



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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Unity Ride

Thank you everyone for contributing to make this first **Unity Ride** such a success - we especially appreciate all of the riders that showed up and saddled up for this incredible event.

In order to make this all happen we needed a good team - thank you to everyone involved in organizing, riding, volunteering and contributing. We had some

media coverage for the occasion as well, but more importantly it showcased the unity and togetherness of those that respect and steward the land that we live on. The idea here isn't for short sighted bandaid solutions, it's to inspire long term forward thinking approaches and discussions that conserve, energize and protect the heritage, history and the land that we all value and cherish so much.

Riders from the Tsuu'tina Nation, Springbank Landowners, DamMcClean.org, Springbank Community Association, residents of Bragg Creek, supporters of Dontdamspringbank.org, local area residents including Redwood Meadows, its Mayor, TriRiver Supporters, and many others turned up for this momentous event!

For follow-up media questions, please contact Morten Paulsen (403) 399-3377.

Thank you to our generous supporters and everyone else who showed their support, including:

DamMcClean.org
Tsuu'tina Nation
Cochrane RCMP
Tsuu'tina Nation Emergency Services
Cowboy Trail
Val Vista Ranch
MLT Aikins
UFA
Media in attendance
Volunteers
Scott & Marsha Wagner

Tsuu'tina Nation Communications Team

Moose Hill Ranch
Redwood Meadows Community
Tsuu'tina Nation Police Force
Wild West Event Centre
Green Drop Ltd.
Dontdamspringbank.org
Springbank Community Association
Chief Lee Crowchild
Riders
Supporters
Tsuu'tina Nation Rodeo Grounds

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Redwood Meadows community association

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.

Hello Everyone,

As we clean ourselves off from the snow this October we can only hope Mother Nature gives us time to prep ourselves for the winter months, which includes the very popular Kananaskis Christmas Market and Santa photo shoot.

This October RMCA said THANK YOU! to Ann Sullivan for 10 years of dedication in running the Chatter and a big welcome to Peggy Rupert for taking on the role of editor of The Chatter. We also would like to thank Colleen Seto for tackling the editing and Anne Mushens for helping with admin. The chatter is 100% volunteer run and all profits help run community events and programs.

RMCA will be working with Peggy to bring a modern look to The Chatter in the upcoming months. Our goal will always be to bring community news, information on local activities and entertaining articles.

As many of you know Townsite council moved forward with several new by-laws that will help direct residents on keeping us inline with our wildlife safety, garbage, recycling, compost disposal and use of cannabis in our Townsite. Take the time to understand the by-laws so that we keep Redwood Meadows the great place we live in and share.

November is a time to remember our brave soldiers. Come join us at the Bragg Creek Centre on the 11th to give thanks to those that have kept and are still keeping our country safe and free.

On November 16th, 17th and 18th, Redwood House will be busting at the seams with beautiful crafts, art and delicious homemade goodies. Be the first to enjoy this event on the 16th at our preshow with live music and delicious treats. Watch for your invite in your November utility bill.

On November 25th, Santa is coming to Townsite. Bing your kids to get their photo with Santa, enjoy a horse and wagon ride and decorate a cookie. All proceeds will be going to XCBragg. Thank you George Low (Santa) and Rob Evans for helping out with the photography.

Check out the last page of the Chatter for your kids to send a letter to Santa that will be answered and a coloring contest.

RMCA AGM is on November 21 at 6pm. All are welcome to attend and be a part of this amazing committee.

If you would like to volunteer at either the craft fair or the Santa photo shoot, email programs@redwoodmeadows.ab.ca or give the office a call at 403 949 3563.



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



You can turn back time, and you won't need a time machine!

On Sunday November 4th at 2am, it will be time to move our clocks back one hour.

This is a great time to change the batteries in your smoke detectors and check all the safety equipment in your home. Be safe and sleep in!

Council Update

Over the month of October Council met three times, October 2nd, 16th and 23rd. An additional meeting was held in regards to bylaw administration on the 16th. One of this council's mandates is to improve the current bylaws in the way they are written, read and enforced. In addition, a new bylaw was introduced to help our community become a "respectful living with wildlife community". Please see below for a more detailed description about what is happening with our bylaws. The main focus of our council is the ongoing lease negotiations,. Our council and Townsite Administration meets with Tsuut'ina on a weekly basis now as the lease talks progress.

