

February 2022

A monthly community driven newsletter for Redwood Meadows and surrounding areas



Chatter

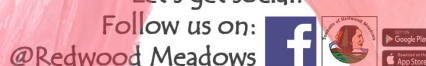
- IN THE WOODS -

Read the CHATTER online at

www.redwoodmeadows.ab.ca

Let's get social!

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Hello Redwooders and Neighbours,

February is widely known as the month of love, but for me, I'm going to strive to be kinder and more thoughtful.

I get that everyone's fed up with COVID and it makes sense that our mental health is suffering. It wasn't until I was able to get away on vacation that I finally noticed how wound up and high strung I had become and could begin the process of calming down. And believe me, it's a very slow work in progress.

I'm not usually one for preaching, but I would like to ask our community to be nicer to each other. I've noticed that the Redwood Meadows Community Group on Facebook has had an uptick of negative or controversial posts and comments. The Group is not actively moderated, so it is up to us as decent human-beings to police ourselves and write with decency.

If you are thinking about posting but unsure, ask yourself these questions and evaluate your responses:

- Am I adding to the problem or providing a solution?
- Am I venting, or am I highlighting a problem for a more positive outcome?
- Is my post relevant to the entire community or am I targeting an individual or small group?
- Could my post/comment be construed as bullying or disrespectful?

I get that everything isn't sunshine and roses, but we owe it to each other to be respectful. OK, that's all. I'm stepping down from my soapbox and I promise to stay off of it for at least another year.

Thank you for your consideration,

Rebecca Parzen

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A MESSAGE FROM YOUR FRIENDLY RMCA



Hello Redwood Meadows, my name is Dean Svoboda and I am your new President for the Redwood Meadows Community Association (RMCA). My family (Michelle, Max (6), and I) moved here four years ago and LOVE, LOVE, LOVE where we live. I am passionate about community and volunteering, so I decided a couple of years ago to join the RMCA so I could make an impact on our community.

Our plans this year include delivering time honored annual events: The Easter Egg Hunt, Canada Day, The Kananaskis Christmas Market, Movies in the Meadows, and Santa in the Woods. We would also like to bring back a few events/programs such as Spring Sports and Teen Dances, and to introduce new events and programs which bring our community together and lend support to those who need it.


The next event we have coming up is February 20th, the Sunday of Family Day weekend. The day will include a host of fun family activities and games...some of which depend on weather and that other thing out there.

I want to say a huge Thank You to the group of volunteers who brought our rink together the past month. Andrew Watts, Mike Brown, Mike Pirot, Michael Moore, Josh Miner, Patrick Seymour.... I'm sure I'm missing a few. There were a lot of curveballs thrown at the rink project this year and we wouldn't have ice without a great volunteer group who all stepped up.

Now go outside and enjoy this paradise we live in!

Dean Svoboda
RMCA President

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A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



As I sit by the roaring fire in the comfort of my living room, I look out the window at the crisp white snow that dresses the trees as though they have been sprinkled with icing sugar. I watch deer munching away while a fox is exploring the woods at the edge of the yard. In this marvelous community we get to enjoy living in nature and all the other benefits of rural living while having the convenience of a municipality. With so many complications in the world today, I am more thankful than ever that my family and I chose to call Redwood Meadows home.

After a little time and with the comfort of the fire, I am now able to relax and think back to the start of the winter when our home wasn't so cozy. As the townsite experienced the first signs of winter, the lower level in my home started to develop a chill. After checking thermostats and scratching my head a bit, I realized that our old boiler was having difficulties. In an effort to keep the bedrooms warm until I had time to deal with the problem, I turned off the heat in the garage. That seemed to do the trick and I wasn't using the garage workshop much anyway.

I got busy with life and as everything was working fine, I forgot about the boiler. Then one evening we experienced the first winter cold front and the mercury in the thermometer seemed to solidify. The next morning I got up and went to the shower, turned the knob, and nothing. Not a drop. After a few texts to neighbors and some more head scratching, I determined that my main water line was frozen. It seems the water line in my home had been replaced by a previous owner and they ran the new line through the garage. Apparently, turning off the heat in the garage to "fix" the boiler wasn't a great idea after all. Time to spend some money on refurbishing the boiler.

