



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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Fall is full of activity in Redwood Meadows and Bragg Creek. Plan to attend a forum on flood protection options on Fri., Oct. 26 at Redwood House. The kids' Halloween party in Bragg Creek takes place the same night at the Bragg Creek community centre with a haunted house provided by Redwood Meadows Emergency Services (RMES).

Speaking of RMES, read this month's article on fire prevention on page 14. Also in this edition, read about local artist Donna Winn; glean some fall tips from

Traditional Chinese Medicine; get the details on Swamp Donkey's improv fundraiser, and find out how you can get involved as a cross country ski coach.

On another note, after more than 10 years of involvement with the *Chatter*, I'm leaving the newsletter in the capable hands of Peg Rupert. (Thanks, Peg!) It's been great getting to know this community through the RMCA's newsletter. Please continue to send in your stories and photos.

Ann Sullivan

thechatter@redwoodmeadows.ab.ca

inside this issue

Babysitters List	21
BCCA	7
Classifieds	2
Council Update	3
Flood Mitigation	12
Little Schoolhouse	18
Mortgage Information	20
Picapix Puzzle	16
RM Community Assoc.	4
RM Emergency Services	14
Visual Arts	9



Autumn is rather short-lived in this part of the world, which is perhaps why we appreciate the beautiful colours and sunny days even more while they last.

Chatter photo

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

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

KICK BUTT LIKE AN ACTION HERO WITH SWAMP DONKEY

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

NEW SEASON, TIME FOR NEW SKATES?

For Sale: Men's Hespeler Ice Hockey Skates. Never worn, still in the box! Size 9.5 Cost new \$80. Yours for \$40. Please call Malcolm at 403-560-3812.

HOMEWORK GIVING YOU A HEADACHE?

Are you suffering thru decimal system "delights" or fraction frantics? Is multiplication in a muddle? Experienced Montessori math coach for students 6 to 12 years old available. After-school, weekend or PD days. Combine with my supervised after-school homework program for real results! Call Ms Carol at 403-949-2238.

VOLUNTEERS NEEDED FOR CREEK RESTORATION

Join volunteers on Oct. 3 for a day of streambank restoration along Silvester Creek, a tributary of the Elbow River. Email Flora at the Elbow River Watershed Partnership (coordinator@erwp.org) or sign up at <https://www.eventbrite.com/e/silvester-creek-riparian-restoration-event-2018-tickets-50453158756>.

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.

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Redwood Town Council Welcomes Two New Members

Redwood Meadows town council met twice over the summer months, on July 17 and August 18. Town council members would like to formally welcome two new members, Scott Winograd and Ed Perkins, who joined this summer. We look forward to the insight and knowledge that they will bring to council. Look for their bios in the next edition of the *Chatter*.



briefing, “The Updater.” Updates are given through this venue as well as on the Townsite Facebook Page, Twitter account, and on our website (redwoodmeadows.ab.ca) in regards to pertinent information.

To receive the Updater, sign up by emailing prupert@redwoodmeadows.ab.ca.

INFRASTRUCTURE

The water treatment plant work was completed in July. The work was on the infiltration system, which handles the way our drinking water is taken from the river. The boil water advisory, issued in early summer, was a result of the lower levels of water in the holding tank, resulting from the work being done, the drought we experienced, and the malfunction of a small mechanical part.

The maintenance building structure was completed and we are waiting on the remaining electrical work to be completed for it to be fully operational. The townsite hired a student through the federal government’s STEP program, which provides funding to hire seasonal summer students. We thank Alexandra for all her hard work throughout the community over the summer.

Due to time constraints and council assessing the best path forward, the revitalization of our community skating rink will proceed next year instead of this fall.

EMERGENCY SERVICES

Our Emergency Services Department continues to provide our community with protective services. Their geographical area includes the surrounding area as well as Kananaskis Country, Rockyview County and the Tsuut’ina Nation. The department has also secured the contract for providing emergency services to the Trans-Canada Highway from Banff Coach Road to Scott Lake Hill. A big thank-you to Chief Rob Evans and the work that the department provides. (See more information from RMES on page 14.)

FINANCIAL

Councillor Winograd will be taking over this portfolio from Deputy Mayor Ackerman.

COMMUNICATIONS

Look for regular updates appearing in the *Chatter*. We ask that all residents sign up for our weekly emailed news

BYLAWS

Councillor Perkins will be taking over this portfolio. The main area of concern under this portfolio over the summer has been waste management. As many residents may be aware, the townsite experienced an abnormal amount of bear activity over the summer.

In consultation with Alberta Fish and Wildlife, council determined that this could be attributed to our waste management practices. It becomes a safety issue for our community when residents do not abide by our townsite bylaws regarding waste management. We do not wish for our community to become a known food source for any animals. Townsite will continue to proceed with methods of enforcement to residents to ensure compliance. Councillor Perkins is working with other councillors, including head of Infrastructure, Councillor Allen, on developing a more prudent model of waste management within the community.

LEASE UPDATES

If you would like further updates on the lease, please come out to the lease information nights at Redwood House. This is a chance for our lease working group (LAWG) and town council to inform residents in person and to answer any questions. The next lease information night takes place Thursday, October 11 starting at 7:30pm.

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 meeting. If you would like to add an agenda item, please contact Julia Kennedy-Francis, townsite manager: jkf@redwoodmeadows.ab.ca by the Friday before the scheduled council meeting.

Redwood Meadows Town Council

Watch for RMCA/BCCA Halloween Party this Month

Happy October! It would be easy to mention our September weather, but what will that help? Let's hope for a warmer and sunnier October.

