



CHATTER

-IN THE WOODS-

Read the online version of the CHATTER @ www.redwoodmeadows.ab.ca
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Join us at Redwood House on Wed., Sept. 12 from 5 to 8 pm to learn about all the community programs and businesses in Redwood Meadows and Bragg Creek. You won't believe what your community has to offer! See poster on p. 4 for details.

One of the newest additions to our area is the Swamp Donkey Musical Theatre Society, offering tons of classes and workshops for youth and adults. See pages 2 and 6 for more information.

Is your family all geared up for winter

sports? If not, come to the annual gear sale in Redwood Meadows on Sat., Sept 15. Sell your gently used sports equipment, clothing and toys and buy something "almost new." See last page for info.

Artists and art lovers will enjoy the Bragg Creek Arts Festival Sept. 21 to 30. Read more about it on pages 8 and 9.

Remember the Helping Hands food drive Sept. 15 (see p. 17) and watch for Kidney Marchers along Hwy. 22 Sept. 8 and 9.

thechatter@redwoodmeadows.ab.ca

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Hundreds Enjoy Redwood's Annual Canada Day Celebration

The Redwood Meadows Community Association would like to thank Heritage Canada for the generous grant that allowed us to create a fantastic Canada Day event in July.

The day started with bike decorating and a bike parade and included fun events and activities for all ages: a bouncy house, henna tattoos, a demonstration of the Jaws of Life by local firefighters, great food and drink and, of course, live entertainment.

First Nations dancers from across Alberta, including the dancer in the photo at left, performed for an appreciative crowd.

Thanks to XCBC Ski and Bike Society and Rani's Rasoi for keeping the crowds well fed.

Photo by Rob Evans

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

Advertising Rates:

Business Card	\$30/month
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Payment is required with your advertisement.

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

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

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

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

LEARN TO LOOK LIKE A ZOMBIE!

Just in time for Halloween! Learn how to create grotesque zombie make-up with instructor Charlie Ross from Don's Hobby Shop & Theatrical Supplies. Students will learn techniques to apply make-up and create gory zombies on themselves. Sat., Sept. 8, 9:30 to 11:30 am at the BCCC. Ages 8 to adult. Cost is \$40. Register at swampdonkeytheatre.ca. For info: swampdonkeytheatre@gmail.com.

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.

SING! DANCE! ACT! WITH LOCAL SWAMP DONKEY LESSONS

Bragg Creek's new Swamp Donkey Musical Theatre presents classes for youth and adults Thursday afternoons/evenings from September to December at the BCCA.. Reduced prices for members! Find more information, register and purchase memberships online at: swampdonkeytheatre.ca.

PLAYGROUP RETURNS TO REDWOOD IN SEPTEMBER

Mark your calendars—a revamped playgroup returns to Redwood House this fall, Tuesdays from 10:15 am to noon. Email vbfrench44wolf@gmail.com.

JOIN YOUR FRIENDS FOR A WALK IN THE HAMLET

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

FITNESS CLASSES RESUME AT REDWOOD HOUSE

Get active and get fit right in your neighbourhood this fall. Join us for a fun, varied and challenging one-hour workout at Redwood House every Monday, Wednesday and Friday at 9 am. Regular indoor classes start Wed., Sept. 19. Email anns@safari.ca or text 403-689-4835 for information.

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RMCA Welcomes New President and Preps for Busy Fall/Winter

Hello my community,

As some of you may know, I was voted in as president of the RMCA in May when Jackie Neher moved back to Edmonton. Thank you, Jackie, for your time and dedication. I am excited to continue serving on the board in this new role. I moved to Redwood Meadows July 2013 with my two youngest kids and husband Dave Foster, and what a great community we moved into! September marks five years being part of this amazing and hard-working association and I'm still loving it!

Canada Day 2018 was another success! The success of this event is due to the hard work of the RMCA board, the Redwood Meadows staff, our Townsite council, a very dedicated fire department, the great team of volunteers and, of course, the community at large. Thank you all! And merci, Canadian Heritage, for your generous grant to our event.

Fall is always an exciting time of changes and new starts. I am pleased to update the community on a number of projects and activities our board is working on.

In **September** RMCA, with our neighbour, BCCA, will host the fall open house at Redwood House. (See poster on page 4.) This is your opportunity to meet and greet local sports groups, sign up for activities, connect with local businesses and so much more.

October is Halloween month and RMCA will join BCCA again in a kids' party at the Bragg Creek centre. On the 31st, Redwood House will be open for little goblins to warm up with some hot chocolate and coffee to keep parents going.