Until the day that something goes wrong, we all tend to take it for granted that the water in the shower will flow, the lights will turn on and our house will stay warm. If, like me, you purchased an older home that needs some TLC, you understand that our comfort requires investment to maintain. Our community is a bit like this old house. We have water meters, water lines, sewer lines, and a water treatment plant that are all getting a little long in the tooth. Just like my old boiler, our water treatment plant has met our needs for decades. Now, the plant that was built to service 1250 homes is barely meeting the needs of 351.

Last year, with the long-awaited signing of our new land lease, we gained more control and greater responsibility for the systems and infrastructure within Townsite. Currently, the Infrastructure Committee is working with Townsite staff, contractors, and external experts to develop a plan to extend the comfort we all enjoy.

Though Council regularly contributes to a contingency fund, the new responsibilities of the lease and current economic conditions create additional challenges. One such challenge is the recent announcement from the Province that the Municipal Sustainability Initiative, our primary source of Infrastructure funding, is being reduced by 50%. After deducting amounts for Council's previous support of the RMES fire truck, little will remain of the 2022 provincial funding.

With a lot of grant application writing, careful planning, and prudent spending, Townsite and the Infrastructure Committee are focused on improving water treatment and distribution. By creating an enhanced maintenance schedule and implementing strategic upgrades, we will extend the lifespan of our water treatment plant, improve Operations' ability to identify potential failures, and minimize future downtime. Put simply, we are working hard to maintain your comfort.

If you are an expert in engineering or municipal systems and have some time to volunteer, please apply to join the Infrastructure Committee.

In your service,

Deputy Mayor George Allen, on behalf of Council

REDWOOD MEADOWS UPCOMING EVENTS AND UPDATES

RMCA MEMBERSHIP DRIVE FOR 2022

It's that time of year again to renew your RMCA Membership for 2022. RMCA needs your support to continue the events and activities that make Redwood the best place to call home. You can find the membership form at www.rmca.ca or www.redwoodmeadows.ab.ca. Or scan the QR code. The annual fee is \$25/household for residents and \$40/household for non-residents.



Payment: E-transfers can be sent to payment@rmca.ca. or cheques/cash can be dropped off at Redwood House in an envelope marked "RMCA Membership." Please make cheques payable to Redwood Meadows Community Association.

TOWN COUNCIL—REDWOOD MEADOWS

NOTICE OF NOMINATION DAY—FEBRUARY 7, 2022 | BY-ELECTION—MARCH 9, 2022

Notice is hereby given that Nomination Day is February 7, 2022 and that Nominations for the election of candidates for one vacancy for the office of "Councillor" must be received at Redwood House prior to 12:00 Noon on Nomination Day. Nomination Forms are available at the Townsite office (#1 Manyhorses Drive) between 8:00am and 4:30pm from January 7, 2022 to February 7, 2022.

TOWNSITE COMMITTEE POSITIONS

Emergency Management Committee is comprised of Townsite staff, Councillor(s), and members of RMES. Residents are welcome to apply. EMA does the planning and training for events like fire and floods.

Infrastructure Committee is comprised of Councillor(s) and residents. They assist with infrastructure issues like the water treatment plant, telecommunications, and internet.

Land Use Review Committee will be comprised of Councillor(s) and residents. This review will look at any needed changes and also consolidate relevant documents into one package that is easier to navigate.

Bylaw Committee is comprised of Councillor(s) and residents. This committee will begin with a review of our Administration Agreement and make necessary amendments in line with our Stewardship Agreement for an upcoming AGN. It will also review Bylaws best enforced by Tosguna (e.g. noise) versus those best enforced by the Society or Townsite.



TO WELLNESS

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💻 www.aqitowellness.ca

RINK ADVERTISING

Attention business owners: Help support Redwood Meadows outdoor activities by advertising your business on our rink boards. Contact the Townsite office for more information.

E-BILLING

Are you still receiving a paper bill for your Townsite utilities? Please email the townsite to switch to e-bills.

