



CHATTER

-IN THE WOODS-

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WELCOME BACK!

Here at the Chatter we enjoyed a glorious break over the summer but we are back with this September Issue.

September means back to a routine. What a great month ahead. Kids are back to school, the summer days are turning to cozy fall days, it always seems like a time of change.

We have a great issue in store. Read from the regulars RMCA, Council, RMES, BCCA, and hear from our new and returning favourites—Fitness with Ann, a local business feature on Rani's Rasoi, and a great article on will planning.

Enjoy reading and as always if you have suggestions for the Chatter, RMCA programs or events please email TheChatter@redwoodmeadows.ab.ca

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Movie in the Park was enjoyed by over 100 people.

It was a perfect summer evening.

CHATTER IN THE WOODS

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

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

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

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

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



As we see summer fade and our memories are being stored away, we can look forward to events and activities run by RMCA or our neighbouring BCCA in the coming months. Read further to see how busy the RMCA has been and will be in the next few months.

We saw the deconstruction of our ice rink earlier this summer. The reconstruction of the rink has taken a bit longer than anticipated due to the wet summer we've had. The RMCA and Townsite are working with our contractors to get the rink skater-ready by October.

A wonderful evening was had by the over 100 people that attended our movie in the park. We raised some funds with a fun 50/50 raffle and treats were served from the concession. Thanks to those that participated. If anyone has any questions about the Mage presentation, please contact Townsite Council.

RMCA is very happy to finally see the installation of the new play park just off Redwood Meadows drive. Some of our original residents will remember helping install the old one, let's say many moons ago. The park was funded by a government grant as well as casino fundraising dollars.

The resurfacing of the tennis courts is on hold due to a delay on receiving the grant money. Townsite and RMCA are still anticipating the funds by spring. We'll keep you posted.

Due to the delay in the reconstruction of the rink and materials still on the site to where the future pump track will be, the RMCA is also disappointed to announce the delay in the construction of the pump track. The funds are set aside and RMCA is still hoping to see the construction starting this fall. We are 100% dedicated to seeing local families enjoying the track in 2020.

RMCA has taken on the collection of all can/bottle in the blue bins around Townsite. All funds will go back to our community. Looking to donate your bottles and cans? We have three bins by the north parking lot for your convenience. Thank you in advance! RMCA will be at the September 10th Open House hosted by our fellow association BCCA. Come by our table to catch up with all that is happening in our community and surrounding areas. Have any ideas you would like to run by us? Please bring them with you or drop us a note to rmca-president@redwoodmeadows.ab.ca

The gear sale is coming your way. September 27th. You can drop off all your gently used gear at Redwood House. Please price and tag all your items. The fee is 15% of your selling price for the organization, venue and administration of the event. Want to donate the proceeds? Mark it on the registration form. Nothing to sell? Come find a great deal on September 28th. RMCA with collaboration with our local bottle depot will have a bottle drive the 27th and 28th. Drop off your donation to the depot trailer stationed in the north side parking of Redwood House.

RMCA is looking for parents to help set up and take down playgroup on Tuesdays. Please contact us if you are interested in helping at rmca-president@redwoodmeadows.ab.ca or come to our first playgroup September 10th 1030am to noon.

RMCA would like to acknowledge our lease committee members which is made up of our Townsite council, residents and a legal team, for all their dedication. It's been a long journey with countless hours of meetings, discussions and research. Thank you! Look forward to seeing you at the Sept. 10th at the open house. Happy return to school and we wish you a wonderful Fall season.

