

REDWOOD RAMBLER

REDWOOD MEADOWS, July 2026



Tipi picture taken in June of 2023, with blue illumination and a wandering flashlight.

COUNCIL

The month started off with the Volunteer Appreciation dinner. Residents joined together in the morning to plant and prepare the garden beds at Redwood House. Then at 3:00 volunteers were treated to a variety of great food. Thank you.

A boil water advisory was enacted due to the high turbidity and fast flowing water. It was lifted roughly a week after. The plant was unable to keep up when the river flow exceeded the threshold.

We had a visit from Sarah Emerligi and expressed concerns about traffic and lack of information concerning the rehab centre. She was unable to enlighten us as she too has received minimal information. It is rumored that the centre will open in the fall. Sarah answered all of our concerns and will research her avenues in an attempt to answer with facts and timelines.

The auditor attended our council meeting and outlined the details of the audit and year end evaluation of our financial picture and the year end financial statement. He then presented that same information to the residents at the AGM.

Council met to review the ERP (Emergency Response Plan) prepared outlining the tasks and actions of response during the time of an Emergency. This will work in conjunction with the plans prepared by RMES.

Trees are being planted, with a variety of hardy, fast growing trees. They have been placed along the berm and open areas that were cleared during the fire smart process. Watering is taking place daily to ensure they are not stressed and will promote adapting to their new home. The harvested logs were claimed and sold by Tsuu'tina and cleared in mid-June.

Fire hydrants have gone through an annual check and maintenance performed. Work continues with the accounting system, police station updates, rehab centre information, learning about the Rogers tower, and reviewing tender submissions for the rebuild of the fire maintenance building.

Summer brings fewer council meetings with the current schedule of July 21 and August 19. Redwood staff have Friday afternoons off during the summer months. Enjoy the summer and the lush greenery we haven't experienced during the last few years. Join us on Canada Day for a series of activities.

RMES

Hello Summer!

As our community heads outdoors to enjoy everything summer in our beautiful area offers, we wanted to share some reminders to help keep everyone safe. Summer is a season of adventure, but it's also a time when preventable emergencies—wildfires, heat-related illness, and water accidents—tend to rise. A little preparation goes a long way.

Staying cool isn't just about comfort—it's about protecting your health.

- **Hydration habits** — Drink water regularly, even before you feel thirsty. Dehydration can sneak up quickly in dry Alberta heat.
- **Sun protection** — Apply SPF 30+ sunscreen, wear a hat, and take breaks in the shade.
- **Heat illness awareness** — Watch for dizziness, nausea, or headache. These are early signs of heat exhaustion and should never be ignored.

With our forests drying earlier each year, wildfire risk remains a top concern.

- **Fire bans** — Always check for local restrictions before lighting a campfire.
- **Safe campfire setup** — Keep fires small, supervised, and fully contained within a designated pit.
- **Proper extinguishing** — Drown, stir, and repeat until the ashes are cool to the touch. If it's too hot to hold, it's too hot to leave.

Summer means more vehicles, cyclists, and wildlife on the roads.

- **Defensive driving** — Slow down on rural roads and stay alert for deer, elk, and cyclists.
- **Towing safety** — If you're hauling boats or campers, double-check your hitch, lights, and load distribution.
- **Emergency kits** — Keep water, a flashlight, first-aid supplies, and a phone charger in your vehicle.

Whether you're paddling on Forget-Me-Not, rafting the Elbow River or enjoying backyard pool time, water safety is non-negotiable.

- **Life jacket use** — Wear one anytime you're on a boat or near fast-moving water.
- **Supervision rules** — Children should always be within arm's reach around water. If you're the "designated adult", put your phone down and keep your eyes up at all times.

- **Cold water caution** — Even in summer, Alberta rivers remain cold enough to cause shock and impair swimming ability.

Summer gatherings mean grilling and outdoor entertaining.

🔗 **BBQ maintenance** — Check hoses for leaks, keep grills clean and at least one metre from siding or railings.

🔗 **Fireworks** — Leave them to the professionals. Not only can they start wildfires, they can cause significant physical injuries.

RMES is proud to serve Redwood Meadows and the greater Bragg Creek area. We're even more proud when we see neighbours taking steps to keep themselves and each other safe. Check in on your neighbours – summer isn't always a happy time for everyone. Knowing someone cares about you can be helpful.

We'll be out and about at community events and parades throughout the summer, be sure to pop by and say "hi".

Stay safe!



Canada Day BBQ

3rd Annual RMFA Barbecue

Cheeseburgers, hot dogs, chips, and drinks.