RMCA held two successful events this past month. The open house on Sept. 12 saw more than 100 residents and 33 businesses and activity groups come to Redwood House. We were privileged to have Banff-Cochrane MLA Cameron Westhead, Rocky View County Councillor Mark Kamachi and federal MP John Barlow come by for a visit. Thank you, BCCA staff, for helping us set up and run this event.

If you couldn't come to the open house, please see the next page for contact information for those who were there.

The RMCA hosted Redwood's very popular Gear Sale on the 15th with a great assortment of gear. If you were lucky to come by, then you likely got some awesome deals on quality goods. Thank you, Catherine Watson, Faith McLean and Katie Scott, for running this great event. Hopefully we will see another gear sale in the spring.



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This month we will be busy behind the scenes, working with townsite and Redwood town council on details of the future repairs on the ice rink for the 2018/19 season. Money for this major repair/rebuild will come from RMCA casino funds and a grant that townsite received. We will also look at replacing the old slide at Lady Bug park next spring with grant funding.

On Friday, October 26 there will be a kids' party at the Bragg Creek community centre starting at 3:30pm. Our RMES firefighters will be setting up a haunted house and we want all the kiddos to dress up in their best costumes. There will be games, music, treats and a double feature to entertain the witches and goblins.

On Oct. 31, Redwood House will be open from 3:30pm to 8pm for kids and parents to warm up during their trick or treating. RMCA will have hot chocolate and coffee to help keep everyone going.

The very popular Kananaskis craft fair takes place Nov. 16 to 18 at Redwood House. Watch for an invitation to the Friday night preview in your utility bill. We will need some volunteers for the RMCA café. Please contact us at programs@redwoodmeadows.ab.ca or drop by the town office if you have time to help out.

On Sunday, Nov. 25 from 11am-2pm, Santa will be in Redwood! This is your opportunity to get some great photos of your kids with the big guy. We hope to have Moose Mountain back with their horses and wagon for a fun ride through Redwood.

RMCA holds its annual general meeting during the week of November 18. Think about joining the team and helping keep our town active, entertained and fun. Look for posters and information on all RMCA activities at the townsite office and on our Facebook page.

Finally, RMCA would like to thank Ann Sullivan for her incredible dedication to the Chatter. Ann has given us 10 years of professionalism that has kept residents "in the know." We're sure that Ann will still be a big contributor in our community, and we thank her for her amazing volunteerism.

Renate van der Zande, president, RMCA

Please see table on next page for a list of local groups and vendors compiled by the RMCA.

redwood meadows community association

Harder and Sons Exterior Maintenance Services Inc.	403-949-3442	lowell@exteriormaintenance.ca
Fitness with Ann Sullivan	403-689-4835	anns@safari.ca
Maverick Law	403-949-3339	carmen@mavericklaw.ca
Rocky Mountain Adventure Medicine	403-949-2632	mailto:brenda.watt@adventuremed.ca
Wintergreen Athletic Therapy	403-667-7116	slmacphee@gmail.com
Juice Plus	403-650-7762	mailto:carrie.hucal@aol.com
Youngevity	403-949-4109	helencirin@gmail.com
Wintergreen Golf Course	403-861-8918	mailto:sjackson@wintergreengolf.com
Swamp Donkey Musical Theatre Society		tgizen@gmail.com
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
The Little School House	403-949-3939	www.thelittleschoolhouse.ca
Cochrane Public Library	403-709-0346	andrea.johnston@cochranepubliclibrary.ca
Redwood Meadows Tae Kwon Do School	403-807-1030	ninedegrees@telus.net
XC Bragg Creek Ski and Bike Society		www.xcbraggcreek.ca
KarniK Elite Performance Robotics	403-408-6998	michael.d.moore@hotmail.com
	403-993-2334	
Big Brothers/ Big Sisters of Calgary and Area		leila.millet@bigbrothersbigsisters.ca
Kamp Kiwanis	403-686-6325	community@kampkiwanis.ca
Kathleen LaPlante Remax West	493-818-8049	mailto:kathleenlaplante@remax.net
Mamabefit		stocmeg@hotmail.com
Bow Valley Rugby		rugby34@telus.net
Cameron Westhead, MLA		cameron.westhead@assembly.ab.ca
FCSS rescue center	403-851-2286	wendy.farnsworth@cochrane.ca
Care in the Creek	403-949-2457	careinthecreek@gmail.com
RMCA		programs@redwoodmeadows.ab.ca
BCCA	403-949-4277	program@braggcreekca.com
Redwood Meadows Emergency Services	403-949-3481 (non-emergency)	www.rmesfire.org
Indigenous Awareness Committee (IAC)	403-949-3563	

FOOT CARE IN THE CREEK!

Clinics: Thursdays at 6-week intervals
Location: Snowbirds Chalet
 19 Balsam Avenue, Bragg Creek
Hours: 9.00am to 4.00pm
Clinician: Jill Read-Johnson, Certified Podologist
Cost: \$30.00 /session
Appointment: Call **403-861-1503** for more details
 & to book an appointment for clinics.

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

www.mountainwoodshealth.com




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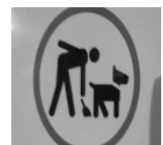
We would like to remind residents that the Townsite of Redwood Meadows has a "dog under control" by-law. If you cannot see your dog or get to it in time to avoid confrontation with other dogs or people, you would be considered "not in control" of your dog. The applies whether you are walking through the townsite or on the berm.

