



Chatter - IN THE WOODS -

Read the online version of the CHATTER at
www.redwoodmeadows.ab.ca

Let's get social!

Follow us on:



Photo Credit: Carl Giddens (Redwood Meadows)

effort – anything from writing an entire article to providing a photo or even a topic idea – I would love to hear from you.

Additionally please contact us at theredwoodchatter@gmail.com if you have any questions, comments, concerns, or if you'd like to contribute to the Chatter.

Thanks and enjoy the warmer weather!

Rebecca Parzen

I've long been a nature enthusiast and since moving to Redwood 1.5 years ago, I'm learning to become more attuned to the seasonal and annual environmental changes that happen around me. It grounds and delights me to observe buds on the trees in spring, the chronology of wildflowers on our trails throughout the summer, and the birds and their songs that come, go, and come again throughout the year. I've taken to documenting what, when, and where I see interesting things, and I'm learning so much along the way. I know there are lots of nature lovers and mindful observers in our community so I'd like to add a regular local nature article to the Chatter. If you would like to contribute to this

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First and foremost, happy birthday to all of you with March, April and May birthdays! We know there will be one big party once isolation is lifted. Looking forward to the invite! As we head into our second month of self isolation, I hope you are all staying happy. Physical activity and a healthy diet can provide such a boost to your mood, reducing stress, improving sleep, and sharpening your focus—benefits that are especially important during these very unique times.

I love seeing so many residents out enjoying our wonderful community. It is why so many of us moved here, and I wouldn't be surprised to see city folk coming to scope houses knowing how much easier it is to deal with a stressful global crisis in nature.

As most of you have heard, the government has declared no mass gatherings during the summer. So, with a very sad heart, RMCA will not be able to run a Canada Day event this year. We will work with our office and the fire department to figure out how to still make Canada Day special. RMCA is hoping to have an end of summer event. This will all depend on government regulations.

If any of you have ideas to share to help entertain our families, don't be shy to reach out to myself or Peggy at the office. RMCA is still working with Townsite to rebuild the tennis court and build the bike park. We'll keep you posted. Stay happy, safe and thankful for being not just in our amazing community but living in our great country. We are resilient!

Resilient: Able to withstand or recover quickly from difficult conditions.

Kind regards,

Renate van der Zande

rmca-president@redwoodmeadows.ab.ca



TOWNSITE OF REDWOOD MEADOWS ADMINISTRATION SOCIETY

ANNUAL GENERAL MEETING

THURSDAY, MAY 21, 2020, 7:00PM

Location: Virtual (Online)

ALL LEASE HOLDERS ARE MEMBERS

RESIDENT INPUT AND VOTE IS EXPECTED AND ESSENTIAL
TO THE WELL BEING OF THE COMMUNITY –
PLEASE ATTEND!

Please contact admin@redwoodmeadows.ab.ca or call 403-949-3563 to arrange registration. Your virtual meeting registration, therefore ability to vote, will be based on your name, address, and email provided. All non-registered emails will be prohibited from joining the meeting. Please Note: There will be only one vote allowed for each registered email address

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 located at the Redwood House, community mailboxes and at the BCCC in Bragg Creek.

ADVERTISING RATES:

Business Card	\$30/month
Quarter Page	\$44/month
Half Page	\$63/month
Full Page	\$120/month

Payment is required with your advertisement.

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

The deadline for each edition is no later than the 15th of each month prior to publication.

All 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 reflect the views of the editors.

Contact the Editorial Team at:

thechatter@redwoodmeadows.ab.ca

STAY IN THE KNOW...

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Townsite of Redwood Meadows Mobile APP
Available on the App Store & Google Play

COUNCIL MEETINGS

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 to see added, please forward it to Peg Rupert our Council Executive Assistant on or by the Friday before the next scheduled Council meeting.

Contact: admin@redwoodmeadows.ab.ca

Next council meeting is scheduled for Tue, May 5th, 2020, 7:00pm.

SPRING THAW AND SUMP PUMPS

Our waste water system is running very close to capacity during this time. We are reminding residents that it is imperative to refrain from running sump pumps into floor drains. Due to the seriousness of the matter, residential notices will be sent out to any suspected cases of illegal dumping. Running sump pumps into the waste water drains contravenes both Redwood Meadows and Tsuut'ina Nation Bylaws.

Please, for the sake of community, run sump hoses away from your residence down driveways or to low lying areas. Running downspouts away from your home should help your sump pumps keep up during periods of rain.

FIRE BAN

Currently, there are fire bans in many areas of the province. At this time, Redwood is still permitting fires in approved fire pits only as well as gas BBQ's. Please note: fireworks are strictly prohibited. RMES and the Townsite Emergency Management Agency are monitoring conditions daily. Please exercise extreme caution and be prepared to be under a ban if conditions deteriorate.

TOWNSITE PARKING PASSES

A number of non-locals have continually chosen to ignore local traffic only signs and are attending Redwood to recreate. Please note: These individuals have been, and will continue to be, reported to police until social distancing requirements are lifted by the province. If you habitually park in other areas of Townsite, please contact the office as parking passes will be made available, which will aid both local residents, bylaw and police on identifying who is a resident and who is not. Parking passes are not required on your own private driveway.