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

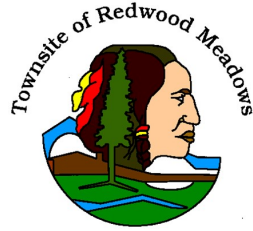
Redwood Meadows Community Association—Business Listings

BCCA	403-949-4277	program@braggcreekca.com
Blinda Bilour - Interior Inspirations	403-461-9748	BlindaBilourInteriors.ca
Big Brothers/Big Sisters of Calgary and Area		Leila.maillet@bigbrothersbigsisters.ca
Bow Valley Rugby		Rugby34@telus.net
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Bragg Creek Tree Huggers - Pruning & Removal	403-589-6594	-
Care in the Creek	403-949-2457	careinthecreek@gmail.com
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Countryside Financial - Candace Perko	403-949-4129	cperko@countrysidefinancial.ca
Durango Trails	403-949-3266	hello@durangotrails.com
Dieter Hendrickson	403-612-7849	dieter@remaxbraggcreek.com
Resource & Support Services in Bragg Creek	403-851-2286	Wendy.farnsworth@cochrane.ca
Fitness with Ann Sullivan	403-689-4835	anns@safari.ca
Harder and Sons Exterior Maintenance Services Inc.	403-949-3442	Lowell@exteriormaintenance.ca
Indigenous Awareness Committee (IAC)	403-949-3563	
Jeff Mackinnon, Maxwell Canyon Creek	403-860-9525	homesinalberta.ca
Juice Plus	403-650-7762	Carrie.hucal@aol.com
KarmiK Elite Performance	403-408-6998	Michael.d.moore@hotmail.com
Kathleen LaPlante Remax West	403-818-8049	kathleenlaplante@remax.net
Kamp Kiwanis	403-686-6325	community@kampkiwanis.ca
Linda Anderson - Barrister, Solicitor, and Notary	403-243-6400	linda@lindaandersonlaw.com
Mamabefit		stocmeg@hotmail.com
Maverick Law	403-949-3339	carmen@mavericklaw.ca
Montessori Home-Tutoring (K-12) Math and Language	403-949-2238	-
Redwood Meadows Emergency Services (non emerg)	403-949-2012	www.rmefire.org Call 911 in an Emergency
Redwood Meadows Tae Kwon Do School	403-807-1030	ninedegrees@telus.net
Refining Fire Welding - Fabrication, Repair & Art	403-589-6594	-
RMCA		rmca-president@redwoodmeadows.ab.ca
Robotics	403-993-2334	
Rocky Mountain Adventure Medicine	403-949-2632	Brenda.watt@adventuremed.ca
Swamp Donkey Musical Theatre Society		tgizen@gmail.com
The Little Schoolhouse	403-949-3939	www.thelittleschoolhouse.ca
Wintergreen Athletic Therapy	403-667-7116	slmacphee@gmail.com
Wintergreen Golf Course	403-861-8918	sjackson@wintergreengolf.com
XC Bragg Creek Ski and Bike Society		www.xcbraggcreek.ca
Youngevity	403-949-4109	helencirin@gmail.com



Redwood Townsite Update

We hope everyone had a great summer and managed to find plenty of time with family and friends. As we're now into fall and kids are back to school, a friendly reminder to watch for children and that the speed limit throughout the community is 30km/hour.



prove its engineering and a minimum 60% of residents must commit to use the service. Councillor Allen recently held an initial community engagement session; additional communication will follow shortly. See connectredwood.com to sign up.

Bylaw Update

We've put a lot of effort into bylaws this summer to make Redwood a better and safer place to live. The primary focus is education and working collaboratively with residents to resolve issues. Out of ~50 complaint files generated in three months, we have only issued one fine! Thank you to Jamie Mitchell for his leadership and to all residents for your ongoing support.

Lease Update

Last, but not least, we continue to make good progress on the lease renewal. Mayor Sawler and Deputy Mayor Ackerman recently met with Chief Crowchild who reiterated his strong desire to get the agreement passed this year. We received approval from Tsuut'ina to release a professionally commissioned video with recorded interviews from Redwood Meadows and Tsuut'ina representatives that supports our progress and desire to get the lease renewed. Mayor Sawler will send out a detailed update shortly, followed by a community engagement session.

Thanks again for your continued support in making Redwood Meadows a beautiful and safe place for our families to live.

Council Meetings

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

Community Updates

This has been a busy summer for improvement projects, led by Rocky and his crew. Road repair was more extensive due to the arctic blast in February. There's been recent effort to repaint road lines and improve curb appeal by mowing, weed trimming and branch trimming over roadways and pathways. In partnership with Tsuut'ina, we are working to implement bilingual traffic signs and beautiful flora/fauna interpretive trail signs along our berm.