Please keep in mind that not all residents enjoy dogs jumping on them, running after them, chasing their children or coming into their yards.

Dog owners, be kind to your neighbours.

Please be considerate and
clean up
after your dog.

It is just common courtesy .



Happy Halloween!



Fall Food Drive Fills Shelves Again

On behalf of the Helping Hands board and staff, thank you!

The snow and cold weather were no match for the spirit and generosity of our wonderful volunteers, who gathered on Sat., Sept. 15 to support those in need in our community. While the economic situation has improved somewhat over the past year, the need for food and other basic necessities continues to be high.

The Cochrane Food Bank, which also serves Redwood Meadows and Bragg Creek currently provides about 1,000 food hampers to those in need, up more than 60 percent from 2014. Of those individuals helped by the food bank, more than 40 percent are children in our community.

I'm pleased to say that we had an excellent food drive and the shelves at the Cochrane Activettes Food Bank are again stocked! Our semi-annual food drives provide the vast majority of all donations to the local food bank. This year we hit our target of 1,200 cartons of non-perishable



Helping Hands

food along with approximately \$2,300 in cash donations. This initial count doesn't include Springbank, as well as donations that will be dropped off at grocery stores over the next couple of days.

Thank you to Spray Lakes Sawmills Family Sports Centre for donating the space and to their amazing staff support for our event. Thank you to the Cochrane Activettes for their hard work in the sorting centre and for their exemplary day-to-day provision of food and other basic needs in our community. And finally, thank you to the more than 700 outstanding volunteers without whom none of this would have been possible and to local residents for giving so generously!

Our next food drive is scheduled for April 13, 2019 and will be hosted by Bow Valley Baptist Church.

*Submitted by Timothy Clark,
Helping Hands Society of Cochrane and Area*

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Claim a Spot on BCCA Board at October AGM

Hello Community!

Oh, and hi October—I wasn't expecting to see you yet. At least that means Thanksgiving and Halloween are right around the corner, and I am always up for stuffing my face with pumpkin pie and tiny candy bars!

As I begin this month's article, I am sad to say that this will be the last one that I write for a while! With the AGM coming up on Oct. 30, new board members will be elected, and someone new will be taking on this monthly update. I hope you haven't minded my grammatical errors and excessive exclamation marks, and let's hope the next contributor may be a bit more eloquent! I still look forward to volunteering lots in our lively, unique, and friendly community and am excited to contribute in some new ways.

October will bring a few familiar events to the Bragg Creek Community Centre: The BCCA will host our AGM



in which we will review last year's successes, challenges, and finances, and we will also elect new board members for the next year. Some board members' terms will be ending, opening spaces for some new perspectives.

If you are interested in taking on a volunteer role that will contribute to the vibrancy of our community, consider lending your skills to a one- or two-year term. Check the website (braggcreekca.com) for updated details on the AGM's date and time as well as positions that will be open for new board member nominations. Also, remember to update your membership as soon as possible so that you have the opportunity to vote when you attend.

This month, we will also celebrate Halloween! Join us with your kids or teens on Friday, October 26 for the annual HAUNTED HOUSE and double feature movie (one for the little ghosts and ghouls at an earlier time, and one for the terrifying teens later on).

Thank you to our friendly neighbourhood firefighters at Redwood Meadows Emergency Services for showing their community spirit yet again and hosting the haunted house! We couldn't pull off such a fun community event without incredible community volunteers pitching in.

Check the website for the poster and details on times. There are also lots of fun community programs happening at the centre! Check out the website or stop by the centre to learn about all the options for folks of all ages.

Here's hoping everyone enjoys the beautiful fall colours, while they last! See you around the hamlet and at the centre for the AGM and Halloween Haunted House!

Shaye and the BCCA



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

Thank you!

UPCOMING EVENTS

BCPA Concert - Sweet Alibi & Jenie Thai
October 13th

Intro to Sign Language (with wine)
October 18th

HALLOWEEN HAUNTED HOUSE & Spooky Double Feature Movie Night
October 26th (with bar service)

Bragg Creek Community Association AGM
October 30th

WAIT! THERE'S MORE!

Acrobatic Studios	Dog Obedience
Junior Chef	High Intensity Training
Lego Club	Artsy Afternoons
Board Games	Pickleball
Family Yoga Rhythm	Badminton
Youth Yoga	Movie Nights
Youth Sports Night	Ladies Auxiliary
Walking Club	Bragg Creek Artisans
Swamp Donkey Theatre	Community Church
Rumble & Roar Playgroup	Mac-A-Doodles Day Care

FOR MORE DETAILS:
info@braggcreekca.com | 403-949-4277
www.braggcreekca.com

Sweet Alibi Opens 2018-19 Live Music Season

Bragg Creek Performing Arts kicks off its new season with a double bill featuring Winnipeg trio Sweet Alibi and Edmonton's Jenie Thai. The show is set for Saturday, October 13 at Bragg Creek Community Centre. Nova Scotia band Port Cities will appear Saturday, Nov. 24 as part of the BCPA's fall season.

Sweet Alibi, featuring Jess Rae Ayre, Amber Rose and Michelle Anderson, have been captivating audiences since 2009 with their charming and personal performances. With 3 releases, more than 360 shows across Canada—including 30-plus festival appearances—and numerous radio performances and interviews, Sweet Alibi is fast becoming a well-known roots/pop group.

Tom Power of CBC Music said of Sweet Alibi: "If Mumford and Sons and the Supremes had a love child, it would be named Sweet Alibi."