SELF-ISOLATION

If you are in quarantine or self-isolating, please notify Townsite so we can maintain an evacuation list for those that will require isolation during an emergency (e.g., flood or fire evacuation). For anyone requiring quarantine/self-isolation, an exemption to bylaws prohibiting living/staying in RV's will be implemented upon resident notification to Townsite.



The snow is finally melting and it's time to enjoy Redwood Meadows in all its summer glory! Thank you to everyone for observing COVID-19 guidelines. We realize it's going to be a bit tougher as the weather gets warmer and appreciate your help in keeping our community safe. We will continue to monitor the situation and follow Provincial Health Agency Guidelines regarding the reopening of playgrounds and inviting visitors back to our beautiful community when it is safe to do so.

In addition to COVID-19, our Emergency Management Agency is monitoring mountain snow melt and Alberta fire advisories. So far, the melt is going smoothly, the river is at normal levels for this time of year, and Fire Chief Evans confirmed we are good to responsibly use our fire pits. Thank you to the Townsite Office for their excellent work maintaining our roads through the winter and managing water flow during the melt.

Please ensure to pick up after your dogs and only put garbage out after 7am on Tuesday mornings to reduce bear attractants.

Our Annual General Meeting is scheduled for May 21. Like many organizations, due to COVID-19, we will hold our AGM virtually this year. Please watch for registration reminders and follow instructions as only registered Society members will be allowed into the virtual meeting. There will be an important bylaw amendment that is critical to the lease voting process. An information package will be emailed to all Society members registered for the AGM prior to the meeting.

One of the things we will discuss at the AGM is the vision for Redwood Meadows, along with associated priorities to achieve our vision. The focus for 2020 is "Beautification" with initiatives focused on improving our existing assets. Projects include an exterior refresh of the fire hall and other community buildings, refinishing community signs, and re-opening the disc golf course.

We were also very excited to announce the Townsite has purchased a fibre internet line from Bragg Creek to Redwood Meadows. This is being funded mainly by government grants and will not require any utility fees or increased taxes to residents. Once in place, other internet vendors will be able to use our fibre line to offer services in Redwood Meadows. There has never been a more important time to have competitively priced, fast, reliable internet in our community.

Although we are still waiting for final confirmation from Tsuut'ina on a lease vote date, the Townsite has proactively kicked off the voter registration process. As you may recall, there will only be one vote per household; this is the process by which you confirm which leaseholder will vote on behalf of your household. Please contact the Townsite Office for more information on how to register.

Check out our new website at <https://www.redwoodmeadows.ab.ca/>. Finally, a friendly reminder that the Townsite mobile app is now available for both iPhone and Android. The app provides residents with important alerts, information on upcoming events, online forms for standard services, Council meeting minutes and much more. Download today!

Scott Ackerman

Redwood Meadows Mayor and Council

REDWOOD MEADOWS COMMUNITY ASSOCIATION - BUSINESS LISTINGS

BCCA	403-949-4277	PROGRAM@BRAGGCREEKCA.COM
BLINDA BILOU - INTERIOR INSPIRATIONS	403-461-9748	BLINDABILOUINTERIORS.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	403-560-6016	CPERKO@COUNTRYSIDEFINANCIAL.CA
DURANGO TRAILS	403-949-3266	HELLO@DURANGOTRAILS.COM
DIETER HENDRICKSON - REMAX BRAGG CREEK	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@LINDANADERSONLAW.COM
MAMABEFIT	-	STOCMEG@HOTMAIL.COM
MAVERICK LAW	403-949-3339	CARMEN@MAVERICKLAW.CA
MONTESORI HOME - TUTORING (K-12) MATH & LANGUAGE	403-949-2238	-
REDWOOD MEADOWS EMERGENCY SERVICES (NON EMERG)	403-949-2012	WWW.RMESFIRE.ORG CALL 911 IN AN EMERGENCY
REDWOOD MEADOWS TAE KWON DO SCHOOL	403-807-1030	REDWOODTAEKWONDO@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



We wanted to let everyone know that we're still here and responding to emergencies in the community.

We have closed the fire station to all but fire department personnel. Hopefully it won't be too long, but like all of Alberta, we're following Alberta Health Services' lead on this one.

Our regular Tuesday night training has evolved to an online platform, like so many of us in our jobs. Duty crews continue to be on shifts at the fire station on Saturdays and Sundays. These 12-hour shifts are filled with chores, training and vehicle/equipment maintenance.

Since the pandemic was declared, we have experienced our quietest months in recent memory for RMES. We had about half the normal call volume for March than we do historically.

When the smoke settles (see what we did there?!), we look forward to welcoming the community to the 120 station to see some great new improvements inside, see our new pumpers and say hi.

Don't be afraid to drop us a line if you have any questions or concerns. We'll always do our best to respond in a timely manner. A reminder, we don't monitor our phone messages or Facebook page 24/7.

IF YOU HAVE AN EMERGENCY, DIAL 9-1-1.

Until next month, stay safe and wash your hands!

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Hello Creekers!

Welcome May!?! Hard to tell with all of this white stuff that just won't go away!