The skating rink cement has been poured, and we anticipate having the boards up shortly. We're also excited a new playground set is being installed in Ladybug Park. Please observe the safety barriers and maintain a safe distance from these projects as they are completed.

A few of our planned projects, such as the firehall renovation and tennis court resurfacing, were unfortunately delayed due to the government election and approval of a new budget. The grant system for funding these projects was recently reopened so we hope to have the funds for these projects in spring 2020.

Technology Update

Behind the scenes, we've been doing some technology updates at the water treatment plant. Speaking of technology – the Townsite will have a new mobile app, available for iPhone and Android, in the next few months. This will improve communications and provide a great resource for residents to do things like download permit applications and report bylaw infractions. We have also partnered with Mage Networks (mage-networks.com) to investigate improving internet. The agreement aims to bring a Redwood-owned fiber link to the Townsite and install wireless internet technology throughout the community. It will provide improved speed without involving trenching, which is problematic and expensive. For this project to proceed, Mage must

5

Redwood Meadows Emergency Services

We often get asked “when should I call 9-1-1”?, here’s some tips:

When should you call 9-1-1?

Call 9-1-1 immediately if you experience:

- Severe difficulty breathing, especially that does not improve with rest.
- Chest pain
- A fast heartbeat at rest especially if it’s associated with shortness of breath or feeling faint
- You witness someone faint/pass out or someone is unresponsive
- Difficulty speaking, numbness, or weakness of any part of the body
- Sudden dizziness, weakness or mental changes (confusion, very odd behavior, difficulty walking)
- Sudden blindness or vision changes
- Heavy bleeding
- Broken bones visible through an open wound, or a broken leg
- Drowning
- Choking
- Severe burns
- Allergic reaction, especially if there is any difficulty breathing
- Poisoning or drug overdose
- New severe headache
- Sudden intense severe pain
- Someone is threatening to hurt or kill themselves or someone else
- Or, see an uncontrolled fire

When in doubt, call 9-1-1

If you're not sure whether extra help is needed, call 9-1-1 and the trained dispatcher will help advise you. It is better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

Who will answer the call and what information will they want?

9-1-1 calls are answered by trained dispatchers who will



ask you questions to determine what kind of help you need. As soon as you call, a response is in action but *you must stay on the line to answer more questions* until the dispatcher tells you to hang up.

You may be asked:

- What happened?
- Where are you? (Be specific and include the nearest town/city. This is especially important if you are using a cell phone as the dispatcher may not be able to track your exact location)
- Your name?
- Your phone number?

Once you’ve called 9-1-1, here’s what to do while you wait:

If you’re at home:

- Turn on the indoor and outdoor lights if it’s nighttime to make it easier for first responders to find you;
- Unlock the front door and put pets into a secure location;
- If possible, gather any medications the ill/injured person is prescribed or may have taken. Include vitamins and supplements.
- If you or the ill/injured person has Advanced Directives, power of attorney or other legal documents about their wishes for care from first responders or hospital, have these ready when help arrives.

If you’re away from home:

- Have someone move into a visible location to direct first responders to the ill/injured person;
- If you’re calling from a motor vehicle accident, make sure to stand in a safe place away from vehicles that could hit you;
- If possible, ensure any documentation first responders may need about the ill/injured is close at hand (health care card, wallet etc.) and any medications they may have taken.

What to do if you call 9-1-1 by mistake:

If you call by mistake, **do not hang up**, just stay on the line and tell the dispatcher that everything is OK. If you hang up, they may send help to your location to investigate if there is a problem.



Bragg Creek Centre

Hello Bragg Creek and area!

HERE WE COME!! It is astounding to me how much variety and number of programs, events and support that are available to us. Please read on to find out how you can plug in and enjoy!

But first, a friendly nudge for you to consider joining the BCCA Board. It takes a village to run this village, so please consider yourself invited to reach out to us (403-949-4277) for a nomination package. As you can see from the number of activities we host, our BCCA is a vital aspect to our cultural and community buzz.

