



Chatter

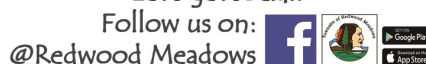
- IN THE WOODS -

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Hello Redwooders and Neighbours,

We are only a few months away from the annual summer hiatus the Chatter observes in July and August. After over three years, I will be stepping away from my role as the Chatter editor and manager after the June issue. It has been fun and I've truly enjoyed this experience. If you are interested in taking on the newsletter, please email info@rmca.ca. The RMCA is open to updating the Chatter, so if you have new ideas for content, formatting, distribution, etc., the board would be happy to hear your ideas.

Rebecca Parzen

Chatter Editor, on behalf of the Chatter Team



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COUNCIL CORNER



Dear Redwooders,

Council met three times during the month of March to address a variety of topics. We have received input from several of the designated committees and progress has been made by our talented and knowledgeable residents. They have willingly brought their expertise to the table to provide insight and guidance. The new council have worked diligently to gain credence and an understanding of the detail behind the varied topics presented. Each council member has been assigned to a committee and provides the details and background knowledge required to bring meaningful and accurate information. Topics carried forward from the previous council are being explored and addressed.

A member with human resource expertise met with the council to craft a job posting for a CAO or Townsite Manager with strong financial background to lead the staff and take care of the administrative tasks presented. This job will be posted as soon as possible with hopes of finding a successful candidate. Another position of a bookkeeper or finance person is being sought to replace our 22-year member Pat Evans, who has graciously returned to keep the accounting going.

The recreation team is busy preparing for upcoming summer weddings, reunions etc. Office hours have now returned to our normal five-day schedule.

We await the return of the wildlife in our community and the observation of the ice formations as the river breaks. Please keep your dogs on leash during the birthing of fawns and other wildlife and keep your dogs from going in the river. There have been instances in the past where dogs have been swept under the ice in a fast-moving current.

The Redwood Meadows Council has scheduled a Townhall meeting on Wednesday, April 5 at Redwood House to share our current financial position, debrief on the events of the past six months, and give a preview of potential Society bylaw changes. Stay tuned to the Redwood Updater and website for more details.

Sharon Pegg

Member, Communications Committee

CHATTER IN THE WOODS

Chatter in the Woods is a volunteer-run newsletter with all advertising proceeds supporting the Redwood Meadows Community Association (RMCA). The Chatter is published the first day of every month except July and August. It is distributed electronically to more than 300 email addresses, posted online at www.redwoodmeadows.ab.ca, and a link is posted on several community Facebook pages. Print copies are available at the mailboxes in Redwood Meadows, at Redwood House, and at the Bragg Creek Community Centre.

Receive a link to the Chatter on the first day of each month by emailing us at: theredwoodchatter@gmail.com

ADVERTISING RATES

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The deadline for submission is the 20th of the month prior to publication. All articles and photograph submissions must be signed or credited.

Chatter in the Woods and RMCA are not responsible for the content or accuracy of articles printed. The views reflected in this newsletter do not reflect the views of the editors.



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*For youth, business lunches, and other program info please visit our website
and sign up for our email list, which sends out the most up-to-date info*

You can also still join us virtually on Facebook Live or YouTube

Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com

www.braggcreekchurch.ca

All Welcome!

RMCA ACTIVITIES AND TOWNSITE UPDATES

PLAY GROUP

Tuesdays | 9:30 - 11am | Redwood House

Playdough, coloring, crafts, toys, books and most importantly, coffee and tea!

EASTER EGG HUNT AND PANCAKE BREAKFAST

April 2

Breakfast | 9 - 11am | Redwood House | \$5/person

Easter Egg Hunt (5 & under) | 11am | behind Redwood House

Easter Egg Hunt (6+) | 11:30am | Curtis Field

COUNCIL MEETING

April 4 | 7pm | Redwood House

GEAR SWAP

April 22 | Redwood House

Pick up your tags from Redwood House. Fifteen percent of proceeds go to RMCA. More details to follow

BANDED PEAK GRADE 8 BOTTLE DRIVE

April 22 | 10am - 1pm

Please support the grade 8 graduating class by leaving your empties at the bottom of your driveway for us to pick up. Alternately, you can bring them to the Bragg Creek Community Centre.