TOWNSITE OFFICE

The Townsite Office has returned to COVID protocols. As such, the office will be closed and accessible by appointment only until further notice.
403-949-3563 | admin@redwoodmeadows.ab.ca

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 (2022)

Business Card	\$36/month
Quarter Page	\$53/month
Half Page	\$76/month
Full Page	\$144/month
Business Listing	\$50/year (10 months)

ADVERTISEMENT SIZES

Business Card:	2 ½" h X 3 ¾" w
Quarter Page (vertical):	4 7/8" h X 3 ¾" w
Quarter Page (horizontal):	2 ½" h X 7 ½" w
Half Page (vertical):	9 ¾" h X 3 ¾" w
Half Page (horizontal):	4 7/8" h X 7 ½" w
Full Page (vertical):	9 ¾" h X 7 ½" w

PDF and JPG files reproduce best in print and online.

Discount rates are offered for five-month or ten-month commitments.

Send your advertisement to:
theredwoodchatter@gmail.com

Send your payment to:
E-transfer: payment@rmca.ca (subject: Chatter)
Cheque: Drop off at Redwood House

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 is not responsible for the content or accuracy of articles printed. The views reflected in this newsletter do not reflect the views of the editors.

Calling All Chatter Enthusiasts:

We are looking for contributors (yes, YOU!) to make the Chatter the best it can be. Make a submission once or commit to a monthly article. If you are looking for a topic here are some ideas:

Recipes - Do you have a favourite family recipe (or one you just came across) that you'd like to share?

How-To Article - This could range from a small building project to making an origami crane to practicing mindfulness. You choose!

Top Ten List - Another open-ended one...movies from the '80s, poisonous spiders, vacation destinations. So many possibilities!

Get to Know Your Community Volunteers - Any aspiring journalists out there? Interview our wonderful community volunteers and write a monthly article on a different person doing amazing things in Redwood Meadows.

Creative Entries - Are you a poet or artist? Send your work in and we'll share it with the community.

Kids Entry - KIDS, the Chatter is for you too! Write a story, draw a picture, come up with anything creative you would like to see published!

Please help make the Chatter the best it can be and fun for the entire community to read! Email submissions and inquiries to theredwoodchatter@gmail.com



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- IN THE WOODS -

Read the online version of the CHATTER at
www.redwoodmeadows.ab.ca
Let's get social!
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**We want what you
have to say!!!!**

Contribute to the chatter today

REDWOOD MEADOWS—LOCAL BUSINESS LISTINGS

Anita Curle, Facilitator and Brain-based Coach	403-560-4505	anita.curle@elevatingpotential.ca / www.elevatingpotential.ca
Ann Sullivan, SafariWorks Fitness Classes	403-689-4835	anns@safari.ca / Fit.safari.ca
Bragg Creek Community Centre	403-949-4277	program@braggcreekca.com
Blinda Bilou - Interior Design & Renovation	403-461-9748	bdbilou@gmail.com / BlindaBilouInteriors.ca
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.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@realestaterestofcalgary.com / realestaterestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Ken Barrie, Century 21 Bamber Realty Ltd.	403-974-0334	ken@newdirectionrealestate.ca / realestaterestofcalgary.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 (comm & res welding)	403-589-6594	bdbilou@gmail.com
Resource & Support Services in Bragg Creek	403-851-2286	wendy.farnsworth@cochrane.ca
Skywalker Electrical Systems, Robert Cordsen	403-804-8072	info@skywalkerelectrical.ca / www.skywalkerelectrical.ca

List your business for only \$50/year. Contact theredwoodchatter@gmail.com



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Show Some Love and Protect Your Local Volunteer Firefighters

There are an estimated 3,672 fire departments in Canada, 83% of these are staffed by volunteer firefighters. As a volunteer-driven organization, 25 members of Redwood Meadows Emergency Services (RMES) responded to 370 calls for help in 2021.

Every year, Canadian firefighters are injured or killed in the line of duty. Here's some tips to help keep your local volunteer firefighters safe as we do our work.

MOVE OUT OF THE WAY – IT'S THE LAW: When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

SLOW DOWN. AND THEN SLOW DOWN SOME MORE: One of the most dangerous parts of our job is doing traffic management at motor vehicle accidents. When you see emergency vehicles on the highway, slow down well in advance. The slower the better when we have team members on slippery highways focused on quickly grabbing equipment from trucks! Follow the directions of the first responders. Don't stop to take pictures (we aren't that good looking!). Focus on your own safe driving. Resume speed only when you are well clear. Treat every firefighter you see working on the highway as a family member, neighbour or friend – because we are all of these to someone in the community.