So, here's the buzz!

Fall Programming - for more information, visit www.braggcreekca.com.

BCCA programs:

Pickleball, Badminton, Artsy Afternoon, Rumble & Roar and Walking Club by Ladies Auxiliary

Tenant programs:

Sole Girls, Tiny Ballerinas, Hop-N-Pop Dance, Pre-Junior Jazz/Ballet/Acro, Pre-Junior Hip Hop/Musical Theatre, Rollerblading & Dance Party, Basic Dog Obedience Classes, Swamp Donkey Musical Theatre, Jr. Chef, and Lego Club

Upcoming Events

Vancouver International Mountain Film Festival - Sat Sept 7

Please come and learn about your Community at the **COMMUNITY OPEN HOUSE** September 10th from 5:00pm-8:00pm. There will be food and a toonie bar, but most importantly, a smattering of community businesses and organizations for you to connect with and learn about. This is a one-stop shop to register for seasonal programming and learn about all the businesses and services that your community has to offer!

If you are interested in having space as a vendor at this event, it's free! Just contact program@braggcreekca.com for registration information.

Bragg Creek Ladies Auxiliary Fall Supper - Sat Sept 21

Arts in Bragg Creek Festival - Sept 27 - 29

BCCA AGM—Oct 30

Nomination package is available on our website.

DID YOU KNOW?

BCCA is also a resource for community support, information and referrals. If a community member is in need, we can get them in touch with a support program and **SUPPORT WORKERS WILL COME TO THEM**. See attached poster for more information on specific programs.

If you have a problem and you're not sure what to do, a Resource Worker can listen and offer a first step. FCSS Resource Workers are non-judgmental and can provide helpful solutions. Wendy Farnsworth works from the Bragg Creek Community Centre Monday afternoons and is available without an appointment. To learn about resources and programs contact a Resource Worker at the Western Rocky View Family & Community Resource Centre at 403-851-2250.

Welcome to Fall!

Sincerely,

Sherri Olsen, Board Director &

BCCA staff



Resource & Support Services available at the Bragg Creek Community Centre

Through the Rural Outreach program, with Western Rocky View Family and Community Resource Centre, residents living in Bragg Creek and Redwood Meadows have direct access to the following; Basic needs support, Elder abuse and Domestic violence supports, Financial information and income supports, Parenting education and In-home support, Youth outreach support, Legal resources, Assistance accessing and completing government forms, Addiction and Mental Health referrals, supportive counselling and much more.

If you, or someone you know, has a problem and you're not sure what to do about it, please contact Wendy Farnsworth, Community Support Worker, at phone number: 403-851-2286.

Services are FREE and CONFIDENTIAL.



"The one common experience of all humanity is the challenge of problems."
R. Buckminster Fuller

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Feel like you're missing out on news and events in our community?

Sign up for the Redwood Meadows Updater



Email contact information to

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



[@RedwoodMeadows](#)

September Events

Sept 2nd—Labour Day

Sept 3rd—First Day of School

Sept 7th—Vancouver International Mountain Film Festival Feature at BCCA.

Sept 10—BCCA open house

Sept 21st—Ladies Auxiliary Dinner

Sept 21st-22nd —Kiwanis Apple Festival

Sept 27th –29th—Bragg Creek Arts Festival

Sept 27th—Gear Swap Drop Off

Sept 28th—Gear Swap

October Events

Throughout Oct—Scarecrow Festival

Oct 12th—Aaron Pritchett—BCPA

Oct 12th—Scarecrow Scurry

Oct 14th—Thanksgiving

Oct 31st—Halloween

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Ladies Bible Study
resumes Mon, Sept 9

Needle Craft Club
resumes in the fall

Monthly Business Lunches
resume Wed, Sept 25, 11:30-1:30pm

Visit our **Christian Fiction & Nonfiction Library**

MEETING SPACE for your small group available!