November is busy for RMCA. This is when we'll host the 27th annual Kananaskis Craft Fair, two full days of talented local artisans selling their wares. On the evening of Friday the 16th, we welcome our community to have a sneak peek at the fair. There will be live music with some delicious treats for your enjoyment.

Santa photo shoot takes place the weekend after the craft fair. It's a nice opportunity to get the kiddies to see Santa, have their picture taken and enjoy a cup of hot cocoa.

The RMCA holds its AGM in the third week of November. Residents are welcome to come to the meeting and put their name in for an executive position.

December brings Santa in the 'Wood. Give Santa your letter and a donation of food for those less fortunate. December 31 brings the New Year's potluck at 6 pm and fireworks at 8pm. We will be looking for a community member, family or group to help host the potluck.

Included in this list is our continued work with Townsite council and staff on improving the skating rink, sports field, Sleigh Drive park, Ladybug park and Redwood House.

Stay tuned for this winter's RMCA fundraiser. It should be a great night out in support of our community.

Our next RMCA meeting will be held Tuesday, Sept. 18 at 6:30 pm in Redwood House. We welcome your voice and contributions. We have openings on our committee for volunteers who want to be a part of our community.

Looking forward to seeing all of you at the open house. Please "like" us on facebook to keep in touch with your community. <https://www.facebook.com/groups/496299844063380/>

On behalf of the RMCA team,

Renate van der Zande
rmca-president@redwoodmeadows.ab.ca

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Community Open House

Wednesday, Sept. 12th, 2018
5:00pm-8:00pm

REDWOOD HOUSE

Food: Indian Cuisine, Popcorn, Hotdogs
Toonie Bar: Wine & Beer

Discover what the
Greater Bragg Creek Area has to offer!

New to Bragg Creek or surrounding areas? Not sure on what businesses community programs or services are available in the area?

Come join us on Sept 12 from 5pm to 8pm for food and refreshments, meet some program instructors, local business owners, health and wellness groups plus more



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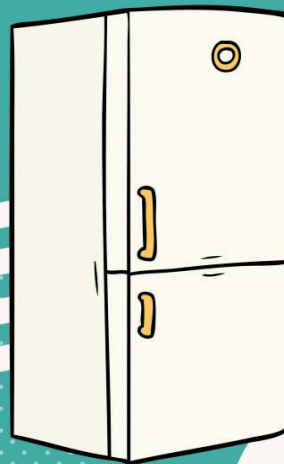
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Swamp Donkey Aims to Revive Community Musical Theatre

We are excited to announce that Bragg Creek now has its very own community musical theatre society, the **Swamp Donkey Musical Theatre Society**! The theatre company was established by a group of residents who are passionate about musical theatre. The society, run by a volunteer board of directors, plans to offer musical theatre performances and education to people of all ages and abilities.

So, why that crazy name?! We chose the name **Swamp Donkey** for our society because we wanted something unique to Bragg Creek. Our community is set amidst a spectacular natural setting in the foothills of the Canadian Rocky Mountains. "Swamp donkey" is a slang word for a moose, one of the many animals with whom we share our gorgeous home. As such, we thought it was fitting to name our society after this majestic creature. The somewhat comical name also shows that we don't take ourselves too seriously. While we seek to provide quality productions and educational opportunities, our first focus is on fun!

Anyone with an interest in musical theatre in Bragg Creek is invited to become a member of the society. Individual memberships are \$20 and family memberships (for two adults and any number of children under the age of 18 residing in the same home) are \$40.

Membership benefits include discounted prices on courses, workshops, events, and productions; advance registration for courses and workshops; advance ticket sales for events and productions; and feeling great about supporting a local non-profit organization! Memberships can be purchased online at www.swampdonkeytheatre.ca.

The society is pleased to be offering **fall musical theatre**

courses for youth in grades three to adults. Courses will be held at the Bragg Creek Community Centre on Thursday afternoons/evenings from September to December. The society was fortunate to hire three incredibly talented professional instructors to teach the "triple threats" of musical theatre: acting, singing, and dance. Registration for the musical theatre courses can be completed online at www.swampdonkeytheatre.ca.

The society is also offering two workshops in the fall. The **Zombie Apocalypse Make-Up Workshop** will be held at the Bragg Creek Community Centre this Saturday, September 8, from 9:30 to 11:00 am for participants ages 8 to adult. Just in time for Halloween, participants will learn how to create grotesque zombie make-up with instructor Charlie Ross from Don's Hobby Shop & Theatrical Supplies. The cost is \$40 and registration can be completed online at www.swampdonkeytheatre.ca.