TOWNSITE OFFICE

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

403-949-3563 | admin@redwoodmeadows.ab.ca

RMCA CONTACT INFORMATION

info@rmca.ca

Facebook: <https://www.facebook.com/redwoodmeadowscommunityassociation>

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LOCAL BUSINESS LISTINGS

Angela Madeiros, IG Wealth Management	403-585-2109	angela.hancock@ig.ca
Angela Price, Century 21 Elevate Real Estate	403-923-3159	angela.price@century21.ca / priceandcompany.ca
Ann Sullivan, SafariWorks Fitness Classes	403-689-4835	anns@safari.ca / Fit.safari.ca
Big Earl's Dirt & Snow - Rich Kilbride	587-830-2447	rkilbride@bigearls.ca / BigEarls.ca
Blue Ribbon Kennels	403-949-2963	BRKon762@gmail.com / www.blueribbonkennels.ca
Bragg Creek Community Centre	403-949-4277	program@braggcreekca.com
Bragg Creek Plumbing & Heating, Doug Tuttle	403-931-0486	info@braggcreekplumbingandheating.com / www.braggcreekplumbingandheating.com
Blinda Bilou - Interior Design & Renovation	403-461-9748	bdbilou@gmail.com / BlindaBilouInteriors.ca
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Cochrane Appliance Repair	403-899-5041	service@cochraneappliance.com / cochraneappliance.com
Candace Hendrickson, RE/MAX Real Estate	403-681-4391	candace@candacehendrickson.com / candacehendrickson.com
Candace Perko, Countryside Financial	403-560-6016	cperko@countrysidefinancial.ca
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Deborah Clark, Century 21 Bamber Realty Ltd.	403-835-3385	dclark@realestatwestofcalgary.com / realestatwestofcalgary.com
Dieter Hendrickson, RE/MAX Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Harder & Sons, Exterior Maintenance Services	403-949-3442	info@exteriormaintenance.ca / exteriormaintenance.ca
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Dr. Karen Massey, Registered Psychologist	403-390-1815	drkaren@emerge.ca / www.emerge.ca
KAT Automotive	403-850-1043	kevin@katautomotive.ca / katautomotive.ca
Kathleen Burk, RE/MAX Realty Professionals	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-975-0334	ken@newdirectionrealestate.ca / realestatwestofcalgary.com
Leader Service and Renovations Ltd.	403-996-0192	chris@leaderservice.ca / 35 Sleigh Dr.
Linda Anderson Law	403-243-6400	linda@lindaandersonlaw.com / 403-949-4248
Maverick Law	403-949-3339	admin@mavericklaw.ca / www.mavericklaw.ca
Mountain's Edge Renovations	403-949-7727	4wolves@persona.ca / www.mountainedgerenovations.com
Redwood Meadows Emergency Services	403-949-2012	www.rmesfire.org Call 911 in an Emergency
Redwood Meadows Tae Kwon Do School		redwoodtaekwondo@gmail.com / redwoodtaekwondo.com
Refining Fire Metalworks (welding)	403-589-6594	bdbilou@gmail.com
Skywalker Electrical Systems, Robert Cordsen	403-804-8072	info@skywalkerelectrical.ca / www.skywalkerelectrical.ca
Yoga Spirit, Inc.		info@yogaspirt.ca / yogaspirt.ca / 12 Balsam Ave, Bragg Creek

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Spring is here (we think!) and outdoor sports season starts soon. Help keep your young family members safe with some tips:

- **Protect your lid!** Helmets need to fit properly and be replaced whenever they have physical signs of wear OR have been worn in a physical impact situation.
 - **Get checked!** Before playing organized sports, make sure young athletes receive a pre-participation physical exam by a doctor. This can help rule out any potential medical conditions that may place kids at risk.
 - **Hydrate!** Bring a water bottle to practice and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.
 - **Stretch!** Stretching before practice and games can make a big difference by releasing muscle tension and helping prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.
 - **Take a break!** The off-season is important, too. It's recommended that kids get 10 consecutive weeks of rest from any one sport every year. Playing different sports throughout the year is okay!
 - **Get certified!** Coaches should be certified in first aid and CPR, learn the signs and symptoms of a concussion, and help avoid overuse injury by resting players during practices and games.
-

THE BRAGG CREEK & AREA CHAMBER OF COMMERCE



**Invites you to join
our meetings!
Every third Wednesday at
The Post House Inn
@ 7:00PM**

To register or find more information go to www.visitbraggcreek.com

NEED HELP?



FOR ALL EMERGENCIES:	911
FOOD	
Cochrane Activettes Food Bank	403-851-2250
Bragg Creek Community Centre	403-949-4277
Tsuut'ina Food Bank	403-252-5884
EMPLOYMENT SUPPORT	
Rocky View / Wheatland Employment Centre https://rwemploymentservices.com/	403-709-0010
Tsuut'ina Nation Official Website https://tsuutinanation.com/jobs/	403-281-4455
FINANCIAL SUPPORT	
Alberta Income Support https://www.alberta.ca/income-support.aspx	1-877-644-5135
Money Mentors – Alberta Debt Relief https://moneymentors.ca/	1-888-294-0076
Tsuut'ina Income Support department	403-238-6406
TSUUT'INA POLICE NON EMERGENCY:	
Tsuut'ina Nation Police Service Non-Emergency	403-271-3777
Tsuut'ina Nation Police Service Office Line	403-251-9660
SUPPORT LINES:	
Access Mental Health - Alberta Health Services	1-844-943-1500
Boys and Girls Club of Cochrane and Area - Youth Support, ages 12-22	403-618-3149
Calgary Youth Drug Line	403-269-3784
Child Abuse Hotline	1-800-387-5437
Cochrane & Area Family and Community Support Service (FCSS)	403-851-2250
Cochrane & Area Victim Services http://www.cochranevictimservices.ca/	403-851-8055
Cochrane Family Resource Network	403-851-2265
Distress Centre Crisis Support (24hr)	403-266-4357
Domestic Violence Support – Big Hill Haven, Cochrane	403-796-6564 or 403-437-4636
Domestic Violence Support – Tsuut'ina Spirit Healing Lodge	403-852-9929
Domestic Violence Support – Rowan House, High River	1-855-652-3311
Indigenous Crisis Support (24hr)	1-855-242-3310
Kids Help Phone (24hr)	1-800-668-6868
Rural Outreach Support Worker (Information, Resources and Support)	403-851-2286



The Rural Community Support Program provides rural residents in West Rocky View County with direct access to free and confidential meetings in Bragg Creek offering:

- support and problem-solving options,
- resource information, and
- referrals and help navigating government systems.

If you or someone you know, has a problem and you're not sure what to do, please contact the Rural Community Support worker. Together, we can discuss solutions, options and first steps.

For more information about this program, please contact:

Sherry Grund
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CITY NATURE CHALLENGE: APRIL 28 –MAY 1, 2023

The fifth annual Calgary City Nature Challenge is back to celebrate the biodiversity living within our urban ecosystem! Show the world the amazing nature that can be found in Calgary by sharing your photos of flora and fauna to the iNaturalist app. 500 cities from across the globe will compete to see which can make the most nature observations, document the most species, and engage the most people. 41 cities in Canada will take part in 2023.

Help put Calgary's urban biodiversity on the map April 28-May 1! Explore anywhere in Calgary, Airdrie, Cochrane, Okotoks, Rocky View County, or Foothills County. Take photos of any birds, plants, insects, mammals, fungi, and even microorganisms you encounter and upload them to the iNaturalist app before May 7. The global and Canadian results will be announced on May 8. Your observations not only help Calgary and the surrounding areas to be recognized for nature but also lend to conservation research.

Take part in a park bioblitz or go rogue with friends and family while you explore your city under a new lens. Your observations will not only help put Calgary in the City Nature Challenge but also helps researchers and scientists study our local urban biodiversity like never before.