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

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- SMALL BUSINESS

Why You Need a Will

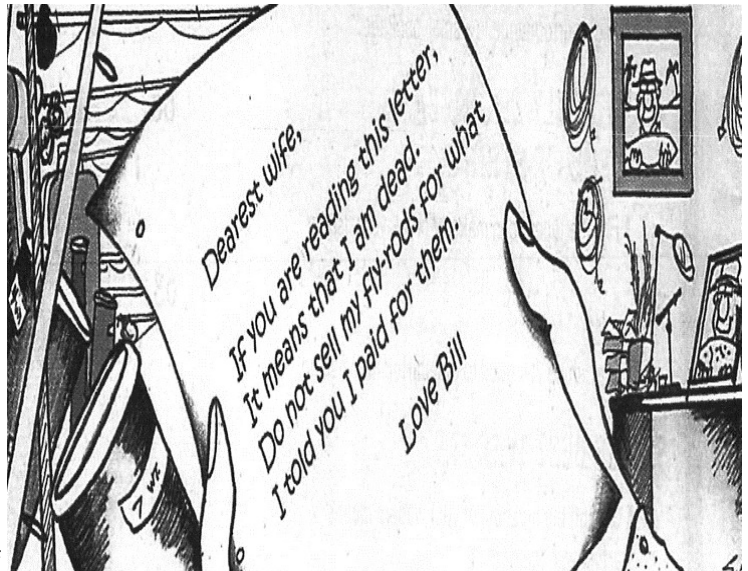
Wills are weird. Let's face it, the reason you need one is sort of a drag, and you won't be around when it gets used!

According to a 2019 Angus Reid Institute poll, more than half of Canadian adults do not have a will.

The straight truth is that if you don't have a will before you need it, you won't be able to get one at the last minute if an unforeseen accident occurs.

Many people say, "what the heck, we don't have much, my spouse and kids would probably just get everything anyway." It may sound like fear mongering, but this just isn't the case.

Every adult who owns assets or has a spouse or young children should have a will. Without a will you lose control over who gets how much of your estate and when. You also give up the right to appoint a guardian of your choice for any young children you have. And the costs to administer your estate will be drastically increased.



REASONS TO HAVE A WILL

- If you die without a will, Alberta's estate succession laws dictates how your estate will be divided, and things may end up where you don't want them.
- A surviving parent may go through needless inconvenience when the other parent dies without a will. For example, where part of the deceased's estate is to go to the children and if the children are under 18 years of age; their share may be held in trust for them by the Public Trustee of Alberta.
- You are unable to take advantage of tax savings and save money on lawyers and court costs following your death. The costs to set up estate documents are small in comparison to how much legal fees can cost when there are problems with an estate.
- When there is something of significant value like a business, it is so important to plan ahead to avoid potential conflicts.
- Ultimately, without a will, you are unable to exclude or include beneficiaries. You must depend on the law and the government to decide the economic fate of your family and loved ones.

Maverick Law operates locally with offices in Redwood and Cochrane. www.MaverickLaw.ca

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=====

September Happenings

* Friday 6th—Ghetto Swans

* Friday 13th—Backroad Traveler Band

* Friday 20th—Spur Crazy

* Friday 27th—Walking on Sunshine

Private parties and groups hosted. Free Rental on our Stampede Room.

Look at our website, Facebook and Instagram for all event details

=====

"THE POWDERHORN'S GOT TALENT"

Details coming for the Fall Talent Show
\$1000 Prize Money!

Kidney March—2019 September 6-8

Watch for walkers during the 10th annual Kidney March from September 6 to 8

The Kidney Foundation is hosting its 10th annual Kidney March from September 6 through September 8, 2019. Kidney March registrations and fundraising are at a record high with over 600 Marchers and Crew embarking on the 100 KM trail from Kananaskis to Calgary, and a goal to raise over \$1 million. The journey will begin at Millarville Race Track on Friday, September 6 and ends at Canada Olympic Park on Sunday, September 8.