The group blends soulful and powerful vocal harmonies with the sincerity of folk and the foot stomping energy of roots. The appeal of Sweet Alibi's sound hinges on the group's ability to mix elements of folk, roots and country,

then present it in tightly structured pop songs.

Fellow performer Jenie Thai was born in Chiang Mai, Thailand and raised outside of Edmonton. Vocally, she has been compared to Eva Cassidy, but she has soaked in the musical influences of Tom Waits, Bonnie Raitt, Memphis Slim, and Nina Simone.

The performer, songwriter, singer, and instrumentalist combines her love of traditional piano blues, 1960s R&B and great American songwriters to produce a unique charm as a roots and blues musician on the national and international scene.

Port Cities features Breagh MacKinnon's smoky, jazz-indebted delivery, Dylan Guthro's simmering and soulful R&B swagger and Carleton Stone's razor-sharp, romantic rock 'n' roll. Band members reckon a port city is where cultures and histories collide and goods and ideas are imported. Port Cities' music seems to be very much a melting pot of ideas, but their success is largely built on a simple but timeless approach: a good song is a good song is a good song.

Tickets for each show are \$30 for adults and \$28 for seniors with a 15 percent discount when you buy tickets for both shows at once (\$51.98 for adults; \$48.58 for seniors.) Check braggcreekperformingarts.com for more information.

Submitted by BCPA

BRAGG CREEK PERFORMING ARTS
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& JENIE THAI

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Local Artist Donna Winn Says Painting is Her Lifeline

For my interview with our first Canadian artist, I do not have to travel far. I find Donna Winn in Redwood Meadows, just down the road from Try it ART's offices. I know her as an artist, a talented painter. Then one evening, I hear her sing. What a voice! Deep, full and jazzy; she could easily have had a successful career as a performing artist instead of the visual artist she became. Although a painter at heart, Donna connects music and painting unequivocally in her life. She tells me: "I paint. That's just what I do. And I hope you like it."

With her adult son and daughters off to lives of their own and her husband's passing after a long fight with cancer, Donna ended up alone in their large family home. Said Winn, "Painting became my life. No more 'I have to make dinner' or 'I have to be there for one or the other.' It's just me now, and I can do whatever I want. Even if that means going into my studio at 2:30am. Turning on the music and painting. I love it. I love my life."

It started in school in Hemmingford, QC. Donna wasn't a strong student, she said. But during one Grade 6 art class, her work was displayed as an example for the other kids. The teacher said, "This is Donna's work. It is a piece of art." Says Donna, "It did something with me right that moment, and I grew." She was later noticed by more art teachers in high school. "I think, going back, that's really when it started. I have always been working with line, even back then, subconsciously." At 25, Donna moved to Alberta and started taking private classes from Betty MacDonald, a well-known Canadian artist at the time. She taught Donna the basics of drawing and the use of shapes and colours. There was no looking back.

Donna says painting is her lifeline. "I need it as much as I need food and water. For example, when I have company over for a few days, I cannot paint. It's just too busy. Then I almost get a little anxious. I have to paint. Painting is a big part of who I am and it allows me to express myself. Let go, and be ok with being different. Being free! Painting is my life."

Donna has stories to tell about each of her paintings, how they came to be and how they evolved. Each work repre-



Donna Winn



Looking Over your Shoulder by Donna Winn

sents a part of her personal journey, her inner world.

Inspiration is all around her, and ideas typically just come, sometimes when she is painting *en plein air*, or in the shapes and lines she sees in her daily life. An artwork coming to fruition is often related to either what she observes or how/what she feels emotionally.

She chooses textures, values, lines, and shapes depending on what the painting is about; communicating a specific (cultural) message or a certain feeling in need of being expressed. Finding a balance between art with a straightforward message and art based on more intense feelings, Donna often works on two paintings simultaneously. "Then when it's all done, I can be surprised. Where did that all come from? That's that magical moment. When it all just flows."

Not afraid of being different from most, Donna aspires to be at the base of something new. "I like to inspire people to open themselves to something different," she says, and then sighs.

"Wouldn't that be amazing? One of my paintings to have that effect on someone."

A very authentic and strong woman, Donna prefers to keep things simple. "I don't like hogwash. Fewer words are better. I like to keep it real."

Interested in Donna Winn's work on your wall? You can browse her artwork on her profile page (tryitart.com/artist/donna-winn/) or follow her on Artsy. Not finding what you had in mind, but like her style? Feel free to contact us at Tri it Art with your special wishes. We are happy to help you find what you are looking for.

Alternatively, you can meet Donna Winn in person at our gallery. Feel free to contact us to make an appointment.

You may also enjoy reading about our recent meetings with some of our other artists, like Charley Jones, Julie Edwards, or Janet Timmerije.

Bouwien Luppens, curator and co-founder at Try it Art
403-630-1814 tryitart.com

Where Do Our Pet Dogs Come From?



Where do dogs come from, and are our pet dogs wolves? The simple answer to that second question is no.

Many people are stuck on the concept that dogs share 99% of their DNA with wolves, and they believe that this is all the proof they need. Things that have been done to dogs because of this belief are, well, astounding! We also share 99% of our DNA with chimps and bonobos, but we are far from being a great ape, so let's just get over that whole thing.

The following quote is from an article in *Science Daily*, and it describes research published in PLoS Genetics.

Dogs and wolves evolved from a common ancestor between 9,000 and 34,000 years ago, before humans transitioned to agricultural societies, according to an analysis of modern dog and wolf genomes from areas of the world thought to be centres of dog domestication.