Infrastructure

The Maintenance Shed construction was completed as previously discussed. The Townsite hopes to have our Townsite Operations Staff working out of there in the next few weeks once inspections and the final touches are completed. Our head of infrastructure Councilor George Allen, continues to work with our operations department to ensure our community is running smoothly.

Projects in need of completion before fall include getting the skating rink ready for the season, which include having an outside vendor do a physical inspection and preform minor repairs to the rink boards and gates.

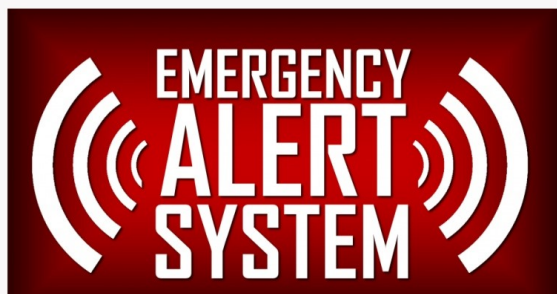
Residents are reminded that with snow clearing coming again soon, to have vehicles not parked on roadways, and move any equipment such as basketball hoops that are on or near the road.

The Townsite of Redwood Meadows is being proactive about having a waste pick up solution prior to the October 2019 deadline. A committee formed of three councilors, community members, a waste management solutions professional, and a representative from Fish and Wildlife are meeting frequently to come up with a solution. Residents can expect shortly to see a survey on the proposed changes to our waste collection.

The solution that the Townsite comes up with will be contingent on cost effectiveness, feasibility, and in cooperation with our upcoming Wildsmart Community Designation.

Continued on next page

Have you updated your emergency contact information with Townsite?



To update information please email
admin@redwoodmeadows.ab.ca
Or call 403-949-3563



Community Café

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

Everyone is welcome!

Friday, November 9, 2018

10:30 am to noon
at Redwood House



*Community cafés are brought to
you by the RMCA.*

Council Update continued

Emergency Services

At our October 2nd meeting Constable Nathan Moore from the Cochrane RCMP detachment joined us for an update. Constable Moore is the Townsite's key contact with the RCMP and his portfolio is the relations contact for Rockyview County. He updated Council on the RCMP presence in our area noting that regular patrols happen on a daily basis in our area. He also let Council know that a new online tool is available to track crime and reports of crime in our area. The Cochrane RCMP are using the City of Cochrane webpage to relay this information. Residents can click on the link and see an interactive guide to crime statistics in our area.

Financial

Councilor Winograd has taken over the Finance and Treasurer Portfolios. He provides Council with updates at Council meetings of current budget numbers, expenditures, and the accessing of funds through federal and provincial sources.

Communications

Councilor Decore met with several local businesses in regards to the new volunteer recognition initiative. The Townsite in cooperation with the Redwood Meadows Community Association, will be recognizing residents of Redwood Meadows that help make our community the great place that it is on a monthly basis. The volunteer will receive a gift card from a local business and a written piece in the Chatter of how they make our community a better place.

Councilor Decore also met with representatives from Tsuut'ina Nation in regards to our scholarship program. The program will have an earlier deadline for our scholarships and the recipients will be recognized in our community on a day to be determined.

Bylaws

As part of Councilor Perkins initial assessment of our Townsite Bylaws he found the need for an

administrative review and renewal. Some of the bylaws are outdated, no longer applicable, or in need of a re-write. The issues that have been identified include readability, communication to residents, and enforcement.

The first step was introducing a bylaw allows our Townsite to have the ability to have bylaws. In prior writings this was an area of administrative communication and jurisdictional confusion. In correlation with the ongoing Stewardship Agreement with the Lease Negotiations with Tsuut'ina, it was decided at Council that a proactive approach to having confirmed, readable, and enforceable bylaws was necessary. Lastly it was decided at Council that in order to receive possible funding for a change in our waste management policy through both Federal and Provincial grants, the community needed to receive a designation of a Wildlife Smart Community.