Bragg Creek Centre

If you are anything like me, you are itching to get outside to start spring cleanup, tend to those minor repairs and get planting. For now, I am settling for ticking off those pesky tedious jobs that are forever being pushed to the bottom of my "to do" list. Much like here at the Centre. We are taking this quiet time to get to those small fixes that we just don't ever seem to have the time to complete. Perhaps you are in spring cleaning mode yourself and have purged your garage, basement or workshop and have bits and bobs that you don't need. The Centre is always happy to accept donations of tools, hardware, building materials, finishes such as flat black wall paint, switch plates....you name it, we can probably use it. Just give us a call or shoot an email to info@braggcreekca.com to let us know if you want to drop off materials.

Remember that the office is open Monday thru Friday 9:00 am – 4:00 pm. We are here to assist in any way we can.

If you require:

- access to the food bank
- assistance getting groceries, supplies or medications
- information or referrals
- someone to talk to

Visit the Bragg Creek Area Community Support Facebook page to complete an [I Need Help Form](#) or reach out to info@braggcreekca.com or 403-949-4277.

*We are practicing no contact pick up at the Centre or if you are unable to leave your home we will arrange delivery.

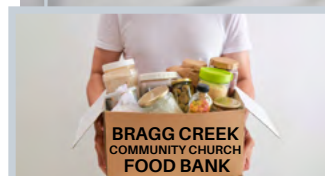
**All personal information will be kept confidential.

Whatever you are doing to stay positive these days, whether it be virtual get-togethers, impromptu dance parties with the kiddos, jigsaw puzzles, movies, cooking or baking up a storm, keep it up and we will see you on the other side!

Sending physically distant appropriate air hugs to you all.

Stay safe Creekers!

Christine Pollard
Program and Event Manager



COFFEE ♥scrubs AND rubber♥ GLOVES

Enjoying morning coffee, I sit in quiet contemplation. Perhaps the Easter weekend, or the peacefulness that envelops the morning, allows me to pen my thoughts about transformation. COVID-19, the pandemic, is transforming our lives, and we know the way to manage change is to prepare. How prepared are we when it comes to our own advanced care? In all honesty, one would think the discussion of Advance Care Planning would come easy for me especially with my nursing background and now as an End-of-Life Doula. Not so. It's difficult to put into words, but there is no greater time to lay the cards on the table and have this conversation.

Advance Care Planning provides the necessary information to those who will be responsible for your future care, in the event you are unable to speak for yourself. You may have heard the terms: will, power of attorney, goals of care and personal directive. A will only comes into effect upon a person's death and the power of attorney speaks to finances and property. The

latter two documents encompass your Advanced Care Plan. Goals of care is a medical order and must be signed by a physician. It tells medical personnel what medical interventions you would like in the event you cannot communicate. The personal directive is the focus of this conversation and it allows you to assign an agent, a trusted person, to speak on your behalf in the event you are unable to do so. The agent, through prior conversation and documentation with you, will know your values, beliefs and wishes and is the point person to ensure that these are carried out.

We must bring the reality to light and it's not easy. In the event of a COVID-19 diagnosis or any other health event that ultimately results in hospitalization, you will be physically taking this journey on your own. Wouldn't it be a comfort knowing you have your agent in place and all your values, wishes and beliefs documented? Not only documented, but you have an assigned advocate. The comfort for yourself and your family is immeasurable.

In Alberta, we are fortunate to have access to advanced care planning forms that are packaged in a "Green Sleeve." These green plastic sleeves or folders hold our goals of care and personal directives, and we take them with us in the event we are taken to hospital. Think of it like a medical passport. You may ask your physician for a Green Sleeve or in light of COVID-19, you may go to www.conversationsmatter.ca and Alberta Health Services will send you up to four. Another great resource is the document, "Who Will Speak for You?" You can find this document at www.dyingwithdignity.ca. It is an easy-to-follow working document that includes thought-provoking scenarios to allow reflection and to open discussion with your family on "what would I do?"

There is no legal requirement in Alberta to have a personal directive, however it is recommended for anyone 18 years of age and older. There is no greater gift for you or your family to have your wishes, values and beliefs documented, and be able to have a trusted person assigned as your agent.

Julie Handrahan is a wife, mother, sister, aunt and friend. An experienced nurse: her calling is as an End-of-Life Doula; her company is Transition Well. During these times, "transition" has taken a whole new meaning.

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am
Join us on Facebook Live or Zoom, details on our Facebook page and website, until further notice
Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study
Cancelled til further notice, we will be meeting via Zoom, to join, email annaink@gmail.com for details

Monthly Business Lunches
Cancelled til further notice

Join **Bragg Creek Area Community Support** on Facebook if you are in **NEED** or able to **HELP** in various ways during this time of crisis.

Contact Pastor Dave to donate to the **Bragg Creek Food Bank and Crisis Fund** or if you are in need of assistance

Located in the Bragg Creek Shopping Centre • Balsam Ave

SUPPORTING LOCAL BUSINESSES DURING THE PANDEMIC

Looking for ways to support our local businesses during the pandemic? Here's some of the creative offerings we can take advantage of to help get them through this tricky time. This is but a sampling of what our local businesses are up to right now. If you're not sure if somewhere is open or offering specific services, please reach out with a phone call or email. Most business owners, even if they have to be closed right now, will try to meet your need if they can safely do so. Please also remember that online/phone payments are the preferred methods of payment at this time.