The study, published in PLoS Genetics on January 16, 2014, also shows that dogs are more closely related to each other than wolves, regardless of geographic origin. This suggests that part of the genetic overlap observed between some modern dogs and wolves is the result of interbreeding after dog domestication, not a direct line of descent from one group of wolves.

This reflects a more complicated history than the popular story that early farmers adopted a few docile, friendly wolves that later became our beloved, modern-day companions. Instead, the earliest dogs may have first lived among hunter-gatherer societies and adapted to agricultural life later.

"Dog domestication is more complex than we originally thought," said John Novembre, associate professor in the Department of Human Genetics at the University of Chicago and a senior author on the study. "In this analysis we didn't see clear evidence in favour of a multi-regional model, or a single origin from one of the living

Continued on next page

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dog behaviour

Continued from previous page

wolves that we sampled. It makes the field of dog domestication very intriguing going forward.”

The team generated the highest quality genome sequences to date from three gray wolves: one each from China, Croatia and Israel, representing three regions where dogs are believed to have originated. They also produced genomes for two dog breeds: a basenji, a breed which originates in central Africa, and a dingo from Australia, both areas that have been historically isolated from modern wolf populations.

In addition to the wolves and dogs, they sequenced the genome of a golden jackal to serve as an “outgroup” representing earlier divergence.

Their analysis of the basenji and dingo genomes, plus a previously published boxer genome from Europe, showed that the dog breeds were most closely related to each

other. Likewise, the three wolves from each geographic area were more closely related to each other than any of the dogs.”

No one is absolutely certain where *Canis familiaris* came from or how they evolved, but I think, with the massive amount of research done in recent years, we can safely say that our pet dogs are not just friendly, dumb downed wolves. We need to view them as an individual species and treat them for who they really are.

Lorraine Brown, ISCP.Dip.Canine.Prac
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<https://www.sciencedaily.com/releases/2014/01/1401161>

<https://www.britannica.com/animal/canine90137.htm>



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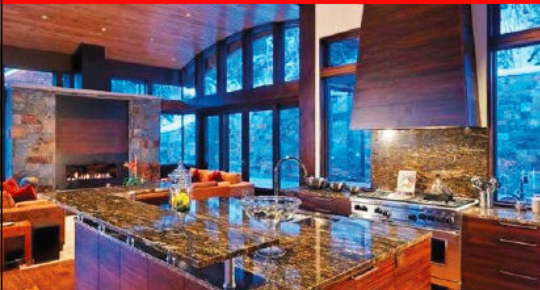
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Redwood Presentation to Address Flood Protection Issues

Come find out about upstream and downstream flood protection on the Elbow River and the importance of sending letters to politicians.

All are invited to Redwood House on Friday, October 26 between 7:30 and 9pm to hear presentations about problems with the proposed Springbank Temporary Reservoir (SR1). Two better solutions will be discussed.

We need upstream flood protection along the Elbow River. New information will be presented to update you regarding flood protection. For example, the National Energy Board (NEB) was the 1,120th requestor for information from the Government of Alberta. The NEB is concerned about the validity of Alberta's hydrogeological models and their results, and recommends that the government prepare new groundwater models. For more information about requestors, go to <https://www.ceaa-acee.gc.ca/050/evaluations/document/exploration/80123?type=3&culture=en-CA>.

Each speaker will be followed by a Q&A opportunity. Speakers include: Leela Aheer, MLA for Chestermere-Rocky View; Karin Hunter, president, Springbank Community Association; Dr. Emile Gabriel, founder of the Flood and Water Management Council and designer of the Tri-River Joint Reservoir Concept; Mary Robinson, whose family has owned ranch land along the Elbow River since 1888; and representatives from the Springbank Action Committee.

The event is organized by Redwood Meadows resident Dr. Karen Massey.

Bragg Creek and Redwood Meadows need upstream protection from Elbow River flooding.

There is still time to oppose the Springbank Temporary Reservoir (SR1). The Canadian Environmental Assessment Agency has requested that the provincial government conduct more tests of the Springbank land and provide more information about the worst-case scenario of the earthen dam breaking. (Should the earthen dam break, it would take only about 15 minutes for flood waters to reach Calgary.) Also, a geotechnical study has just been completed on McLean Creek for a possible dam site, but the public does not have access to the results yet.

It is important to note that it is not just a handful of ranchers in Springbank who will be impacted if SR1 goes

ahead. Thousands of Albertans who live upstream of Springbank will still be at risk when the Elbow River next floods. About 2,500 of us residents in Bragg Creek and Redwood Meadows, along with other ranchers and landowners and hundreds of annual participants at Kamp Kiwanis, would benefit from having a proper dam built such as at McLean Creek or TriRivers, or both.

We know that McLean Creek Dam would be too small as per the Amex report which is shown in the chart on page 13, because it only has a flood capacity of 56 million m³. There is still a need for a second option to contain the additional amount of floodwaters. TriRivers could be partially built for managing just the Elbow River floodwaters initially. This would also help protect the area from drought, provide a nearby water source for fire bombers and offer recreational opportunities to draw visitors to the area—another benefit to Bragg Creek business owners. A win-win for all.

Another consideration if SR1 is built is the loss of about 7,000 acres of productive homeland and wildlife habitat. *SR1 is a short-term solution for longer term problems of flood, drought, fire and recreation.*

The chart on the following page, prepared by Karin Hunter, president of the Springbank Community Association, shows that in addition to not having upstream protection, there are no benefits from SR1 to our upstream communities, yet there are significant benefits if a dam is built.

