand them. If uncertain, obtain a second legal opinion.
- Get independent legal advice from your own lawyer / notary. Talk to your lawyer / notary about title insurance and other alternative methods of protection.
- Your lawyer will advise you if anyone other than the seller has a financial interest in the home or if there are any outstanding liens or tax arrears.
- Contact the local provincial Land Titles Office to obtain the sales history of any property you are thinking about buying, and consider having it inspected and appraised. An accredited appraiser will provide the property sales and MLS history.
- If a deposit is required, make sure the funds are payable to and held "in trust" by the vendor's realty company or a lawyer / notary.
- Be wary of anyone who approaches you with an offer to make "easy money" in real estate.


Remember: if a deal sounds too good to be true, it probably is.

Source: CMHC

Get a local
Point of View

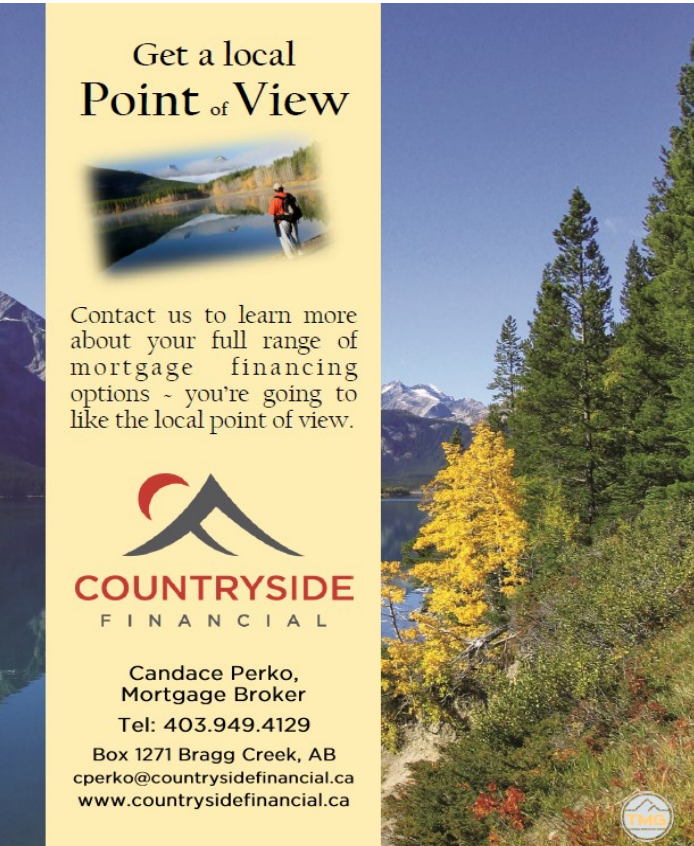


Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.



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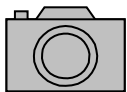
We want to feature YOUTH!

Athlete or Artist of the Month



Please send your picture along with answers to the questions below to

thechatter@redwoodmeadows.ab.ca for your chance to be featured.



Name:

Age:

What Activity/Activities do you participate in?

How long have you been participating?

What do you love about it?

Do you have a favourite move/piece/song/subject?

Any other highlights/recognition?

Perhaps a favourite coach/teacher/team member?

Do you have a budding athlete or artist at home?
We would like to recognize the amazing and talented youth in our community.

Do your children (or hey you teens!) play a sport, participate in dance, taekwondo, maybe a gymnast in the family—or perhaps you've been working on your music, painting, photography, drawing or acting skills.

Regardless of the activity we would like to feature them/you!

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



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We would like to remind residents that Redwood Meadows has a "dog under control" by-law. While walking throughout the townsite and on the berm, keep in mind that not all residents enjoy dogs jumping or running after them and their kids.

Dog Owners, Be Kind to Your Neighbours. Please be Considerate and Scoop up After Your Dog.



Athlete/Artist of the Month

RMCA Spring Sports ATHLETES!



We are so excited for 2019 Spring Sports!

Congrats to all those 3 year olds as you are big and brave and ready to take the field.

Look out for those Rookies, Runners , and Speeder teams as they take the field Tuesday Nights!

Our T-Ball team will be taking the fields Wednesday Nights and they will be so fun to watch!

Enjoy the spring sports season!
First night is May 14th! 5pm!

Your RMCA spring sports organizers!

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JOB OPPORTUNITY

Program and Event Coordinator

20-25 Hours/Week @ \$16.00/hour

Job Purpose: The Program and Event Coordinator is responsible for assisting the Program and Event Manager with administrative duties and events coordination. This position has the potential to have an increase of hours depending on facility bookings.

This person will be responsible for

- Being the evening and weekend lead during events to ensure user groups are looked after
- Assisting Program/Event coordinator with all operations
 - o Bartend and/or supervise during events
 - o Conduct facility tours
 - o Use of Microsoft Office programs and online booking systems
 - o Answer phone, emails and returning messages when needed
 - o Inventory of program and event assets
- Set-up, take down, and cleaning will be required
- Following opening and closing procedures for the Centre

Qualifications

- Customer services experience
- Experience working events such as weddings and community events would be an asset
- Experience with administrative tasks, office procedures, and Microsoft Office programs
- Able to work independently and in a team environment, with minimal supervision
- Criminal Record Check (to be completed prior to start)
- Valid Class 5 Driver's License & reliable vehicle required
- Standard First Aid and CPR Level C Certification (can be obtained after hire)
- AGLC ProServe Certification (can be obtained after hire)

Competencies

- Work requires physical activities. Must be able to lift, bend, stretch, or reach
- Exceptional interpersonal and communication skills
- Able to take direction, and performs tasks as assigned according to priorities
- Consistently demonstrates integrity and ethical behavior
- Shows initiative and is willing to take on new challenges
- Ability to adapt to work in a fast-paced work environment is a must!