- Branded Visuals is printing beautiful puzzles of Bob's original photography to help you pass the time. Plus, they can print any of your own photos onto a puzzle as well. Order online for curbside pick up. brandedvisuals.com/puzzles.html

- Check out the newly rebranded Bragg Creek Café and Bakery (formerly Lucid Moto). Offering a different tasty and affordable carry-out dinner menu every week as well as daily specials. Also, if you need amazingly decorated cookies, Teresa is your woman. Call ahead to pre-order 587-997-2900. braggcreekcafe.com

- Keep getting your yoga on as the Heart is leading free classes online via Zoom (donations welcome). The café also continues to serve delicious eats and coffee. For curbside pick-up, pre-order online at: theheartofbraggcreek.com/cafe.

- The Bav/The Tav offers delectable takeout Wednesday through Sunday from 4pm-7pm with last orders by 6pm for same-day service. Don't forget to check out the beer and wine deals including growlers of draft beer. 403-949-3632, thebavarianinn.com

- Rani's Rasoi is now delivering seven days a week until further notice. Choose from the weekly 'make your own meal' menu and place your order at ranirasoi.ca.

- Many Legs Pet Grooming and Supplies is now open! Murray and Michael are back at it at their former location in the Trading Post Mall (by the Shell). Book your grooming appointment now at 403-949-3555.

- Spirits West is offering curbside service as well as delivery. To place your order, call 403-949-2497 or email spirits2@telus.net. Delivery available Monday to Saturday between 3 and 5pm. Minimum order is \$50, and delivery fee is \$10. Free delivery on orders more than \$100. Place orders by 1pm for same-day service.

- Bragg Creek Foods provides a grocery service for those in isolation or who need a little extra help with shopping right now. Call 403-949-3747 for details.



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Make it with kids



Recently, I had a friend over along with her three girls, and wanted an easy parent-free craft for them to do. I thought they'd like to make a decoration for spring so I grabbed three materials and laid them out on the table, hoping they'd come up with some creative art. It worked! The outcomes were amazing, and the girls all had a great time during the process.

Here are the three materials to buy the next time you're at the craft store: Mod Podge, tissue paper, and a painting canvas. Let kids rip up the tissue paper into small pieces. Paint a layer of Mod Podge on the canvas, then lay the tissue piece on the Mod Podge space. Next, put another layer of Mod Podge on top of the paper. Do this all over the canvas creating an outdoor scene, or whatever else you'd like.

The girls also used another technique, scrunching up a small piece of tissue, dipping the end in Mod Podge and sticking it to the canvas to make a 3D effect. One key tip: lay down a layer of ripped up tissue all over the canvas to create a background first. If you skip this step, it's almost impossible to add a background later.

I also did this art activity with preschoolers who enjoyed it as well. The background idea was a little difficult for the kids to grasp because younger kids really like to do the foreground first. Given some time, though, they embraced the idea, and really brightened up the canvas. It turned out to be a great activity for all ages.

Faith McLean

The Easter Bunny Spotted in Redwood Meadows!



Photo Credit: Stacia Maas

Nature Corner - Varied Thrush

On warm April days, Redwood Meadows is a symphony of bird songs and calls. This past month I've observed mallards, nuthatches, woodpeckers, blue jays, chickadees, pine grosbeaks, crows, ravens, hawks, and a lone bald eagle. On April 9th, I saw my first American robin and dark-eyed junco of the season, and on April 12th, I saw my first ever varied thrush (I'm guessing I've previously been in the vicinity of varied thrushes but I've only recently started paying attention to birds).

Varied thrushes live in western North America, and Redwood Meadows is close to the eastern threshold of their habitat. They can be found in our neck of the woods March–September during their breeding season. According to the internet, they are commonly spotted foraging on the forest floor, but I have spotted them exclusively on treetops, which is where male birds go to sing their songs to attract a mate this time of year. Its simple one-note song is delivered in different pitches and one community member likened the varied thrush song to a traffic whistle. The sound is beautiful and unique, and the perfect soundtrack for my morning cup of coffee.

Rebecca Parzen



*Nigel Voaden/Macaulay Library
at the Cornell Lab of Ornithology
(ML46431371)*

Business Feature: Stone Creek Gardens

It looks like we may have some extra time on our hands this summer. So why not take that time to beautify your landscape with Stone Creek Gardens, Bragg's very own garden centre. Located just off Highway 66 near the Highway 785 junction, Stone Creek Gardens offers locally grown hardy annuals, perennials and shrubs, ideal for the Bragg Creek area. Also, new this year, planted vegetable starts will be available.

Stone Creek offers an array of herbs, plants, and vegetables and will also custom design and plant your planters for you. And, all of the plants are chemical free. "Our 22,000 square feet of greenhouses is pesticide free as we use biological controls," affirms Jane Boyce, who owns the gardens with her husband, Ken. What do they use, you wonder? Ladybugs!