All **proceeds support Redwood Meadows Emergency Services.**

Redwood House, Redwood Meadows
Wednesday, July 1 | 10:00 – 17:00





A Mid-Year Reflection & Summer Send-Off from the RMCA

Take a few moments on behalf of the RMCA to reflect on what an incredible year we've had so far. Everything we do is driven by a single goal: serving this community and bringing us all closer together.

Looking back at the first half of 2026, we are completely blown away by the sheer volume of events we've hosted and the massive number of you who showed up to participate.

Highlighting Our Accomplishments: A Record-Breaking Year

This year, the RMCA made a concerted effort to offer something for everyone, and our community responded in record numbers.

- **Spring Sports:** We saw an absolutely massive turnout for our youth programs, with over 180 participants in soccer and 130 kids in our multi-sports programs. That is over 300 local youth out on the fields getting active!
- **Community Gatherings:** Our February Community Café saw our largest turnout in months, and the 6:00 AM Olympic Viewing Party was incredibly well-attended. We also hosted highly successful Games Nights, including a packed St. Paddy's themed night that raised funds for the RMES.
- **New Initiatives:** We successfully launched a Friday afternoon Art Club for kids, hosted 14 ladies at a Sip & Soak bath salts workshop, and held a massive Easter Event in March that brought together families from both Redwood Meadows and Bragg Creek.
- **Giving Back:** Through our Bottle Drives and Games Nights, we continually raised funds for the Redwood Meadows Emergency Services, proudly presenting the RMES with a \$10,000 cheque this year to support their critical efforts.

Facility & Equipment Upgrades: Investing in Our Spaces

Alongside our events, we've poured a lot of love and resources into the spaces where we gather.

- **Parks & Recreation:** On May 3, we officially opened our newly transitioned, community-managed Garden. We also funded an \$11,500 update to the second phase of our Bike Park and covered the costs to complete the Skate Park upgrades.

- **Concession & Dressing Rooms:** We allocated approximately \$15,000 to these spaces. It has been fantastic to see the concession being so well-used in its great new location.
- **The Rink & Our New Zamboni:** We approved \$10,000 from our Casino funds to purchase a brand-new Zamboni. The balance is generously covered by Rocky View County (\$18k) and Farm Credit Canada (\$20k). Securing this was only possible because our community applied over 1,000 volunteer hours (valued at over \$20,000) to qualify for the RVC grant!

Looking Ahead: Summer and Fall Events

The momentum isn't slowing down. We have an incredible lineup of events between now and October to keep us connected:

- **Indigenous Peoples Day (June 21):** A beautiful day featuring dancing, drumming, a medicine walk, and lacrosse at the rink.
- **Parade of Garage Sales (June 27 & 28):** A great weekend to find some local treasures.
- **Canada Day (July 1):** Get ready for the Bike Parade, a live band, cake, an Indigenous Knowledge Keeper, and a BBQ served up by the RMES.
- **Fall Gear Swap & Social (September 19):** An end-of-summer showcase featuring local vendors, great music, food trucks, and excellent deals on gear before the fall

The Big Ask: We Need Casino Volunteers!

Everything we do—the community grants, the massive events, the park upgrades—is only possible because of our Casino funding.

Our last casino raised \$76,000! That money went directly into building the Bike Park, Skatepark improvements, new soccer nets, and the new Zamboni.

To make this happen again, we need a minimum of 35 volunteers. Currently, we only have two people signed up. It is a fun, simple gig with free food, and it brings home \$60,000 to \$80,000 for our community.

- **Dates:** Monday, August 31 & Tuesday, September 1, 2026
- **Location:** Ace Casino Blackfoot
- **Shifts Available:** Day (10:00 AM - 7:00 PM) | Night (6:30 PM - 3:30 AM) | Count Room (11:00 PM - 3:30 AM)

To sign up, please contact Courtney Koebel, who is managing our volunteer list, at ckoebel@redwoodmeadows.ab.ca.

Have an Incredible Summer!

As this is our final newsletter before the summer break, the RMCA wants to wish every single one of you a safe, happy, and sun-drenched season. We are so incredibly lucky to live where we do. Take full advantage of our beautiful neighborhood, explore the outdoors, hit the trails, and enjoy the backyard paradise we call home.

Thank you for your time, your energy, and for making Redwood Meadows such a fantastic community. See you outside!



REDWOOD COMMUNITY GARDEN

2026

Community Garden Update

Here's what's been happening in the garden this month.

Greenhouse

The self watering planters in the greenhouse are working out well. The tomatoes are doing nicely and growth has been steady.

Harvest

We've started picking kale, and the greens beds are filling out as the weeks go on.