Deadline to apply: April 10th

PLEASE APPLY WITH COVER LETTER & RESUME TO:

EMAIL: program@braggcreekca.com

DROP OFF: Bragg Creek Community Centre

Box 39 | 23 White Ave, Bragg Creek, AB T0L 0K0

SUMMER HELP WANTED

Location: Redwood Meadows

Job Title: Public Works Summer Student

Term: May 1st to Labour Day - Monday to Friday with some possible overtime.

Pay: \$15/ hour

Deadline: Please apply ASAP as we would like to fill the two positions

The Townsite of Redwood Meadows is looking to hire summer student(s) to help with maintenance and grounds up-keep throughout the community.

Duties shall include some heavy lifting, lawn mowing, digging, raking, cleaning of facilities, etc.

Applicants will be required to operate light equipment (lawn tractor, push mowers, weed trimmers).

You will report to the Operations Manager and/or designate for assigned duties.

Applicants must be at least 16 years of age, have a driver's license, be a full-time student and be able to accomplish assigned tasks in a timely manner.

Please send resumes to pevans@redwoodmeadows.ab.ca ASAP.

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Classifieds and Job Listings

JOIN YOUR FRIENDS FOR A WALK IN THE HAMLET

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

GET ACTIVE WITH ADULT FITNESS CLASSES IN REDWOOD


Join us for a fun, varied and challenging one-hour workout at Redwood House every Monday, Wednesday and Friday at 9am. Bring running shoes, a water bottle, yoga mat and hand weights if you have them. First class is free so you can try it out! Email anns@safari.ca or text 403-689-4835 for information.

Are you hiring?

We would love to post your job listings here.

Email your jobs to thechatter@redwoodmeadows.ab.ca

*Help our community help ourselves.
Learn how to help a loved one.
Build on your first aid skills.
Because Bragg Creekers Care.
Join us...*



**Community
Opioid Awareness &
Naloxone Kit Training**

Professionals, school staff, families and community members:
Join us for these important information sessions that could help you save the life of someone in your family or community!

**Thursday, May 9th, 1 - 3pm OR
Tuesday, May 14th, 6:30 - 8:30pm
Bragg Creek Community Centre • Mtg Rm 3**

Session Guest Speakers:
Robin Maher & Laurelle Edwards Jones

Session Topics:

- Safeworks Services
- Harm Reduction
- Street Drugs, Opioids & Fentanyl
- The Overdose Crisis
- Overdose Prevention & Response (including how to use a naloxone kit)
- Local Services and Support Info (Laurelle)
- Q & A Session

Everyone is invited! People under the age of 18 need to be accompanied by a parent

*More info: braggcreekwellness.ca
or email: info@braggcreekwellness.ca*



Playgroup in Redwood

**1 Manyhorses Drive
Redwood Meadows
403 949 2017**



NEW TIME
Tuesdays
10:30am to 12:00pm
\$2



Come out and meet other
parents with little ones.
Indoor playgroup at Redwood House for parents and children up to 3. There are toys, play structures, mats and overall frivolity for the kids.
There is coffee and chairs for the parents.
Hosted by RMCA
www.redwoodmeadows.ab.ca

Redwood Meadows Babysitters List

Name	Age	Courses	Contact
Banon	14	Home Alone, Babysitting course	403-949-4104
Bo	13	Home Alone, Babysitting course	403-949-8471
Darian	15	St. John's Babysitting, Home Alone	403-949-2490
Elizabeth	12	Red Cross Babysitting, CPR	403-540-8056 ekorthuis@telus.net
Emma	19	CPR, First Aid, Special Needs Experience	587-899-5420
Emily	17	First aid, CPR	587-582-2846
Griffin	12	Babysitting course	403-408-6998
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	16	Babysitting course	403-860-9525
Keeling	16	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Liam	16	Babysitting course	403-949-2090
Logan	14	St. John's Babysitting, Home Alone	403-949-2825
Lucy	21	CPR, First Aid, Babysitting course	587-586-5129 lucygracetalman@hotmail.com
Mackaela	12	Babysitter's license, standard first aid and CPR-B	403.969.6732 macarchambault@gmail.com
Mairenn	15	St. John's Babysitting, Home Alone	403-949-2490
Nolan	11	CPR, Babysitting course	905-999-0635 tanyasilvercy@gmail.com
Quinn	12	Babysitting course	403-949-3149 quinnbarrie@me.com
Sawyer	13	Red Cross Home Alone, Babysitting course	403-949-8888 (Redwood)
Tanis	13	Red Cross babysitting course	403-949-3303
Tessa	12	Babysitting course	403-949-3214
Tia	14	Babysitting course, Home Alone course	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone courses	403-949-3463
Zara	14	Babysitting Certificate	403-949-4474

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

The background of the poster is a light-colored wood grain texture. It is decorated with various colorful floral illustrations, including pink, red, yellow, and blue flowers and leaves. A white banner with a black outline is draped across the top left, featuring the text 'Hello Spring' in a pink, cursive font. A string of blue light bulbs is strung across the middle of the poster.

Hello Spring

Redwood Meadows

Spring Fling

May 10, 2019

Doors Open at 6pm

**Come Celebrate Spring and Mingle with Your Neighbours.
Wine and Cheese Pairings - Live Entertainment -
Tickets \$25 on Facebook or Available at the Door - Cash Bar**

(no minors)