This transformational weekend is designed to raise awareness and funds for kidney disease prevention, life-saving research, patient programs and organ donation initiatives. 1 in 10 Canadians have kidney disease, and the number of Canadians living with end-stage kidney disease has grown 36% since 2007. Each day 15 Canadians learn their kidneys have failed. Thanks to the determination of dedicated Kidney Marchers and Crew, Kidney March has raised over \$7 million to reduce these numbers.

Kidney March is made up of everyday individuals doing the extraordinary. Family, friends, patients, doctors, nurses walk side-by-side to fight kidney disease and support organ donation. The heroic event is more than a fundraiser but also a community for those affected by the disease.

Kidney Marchers will be walking through the Redwood Meadows community on September 7. Please be cautious of Marchers on the roads, look out for the Kidney March signs and feel free to cheer them on!

Thank you for helping to keep the Kidney March

community safe. For more information, to donate or become involved, please visit KidneyMarch.ca or call 1.866.9KMARCH.

Erin Birbeck, Community Relations Associate, KFOC (Southern AB)
403.225.6108. ext. 36
erin.birbeck@kidney.ca

KIDNEYMARCH.CA | facebook.com/kidneymarch | [@kidneymarch](https://twitter.com/kidneymarch)

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Switching Your Mortgage – It's Easier Than You Think And You Do Not Have To Wait

There is potential for huge savings for those who are adaptive and proactive in managing their mortgage. You may think the thought of "switching or transferring" your mortgage is reserved for the end of your term, but in fact you can do it anytime!

Most people often look to changing their mortgage during times of financial struggles. However, it is actually when our fortunes change for the better or when you're simply in a good-place, that makes for an ideal opportunity to look into switching your mortgage providers. This may not always be the case when your existing mortgage renews.


You can leave your mortgage while you are still within your contract. If you began your mortgage while rates were higher (such as in 2018), then you may want to consider a switch into a lower rate. If you are breaking your mortgage within term, then you may be charged a prepayment penalty by your current lender ... but that penalty (up to \$3000) may be rolled into the new mortgage. A prepayment penalty is a fee that your lender may charge if you break your mortgage contract. Your lender may call the prepayment penalty a prepayment charge or breakage cost. The way your prepayment penalty is calculated varies from lender to lender.

The prepayment penalty will usually be the higher of:


- an amount equal to 3 months' interest on what you still owe
- the interest rate differential (IRD). The interest rate differential is the difference between the interest rate on your current mortgage term and today's interest rate for a term that is the same length as the remaining time left on your current term.

Review your mortgage contract to find out exactly how your lender will calculate your prepayment penalty. Depending on the rate you're leaving, incurring the penalty often still saves you money versus continuing many more months or years at a higher rate of interest. And, a new lender will also pay your legal costs to switch, so there is no cost to you in the end. I've ran the "switch" scenario for several clients who locked-in in 2018, most will save if they move to a current fixed rate which is 60 bps less on average. The interest savings over a term is in the thousands for most scenarios. Or, if you wait until your mortgage term ends, everything can be redone and you can easily transfer your mortgage to any lender which saves you having to pay the penalties. And, a new lender will also pay your legal costs to do this, so there is no cost to you in the end. Application requirements differ from lender to lender but you will need a copy of your latest mortgage statement, proof of homeowners insurance, plus standard income verification and credit worthiness. OAC. If you find a competitive rate and lock in now for a new fixed term, then you may be saving yourself a lot of money over the next few years.

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Leading by Example Towards a Strong and Balanced Financial Future

Our Government recently passed the 100-day mark of taking office, and while we have achieved a lot since our swearing-in, we still have a lot of work to do. The next 100 days, and the rest of the days granted to us by the votes of Albertans, will no doubt include many unique challenges. You have all undoubtedly felt the consequences of the last government's poor economic and financial stewardship. That is why, on April 16, the largest democratic mandate in Alberta's history was given to us by you- everyday, hard working Albertans. You resoundingly chose a Government that reflected its people; a Government that values fiscal accountability and prudence, and understands the importance of tightening our belts, pulling up our bootstraps, and working hard when faced with adversities. Our Government strives to reflect these principles and values of everyday, hard working Albertans in everything that we do. We have made great strides towards achieving fiscal stability and restoring economic opportunity in our province, but getting our fiscal house in order is a task much larger than one bill or initiative.