Anyone who gardens in our area knows that it can be a tricky business even for the greenest of thumbs. Whether it's the soil, the weather or the appetites of our four-legged neighbours, gardening in the Bragg Creek area can be a real challenge. Stone Creek Gardens specializes in resilient plants that thrive here, and Jane is full of knowledge and growing advice to help you create and maintain a blossoming garden and robust planters. "Bragg Creek is gardening zone 2/3. All of the perennials and shrubs I carry are all for our zone," she says. "Also, if you're worried about deer, there are plants that are deer resistant. I also carry an organic spray that repels deer."

Stone Creek Gardens is tentatively scheduled to open on May 16 2020, but call before you come to make sure. It may be curbside pick-up, but whatever the set-up, rest assured Jane will help with all your gardening needs. Feel free to contact Jane with any questions or to order at 403-949-2860 or 403-680-1230 (cell).



SHARON BAYER, Realtor

www.sharonbayer.com ~ sharon@sharonbayer.com

Cell: 403-554-8978



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MLA Miranda Rosin's
Constituency Offices

CLOSED

Unfortunately, due to
COVID-19 and the need
for social distancing, my
offices will be closed until
further notice.

For all concerns and
assistance, we can still
be reached by phone
at 403-609-4509
or by email at

banff.kananaskis@assembly.ab.ca

Stay safe!

After years of devastation and broken promises of market access by other governments, our United Conservative government here in Alberta has thrown a long overdue lifeline to our energy industry to secure immediate construction of the Keystone XL pipeline, which commenced at the Canadian-American border in the early depths of the morning on April 1.

We did so by committing to a \$1.1 billion direct investment in the project, which will add an additional capacity of 830,000 barrels per day to our exports, create 7,000 Albertan jobs, and yield an estimated return of \$30 billion over the next twenty years. After seeing both the Northern Gateway and the Energy East pipelines cancelled, a tanker ban imposed on Canada's west coast, a massive differential created by our lack of tidewater access, and a well funded foreign campaign to land-lock our energy, the construction of this pipeline is exactly what our industry needed. After a decade long delay by various governments both Canadian and American, it was time that someone ensured this Keystone XL pipeline got built in case it's the last major pipeline we see, and that is where our government stepped in.

As economies all over the country and world reel from the downturn with business closures and personnel layoffs, our government has instead given hope to 7,000 hardworking Albertan families. The 7,000 jobs that will be created from the Keystone XL construction will ensure that 7,000 Albertan families can make their mortgage payments at the end of the month, put dinner on their tables each night, put money away for their children's college funds, and save for a future. These 7,000 jobs will bring hope to the many that have felt so hopeless for so long.

Our government decisively chose to make this investment right during the height of a global pandemic and economic meltdown to send a clear message: Alberta matters, and we will not let the world control our economic future. Here in this province, we control our own destiny, and no global market forces whether they be disease or dictatorship will stop us. We won't wait until after a pandemic passes to pick up the pieces and rebuild, but rather will be proactive in ensuring we are formidable against that pandemic. With this investment, our government has sent a clear message to the world that our people and our industry will prevail.

This Keystone XL investment will push us away from the sidelines where the world has tried to relegate us and put us directly in the running to be right where we belong – as a key supplier for the world's natural gas. This investment also puts us in a better position to be energy independent, rather than being reliant on the middle east.

At the same time that we announced this investment, we also began discussions with American senators around the creation of a North-American cartel and oil price to make us more resilient to the predatory dumping by OPEC. Our government has always been proud of our innovative and environmentally conscious energy industry and the pivotal role it has played both in our province and our country. Alberta's energy sector is Canada's largest industry both by dollar amount and by job count, and it is time that a government took meaningful action to advance its success. If that means looking at creative solutions and direct investments to make us globally competitive, then our government will do just that. This \$1.1 billion investment – for which TC Energy will fully buy back our share once the pipeline is operational - is good for our province, good for our people, good for Canada, and good for the future of clean, ethical energy around the world.

May Fitness

with Ann Sullivan

CHALLENGING TIMES CALL FOR FITNESS CHALLENGES

Happy spring! The weather is beautiful as I type, and I hope you're getting out to enjoy it. We're lucky to live in a beautiful place where nature is always so close. Of course, there's still that small matter of a global pandemic to contend with so please respect the need for a two-metre separation from others when you're out and about.

As if COVID-19 weren't enough of a worry, now there's also "COVID 15." But never fear! This refers to the 15 extra pounds we might put on thanks to our newly sedentary life coupled with boredom eating (or just really good eating because everyone has more time to cook and bake!). This one you can avoid. The key is to get moving and keep moving.

If lovely spring weather isn't enough to motivate you during these challenging times, maybe you need a fitness challenge. The internet can provide endless variations on this theme so take a look online or consider one of the following:

The "friends and family challenge" will appeal to competitive people as well as those who need some company in their misery. Decide how you'd like to challenge yourselves: the most pushups, the longest plank, most steps in a day, most days of activity in a month? Set the challenge and check in every day to see how it's going.

The "personal challenge" is great for self-motivated people. It's the same as above except that you have no one to report to but yourself.

To complete the "10-kilometre challenge," you walk, run, jog, hop, skip, crawl or bike at least 10 kilometres every day. (The Redwood berm is about 5 kilometres from end to end.)