The society is also holding an amazing **Stage Combat Workshop** this fall. The workshop will be held at the Bragg Creek Community Centre on Sunday, November 25, from 2:00 to 4:00 pm for participants ages thirteen to adult. Participants will learn how to kick butt like an action hero! The course will be taught by John Knight, a Calgary-based actor, director, fight director, and theatre educator. Students will learn the fundamental building blocks of fighting for the stage and screen in this action packed class. Register online.

For more information about Swamp Donkey or to become involved, please visit www.swampdonkeytheatre.ca or email us at swampdonkeytheatre@gmail.com.

Trisha Gizen, president

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New Fridge, New Lights, New Programs at the Centre

Hello Community!

Can you believe that September is here already? Kids are heading back to school, pumpkin-spiced drinks fill our to-go mugs, and fun fall programming returns to the BCCA!

Before we move on to the fall activities, we would love to thank the Ladies Auxiliary and the Heritage Festival for their incredibly generous—and highly needed—\$4,000 donation of a new commercial fridge for the kitchen. The BCCA's fridge kicked the bucket the week before Bragg Creek Days, and without the Ladies Auxiliary and Heritage Festival coming to our rescue, we may not have been able to serve lunch. If you see members of these local organizations, give them a big hug on behalf of everyone who enjoyed Bragg Creek Days!

This September, the Annual Community Open House will be hosted at Redwood Meadows on September 12 from 5 to 8 pm (see poster on page 8). This annual event allows



you to explore the programs, clubs, organizations, businesses and other local groups who will be offering fun things throughout the fall. There are also a few spaces left for your local group or organization to sign up for a booth

if you haven't done so already.

Check out the BCCA website (braggcreekca.com) for details on all the offerings that will be coming this fall. One change that will be happening is that the Tuesday morning Dayhomes and Playgroups Rumble & Roar will no longer be running. We are very sorry about this change. If you would like details on other things to do in the community, give the centre a call at 403-949-4277 or email and learn about other options: program@braggcreekca.com.

Lastly, next time you stop by the centre, have a look at our new lights! With help from the government rebate program, the centre is installing ALL new LED lights to make our facility more energy efficient and affordable! This includes the giant rink and parking lot lights.

We wish you a warm and adventurous September, and hope to see you around the hamlet. I know I will be emerging much more now that tourist season is winding down!

Cheers,

Shaye and the BCCA



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

Thank you!

**BRAGG CREEK
UPCOMING
EVENTS**

- Acro Boot Camp
September 8th
- Community Open House @ Redwood House
September 12th
- Vancouver International Film Festival
September 15th
- Men's Grooming Night
September 20th
- September Family Movie Night
September 21st
- Ladies Auxillary - Fall Supper
September 22nd
- Bragg Creek Arts/Plein Air Festival
September 27th- 30th

Check our website for more details on the following programs; Artsy Afternoons, Pickleball, Badminton, Rumble & Roar, Artisans Monthly Meetings and Dog Obedience



For more details contact:
info@braggcreekca.com | 403-949-4277
www.braggcreekca.com



Bragg Creek Arts Festival Returns in Late September

The art world hits the stage once again in Bragg Creek for the annual Arts Festival Sept. 21 to 30. This weeklong event celebrates and features world-class artists from the Artists on Tour group, Arts in Bragg Creek group, an art walk of many other Bragg Creek artists and artisans, a Plein Air event, workshops in painting and stone carving, live music and entertainers. It's an event that supports opportunities for the budding creative energy and satisfies the art admirer.

The Bragg Creek Arts Festival is a one-of-a-kind art collaboration put on by Art Country Canada, Artists on Tour and Arts in Bragg Creek. The Art Festival includes the following programs:

September 21-23 – Plein Air –

The event kicks off with an orientation party, including fabulous food and wine, on Fri., Sept. 21. The exact painting location in the Bragg Creek area will be determined at orientation night. As well, supplies can be purchased on site as the Kensington Art Supply will be present. Tickets are pre-purchased through Angelo at Art Country Canada 403-949-4141 for \$85/person. Artists are welcome to have their finished Plein Air painting displayed for viewing and sale at the arts show Sept 28-30.