This designation includes the writing and implementation of a Townsite Bylaw addressing the statutes required for this designation.



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Council Update continued

Residents can access the Townsite's website under "living with wildlife" to read up on what being a WildSmart Community entails.

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. A community focus group has been initiated to get feedback of residents as the Lease negotiations progress. If you want 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 date of the next Lease Information Night will be communicated via email updater. Please contact the office if you would like to be added to the email distribution list.

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 Julia, our Townsite Manager, on/by the Friday before the scheduled Council meeting.

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==
Fri 2nd Nov- Apache Moon
Sat 3rd Nov - TRIVIA night
(get your teams together)
Fri 9th Nov - Smoking Aces
Sat 10th Nov - Bingo
Fri 16th Nov - Sugarhill
Fri 23rd Nov - The Tumbleweeds
Sat 24th Nov - Rani's Rasoi &
BINGO with Rose
Fri 30th Nov - Backroad Traveler Band

See page 20 of The Chatter for a list of local babysitters

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The Swamp Donkey Musical Theatre Society is a new non-profit community theatre company based in Bragg Creek! We provide musical theatre performances and educational opportunities to participants of all ages and abilities.

Our Society held its first-ever fundraising event on October 19th. The fundraiser featured a musical improvisation show and a silent auction. All proceeds raised through the event will be used to support our musical theatre courses and workshops as well as our musical theatre productions.

We would like to express our sincere thanks to all of the individuals, businesses, and organizations that supported this event. Many thanks to the following:

- Admaki
- Angela Slack (Painted Moose)
- Angela Merlo
- Bavarian Inn
- Bragg Creek Community Association
- Bragg Creek Oil and Vinegar Market
- Bragg Creek Pharmacy
- Bragg Creek Physiotherapy
- Brent Trinier
- Cara Haar
- Chris Sandvoss
- Cinnamon Spoon
- Cowtown Opera
- Creekers Restaurant
- Cycle 22X
- Dani Moon
- Dave Ryan, Maverick Law
- Dave Zimmerman
- Frontier Candy and Ice Cream
- Gizen Family
- Gypsy Marie's
- Hedy Latos
- Hedy Latos, Sapphire Fresh Jewellery
- Helen Doukakis, Aesthetic Wellness and Spa Treatments
- Janet Ward, Wardrobe (Painted Moose)
- Jepp Family
- Juliana Remple
- Tanya and Mark Kamachi
- Karla Watts, Ruby Red Vino
- Korner Kitchen Restaurant
- Liz McManus
- Maggie McNeil, Studio M Design (Painted Moose)
- Marina Cooke, A Little Forked Up (Painted Moose)
- Mastermind Toys
- Mertens Family
- Michaellea Calon (Painted Moose)
- Michelle Minke
- Nancy Lundquist (painted Moose)
- One of a Kind Art and Gift Gallery
- Rockies Tavern
- Ruellen Forsyth-Nicholson
- Spirits West
- Spray Lakes Sawmill Family Sports Centre
- Stenger Family
- Susie McPhee, Wintergreen Athletic Therapy
- The Best little Wordhouse in the West
- Tyson Schmidt, LNS Chartered Accountants
- Vertex Carpentry
- Westside Rec Centre
- Wintergreen Golf and Country Club
- Zelda Bird, Butterfly Effect Studio (painted Moose)

A New Board and another year of community events

Hello Community!

As we welcome the month of November, we also welcome a new Board of Directors to the BCCA! In October we hosted our Annual General Meeting where a group of dedicated

community volunteers stepped up to help care for and improve the Bragg Creek Centre. Thank you to all of the board members who served last year, and to those who will serve this year – we are so thankful that our community is full of engaged neighbours ready to make a difference!

Last month, we also celebrated Halloween in the best possible way – with a haunted house and movies supported by lots of community volunteers including the Redwood Meadows Emergency Services who ran the haunted house! Thank you to RMES for supporting the kids in our community with a fun and memorable Halloween!



In November, we will offer some classic and some new activities for all: check out the website for details on the Auger Art Show, Remembrance Day Service, and Artisans Christmas Sale.