Similar to the above challenge is the "10,000-step challenge," which works great if you're motivated by numbers and have a fitness tracker or pedometer. You might just find yourself marching in place while brushing your teeth to make it to your goal before bedtime.

My favourite challenge has less to do with fitness and more to do with fresh air. The "outdoor challenge" requires that you get outside for as many minutes a day as there are years in your age. If you're 60, that means you spend an hour a day outside every day, rain or shine, snow or wind. You don't have to be active for all those minutes, but it does help pass the time.

Whatever you decide to do, have fun! You'll feel better – and will probably enjoy your home cooking even more. Speaking of which, do you need sourdough starter? Send me a note.

Ann Sullivan anns@safari.ca

In the absence of fitness classes at Redwood House, you can find Ann's workout videos online at SafariWorks: <https://www.youtube.com/user/SafariWorks>

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COVID-19 INFORMATION

MAINTAIN SOCIAL DISTANCING

Keep 1-2 metres between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

alberta.ca/covid19

Alberta

Free Front Porch Photography (Emily Robertson, Walk the YYC)

Like so many small business, Walk the YYC had to close our metaphorical doors in light of the COVID-19 virus. With tourism coming to a screeching halt, and social distancing, justifiably, on the rise, we were in trouble. More importantly, our winter employee Rob, a war vet, no longer had a source of income and was struggling. We needed to do something, fast.



Getting inspiration from a few others, we decided we would replace our free walking tours with free front porch photography. We got our hashtag (#6feetphotography), our camera, and our boots, and put out the call on social media for anyone who wanted to have their pictures taken. The response has been amazing.

People want a reason to put on real clothes, makeup, do their hair, shave or put on a bra! They have been cooped up with their families for weeks now, and it's easy to get stuck. It's easy to not go outside, if you have nowhere to go. So, by giving them the opportunity to do something different and break up their day is great. And, if people are in a position to help, they can donate money that goes directly to Rob.

Mental health is a serious issue that has been brought to light in recent years. Humans are social creatures, and we rely on a sense of community, belonging, and intimacy. People who already struggle with mental health issues are at a higher risk right now. They don't have their normal outlets; classes, courses, art, meetings, and whatever else. We are trying to bring joy to those who need it most as well as document history in the making. The feedback has been overwhelmingly positive and people seem extremely grateful.

Adhering to strict distancing measures, we do not go into anyone's house, we do not go closer than six feet to anyone (it is in the hashtag...), and we don't touch anyone or anything that may put them or us at risk. What we do is have a lot of fun. People dress up, dress down, bring out laptops, books, pets, and everything else that they have to help get through this pandemic. We chat, we laugh, we share our concerns, we relate and we are human, together yet apart.

If you're interested in front porch photography by a local photographer, please contact walktheyyc@gmail.com.

Disclaimer: individual families can decide if front porch photos are appropriate for them.

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PICAPIX PUZZLE

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:

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

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

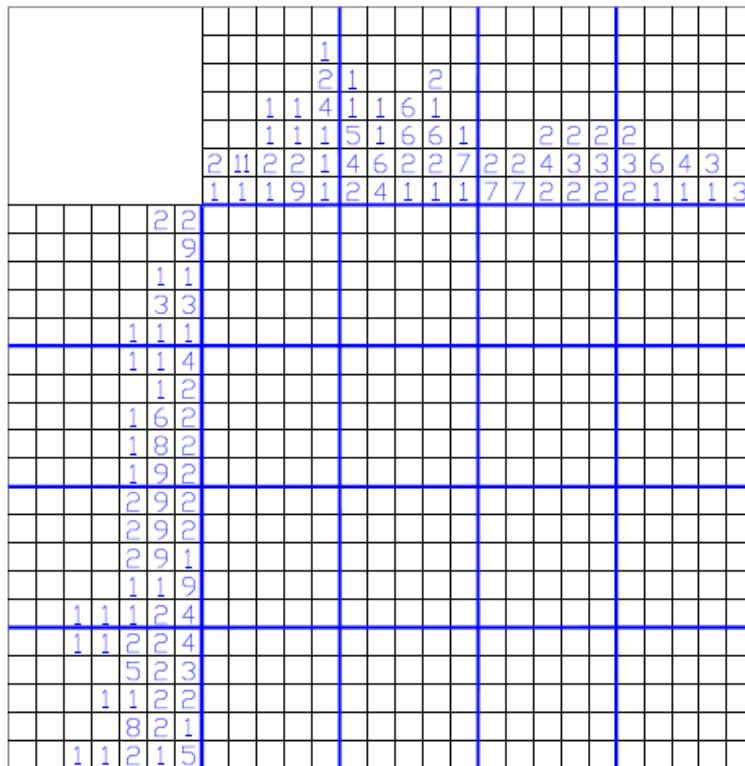
The clue at the left of the row is 6, so count 6 squares from the left to right then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

Created by Diane Baher of Okotoks

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NEW NORMAL TAKES TAE KWON-DO BACK IN HISTORY

Following the shut down of non-essential services and facilities due to COVID-19, Redwood Meadows Tae Kwon-Do School introduced at-home training videos and live classes via videoconferencing for its students.