September 24-26 – Art Workshops – World-renowned artists Brent Heighton, Jonn Einerssen, Neil Patterson and Vance Theoret will provide instruction classes for painting and stone carving in the Bragg Creek area. They will help inspire creation of a spectacular masterpiece. Registration in art workshops provides free entry into the Plein Air Event. For registration, contact Angelo at Art Country Canada 403-949-4141 or artcountrycanada.com for more information.

September 28 will be a special evening. You will have first glance at the beautiful works of art for sale at the Bragg Creek Centre while listening to a selection of live music. Cash bar and appetizers will be available.

September 29-30 – Bragg Creek Arts Tour – The Bragg Creek Community Centre will feature world-class artists from Artists on Tour and Arts in Bragg Creek as well as



live music. Start your tour at the centre, where you can pick up a map of all the art stops in and around the hamlet including the Snow Birds Chalet and local businesses.

The final weekend will be filled with a lineup of live music performed by: Sheldon Zandboer, Emmett Jerome, The Waltzing Matildas, Chris Sandvoss, Murray Rodgers, Rob Moss, Dan Perrot, Bryanna Cuthill, Jillian Hannah, Brandon Wood, Jordan Bollwerk, Dan Perrot, Tillman and Sabina Sandvoss, Emilie Delorme-Newsom and Evangeline Mably.

For a detailed music schedule, including many local Bragg Creek singers/musicians and Calgary area performers, visit our website. Enjoy light blues, jazz, folk, classical, piano and

musical theatre all weekend.

Bragg Creek area artists wishing to participate are encouraged to contact Elizabeth at Suncatchers Design Studio @ Elizabeth@heartishome.com

For more detailed information on these great arts events and workshops, please visit:

Arts in Bragg Creek: <https://artsinbraggcreek.ca>

Artists on Tour: <https://www.artistsontour.ca>

Art Country Canada: <http://www.artcountrycanada.com>

Call to Bragg Creek and Redwood Meadows Artists

Save the date: Artists residing in Bragg Creek or Redwood Meadows are invited to participate in the 2018 Bragg Creek Art Festival September 29 and 30. The show and sale venue will be the beautiful Snowbirds Chalet. For information please email elizabeth@heartishome.com.

This will be a juried show of Fine Arts and Artisan works.

Space is limited.

Young Artists Can Apply for Plein Air Sponsorship

The Arts in Bragg Creek group is now taking submissions from youth, approx. ages 16 to 21, for a full sponsorship to the Plein Air Event Sept 21-23 in Bragg Creek. Sponsorship includes the program fee and supplies as well as an opportunity to have your art displayed for sale at the arts tour weekend Sept 28-30.

Submit a short bio with your artist aspirations, background art experiences (no formal training required) and three images of your best artwork to: elizabeth@heartishome.com. Deadline is Sept 10, 2018.

Must be a current resident of Bragg Creek or Redwood Meadows. Youth under 18 must have parental permission.

Potential arts supporters and/or donors can also contact Elizabeth.

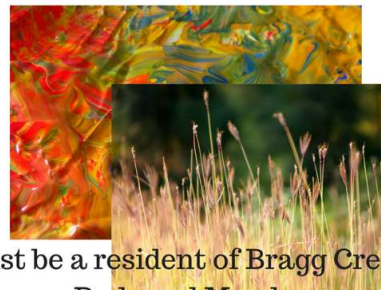
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Barrier Frustration Can Lead to Behavioural Issues



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Barrier frustration is something that happens when we are prevented from getting to where we want to go or doing what we want to do—the way we want to do it.

Traffic is an excellent example of something that creates barrier frustration. I swear that when I'm running late I manage to hit every red light in existence, and every person who does not understand what a gas pedal is for is driving in front of me.

It starts slowly, but by the time I've hit the tenth red light I'm ready to start screaming at the idiots who design our roadways, and for people who don't seem to understand that speed limits are, in fact, how fast you *should* be driving – I'm ready to tear them apart limb from limb!

Barrier frustration happens with dogs too. A dog's natural inclination is to check things out and meet and greet stuff in their environment.

In the “old days,” dogs were let out of the house and they went their merry way doing a walkabout throughout the community. They were free to explore on their own terms, meeting and greeting who and what they felt comfortable with and avoiding things when they didn't feel confident. That is how to build a well-socialized dog.

Nowadays, society's rules have changed all that for our dogs. People are forced to use all manner of things to prevent our dogs from roaming: chain link kennels, fencing, ropes to tie them up in the yard, shock collars, invisible fences.