MAKE SURE YOUR ADDRESS IS VISIBLE FROM THE ROAD: A reflective or illuminated street number makes it easier for us to find you at night!

IF YOU HAVE AN AUTOMATED GATE, GIVE US A CODE (or get an SOS-type gate that opens to our sirens): Any delay in getting to you in an emergency may be critical!

KEEP YOUR DRIVEWAYS AND PATHS CLEARED OF SNOW AND ICE: Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbour with mobility issues, be a snow angel and help them keep their paths clear of snow and ice.



THE LITTLE SCHOOLHOUSE

2022-2023

REGISTER TODAY!

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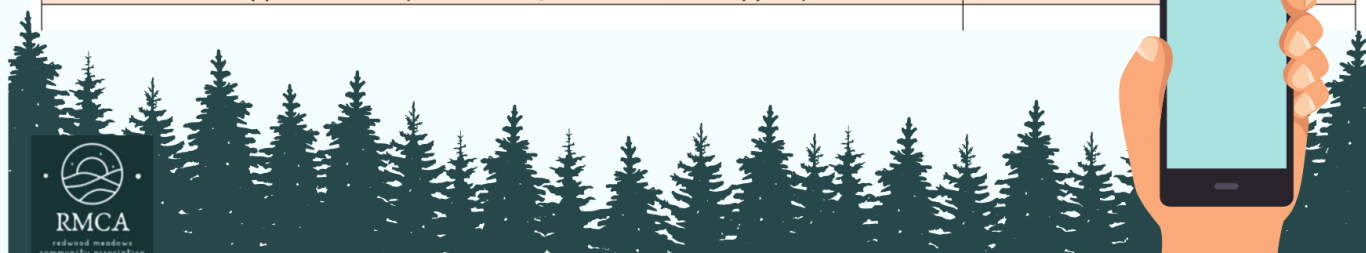
Kindergarten	Preschool
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*Please note, for all programs children must be independent in the washroom to enrol.



NEED HELP?

REDWOOD MEADOWS RESOURCES	PHONE NUMBERS
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
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
RCMP Non-Emergency	403-932-2211
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: Wendy Farnsworth, 403-851-2286.

ORIGIN STORIES: A HALLMARK HOLIDAY

It's February folks, and that can only mean one thing: we are only a couple of weeks away from one of the loveliest holidays of the year. Now, I know that this particular holiday has been criticized in the past for being overblown in the media and invented by Hallmark to sell cards. And I recognize that it can cause a lot of anxiety when trying to find the perfect gift or plan the perfect evening. But despite the pressure, let's remember that only once a year do we get to celebrate this wonderful day: my birthday.

Interestingly, it wasn't that long ago that most people didn't celebrate (or in some cases even know) their birthday at all. Not until the latter half of the 19th century did it become common for middle-class Americans to do so, and even further into the 20th century before it became a nationwide tradition. Up until then, birthday celebrations were generally reserved for the rich and powerful. In fact, the lyrics to "Happy Birthday To You" (noted as the most recognizable song in the English language) didn't appear until 1912.

The storied history of birthday celebrations can be seen in our modern traditions. The origin of birthday cake seems to be up for debate, some trace it back to the Greeks, while others say it was the Romans (of course!). And the tradition of adorning a cake with candles comes from the middle ages, when Germans would celebrate children's birthdays with cake in a celebration called Kinderfest.

It's hard to imagine a year going by without celebrating or even acknowledging your birthday. That's because for the entirety of our lives, whether you're 8 or 80, we have lived in an age-conscious society. Until the mid-nineteenth century (around the same time we began to celebrate our birthdays) it wasn't unusual to see one-room schoolhouses teeming with students of multiple ages, or children working alongside adults. Diaries from young adults at the turn of the century show a vast increased focus on age milestones, asking questions such as, at what age should I get married? Or, at what age does one become an adult?

We can also measure the rise of birthday celebrations through the advent of birthday cards. Starting in the 1870s, card manufacturers began by retrofitting Christmas cards, which had only become popular a few decades earlier. Early cards were more akin to a postcard, with an image/phrase on one side and place for the address on the other. It wasn't until the early 20th century that cards adopted the folded design we know today, as card manufacturers began designing cards specifically for birthdays.