Will you join the challenge?

Learn more about News and Events:

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**Walking Through Grief and Loss
Support Walk**



An opportunity to connect with others in our community who are experiencing grief. We have and continue to experience many losses. Our walks offer a time for peer support in beautiful Bragg Creek.



Join us every Wednesday at 9:30 am. The meeting place is at the Bragg Creek Community Centre just by the doors. For those who do not want to walk, please join us at Mabel & Marie's for coffee at 10:30am

For more information please email us at
info@cochranehospicesociety.ca

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.

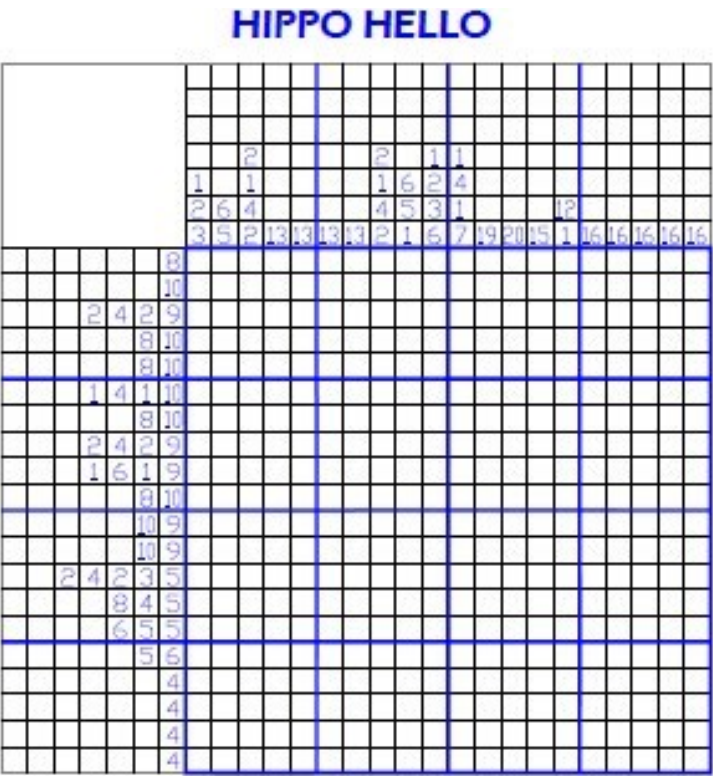
- The three basic rules are:
1. Numbers represent how many squares you colour in to form a group or block.
 2. Leave at least one square between these blocks.
 3. The sequential order of the numbers is the order of the blocks, i.e., top number for a column is the top, block, and left-most number for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

The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



This 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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BRAGG CREEK WILD: BE A WILD GARDENER: WORKING WITH WHAT BELONGS HERE

I'm not originally from "around here," as you probably noticed if you've read this column before! As a gardener from a very different climate, I've had some notable failures trying to cultivate some old favourites here. But I've also had some "aha" moments. One of them was when I came to the conclusion that there was no need for me to try and beautify what's already beautiful. Where we live, we're surrounded by majestic trees, gorgeous vistas, the sights, sounds and smells of this land. So now when I plant something, it's usually because I want to eat it.

There are obviously things to consider when planting veggies and herbs and so on here. Where I'm originally from, snails and slugs are the enemy, and I'm forever grateful that they aren't a major opponent here. On the other hand, I don't want my deer neighbours eating what is destined for my kitchen. With that in mind we can think about fencing off veggie gardens so that they can't munch their way through our precious shoots and leaves. It's clearly important to consider wildlife corridors as we do this, and keeping enclosures small can help. We can also watch where and how the animals tend to move through the space. At our place we have clear trails around the house and the surrounding land, so it makes sense to avoid placing beds and enclosures where those routes will be blocked.

The other thing we can do is work with the ecosystem, rather than against it. We can plant native species that are adapted to the way the seasons work here, and that don't need a lot of water. Native plants won't need to be fed, fertilized and protected with pesticides in the way introduced species might. They've evolved to survive with what the local ecosystem presents.