The problem with all of these things is that they can create barrier frustration. Even just taking our dogs on a leashed walk can cause barrier frustration. These “tools” prevent dogs from doing what they want to do or going where they want to go—the way the inner dog wants to.

Continued on next page

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dog behaviour

Continued from previous page

Emotions kick in, and emotions, along with all the brain and nervous system activity, are not under conscious control.

Actors, for example, can teach themselves to cry or show anger on cue, and we can learn to control our emotions, but pure emotions are not controllable. Just ask anyone who's experienced a panic attack. Unlike us, our dogs can't lie around all afternoon watching Dr. Phil to help them understand their frustrations.

According to the book, *Discovering Psychology*: "An emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response.""

Many people believe that they can stick a dog out in a fenced yard and that's all they need to do. The dog should be happy that it has a yard to play in, and that's that. But when the barking and carrying on starts, they get angry at the dog while it's out. People also believe that taking a dog for a walk on a leash, and giving them a sharp jerk when the dog tries to approach and greet another dog or person is how to "train" a dog to behave the way we want them to at the end of a leash.

Emotional wants and desires are why the behaviour starts to take a nose dive, and barrier frustration is why it can escalate.

Just like me when I'm trying to get where I want to go in traffic that is riddled with red lights, and what I believe are "uncooperative people," a dog's emotions escalate every time they are prevented from doing what they want to do when they want to do it—especially if a punishment or

scary thing is added to the event. Unless we teach our dogs that behaving the way we want them to is a "good thing," the frustration can reach epic proportions.

I was once walking on a path in a park behind a line of houses with chain link fences separating the yards from the park. I came across two dogs in a yard who were barking, charging the fence and snarling at me. Can you imagine the frustration that can build when a dog is trapped in a yard with people and other dogs walking by, clearly visible through the chain link, but NEVER being able to meet and greet all these people or other dogs? I honestly feared that if they were to break that barrier, well, it wouldn't be pretty! The sad part is that the dogs are blamed for their misbehaviour, and if they did hurt someone or another dog, they would likely be put down.

The REALITY is that the people are to blame. They force their dogs to stay in a confined area for long periods of time, with action, clearly visible, on the other side of the barrier, and that includes ropes and invisible fences. Over days, weeks, months, even years, the dog's frustration grows until it reaches anger or even rage. Then the dog is blamed for not doing what we want it to do.

When we're trying to change a behaviour like barking and carrying on behind a fence, at the end of a rope or leash, or in a kennel, we start by changing the emotional response to what's happening in the environment. And, again - **we target the reward system to achieve that.**

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

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

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Wednesdays Sept. 12th @ 6am \$160.00
- 11 week H.I.I.T Program Thursdays Starting **Sept. 13th @ Bragg Community Center 6am \$160**
- 11 week Fusion Fitness Training Program **Wednesdays September 12th @ 12pm \$160**
- 11 week 20/20/20 Fall Back into Fitness Program
Wednesdays September 19th @ 6:15pm \$160.00
- 11 week Youth Get Motivated...Get Moving...Get Fit...
Starting September 19th @ 4:30pm Ages 7-16 \$80.00
- **2 Hour Goal Setting Work Shop** *Change Your habits...Change Your Life!!!* \$20
Date to be determined this Fall. Only 10 Spots.

Other Programs We Offer For All Age Categories:

Team Training -- Group Training -- Sport Camps -- Cycle Training -- Yoga --- Fitness Testing -- Goal Setting -- Action Plans -- Nutritional Counselling -- Career/Educational Planning -- Mental & Emotional Training -- Sport Psychology -- Strength Training -- Endurance Training -- Flexibility Training -- Meditation Training -- Breathe Training -- Mind & Body Awareness Training -- Financial Training -- Life After Sport Planning -- AND MUCH MORE TO COME.....

We have access to a wide variety of resources and training facilities throughout Calgary and surrounding area to help suit your needs. We can tailor any package to fit your specific needs for individuals, families, teams, and businesses.

Contact us today to see how we can help you achieve your goals and your dreams! Like us on Facebook.



Contact

Karlene M. Moore
Michael D. Moore

📞 403.354.3998 or 403.408.6998

✉ karmikathletics@outlook.com

📘 **FaceBook:** KarmiK Sport & Personal Development

Care in the Creek: Continuing to Put 'Family' in Family Practice

Change is underway at the Care in the Creek Medical Centre, but what hasn't changed is its dedication to great care and its friendly, welcoming atmosphere. Dr. Cuning and Dr. Noordman are looking for a third doctor to join the team as Dr. Wiesenbergs has moved to another clinic.