Not long after this, card manufacturers experienced a huge growth in the birthday card market with the start of the First World War. Folks all over the world were purchasing birthday cards to send to their loved ones abroad. One such beneficiary was Joyce Clyde Hall. By the 1920s, he was also taking advantage of the growing markets for Easter, Mother's Day, Father's Day, Halloween and Thanksgiving. He and his company, Hallmark Inc., would become a driving force in transforming secular holidays into the commercial craze they are today.

So, as it turns out, Hallmark *is* partly to blame for my birthday celebration each year (even I didn't see that coming when I wrote the intro). Regardless of how you approach your birthday this year, I think the most important thing about it can be summed up in this excerpt from a popular Hallmark card from the 1920s:

The King of England has 'em,
The First Lady of the Land has 'em,
You have 'em – I have 'em – everybody has 'em –,
There's nothing to worry about, until you *quit having* 'em.

Michael Dellebuur
www.copymichael.com

CAREGIVER STRESS – A CRISIS OF HEROES

I witness caregivers struggling to manage their loved one's illnesses. Ensuring daily needs are being met, doctors' appointments scheduled and attended, and medications administered as prescribed, while enduring sleepless nights consumed with worry of what tomorrow will bring, is the role of the caregiver. Whether a spouse, family member, or friend, transitioning into or suddenly committed to assist the dying, the caregiver puts their loved one first, no questions, it's what they do.

While navigating grief and the many emotions it triggers, the caregiver continues day in and day out to ensure the safety and wellbeing of their loved one. They become exhausted. It's witnessed in their voice, their posture, and their face. They walk in with a tired smile, dark circled eyes, exasperation in their voice, barely holding it together they trudge on. Resources are often offered to those who need a break only to hear "no, I am ok, we are managing." Perhaps, not wanting to be a burden to others, they decline help. Their decision respected. All the while, the potential for the hero's crisis is predictable.

We need to do better. Many caregivers suffer their own health crisis and mortality before the one they care for. In a conversation with Kathie Ritchie in October of 2021, Dr. Pauline Boss shares an alarming statistic: 40% of Alzheimer caregivers (55 – 64 demographic) die from stress-related causes before their loved one. In the 70-80 age demographics, 63% died at a higher rate compared to other non-caregivers in their same age group. We can conclude from the statistics provided by Dr. Pauline Boss in her interview, there is a crisis for caregiving heroes, and it can be fatal.

Finding balance for you, the caregiver, is fundamental. As an end-of-life doula, I help my clients to establish a core group of people to walk with them on this journey. A group of people that surround you with their unique strengths. We can embrace and capitalize on these gifts. Our goal is to create and maintain balance. Carrying the load alone, twenty-four hours a day, seven days a week, is a lot of time and can be insurmountable for an individual caregiver. Your chosen circle can surround you and ease the burden both physically and mentally, to bring balance and relieve stress.

As I write this article, dear family friends are navigating COVID. Their circle, or tribe as we are known, was established a long time ago during an earlier health crisis with each person assigned a role. When COVID made its appearance, calls were made and the tribe stepped in to support this journey. The circle shares responsibilities and provides emotional support, bringing balance and relieving stress for our friends.

Often these conversations happen when a life-limiting diagnosis is confirmed. Let's start change, establish our circle, and avoid a caregiver health crisis, now, when we are healthy. This all begins with a conversation. My hope is to spur you to have a serious conversation with yourself, leading to a conversation with those you want to invite into your Circle. Take action to protect your health so you can be there for your loved ones. Who's walking you home? I welcome the conversation to help you with this journey. In 2022, this is a gift to give yourself.

Strength, Love and Light,

Julie Handrahan

End-of-Life Doula, Transition Well
transitionwell.ca

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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KITCHEN TIPS: USE YOUR FREEZER TO REDUCE KITCHEN WASTE

If you think this month is already a tough one to get through, consider this: I just heard about a family who makes it their mission each February to eat everything in their deep freeze. Everything. Down to the bottom. Would you be brave enough to attempt that? I know that at our house by the end of the month we'd be eating one-off perogies, unidentified soups and freezer-burned turkey (but from which Christmas . . .?).