If you're looking for a way to get involved with your community this fall, have a look at our website, or that of the Bragg Creek Chamber of Commerce where the Spirit of Christmas festival will surely be highlighted!

Enjoy the changing weather and we look forward to seeing you around the Hamlet!

Bragg Creek Community Association Board of Directors

REMEMBRANCE DAY SERVICE

100th anniversary of the signing of the armistice

SUNDAY, NOVEMBER 11 | 10:30AM

Please bring a cash donation (cheque) or a non-perishable food item for the Veterans Food Drive.

*Join us for refreshments
after the service
provided by the Bragg
Creek Ladies Auxiliary*



Bragg Creek Centre

FOR MORE DETAILS CONTACT:
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Innocent mistakes that may cause issues when applying for a mortgage

With everything that's been written over the last few years about the increased complexities and more rigorous underwriting processes of applying for a mortgage, naturally you have your application & paperwork all ready before applying for a mortgage.

But, as some would-be borrowers are finding out, unintended mistakes - which could so easily be avoided - may be hindering their mortgage application, causing declines and potentially even causing negative reporting to their credit rating.

Having a blemished credit history will have an impact on your mortgage application. Things like previous bankruptcies, collections/judgements, and income tax arrears (yes, CRA does report your overdue taxes to your credit bureau) are all going to be treated with caution by mortgage lenders; and will make a difference to how much you can borrow, and the fee or interest rate you may be offered. There are lenders in the market that do offer mortgages to clients with less-than-perfect financial backgrounds but go into the process with reasonable expectations.

But for those who have an average to excellent credit rating, little personal debt and a decent income, it's worth stopping for a moment and thinking about anything you might be unknowingly overlooking. It is worth making sure that you aren't hindering your chances by checking that your financial history is in tip-top shape *before* you start.

First on the list of accidental issues is incorrect credit bureau reporting. Most people assume that provided you've paid back any loans in full and on time, there won't be a problem. But that's not always the case.

There are times (and my experience is student loans are the biggest culprit) where a loan that was paid in full is still showing an outstanding balance or the balance is incorrect. It is critical to check your personal credit report often (you may pull your own anytime without it being a "hit" or better yet, sign up for a monthly monitoring service) as mistakes do happen. You will need to provide proof that the loan was 'fully satisfied' and provide full verification to the offending company and the credit reporting agencies. This takes time to resolve, usually about 90 days at least, and lenders simply don't believe the argument that "oh actually, that is a mistake I really don't owe that money", oh yeah right! Your credit report should be accurate *before* making any mortgage applications.

Second on the accidental issues list is your current or ex-partner's credit score. I will assume that your current partner's score is where you expected it to be (but this is not always the case); the more surprising mistake is when a previous relationship is still causing you grief.

Continued on next page

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COUNTRYSIDE
FINANCIAL

Continued from previous page

That's because if you've ever been financially linked to someone else, for example if you held a joint bank account, have a joint credit card, or applied for a previous loan or mortgage together, their credit rating can impact yours unless you've properly discharged yourself, even if you're no longer a couple. I will reiterate, just because you're no longer a couple does not mean you are absolved of the joint debts. You are equally responsible until proper steps are taken to be legally removed from the liability (simply moving out of a matrimonial home does not mean you get to forget about the mortgage payments if you're on title) The same applies to past roommates where you may have been jointly named on the lease, utilities bills, etc. If they don't keep up with their payments, regardless of when you last lived together, and your name is still linked with theirs, it could create an issue when you apply for a mortgage of your own.

Accidental issue number three, is having too much available credit.

This one may be confusing as it generally happens when people pay off their credit cards or store cards in the lead-up to applying for a mortgage and know their debt servicing is minimal. Which is absolutely the right thing to do!! It improves your credit rating and means that you have less or even no debt, which is viewed positively by a mortgage lender.

However, the issue may occur when, having cleared down your debts, you could have an available credit limit of thousands or tens of thousands on your credit card, line of credit, or bank account overdraft facility.