With the conclusions drawn from our appointed Blue Ribbon Panel, we will be releasing our first budget in October.

As your MLA, and a member of the Public Accounts Committee, I do not take the stewardship of our province's financial future lightly. I want you to have confidence that every tax dollar spent by your Government will not be squandered on interest payments, but rather will truly result in an improved province for all of us. The decisions we have to make will be difficult, but each decision made will be a step towards ensuring the next generation after us has access to the same Alberta that we all know and love- the Alberta where the only limit to your success is the scope of your own dreams, not your tax return. To lead by example on our difficult path to balance, we have begun by reducing our own salaries by 5% - \$6365, and the Premier's salary by 10% - \$20,685. Sacrifices will be made, but those need to start at the top.

These past 100 days have given us a remarkable start to getting our province back on track. As we head into the next 100 and beyond, you can trust that we will keep fighting for you, your family, and a bright future for everyone, while continuing to always lead by example.

MLA Miranda Rosin



MIRANDA ROSIN

Business Feature—Rani's Rasoi

It's easy to see why the East Indian food from Rani's Rasoi is so delicious. It's made with love! "I grew up watching my mum cook; she was a fabulous cook and that is where I got my love for cooking," says Rani Mandhar, owner of Rani's Rasoi and local resident. "My mum always had a smile on her face when she cooked and that's how I learnt that you have to put in the secret ingredient of love when cooking! It should not be chore, but a passion."

And passionate she is. Every Friday and Saturday, Rani cooks up a mouth-watering menu that can be ordered up to 2pm that day, and then she delivers it as well! "We are the only business in Bragg Creek that delivers food straight to the customer's door," she says.

All of Rani's food is authentic East Indian food with North Indian influence as her parents were originally from Punjab. She grew up on the dishes she cooks, having been raised first in India and then in Canada, and now she shares them with our community. She offers amazing dishes like beef kofta curry, chana masala (chickpeas in a tomato-based curry), and crowd favourites like pakoras and butter chicken along with sides of homemade yogurt, butter naan, mixed vegetable rice and assorted chutneys.



Catering is available for parties with more than 10 people throughout the week, and she can also provide vegan, dairy-free and gluten-free options.

If you miss the weekend menu, Rani's Rasoi products can be found throughout the hamlet. The Heart Café serves her vegetarian samosas while Bragg Creek Foods sells frozen curries. The Sugar Shake Bakery sells a variety of Rani's Rasoi items including beef samosas and spring rolls. And, once a month, you can enjoy an all-you-can-eat Indian buffet for only \$19.99 at the Powderhorn Saloon. The curry buffet is followed by bingo so it's known as Curringo night!

Rani also participates in several community events. You can find Rani's Rasoi at Taste of Bragg Creek, Canada Day at Redwood Meadows, Bragg Creek Days and the Kananaskis Christmas Fair. How lucky we are to have a taste of India right here in Bragg Creek and Redwood Meadows!

Rani's Rasoi

www.ranisrasoi.ca

Order by email: rani@ranisrasoi.ca, 403-926-3650

Available Fridays and Saturdays. Place orders by 2pm and deliveries are between 5-7pm. Sunday deliveries available only on long weekends.

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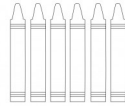
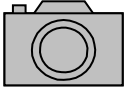
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We want to feature YOUTH!

Athlete or Artist of the Month



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

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

Name:

Age:

What Activity/Activities do you participate in?

How long have you been participating?

What do you love about it?

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

Any other highlights/recognition?

Perhaps a favourite coach/teacher/team member?

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

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

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

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



SHARON BAYER, Realtor

www.sharonbayer.com ~ sharon@sharonbayer.com

Cell: 403-554-8978



Your local RWM & Greater Bragg Creek real estate expert!

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

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



Bring on the Fitness Resolutions!