This is especially something to consider when it comes to lawns, which are often extremely hard work to maintain, and which are a much less rich habitat for butterflies, bees and other pollinators. Did you know that the types of grass usually used for lawns are non-native? A native alternative grass can be less work, more



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Native wildflowers are a great addition. They will encourage and nourish pollinators, supporting larger species as well. Please don't use just any wildflowers, though. Check what is locally native. A general mix such as you might buy in some garden centres could contain species that would not survive here, or worse, there may be some invasive species included. And don't be tempted to take them from where they're already established and growing. Leave those for everyone to enjoy in their natural setting.

There are some very interesting projects and resources locally, nationally, and around the world where people are 'rewilding' or reintroducing native species to the patch of land they live on. For further reading and inspiration you could check out the links below—and why not try it this coming season?

- **ALCLA–Native Plants Nursery:** an excellent source of native plants to Southern Alberta – grass, herbs, flowers and shrubs. They are located in the Bearspaw area. Please call beforehand to make sure they will have time to answer your questions and help you select the plants that are best suited for your surroundings. www.alclanativeplants.com
- www.wildaboutflowers.ca is an Okotoks/Black Diamond nursery that specializes in native flowers and plants. They offer seeds, plants, and advice on planting them.
- City of Calgary's website offers a page full of ideas and suggestions on native plant selections. Google "yardsmart plants, city of Calgary"
- www.rewildingmag.com offers articles and tips on how to support wildlife from butterflies to larger mammals. Check out the article, "How I turned my suburban Yard into a wildlife habitat."

Sally Beetham
Bragg Creek Wild



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GO GREEN WITH YOUR SPRING CLEANING

I love the longer days of spring. That beautiful sunshine streaming through the kitchen windows brightens up everything it touches. Unfortunately, it also glaringly illuminates every window streak, dust mote, coffee stain, handprint and toast crumb lurking in the kitchen. And it makes me think, “When WAS the last time I washed this floor? Christmas?” That’s when I know it’s time for spring cleaning.

Let me just say that knowing it’s time for spring cleaning and actually doing the spring cleaning are two very different things. If you wait long enough, summer eventually arrives and all thoughts of a deep clean waft away until, well, they just waft away. But if you’re serious about cleaning, and you feel the urge to refresh your house this season, by all means, jump right in.

Before you start, consider how clean you really need things to be. Everyone wants to kill germs and get rid of mold, but do you really need to attack all surfaces with harsh chemicals? There’s a reason for the skull and crossbones labelling on some cleaners, and it’s not a reason that’s good for you and your family or the environment. Here are some gentler cleaners that are safe and easier on the water and land around us.

Baking Soda: Who doesn’t love baking soda for its myriad applications as a cleaner? Use it to unclog a sink, scrub floors and countertops without scratching them, remove carpet odours, freshen laundry, etc., etc. Google “cleaning with baking soda” for more ideas. There are many! One of the best things about baking soda is the price. It’s ridiculously cheap, even more so if you buy it in bulk.

Vinegar: Mix vinegar and water in equal amounts in a spray bottle and you are set to clean just about anything in the house. You can add some peppermint or tea tree oil to mask the smell, but I find the oils are more effective at clogging the sprayer than hiding any smell. Just think how much easier a noseful of vinegar is on your system than a whiff of harsh cleaners. Another hint: Heinz vinegar is easier on the nose than other brands.

Baking soda and vinegar: Also known as the ingredients in science project volcanos (at least until Diet Coke and Mentos came along), this combination just might convince your children to help with the cleaning. Sprinkle a good amount of baking soda into the toilet bowl, pour on some vinegar, and hand your loved one a toilet brush. Voilà.

Microfibre cloths: Who needs window cleaner with these little miracles of cleaning? Use a damp cloth for cleaning and a dry one to get rid of streaks on windows and stainless steel appliances. Instead of putting dirty cloths in the washing machine, boil them for 10 minutes in a pot on the stove.