This is not a problem if you're a well established, financially sound, person. But, if you've had past credit issues, or are financing at your maximum capacity already ... a lender will see that you potentially have access to thousands of dollars of available credit, which means that you could easily get yourself deep into debt (which could mean trouble!) by spending it all after you've got your mortgage.

The easy way to avoid this scenario occurring in the first place is to speak to your bank or card provider once you've paid down your outstanding balances and reduce your card limit or overdraft facility. Do not ever cancel accounts as long-term accounts are favourable to your overall credit score, but you can reduce limits anytime without issue.

Lenders approve mortgages responsibly based on their risk threshold and underwriting criteria, and as such a wide variety of factors can influence underwriting decisions, which differs from lender to lender. Get prepared and understand what in your financial history will be working against you, as well as for you.



Redwood Meadows Emergency Services

Like it, or not, the snowy season is upon us. A few things to keep in mind as we begin another long winter:

For your vehicles

- Make sure your vehicles are in good repair.
- Put on good quality **snow tires**.
- Put a **snow brush** in your vehicle and clear the snow off your vehicle before you drive each time
- Pack an **emergency bag** for your vehicle in case you get unexpectedly stopped on a local highway for a long time. Be sure to include: a blanket, some food, a bottle of water, a cell phone charger.
- Don't leave home with less than half a tank of gas.
- And...don't leave home if you don't have to during poor weather events.



For your home

- Make sure your driveway/walkways are cleared as soon as possible after snow events.
- Put salt on icy decks and walkways so you don't slip.
- Make sure your smoke/carbon monoxide alarms are operating properly.
- Ensure your house numbers are clear of snow and are visible from the street.

For you

- Let people know where you're going when you're heading out to do an activity, your planned route and when you plan to be back.
- Don't leave home without a fully-charged phone/phone charger.
- Book an appointment to see one of our friendly local doctors when you aren't feeling well and be sure to heed their instructions.
- Wear the proper gear for the activities you're planning. Always bring extra gear in case the weather changes unexpectedly.

A quick tip

Redwood Meadows Emergency Services is called to many emergencies throughout the winter. When you see one of our trucks coming with the lights and sirens flashing, please move out of the driving lane and stop so we can get by quickly and safely.

Until next month, stay safe!



Kids Only Store

Dec. 1st | 10:00am - 3:00pm

Ages 12 and under

**NO PARENTS ALLOWED
IN STORE**



A shop at the Community Centre where children can buy gifts for loved ones. Shop for siblings, parents, grandparents, friends and teachers. Our elves will wrap your gifts too!
Crafts and concession stand on site!



Bragg Creek Community Association
www.braggcreekca.com
info@braggcreekca.com
403-949-4277 | 23 White Avenue



November 11, 2018 is the 100th Anniversary of the signing of the Armistice that ended World War I. We would like to invite all our citizens to the annual Remembrance Day service being held at the **Bragg Creek Community Centre Sunday, November 11, 2018, at 10:30 am** to remember those who selflessly answered the call when our freedoms were put to the test. **The Bragg Creek Ladies Auxiliary** will provide light snacks and beverages at the conclusion of the service.

LEST WE FORGET

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00am
Youth Gym Night • Nov 9 at 7:00pm

both at Bragg Creek Community Centre
Nov 18 Service to be held at Banded Peak School
Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study
Mondays 10:30am

Alpha Course

Wednesdays 7:00pm

Free Meal, Info & Discussion • alphacanada.org

Needle Craft Club

First Sat of Every Month 7:00pm

Parent & Tot Group

Coffee, treats and informal visiting for
parents, while children enjoy some playtime! Fridays 9-11am

Monthly Business Lunches to resume in January

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Tis the Season for the

Kananaskis Christmas Market!

This year we are excited for all the returning vendors and some brand new booths that will fill the Redwood House and transform it into a cozy Christmas wonderland. Join

us **November 17-18 from 10am-5pm**, and check out the knitting, woodwork, art, jewelry, coffee, food and much more!! This is a very special weekend that you do not want to miss.