Historically, many Tae Kwon-Do pioneers would retreat to remote areas for fear of being caught or persecuted for practicing the fighting art. In fact, Tae Kwon-Do patterns, which range from 19 to 72 moves, were developed to allow martial artists to practice on their own. Patterns are a creation of pre-arranged moves designed to simulate attacks and defences against an opponent.

Online training still allows for the Tae Kwon-Do curriculum to be taught, and students can continue to progress through belt levels. There are some limitations such as practicing distance and timing with a partner and learning online is not the same as training in a traditional gym with the camaraderie of a group.

This new normal of online interaction takes some adjustment, yet it encourages the practice of the tenants

of Tae Kwon-Do including perseverance and indomitable spirit. Indomitable spirit in particular refers to the ability to consistently strive and adapt in spite of any obstacle or adversity.

At-home training videos are available free to anyone on the Redwood Meadows Tae Kwon-Do YouTube channel (<https://www.youtube.com/channel/UCO3gsP6gVy3DwzoFa94I1Vg>). Online live classes (four times weekly) are available for school members.

Contact redwoodtaekwondo@telus.net for more information.

Stay connected and active through online Tae Kwon-Do training.

Barbara Jones REALTOR® Redwood Meadows Resident Realtor



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Considering a Mortgage Refinance? Do it before you need it.

With job losses imminent and people fearing the mortgage process may grind to a halt, thousands of Canadians are rushing to refinance. That's contributed to a lending surge we haven't seen in ages.

People generally refinance for similar reasons, the most popular being switching to a lower rate (34%), moving to a new home (25%) and taking out equity (14%). That's according to a recent Rates.ca survey.

But this year, we're seeing more borrowers rush to refinance to give themselves a safety net by:

- Resetting their rate lower
- Lowering their payments
- Adding a Home Equity Line of Credit (HELOC)
- Pulling out equity ahead of potential job loss or property value reductions

If you're one of the thousands considering a refinance, here are points to consider in a COVID-19 world:

• **Stricter Employment Verification:** If your job is not deemed essential by the government, the lender may make you prove you will not be laid off during the coronavirus shutdown. All verification documents are required upfront and will be re-verified right before closing.

• **Refinances are Low Priority:** Banks are still offering refinances, but they're deprioritizing them behind purchases and maturity date transfers. That's due to high demand and lending, appraisal and signing (legal) bottlenecks. It's possible it could take 30 to 40+ days to close a refinance in this market, depending on the lender. The lower the lender's advertised rate, often the busier they are and the longer it takes to close.

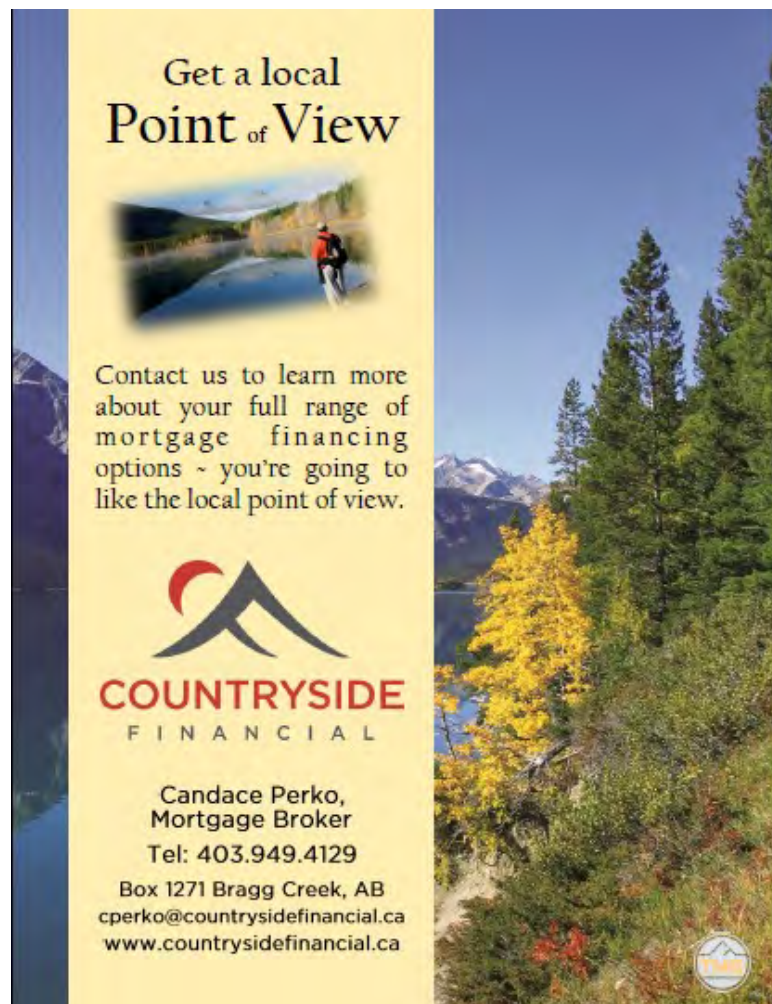
• **Calculate Your Penalty:** If you're breaking an existing closed mortgage to refinance, you'll pay a penalty. Check your mortgage contract and figure out how your lender will calculate your prepayment penalty. Penalties are generally 3-months' interest on variable-rate mortgages and the greater of 3-months' interest or the interest rate differential (IRD) on fixed-rate mortgages. Ask your bank or broker for your penalty cost.