Not to worry, though, the clinic has expanded its hours to 8pm on Tuesdays and Thursdays so you can still expect the same level of care while the search for a new doc is on. The clinic is also open the second Saturday of every month. There's often room for same-day appointments so don't hesitate to call if medical concerns arise.

Dr. Wiesenbergs patients are welcome to remain at the clinic, but "it's important that people know that the custodian of their medical file is their family doctor," says Dr. Noordman. "So, a copy of the file will stay at Care in the Creek, but if they wish to change clinics, their doctor must make the request for the file."

If you decide to stay, just give the clinic a call, especially if you have test results pending during this transition period. "Normally, no news is good news, but just call us to double check," Noordman advises. "Within a few weeks, we should have all results. If we don't have them, we can send a request to the doctor or check the provincial system. But we have to be alerted to look or send those requests."

This fall, local pharmacist Shaylene Coates will join the clinic to assist with chronic disease management as a diabetes educator. The clinic has also started offering speech therapy through a local therapist.

And did you know that Care in the Creek services include:

- Mental health support
- Stitches for lacerations/wounds
- Wart and skin tag removal
- IUDs
- Immunizations (tetanus, flu etc.)
- Ingrown toenails
- Travel advice

Ultimately, the clinic remains a family and community care clinic, focussed on serving residents of Bragg Creek/Redwood Meadows and area. "Our main focus is on local residents, but we will accept any patient wishing to come to our clinic. We'll continue with all the things we've been

doing—community events, working with the schools, little library and more. We are a community clinic," affirms Noordman.

If you're unsure whether you're registered at Care in the Creek, call the clinic at (403) 949-2457. The staff are happy to assist you with any questions or concerns. You can

also find them online at careinthecreek.com and on Facebook. Additionally, if you know of a doctor who could help out at the clinic in the interim or who may be interested in a long-term position, please let Dr. Noordman know.

Colleen Seto



Linda A. Anderson
Barrister & Solicitor, Notary Public

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linda@lindaandersonlaw.com

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Pre Nuptial & Co-habitation
Agreements*
- SMALL BUSINESS

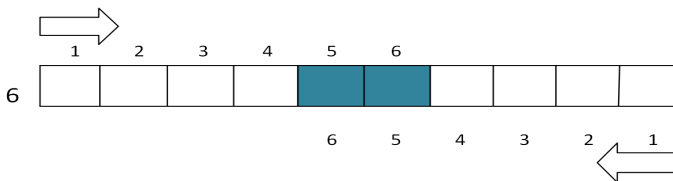
picapix puzzle

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.

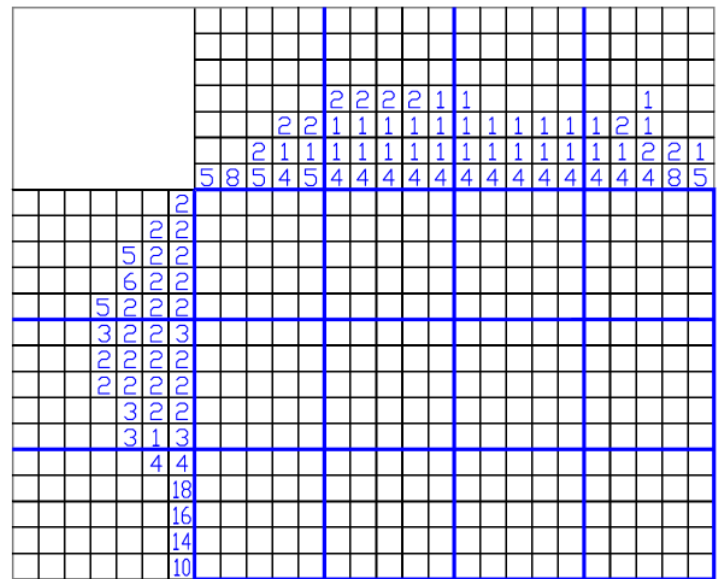
This same method can be applied even when there is more than one number, remembering to allow one empty square between groups or blocks. Use a second colour for

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)*

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Kidney Marchers on the Move through Redwood Meadows this Weekend

The Kidney Foundation of Canada is proud to host its 9th annual Kidney March from Friday, September 7 to Sunday, September 9. About 400 Marchers and crew will make the unforgettable three-day, 100-km walk from Kananaskis Country to Calgary.