How many times have I lovingly swaddled some leftover food and then tossed it – along with my best intentions – into the depths of the deep freeze? Meals that I didn't like in the first place are certainly not going to be improved by a six-month stay in the cold. But I hate to waste food, so if something is getting close to the end of its life, I'll wrap it, label it and hope to find it again (or not).

All of which is to say that the freezer is an excellent place to store food, just not forever. If you're trying to reduce waste in the kitchen, your freezer can be a great place to start. For example:

- Save vegetable scraps and wilted veggies in a plastic bag. When you have enough, boil them into stock for soup.
- Before you peel an orange or a lemon, wash the rind then use a microplane to remove the zest (coloured part of the peel). Keep it in a small glass jar so that you can identify it quickly and use it straight from the freezer in cooking and baking.
- Peel and cut (or leave whole) overripe bananas. Freeze them separately on a cookie sheet then put them all in a plastic bag or container for longer storage.
- Cut and freeze avocado chunks for smoothies.
- Keep stale bread and buns for breadcrumbs.
- Save the rinds from Parmesan cheese to add flavour to soups and stews.
- Freeze leftover sauces and tomato paste in ice cube trays then transfer them to a bigger container. Or freeze them flat in Ziploc bags so that you can break off pieces as needed.

My best advice for anything you freeze is to label it first. You might think you'll recognize a certain curry or lump of meat months from now, but if my experience is anything to go by, a label is more reliable than your memory. I also put foods into mesh bags: blue for seafood, orange for poultry, black for red meat. That makes it easier to take a quick inventory and to find specific items without having to dig out the entire freezer.

Ann Sullivan

Redwood Meadows Resident

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“He Said”

Home renovation is almost certainly one of the truest tests of a marriage. My wife and I agree we want to add a main floor bedroom and ensuite bathroom to our Redwood Meadows home but planning is at a standstill. I need to break the logjam but it's tricky. My finely honed husband intuition tells me I must be very careful considering what happened the last time we were in this very same situation.

Earlier in our marriage we agreed to remodel our Calgary home. I approached Donna with the perfect redesign of our bedroom. My vision included combining two bedrooms into a larger bedroom plus an ensuite bathroom with an oversize multi-spray steam shower and a wall-mounted urinal. This practical plan met with staunch resistance despite every intricately detailed drawing I presented, revised and re-revised in an attempt to reach a compromise.

Donna's lengthy wish list included a makeup area, a soaker tub and a warehouse sized closet. There were space considerations and choices had to be made. The urinal was a bargaining chip I could let go of in the spirit of give-and-take, but downsizing the shower would be a deal-breaker.

Since Donna expressed difficulty in seeing the big picture, I drew countless plans and produced coloured elevations of views from every conceivable angle. Moments after the latest proposal was presented for discussion, she'd grab a torn scrap of paper or a cereal box top and hastily sketch a new alternative. With her unique drafting style, which lacked any sense of scale, Donna could fit an 18-wheeler into a single bay garage.

I have found planning home renovations with your spouse is like a chess match. You need to think several moves ahead. I chose to open with the demolition gambit because, once a wall comes down or a plumbing fixture is removed, you are committed to a definitive course of action.

With that in mind, while we were still in bed one Saturday morning, I started an impromptu planning conversation about the benefits of removing the wall between our room and the adjacent bedroom.

Donna professed – once again – her inability to envision it. I took this as a clear request for a demonstration.

Continued on next page

“She Said”

A wise sage once said, “Do not let the behavior of others destroy your inner peace.” Clearly they never attempted home renovations with my husband.

Tom and I love our forever home in Redwood Meadows but, as all homeowners know, love is not enough. We agree our house needs serious work. Unfortunately, the agreement ends there. We've been in this situation before and déjà vu is causing me sleepless nights. Years ago, as we approached empty nest status in our Calgary home, Tom dreamed of remodeling our main bedroom and bath. A dream that left us hopelessly deadlocked in the planning stage. Tom complained I couldn't see his vision. I saw it fine and therein lay the problem.

With its enormous shower, wall-mounted urinal and cubbyhole-sized closets, Tom's plan brought to mind a men's locker-room rather than the slice of spa heaven I longed for. There were other problems. Despite the planned expansion into an adjacent spare room, I was told we couldn't accommodate both my coveted slipper tub and my dressing table.