The RMCA would like to invite all Redwood residents to an early sneak-peek of the craft fair on Friday evening, November 16th — look for your invitation in your November water bill. We hope to see you all there!
—Michelle and the Craft Fair Team

27TH ANNUAL

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Community Business spotlight

The Painted Moose Artist Collective 12 Balsam Avenue, thepaintedmoose.ca

Artist owned and run, The Painted Moose features 16 different local artists working in a number of mediums – paintings, jewelry, glass, photography, sculpture and more. It's a beautiful place to gather in the hamlet for anyone who appreciates art, especially those who are artistically inclined or would like to be. It recently changed its name to The Painted Moose from the Studio and Gallery in Bragg Creek. "The name change reflects more who we are," says Marina Cooke, one of the resident artists. "It's less stuffy. We're creative artistic people, and The Painted Moose is more fun. It reflects not only who we are, but where we are – in Bragg Creek where we have moose. It's more of a Creeker feel."

What hasn't changed is what locals and visitors alike can expect when they visit the studio. "Anytime a local comes in, they can expect to deal directly with an artist," Cooke affirms. "They can purchase items at a much better cost than at a gallery where there's a middle man, and the markup can be anywhere from 40 to 70 per cent.

"And, you get to talk to the artist about their work. Find out what the inspiration is, how they made it. We try to have an artist on shift all the time so when people come in, they can actually see the creation process. We're open seven days a week. We're a very friendly atmosphere; it's not high sales. We're here just so people can come in and check us out. And with 16 artists, there's constantly new art being brought in." If you want to try your hand at getting artsy, The Painted Moose also offers art classes and workshops. Each artist runs their own classes, and they try to keep them very affordable. Most run in the \$35 to \$45 range. Like The Painted Moose on Facebook (facebook.com/thepaintedmoosebraggcreek) to stay up to date on all the latest classes.

Above all, it's a great place to get a gift for someone special or for yourself. Especially with the holidays coming up, The Painted Moose offers an easy one-stop-shop in the community to find something thoughtful and unique for everyone on your list. "Come shop local, and get something handcrafted where you can say that you met the artist, and it's not from a big box store," says Cooke. "I love seeing people wearing my jewelry. We are such an artistic community, and it's great to be able to share that."

If you would like your local business spotlighted in a future issue of the Chatter, email setocolleen@gmail.com with details about your business, how it contributes to the community, and upcoming events.

Redwood Playgroup
Tuesdays 10:30– 12pm



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picapix puzzle

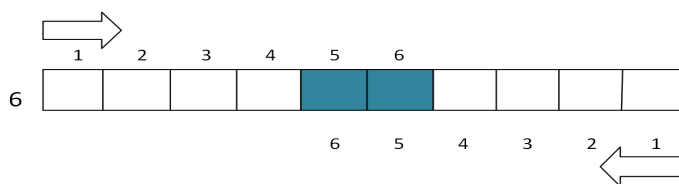
The latest Japanese logic puzzle is here! A picture will evolve as you complete the puzzle. Start with the largest numbers or combination of, colour in squares and proceed to work back and forth between columns and rows.

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.

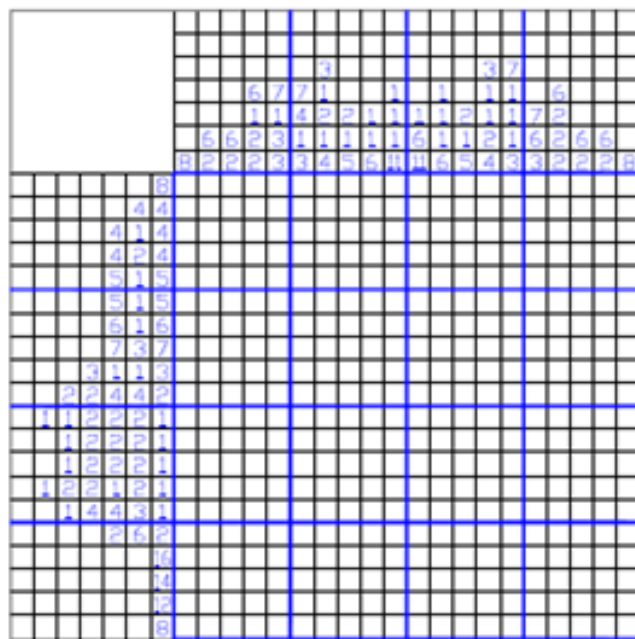


This same method can be applied even when there is more than one number, remembering to allow one empty square between groups or blocks. Use a second colour for elimination of background squares. This is critical for solving.