This breathtaking adventure begins at the Millarville Race Track, passing through K Country, Bragg Creek and Redwood Meadows before wrapping up at Canada Olympic Park in Calgary.

Marchers are drawn together because their lives have been impacted by kidney disease—patients, loved ones, doctors, nurses and scientists. Kidney March is the only event of its kind on Earth.

One in 10 Canadians has kidney disease, and every day 15 people learn their kidneys have failed.

Kidney Marchers have raised more than \$6 million in support of lifesaving research, patient programs, kidney kids camp, and organ donation. Feel free to

cheer on our Marchers in their 100-kilometre journey! They will be on the road between 8 am and 5 pm.

Visit kidneymarch.ca to be inspired. On Facebook, Twitter and Instagram: @KidneyMarch.



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Excitement in the Air as a New School Year Starts

It is with great excitement and anticipation that we begin another school year at The Little Schoolhouse! We are excited to welcome many new families to our school this year and look forward to learning together. New beginnings and opportunities await!



tell a story of learning and discovery. The process of documentation allows us to reflect and reframe our classroom experiences. It encourages us to listen closely to the children and to design our practice around their ideas and interests.

In kindergarten, we embed literacy and numeracy concepts in all the play-based, child-centered experiences throughout our days at school. Children learn best when they are engaged and involved in the process of discovering new ideas. This drives us to create learning environments and projects that inspire our young students. In our unique space, we explore materials and generate theories and questions that take our learning to new heights. It is always enchanting to see the “big ideas” that our students pursue each new year.

The beginning of the preschool year is all about establishing routines, meeting new friends and building understanding about what school is all about. Everyone brings their own interests and ideas about the world around us. As the year progresses, we will observe the children working collaboratively to make meaning and learn together in a creative, supportive environment.

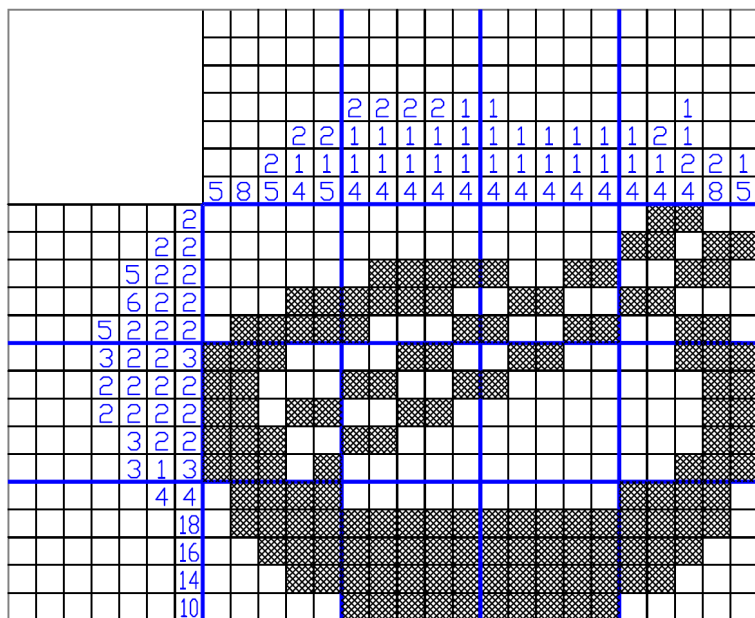
The documentation of learning is an integral part of our program. We use photographs, video, transcribed conversations and questions alongside students' work to

Thank you to our parent board, our community and The Little Schoolhouse families for the unending support and dedication to our school. We appreciate all that you do to show the value of early childhood education for our children.

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 9 am to 3:15 pm and multi-aged 3– and 4-year-old preschool programs on Monday, Wednesday and Friday mornings from 8:45 to 11:45 am and afternoons from 12:15 to 3:15 pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca, our administrator, Catherine Watson, at admin@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher

RICE BOWL



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 townsite 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 townsite office: Email:
prupert@redwoodmeadows.ab.ca

DATE

Saturday
September 15th
10 am

hosting site
Spray Lakes Family Sports Center

DONATE

Residents of Bragg Creek "townsite" and Redwood Meadows "townsite", please place unexpired, non perishable food donations in a bag or box and leave on your doorstep before **10 am**.

Donations may also be dropped off in the bins at **Redwood House, Bragg Creek Foods** or **Banded Peak School** before **10 am**. Volunteers will pick up before **Noon**.