In the proposed bedroom, the allotted closet space wouldn't hold a week's worth of clothing. Tom's response was I owned too many clothes and “choices had to be made”. My response was to remind him of a girlfriend who doubled her closet space by *choosing* to have her husband live elsewhere.

Tom drafted dozens of plans, which I countered with my own sketches. Progress ground to a halt after my last idea. He took one look and said he could drive his SUV through my closet space. “Perfect,” I said. “Don't forget to run it through your carwash-sized shower on the way out.”

Our stalemate continued for months until we had a breakthrough. While lazing in bed one morning, Tom mused aloud about knocking out a wall so I could see the design limitations he was under. Half asleep, I murmured something about not being sure what difference it might make. No sooner were the words out of my mouth when he disappeared. I assumed he was off drafting his latest inspiration and dozed off waiting for his return.

I was in deep REM mode when I awakened to a relentless buzz. I recognized the source of the sound at the exact moment the razor-sharp tip of a

Continued on next page

“He Said”

A Sawzall is an amazing tool. The acquisition of one made me wonder how I'd ever been able to perform any renovation tasks without it. I cleared out the spare room closet and, using the bi-metal demolition blade, quickly sliced an outline around the perimeter of the unwanted wall, nails and all. Sure, there was a little drywall dust, but that could be cleaned up and I knew Donna would appreciate the end result.

I gently lowered the wall to rest on the edge of our bed. In a flash, my wife was standing beside me, a look of awe on her face, leaving no doubt my objective had been achieved.

During our many years of marriage, I have come to understand it is best not to celebrate too exuberantly right after a victory. I remained silent, a modest smile on my face, and gave her time to figure out how to admit my method was, indeed, brilliant.

Once Donna regained her composure, she agreed my actions had a definite impact on her. Just not the one I expected. A good husband knows how to read a room - especially a newly demolished room. I repaired the wall while she dialed the realtor.

That was then. This is now. Donna loves our Redwood home and insists she's never moving again. With that bargaining chip in my pocket, I'm certain my inspired vision will eventually win her over. I'm so confident she'll embrace my ideas for the addition, I'm toying with including a urinal in the next set of drawings. After all...choices have to be made.

Tom McClay

*Sawzall expert, loving husband,
& Redwood resident*

“She Said”

Sawzall blade pierced our bedroom wall. He proceeded to slice it up like a Ginzu knife through a hothouse tomato. I leapt out of bed to stop the destruction and found the door to the adjacent room blocked from the inside. I pushed hard and the door gave way an inch or two. Enough for me to see my off-season clothes pulled from the guest closet and piled haphazardly in front of the door.

I had no choice but to retreat to our bedroom and watch as a steady stream of drywall dust choked the air with each new incision. As the last cut connected to the first, I swear I heard the word “Timber!” before the wall came crashing down. Tom stood in the opening, chalky white from head to toe, with a lottery-winner grin plastered on his face. He was convinced I would have to see things his way now. I looked at the slab of drywall leaning against our bed, the gaping hole in our bedroom wall, and the piles of dust-coated clothing. He was right; I did see things differently. There was *definitely* room for my tub, my dressing table and an even larger closet.

A spirited discussion ensued while we toured the ruins. It wasn't easy but with some give-and-take we found a simple compromise. Tom rebuilt the wall and I planted a FOR SALE sign on our front lawn.

Fast forward many years to living in lovely Redwood Meadows. Tom once again has a vision which requires knocking out a wall to accommodate our main floor bedroom and ensuite addition. Thankfully I learned a valuable lesson from our past experience. I'm ready to sit down for some serious planning... just as soon as I find the best place to hide his Sawzall.

Donna Rud

*Ginzu knife specialist, loving wife,
& Redwood resident*

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FATBIKE TRAIL GROOMING IN REDWOOD

This may be debatable for some people, particularly at the end of a two-week long cold snap, but we can consider ourselves fortunate to live in a part of the world where we can embrace winter. With the infrastructure and natural environment found in and around our community and neighbouring communities, there is a long list of fun winter activities to choose from.