Work Nights

At our biweekly work nights we've been keeping busy. Lately that's meant hilling the potatoes in the black felt grow bags, and thinning out the carrots and beets so the remaining plants have room to grow.

A huge thank you to the gardeners who spent a day cleaning out and reorganizing the shed. It was a big job and has made a difference for everyone using it.

Herbs

The herb trugs are ready for harvest too, and we have oregano, basil, green onions, chives and more!

Recipe: Garden Kale & Herb Sauté

A simple way to use this week's harvest together.

Ingredients:

- 1 bunch fresh kale, stems removed, leaves torn
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- A small handful of fresh herbs (parsley, dill, or basil all work well), chopped
- Juice of half a lemon
- Salt and pepper to taste

•Optional: a pinch of chili flakes or a sprinkle of grated parmesan Instructions:

1. Heat the olive oil in a large skillet over medium heat.

2. Add the garlic and cook for about 30 seconds, until fragrant (don't let it brown).
3. Add the kale in batches, stirring until it wilts down and turns bright green, about 4–5 minutes.
4. Stir in the fresh herbs and cook for another minute.
5. Remove from heat, squeeze over the lemon juice, and season with salt and pepper.
6. Top with chili flakes or parmesan if you like, and serve warm as a side dish.

Community in the Garden

More than anything, this garden is about growing together. Whether you're here to tend your own plot, lend a hand at a work night, or just enjoy the company of neighbours in a shared green space, everyone is welcome.

Interested in joining us? We'd love to have you. Send us an email at communitygarden@rmca.ca to find out more.

INTERESTING LOCAL FACTS



Chinese Lantern

INVASIVE

The Chinese lantern plant is a hardy, ornamental perennial known for its bright orange-red papery husks that resemble lanterns, but it is toxic and can be invasive.

The Chinese lantern plant, is a deciduous herbaceous perennial in the nightshade family, related to tomatoes, peppers, and eggplants. Commonly sold in packages with assorted seeds to put in a planter.

If not controlled it will wrap around all other plants and trees, smothering and inhibiting their growth, totally killing and taking over the plants. It will expand its territory and can take total control.

TAE KWON-DO



A Different Kind of World Cup Is Coming to Canada — and It Packs a Punch

As Canada gears up to welcome the world for the FIFA World Cup, another global showdown is quietly building momentum—this one fueled by discipline, precision, and raw competitive spirit.

On July 4 and 5, United Traditional Tae Kwon-Do Canada and its member schools will host the 2026 International World Cup, an martial arts competition that will bring together competitors from more than 15 countries to Lethbridge, Alberta.

Organizers are expecting over 500 competitors, ranging from beginners to elite black belts, representing all ages and martial arts styles. Among the Canadian schools stepping onto the world stage is Redwood Meadows Tae Kwon-Do, which will be sending its athletes to test their skills against the best from around the globe.

The two-day tournament will feature a full slate of events, including individual and team patterns, as well as sparring divisions covering both stop-point and continuous formats. But the spotlight will shine brightest on the tournament's marquee event: the five-person national team competition. In this high-stakes clash, each country fields its top athletes for a 10-minute continuous match, with cumulative points determining the outcome. When the final buzzer sounds, only one nation will walk away crowned International World Cup Champion.

Team Canada is expected to field a formidable lineup, but history suggests stiff competition. England, Wales, and Ireland consistently finish in the top five, alongside perennial powerhouse the United States, setting the stage for a thrilling international battle.

As the world's eyes turn toward Canada in 2026, the International Tae Kwon-Do World Cup promises a powerful reminder: world-class competition isn't limited to the soccer pitch.

Redwood Meadows Tae Kwon-Do Schools is celebrating 32 years of teaching in the community.

Visit us at [Redwood Meadows Tae Kwon-do School](#)

EDITOR NOTES

An alert to all you talented musical or other artists. A free event is being planned for entertainment on October 25th at Redwood House. Donations received during or after the event will go to the Redwood Meadows Emergency Services in the fund-raising effort. If you are interested in participating or know of any talented folk please let me know at spegg@redwoodmeadows.ab.ca. Currently I have 2 musicians, a gymnast and discussion with a group willing to join in.

Each month a few copies of the Rambler are available at the mail box bulletin boards bins for distribution. Anyone submitting article please remember the cutoff is June 20th. Please try to keep submissions to a page.

Please let me know if you like this publication or not as I have received limited feedback to date.

Sharon Pegg

spegg@redwoodmeadows.ab.ca

COMMUNITY EVENTS FOR JULY

July 1st	Canada Day 10:00 am to 4:00 pm
July 1st	RMES Canada Day BBQ 10:00 to 5:00
July 21st	Council Meeting