Of note, based on the out-of-control fire west of McLean Creek this past summer—when local residents were put on emergency evacuation notice—there is clearly a new need for access to water in cases of fire in the area. Water bombers need a large water source in our vicinity.

Please see chart by Karin Hunter outlining flood protection options at bottom left of the following page.

Karen Massey
Redwood Meadows resident



Stay Healthy in the Fall with Traditional Chinese Medicine

As the long, languid days of summer draw to a close and the air beams with crispness, I always feel a sense of elation. The leaves slowly start to glow and the earth, after its bountiful harvest, begins to return to itself. After the height of summer’s fire and activity, it is healing to feel the calm stillness of this time of year. Sometimes it feels as though time stands still for a moment and everything can breathe a little deeper. It’s as though the veil between the worlds is thinned and just for a moment we can LET GO.

Every season in Traditional Chinese Medicine relates to specific qualities in our lives, to an emotion and organ system. It is important to follow the guidance and wisdom of the body and the earth at this time to stay healthy and prepare for the winter. As we leave the yang heat of summer and enter into the yin and cold of winter, we can build the body’s strength and resistance by living in tune with the seasons. Fall is birthed in the element of metal and is the time of year when we need to let go of the things that no longer serve us. The paired organ

system relating to fall is the lung/large intestine which is all about taking in the pure and releasing the impure. Just as the leaves fall from the trees in the autumn months, so too should we let go of the things we no longer need.

This is a good time to detox the body or clean out the closets of unwanted items. TCM states that we are a “microcosm” of the “macrocosm” and nature is here to inform us of these cycles of creating and letting go: The trees in the fall graciously let their leaves go back to the earth to support next year’s harvest; they don’t hold on endlessly to something they no longer need. How can we hope for a harvest next year unless we let go of the old and start anew? The season of autumn returns us to our essence and reveals again what is most precious in our lives.

Some tips for aligning with the metal element and staying healthy in the fall:

Eat seasonally. All those gorgeous squash at your local farmers’ market are the perfect warm strengthening fall food. It’s time to start moving away from the cold raw salads of summer and add more soups and stews to nourish at this time of year. Add ginger, garlic and onions to your food, and who doesn’t love a cup of ginger, cinnamon or cardamom tea?

Stay warm and wear a scarf to cover the back of your neck. In TCM “pathogenic influences” enter through acupuncture points on the back of the neck and at this time of year we are more susceptible. (Ever notice how your neck gets sore right before a cold comes on?)

This is the perfect time to declutter, organize and prioritize. It often becomes apparent with fall schedules that there are never enough hours in a day; take this time to prioritize what is most important and discard what is preventing you from living your best life. Harness the power of metal and get to all those little nagging projects! It will be much easier to get done now than in the middle of winter.

Let go! Take a yoga class, go for a long walk or hike, receive acupuncture or massage and consciously LET GO of what no longer serves you in your life.

Angela Merlo R.Ac
403-479-8182 Angelamerlo8@gmail.com

Summary of Flood Mitigation Options			
Summary of Options			
	SR1	MacLean Creek	Tri-River Joint Reservoir
Description	Off-stream Reservoir	Conventional Dam	Tunnel and Flow-Through Reservoir (Natural)
Land Designation	Private Land	Crown Land	Crown Land
Estimated Price ¹	\$371 Million	\$406 Million	TBD
Capacity	70 million m ³	56 million m ³	10x SR1
Timing	4 Year construction	4 year construction	Staged
Impacted Infrastructure	Oil, LNG, Natural Gas, Transmission?	None	None
Current Status	Approvals delayed	Not seriously considered	Requires feasibility study
Flood Protection			
Calgary	✓	✓	✓
Bragg Creek / Redwood Meadows	✗	✓	✓
High River	✗	✗	✓
Okotoks	✗	✗	✓
Benefits to Local Community			
Health (Air & Water Quality) ²	✗	N/A	N/A
Social (Tourism, Community) ³	✗	✓	✓
Economic (Taxes, Development Opportunity) ⁴	✗	✓	✓
Other Benefits			
Hydroelectricity	✗	✓	✓
Water Storage	✗	✓	✓
Fire Protection	✗	✓	✓
Drought Management	✗	✓	✓
Parks & Recreation	✗	✓	✓
Notes			
1: SR1 cost model missing material cost items: Bragg Creek berms, remediation following flood events, true infrastructure costs of moving pipelines & elevating Hwy 22, lost economic value of the SR1 land and fair compensation to private landowners; MacLean Creek cost model ignoring positive economic outcomes from conventional dam and tourism-related economic benefits			
2: SR1 planners have not adequately addressed water and air quality concerns within the Springbank area			
3: SR1 project analysis have omitted tourism and social consequences on local community (i.e. road closures) while at the same time ignoring the lasting social and recreational benefits of other upstream conventional dam projects			
4: SR1 cost model has so far disregarded the material financial harm to RVC that result from use of private land			

October is National Fire Prevention Month



Fire Prevention Month is the perfect time to start the fire safety discussion with your family. It's also a great time to put your safety plans in action. Show your family how to replace alarms or batteries for the alarms in your house. You can test the alarms

together to show everyone what the alarm sounds like, and teach them not to be afraid of the sound but what to do when they hear it. Plan your escape plan and meeting place and practise it with the whole family. Make sure children know Stop, Drop and Roll as well as how and when to call 9-1-1.

Here are some fire safety tips.