• **Shop Rates:** Mortgage rates have climbed even though the Bank of Canada slashed its overnight rate by 1.5% points in March. The reason: investors are worried about bank risk. That's forcing banks to pay more for the money they lend out. These "risk premiums," as some people call them, may be temporary.

• **Loan-to-Values (LTVs) Could Fall:** If you live in an area that's rural, overvalued or hard-hit by economic misfortune — like plant shutdowns or the oil industry collapse — your home value may come in lower than expected. When recessions approach, lenders and appraisers alike become more cautious. Lenders are especially conservative on lending values if your credit and income/employment are below-average.


All this means ... you want to apply for a refinance before you absolutely need one, and before property values fall.

Source: rates.ca



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Point of View

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A LETTER FROM DR. NOORDMAN, CARE IN THE CREEK



To my Dear Patients,

It is with mixed feelings that I inform you of my decision to close my family practice as of **July 15th, 2020**. We are planning to move back to the Netherlands whenever the situation allows. We had been contemplating this decision for a while. The introduction of Bill 21 by the Government and their consecutive actions made the decision regrettably easy in the end. I am very worried about the future of healthcare in this province. Unfortunately I have not been able to find a colleague who wants to take over my practice. Dr. Cuning will continue to practice out of Care in the Creek Medical Centre. He will take over custodianship of your file and will provide the best care possible with the help of locums if you wish. I will continue to locum in the clinic until my family and I leave.

I would like to thank all my patients for sharing part of your life with me. I intensely enjoyed the relationships we have built. I also would like to thank Dr. Cuning and our staff. We have worked hard and have grown together! A reason to be proud.

My family and I have lived in Canada for 12 years, 2 of my children are born here. I will miss the nature, the wildlife, the sun, snow and your friendliness. I look forward though to practice again in a country where my profession and public services are valued and supported by the government. I do understand it might not be easy to find a new doctor. It is my sincere hope that high quality; public primary care will stay an available option for all Albertans.

Thank you, I wish you all the best!

Dr. Annelies Noordman

Please keep an eye on our **Facebook** page and/or www.careinthecreek.com for information about changes in opening times, operations, recommendations etc. Our current way of operating is outlined below.

• How we operate during the COVID-19 crisis

Temporarily we have adjusted our opening hours from 9 am to 5 pm daily from Monday thru Friday. As much as possible we will manage issues by phone. If necessary face to face appointments are possible after pre-screening from staff and approval from the doctor. We ask patients to phone prior to coming to the clinic and to come alone if possible. We have taken precautions to keep the clinic as safe as possible for patients, staff and doctors. Please make sure you have sufficient prescription refills. If you require refills or have any health issues or concerns please do not hesitate to book a phone appointment so we can make sure your healthcare needs are taken care of. Guidelines and recommendations around the Covid-19 crisis are updated almost daily. You can find them at www.alberta.ca/covid. You can reach us by phone 403-949-2457 or via email info@careinthecreek.com.

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REDWOOD MEADOWS COMMUNITY BABYSITTERS LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
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
Ella	11 ^{1/2}	Babysitting Course	403-470-6411
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
Hunter	12	Red Cross Home Alone, Babysitting Course	403-949-8888 (Redwood)
Jerrith	14	Red Cross Babysitting	403-869-5634
Kate	16	Babysitting Course	403-860-9525
Keeling	17	Red Cross Babysitting, Home Alone, First Aid	403-949-3149 keelingbarrie@me.com
Kyle	14	Babysitting Course	403-470-6411
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	14	Babysitters License, Standard First Aid, 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 tanyasilvercyr@gmail.com
Quinn	14	Babysitting Course	403-949-3149 quinnbarrie@me.com
Sawyer	14	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	403-949-4475
Tianna	12	St. John's Babysitting, Home Alone	403-949-3463
Zara	16	Babysitting Certificate	403-949-4474

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IT IS THE RESPONSIBILITY OF PARENTS/GUARDIANS TO CHECK ALL CREDENTIALS AND REFERENCES BEFORE
HIRING A CAREGIVER FOR THEIR CHILD(REN).

CLASSIFIEDS AND JOB LISTINGS

ARE YOU HIRING?

We would love to post your job listings here. Email your jobs to: thechatter@redwoodmeadows.ab.ca

MONTHLY PHOTO SUBMISSIONS IN AND AROUND REDWOOD

Submit your photos in and around the area for your chance to be featured in future Chatter Editions! Email your photos with subject line "Photo Submission" to: thechatter@redwoodmeadows.ab.ca

Disclaimer:

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THE POWDERHORN SALOON

BRAGG CREEK, AB.

We are currently closed in an effort to keep our great staff, valued customers and community safe.

We look forward to seeing you all again as soon as we can.

Thank you as always for your support.

Stay Safe Everyone - We miss you!




Linda A. Anderson
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