Fresh air: One of my favourite ways to “spring-ify” the house is to air it out. When the weather is nice, throw open some windows and let the fresh air in.

So many natural cleaning products, so little space. [Check out this page](#) for some great green cleaning recipes.

Ann Sullivan
Redwood Resident



The advertisement for Cochrane Appliance Repair is set against a green background. On the left, a man and a woman in green polo shirts stand next to a service van. In the center is the company logo, which depicts a silhouette of a person on horseback leading another person, with the text "Cochrane Appliance Repair" below. On the right, a photo shows a modern outdoor kitchen with a grill and sink, with the text "INDOOR AND OUTDOOR KITCHENS" above it. At the bottom, a line of text reads: "A family-run Appliance Repair company that provides honesty and trust (403) 899-5041 cochraneappliance.com".

BANDED PEAK GRADE 8

BOTTLE DRIVE

Save Your Empties

IN SUPPORT OF THE BANDED PEAK GRADE 8 GRADUATING CLASS


COLLECTION DATE:
SATURDAY, APRIL 22
10 AM - 1 PM

PLEASE LEAVE YOUR BOTTLES AT THE END OF YOUR DRIVEWAY


DROP-OFF LOCATION: BRAGG CREEK COMMUNITY CENTRE

(Between now and April 22 you may also take your empties to Springbank Bottle Depot and let them know you would like to donate your returns to the Banded Peak Grade 8 Graduating Class!)

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BABYSITTER LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
Andrea	13	Red Cross babysitter course	587-581-6643 andreaabboud@gmail.com
Andreas	13	Action First Aid "The Babysitting Course"	403-498-9595 dreeangles@gmail.com
Ella	12	Babysitter Course	403-470-6411
Hunter	14	Red Cross Home Alone, Babysitter Course	403-874-4402
Clara	12	Babysitter Course, First aid	403-540-5427
Kinley	13	Babysitter Course	403-899-4914 kinleyroberts13@gmail.com
Kyle	14	Babysitter Course	403-470-6411
Lila	14		403-860-9525
Shawn	12	Red Cross Home Alone, Babysitter Course	shawnmacpherson08@icloud.com

TO ADD, DELETE, OR EDIT A LISTING, PLEASE CONTACT THEREDWOODCHATTER@GMAIL.COM

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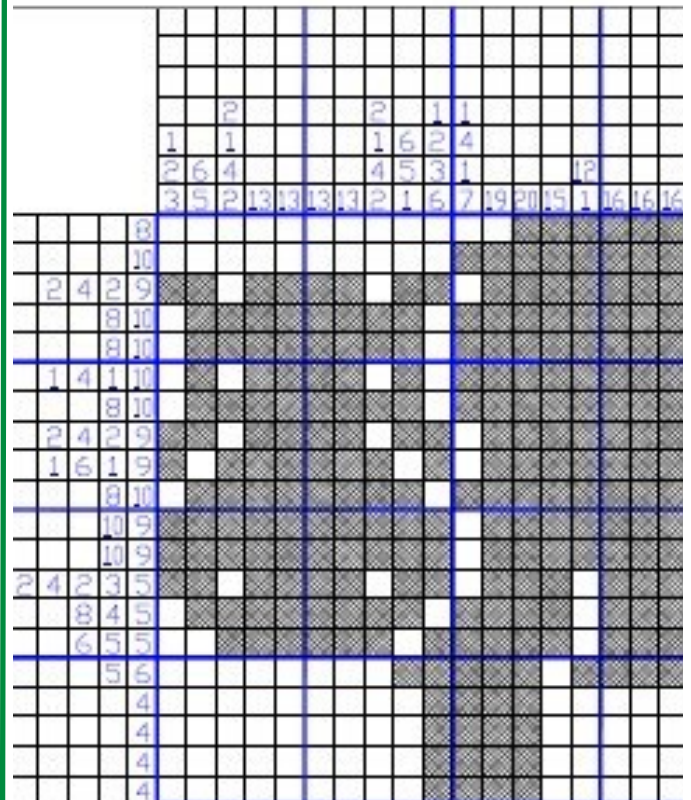
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