TOILET PAPER CEREAL PEANUT BUTTER CANNED GOODS CLEANING SUPPLIES
RICE COFFEE & TEA FRUIT CUPS GRANOLA BARS OATMEAL

VOLUNTEER

To volunteer or for more information
please call 587-580-9448
or email fooddrive@helpinghandscochrane.ca

Donations may also be dropped off in the bins at Save on Foods, Safeway, Mark's No Frills and Sunset Ridge Pharmacy in Cochrane.

Brought to you by the Helping Hands Society of Cochrane & Area










Members of the 1st Springbank Bragg Creek Scouts will distribute bags and collect bottles and food during the Helping Hands food drive on Sat., Sept. 15 in Redwood Meadows/Bragg Creek. *See poster at left for information.*

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](tel:403-861-1503) for more details
 & to book an appointment for clinics.

PLEASE NOTE THE NEW PHONE NUMBER!

**Clients must provide their own foot basin & towel.*

The benefits of regular professional foot care:

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

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

www.mountainwoodshealth.com



Upcoming 2018 Foot Care Clinics

September 6
October 18
November 29

Saturday, September 22

Fall Supper

Roast Beef Dinner
Potatoes, Salads, Buns & Homemade Desserts
All locally produced and prepared

\$25 per person (tables of 8) \$12 for 12 yrs. & under

Doors open at 6:30 pm

Dinner will be served at 7:30 p.m.

Live Music and Cash Bar

Tickets are available from Ladies Auxiliary members
& the BCCA (Community Hall)

Brought to you by

Bragg Creek Ladies Auxiliary

Thanks to community supporters: BCCA, The Powderhorn Saloon, Lee Edwards, Maxwell Bragg Creek.







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Do You Qualify for the Mortgage You Can Afford?

There are a lot of factors that a lender considers when deciding to give you a mortgage. There's a difference between knowing you can afford a mortgage and actually qualifying for one.

Now more than ever, qualification has changed based on government legislation that requires all applications to be "stress-tested." This has altered all applicants' ability to qualify, and you must ensure you're informed.

Here are the top five considerations:

CAPACITY

Can you repay the mortgage loan? This is the most important of five. A lender will look at your credit report and review your debts to see if you've paid them on time. Lenders do not like to see missed payments consistently, which sends a message that you may be in over your head with your debt load. Lenders also don't like to see too much debt and/or maxed out credit cards.

CAPITAL

This is the amount of money you must invest in the

property yourself. Lenders don't like to take all the risk. Make sure you have at least the minimum down payment. That down payment should come from your own sources; it may be cash, RRSP savings, or a gift from a family member. In certain situations it may be borrowed as long as you can manage that extra debt.

CHARACTER

This is an overall impression of your trustworthiness. It's a look at the big picture. Lenders look at how long you've been employed and how secure you are. They will also look at your ability to save and manage your credit.

COLLATERAL

You are important as an applicant, but equally important is the property you're buying. The house is pledged as security for the loan.

FYI - for Redwood Meadows properties. The property head lease is reviewed to ensure that a minimum of five years extends beyond the mortgage amortization to the lease expiry date. With an expiry of 5 Sept 2049, this caps an amortization at 26 years ($2049 - 2018 = 31$ years remaining; less 5-year gap = 26). Note that 25 years is the maximum for CMHC-insured business anyway, but 30 years would be an option for refinances if the lease expiry didn't cap it. It's important to note that each year that, with 2049 as the lease expiry date, each passing year reduces the available amortization for borrowers.

CREDIT

This is your credit history—how long you've been using credit. The more years you've been an active credit user, the better.

The good news is the housing market is active; people are still buying and selling. If you're in the market, put a plan together to help you get into your new home.

Candace Perko

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MEADOWS PROPERTIES FOR OVER 10 YEARS.



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 parents/guardians to check all credentials and references before hiring a caregiver for their child(ren).

**Redwood Meadows
Community Association**

GEAR SALE

A fabulous opportunity to buy and sell gently
used sports items, used children's clothing,
toys and gear!

SATURDAY, SEPTEMBER 15

10 am – 1 pm SALE

GEAR DROP-OFF

Friday, Sept 14, 10am - 8pm

@ Redwood House

PICK UP UNSOLD ITEMS 1:30PM–2:30PM

Sellers price and tag their own gear.
Tags and forms available at Redwood Meadows
Townsite Office during regular business hours
8:30am-4:30pm 1 Manyhorses drive

10% of sales will be donated to the RMCA