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 16)*

CIRQUE DE TRIO



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Volunteer Spotlight

Ann Sullivan has always been a part of the volunteer community. Always on a mission to bake for community events, assist in the kitchen, doing clean up afterwards, and helping in any way she can. There were poems written for special friends and volunteers that had moved on, written by Ann in her heartfelt ways. Ann will search out endlessly for prize donations to fundraising events such as the Tunes for Trails & Alberta Youth Champs Cross Country Ski Event, then also take on the task of running a silent auction for the event.

With XC Bragg Creek Ski & Bike Society, Ann has coached youth for several years, always upgrading her coaching certificates and courses to provide the best fitness, strength conditioning, games, flexibility and ski techniques. Ann helps out at all race events wherever needed, always willing to lend a helping hand – sometimes even bringing an array of nutritious snacks to fuel their bodies. Getting racers warmed properly before an event is one of Ann's specialties being a professional fitness instructor. During weekend long, provincially hosted ski race events, Ann is a part of the organizing committee – months long planning and prepping for this volunteer run event.

Ann comes by it honestly as her whole family is a huge supporter of community and volunteer efforts. We are so privileged to have Ann as part of the XC Bragg Creek family and community member.

Thank you Ann, for all that you do :)



Thank You!

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Bragg Creek & Redwood Wellness Network

Growing from a committee to a network: An invitation and updates from the Bragg Creek and Redwood Meadows Wellness Network



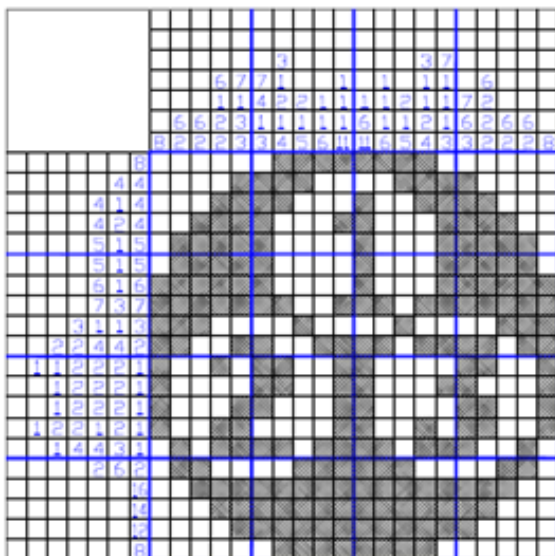
The next meeting is November 8, 2018, from 6:30pm – 8:00pm at Redwood House; all are welcome.

The Bragg Creek and Redwood Meadows Wellness Network (formerly Bragg Creek and Area Wellness Committee) began in response to the 2013 floods and has been evolving its role and purpose ever since. Our network includes representation from local residents, social service agencies, healthcare providers, and community groups. Key accomplishments for us include two extensive door knocking campaigns in both Bragg Creek and Redwood Meadows, advocacy for permanent psychosocial and mental health resources, and the Screenagers series of events. Over the past year we have updated our name, mission statement, and values to better reflect our current direction and future plans.

Our revised mission statement is as follows; *“The Bragg Creek and Redwood Meadows Wellness Network is a local collaborative that fosters connections and supports activities to promote community wellbeing”*.

Our goal for this coming year is to focus on the “fosters connections” part of our mission statement. To meet this goal we are trialing different meeting schedules and placing a greater emphasis on the social parts of our get-togethers. The meetings have a casual tone and flexible structure although we do have a chair, follow an agenda, and respect time. The primary purpose is to build relationships, share information, and collaborate. Our experience has been that the partnerships formed at our table create unique opportunities for positive change that might otherwise be missed (e.g. programs from the Cochrane library now offered at the BCCA). There are no additional volunteer expectations and we know it won’t always be possible to attend every meeting. We want to hear from you whether you have lived in the area for a few months or 40 years – every person can contribute knowledge and ideas to the network.