People love to make lofty new year's resolutions, especially related to health and fitness. But I say, why wait for January first? And why ruin a great New Year's Eve celebration worrying about how you're going to stick to your brave new plan for the next 12 months?

September, with its feeling of fresh starts and new adventures, is the perfect time to adopt new health and fitness strategies. No need for great pronouncements; just make a few subtle changes and you'll be on your way. By the time January rolls around, your new routines will be well established, and you'll be eager to move to the next level of health and wellness.

So what if you've spent the past two months lying in a hammock reading trashy novels and sipping fruity drinks (or freezing in the drizzle beside a soggy campfire, as the case may be)? If chip eating were an Olympic sport, my family and I would be serious contenders in July and August. But summer is summer, with its own set of rules. When September rolls around, we get back to better eating and more structured routines.

Fall is the natural time to jump into something new that you've always wanted to try. Here in Redwood Meadows/Bragg Creek, we have an abundance of options: yoga, fitness classes, mountain biking, cross-country skiing (sign up for fall dryland training!), walking and hiking, to name just a few.

Check out local options or look into workplace classes and gym memberships. If group-oriented workouts are not your thing, challenge yourself to incorporate more activity into your everyday life. That might mean getting up early two mornings a week to go swimming, scheduling a family hike every other weekend, or just standing up from your desk more often to stretch. If you haven't checked out the TransCanada trail from the hamlet out to West Bragg Creek, it's worth a trip on bike or foot. You can also walk and ride from Redwood Meadows to Bragg Creek on trails. Do your grocery shopping by bike? What a novel idea!

As my father-in-law said, there are two kinds of people – those who love to be active and those who need nagging to be active. If you fall into the latter category (as my father-in-law says he does), find yourself a nagger. I'd be happy to help! Come out to a fitness class at Redwood House this fall and see if you can't find some fitness inspiration.

Ann Sullivan

Ann leads fitness classes M, W, F mornings from 9 to 10 at Redwood House, starting September 16, 2019. For more information: anns@safari.ca or 403-689-4835



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long
weekend
love.

JOIN YOUR FRIENDS FOR A WALK IN THE HAMLET

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

GET ACTIVE WITH ADULT FITNESS CLASSES IN REDWOOD

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

Are you hiring?

We would love to post your job listings here.

Email your jobs to thechatter@redwoodmeadows.ab.ca



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OPEN HOUSE**



Tuesday, September 10th, 2019

BRAGG CREEK COMMUNITY CENTRE

EVENT TIME: 5:00-8:00 pm | SET-UP TIME: 2:00-4:45 PM | SPACE: 5'x8'

First Come First Serve | SPACE LIMITED | Table Rentals Avail.

REGISTER : programebraggcreekca.com

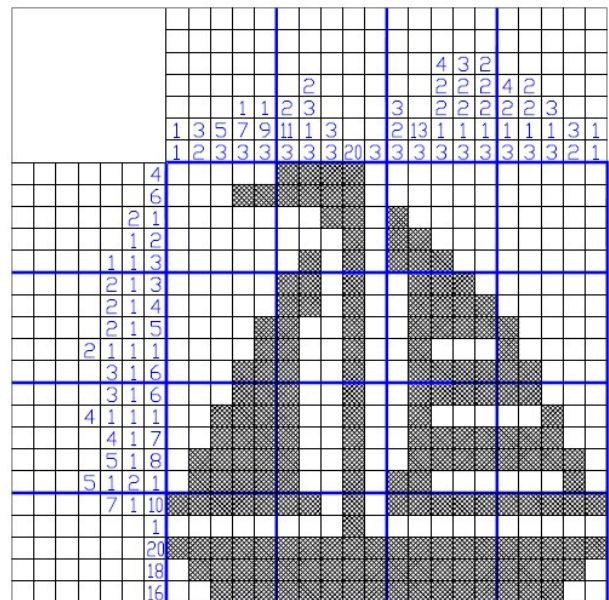
or Call Christine - 403-949-4277

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

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

**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 28

10 am – 1 pm SALE

GEAR DROP-OFF

Friday, Sept 27, 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

15% of sales will be donated to the RMCA