SMOKE ALARMS

- Smoke alarms should be on every level of the home.
- They should also be placed outside every sleeping area.
- Smoke alarms should be installed either on the ceiling or high up on the wall.
- Smoke alarms should be cleaned and maintained so that dust, pollen, pet dander, etc. don't affect the alarm sensors.

CARBON MONOXIDE ALARMS

- Carbon monoxide (CO) alarms should be placed on each level of the home.
- They should also be placed in each bedroom.
- CO alarms can be placed anywhere in the room. They don't need to be close to the ground or the ceiling because carbon monoxide distributes evenly through the air.
- CO alarms should be replaced every 5 to 7 years.

FIRE EXTINGUISHERS

- There should be one fire extinguisher on every level of the home.
- It's important to have a fire extinguisher in the kitchen. Make sure you have the right grade of fire extinguisher.
- It's a good idea to have a fire extinguisher in the garage. Be sure you have the correct grade of extinguisher for the type of fire that could start in the garage.
- To use a fire extinguisher, remember P.A.S.S:
 - ⇒ Pull the pin
 - ⇒ Aim at the base of the fire
 - ⇒ Squeeze the lever
 - ⇒ Sweep from side to side

ESCAPE LADDERS

- While not required by law, ladders can be extremely useful in case of a house fire.
- You should have at least one escape ladder if your home has a second or third story.



Redwood Meadows Emergency Services is so proud of all of our members. RMES Fire Chief Rob Evans (*pictured at left*) was recognized last month with his Executive Chief Fire Officer (ECFO) designation, acknowledging his professional conduct, training, education and competencies required as a leader in today's fire service.

Letters of recommendation from several respected fire chiefs in Canada that hold this designation supported Chief Evans' nomination. We are so fortunate to have this caliber of a fire chief leading our community's fire service. Please join us in congratulating Chief Evans next time you see him!

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" Fri 28th Sept – Apache Moon "
" Sat 29th Sept – Rani's Rasoi & BINGO with Rose "
" Fri 5th Oct – The Tumbleweeds "
" Sat 6th Oct – KARAOKE "
" Fri 12th Oct – Malibu Mike "
" Fri 19th Oct – Al Barrett Band "
" Sat 20th Oct – Rani's Rasoi & BINGO with Rose "
" Fri 26th Oct – The Ruminants "
" Sat 27th Oct – Halloween Party "
" Wed 31st Oct – Come in Costume between 6pm-9pm, "
" spin the wheel and WIN a prize "
" = = = = =

Saturday 27th Halloween Party
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Community Café

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Community cafés are brought to you by the RMCA.



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CHATTER IN THE WOODS, October 2018

Coaches Needed for Youth XC Ski Programs
XC Bragg Creek Ski and Bike Society – 2018-2019 Season

We are looking for:

- 1) **Technically proficient coaches to teach XC skiing to competitive youth on Tuesday nights.** Depending on skill level, the coach will be placed with groups between the ages of 9 and 17 (Track Attack, Learn to Train, Train to Train programs). Ski training programs start in November and run until March 2019. Preference given to coaches available to attend AB Cups as a coach, Alberta Youth Championships (held in Bragg Creek), fall training on roller skis and an on-snow training camp in K Country in early January.
- **Tuesdays evenings 5:30-7:00pm** in West Bragg Creek November 2018 to March 2019
- 2) **Confident skiers (ages 14+) to teach Jackrabbits (6-9 years old) or recreational youth program (9-12 yrs)**
- **Friday evenings in West Bragg Creek Jackrabbits: 4:00-5:00pm; Recreational skiers 5:00-6:30pm** December 2018 to March 2019

Roles: (can be the same person for all listed roles or multiple people)

*Have other cross country skiing related skills and want to be a part of the growing local ski community?

*Don't have coaching certification (yet)? We can help you with that!

Please contact Flora:

headnordic@xcbraggcreek.ca Deadline: Oct 30, 2018

CALL FOR VOLUNTEERS

Silvester Creek Riparian Restoration with David Polster



Join us for another day of streambank restoration along Silvester Creek with bioengineering specialist Dave Polster. We need your help to continue to improve streamside habitat and make our watersheds more resilient to flood and drought, one project at a time.

What to bring: clothes for all types of weather, rubber boots, warm gloves, water. Lunch will be provided to registered participants—please click the link below to register.

<https://www.eventbrite.com/e/silvester-creek-riparian-restoration-event-2018-tickets-50453158756>



Did you know Silvester Creek in the McLean Creek PLUZ is one of the last outposts of native, genetically pure Westslope Cutthroat Trout in Alberta? This threatened fish spawns from May to July in foothills streams with clean, un-silted gravels. This trout needs your help!

**When: Wednesday October 3, 2018
from 8am to 4pm**

**Where: Bragg Creek Community Center
(meeting location)**

Please RSVP through Eventbrite at the above link. For additional information and questions please contact:

Flora Giesbrecht: coordinator@erwp.org

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or email admin@thelittleschoolhouse.ca

Visit our website for more details

www.thelittleschoolhouse.ca

Students Experience the Wonders of the World

Frosty mornings and brilliant sunny afternoons mean it must be fall in Bragg Creek. At The Little Schoolhouse, we are learning and growing together in this beautiful setting. Outdoor play, creative projects and material exploration have been the highlights of these beginning weeks at school. We have connected with old friends and built new relationships as we learn through play.

In kindergarten, we are focusing on literacy in our world. The children are immersed in a print-rich environment that provides a foundation for learning to read and write. We are working on letter sounds, conveying meaning through printing and drawing, and interpreting literature. At free play time, we are building amazing structures, engaging in imaginative play and creating unique works of art.