CIRQUE DE TRIO



If you would like more information or to be added to our email distribution list please email Eric Howey (eric.howey@ahs.ca).

I hope we see you at our next meeting!



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Learn the fundamentals of fighting for the stage and screen in this action-packed course with Calgary-based actor, director, fight director, and theater educator John Knight. Presented by Swamp Donkey Musical Theater. Sunday Nov.25, 2 to 4 pm at the BCCC. Ages 13 to adult. \$40. Register at swampdonkeytheater.ca

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 jhand@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

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Are Our Dogs Pack Animals?



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If there's one thing that puts a professional behaviour consultant on edge, it's the term "pack" used in the context of our pet dogs.

Studies done on free-ranging dogs in a variety of countries like India, Bali, and a terrible situation in Romania, show that dogs are highly social animals, and they do group up at times, but the term "pack" is not applicable to the way they live their lives.

A wolf pack consists of the breeding pair, mom, dad, and their offspring. Wolf packs are *families* of wolves. They will team up on occasion with other wolf families, but when they clock out at the end of the day, they all go home to their own families, just like we do.

Canis Familiaris, however, are not big into families. Males hang around, obsessively, if there is a chance to mate with a bitch in heat, but once the job is done, they go back to their own lives as individuals.

The following is quoted from an article by Jean Donaldson, founder of The Academy For Dog Trainers which is considered one of the best canine training academies in the world.

"During the tenure of dictator Nicolae Ceausescu, poorly thought out reconstruction effort in Romania resulted in the demolition of thousands of houses and the relocation of thousands of families into small apartments throughout the country. For family dogs, this meant being turned out onto the street, where they have multiplied and eked out a marginal existence ever since."

A sad situation from every possible angle, the explosion of free-ranging dogs in Romania is an unintended experiment that challenges one of the most taken for granted aphorisms in the dog behavior world: that dogs are "pack animals." The dogs in Romania have not formed packs. Their associations with one another are brief and casual: a couple of dogs may hang out together temporarily and then part company. Dogs are often drawn together by a scarce resource like a food source or estrous female, but once this magnet is gone, they go their separate ways.

This contrasts with wolves who, while a genetically identical species to dogs, live in packs. As explained by University of Minnesota biologist David Mech, each pack is a nuclear family consisting of a breeding pair and their offspring. When the offspring reach maturity around two years of age, they dis-

perse to avoid inbreeding depression and, if they live long enough, mate up and start their own packs.

The social lives of Romanian dogs may be the exception that proves the rule, so it's necessary to examine all free-ranging populations in order to formulate a stronger hypothesis about dog social behavior.

Significant populations of free-ranging domestic dogs exist in sub-Saharan Africa, South America, India, Mexico, on the Cook Islands, Hawaii, Bangkok and, in a situation paralleling that of Romania, in Moscow. Pariah dogs on the Indian sub-continent are thought to be the longest-running continuous population of feral dogs – on the order of 14,000 years.

There are cases of dogs buddying up with one or more dogs for days at a time, and dogs being drawn into proximity to each other by food sources, however none of the above populations form packs the way wolves do. Males, in fact, do not participate in the rearing of puppies, which is the foundation of a wolf pack. And, scavenging far outpaces hunting as primary food-acquisition activity, another difference from wolves, who hunt much more."

There are numerous professional studies out there that have shown, beyond a doubt, that our domestic dogs are far from pack animals. They are, however, highly social animals who seem to prefer the human race, even over each other. If dogs preferred to be 'wild', then why are the forests, plains, and other wild areas not filled with dogs? It's because they're not wolves and they are not wild pack animals.

**Lorraine Brown, ISCP.Dip.Canine.Prac
Canine Behaviour Practitioner**

References: <https://www.verywellmind.com/what-are-emotions-2795178>

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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	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 parent/guardians to check all credentials and references before hiring a care-giver for their child(ren).

Return to Redwood House by November 25th to receive a letter back from Santa



Name: _____

Age: _____

Phone # _____