The preschool classes are buzzing with the excitement of new adventures! Our young students are learning about collaborative play, following routines and defining their



roles as valued members of our classroom family. It is such fun to be involved in early learning, to experience the wonder of the world through their eyes.

Registration for the 2018-19 school year is ongoing. Please visit www.thelittleschoolhouse.ca for information and forms. We run our kindergarten program on Tuesday and Thursday from 9am to 3:15pm and multi-aged 3- and 4-year-old preschool programs on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm.

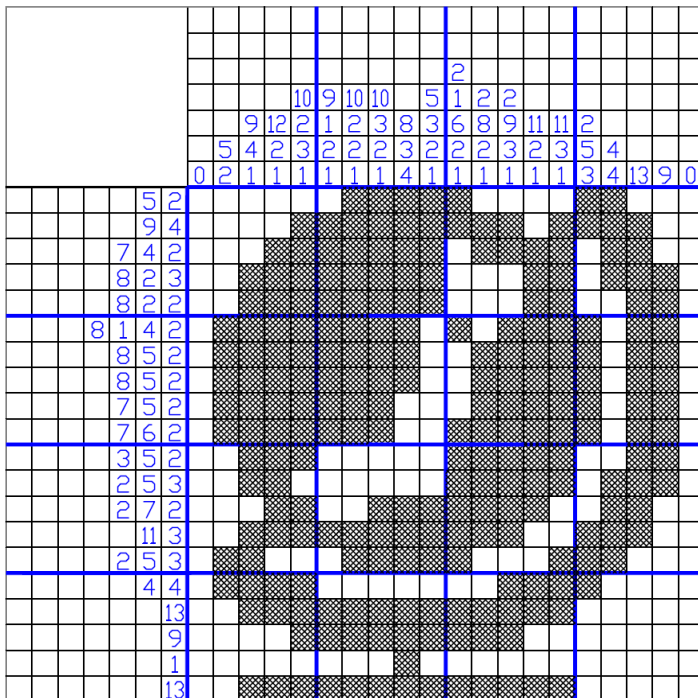
For information on programming, please contact me at mscara@thelittleschoolhouse.ca or our administrator Catherine Watson at admin@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



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REMINDER: EMERGENCY CALL-OUT SYSTEM



In the event of any future emergency, Redwood Meadows will be using an automated emergency call-out system.

It is therefore important for the townsites to have updated phone numbers and contact information, including alternate numbers, for all residents.

To update your contact information, please contact Peg Rupert at the townsites office: Email: prupert@redwoodmeadows.ab.ca

Gear Swap Proceeds Support Community Projects

The Redwood Meadows Community Association hosted another successful gear swap and sale in September, connecting sellers and buyers with good-quality used sporting equipment, clothing and baby accessories. Close to 150 people came to shop at the event at Redwood House. Vendors sold \$2,300 worth of goods, 10 percent of which

went to the community association to support local projects and events.

The RMCA may host another gear swap in the spring. Watch the *Chatter* and social media for information.

The Chatter



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





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Is a Mortgage Possible after Bankruptcy?

One of the most common apprehensions people may have when considering filing for personal bankruptcy or consumer proposal is whether they will be able to get a mortgage in the future. For this reason, many people do not declare bankruptcy even when it is their best option. If you've declared bankruptcy in the past, know that you're not alone. **The good news is, you can get a mortgage after bankruptcy. Here's what you need to know:**

There are three main questions to answer before you seek financing:

- How long ago was your bankruptcy discharged or your consumer proposal completed?
- How long have you been re-establishing, how perfect have you been, and how extensive is that re-established credit?
- Was a mortgage lender involved in the bankruptcy?

The mortgage options available to you depend on the answers to these questions, more specifically whether you will qualify prime or will require an alternative lender.

PRIME LENDERS

You need to wait a minimum of two years after date of discharge of your bankruptcy or completion of your consumer proposal. You must also be able to show at least two years of solid, picture-perfect, re-established credit.

As soon as your bankruptcy is discharged, you should be focusing on re-establishing your credit. You want a two-year history at least, on each credit account. Most important, every single credit transaction following your bankruptcy must be absolutely perfect, no late payments or over-usage!

Down payment must be from your own resources. If you qualify, it could be as little as 5 to 10% down. You need to have some "skin in the game" for a lender to accept you as a risk.

If you can meet the above criteria, you can expect a mortgage approval at the best discounted rates and without extra fees.

ALTERNATE LENDERS

You needn't wait at all after date of discharge of your bankruptcy; some alternate lenders will consider your file one day after discharge. If you had a mortgage included in the bankruptcy, an alternate lender may be your only option.

Re-establishing credit isn't as critical here; however, keep in mind that the stronger your overall financial picture is, the better rates and terms you will qualify for.

Down payment is more flexible. To avoid CMHC, you will need to have a minimum of 20% down payment. You need to have more "skin in the game" for a lender to accept you as a risk.

If you meet the above criteria, you can expect a mortgage approval, but it will include higher rates and lender fees.

The goal here is for you to focus on rebuilding your finances and improving your credit, then so that you can eventually move back into prime territory.

If you have a bankruptcy or consumer proposal in your past, talk to a mortgage professional who is experienced in helping applicants get a mortgage after bankruptcy to help you to evaluate your best options.

Candace Perko

CANDACE PERKO

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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
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	15	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).



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NOVEMBER 2&3, 2018

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