A relative newcomer added to the winter activity list is the sport of fat biking. A fat bike is a bicycle with oversized tires 3.8 inches wide or wider, usually inflated to a lower pressure, to allow for biking over soft terrain such as snow. Though people have been modifying bikes for over a century to accommodate for different terrain, it wasn't until 2001 that an Alaskan frame designer coined the term 'Fat Bike' and it wasn't until 2005 that these types of bikes were sold commercially. Even ten years ago these bikes were seen as strange or a fad, but the sport had grown tremendously since and is now a staple activity for many people.



Two of Redwood Meadows' fat bike pioneers are Bart Frasca and Dave Dunay. As with the evolution of any new sport, they needed a reliable location to practice their sport beyond sidewalks and streets. In came the art and evolution of trail grooming for fat biking. There are more ways to 'groom' a trail than you can shake a stick at, but the concept is the same; to pack or compress snow to knock the air out and consolidate it to form a firmer surface that can be biked on. Adding some friction (more movement) between snow particles to warm them up enhances the process. One of the earliest, though not the most efficient, methods Bart and Dave used was throwing on some snow shoes and stomping through the woods. A little bit of efficiency (and sweat) could be added by towing their kids in a toboggan behind them.

These days the majority of grooming is done by motorized vehicles to produce a higher quality surface, which is faster and saves a little sweat equity. Two years ago with the encouragement of Bart and Dave, Redwood Meadows Community Association purchased a Snowdog, which is a tracked machine with a sled hooked behind that the operator stands on and leaves a corduroy finish that increases the strength of the surface. These groomed trails end up being used not just by fat bikers, but also by most everyone in our community, from dog walkers to trail runners. We can all benefit and enjoy the firmer trail this machine and the operators produce. Big thanks to Bart and Dave for making this happen.

We are lucky to have other high quality groomed trail networks close by, including West Bragg Creek where staff and volunteers maintain and groom trails with tracked motorcycles. In Kananaskis Valley I am fortunate to groom out some trails with a snowmobile and drag implement, and in Canmore the local bike association uses the Snowdog as well at the Nordic Center.

So whether on fat bike, foot, skis, snowshoes, or being towed behind your parents in a sled, hopefully you are able to get out and enjoy the trails and winter wonderland (must be warmer than -20°C to be seen as such) that surround our community.

Alex Mueller
RMCA Treasurer



Linda A. Anderson

Barrister & Solicitor, Notary Public

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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 blocks, i.e., top number for a column is the top, block, and left-most number for a row is the left-most block.

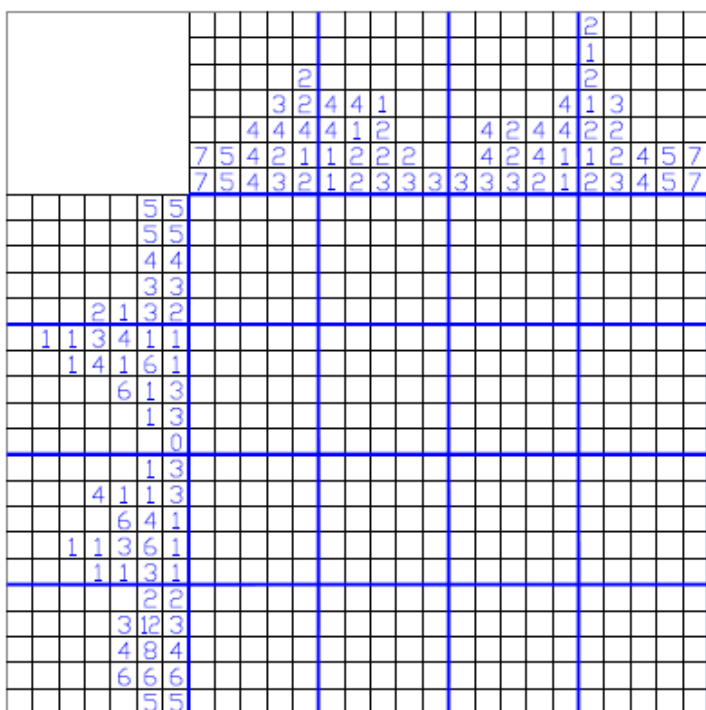
The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

CAT FOOD





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MORTGAGE MATTERS: VARIABLE MORTGAGE RATES

Last month we talked about factors that determine fixed mortgage rates. Now we'll address variable mortgage rates and the factors that may cause a variable rate mortgage rate to move up or down.

The Bank of Canada

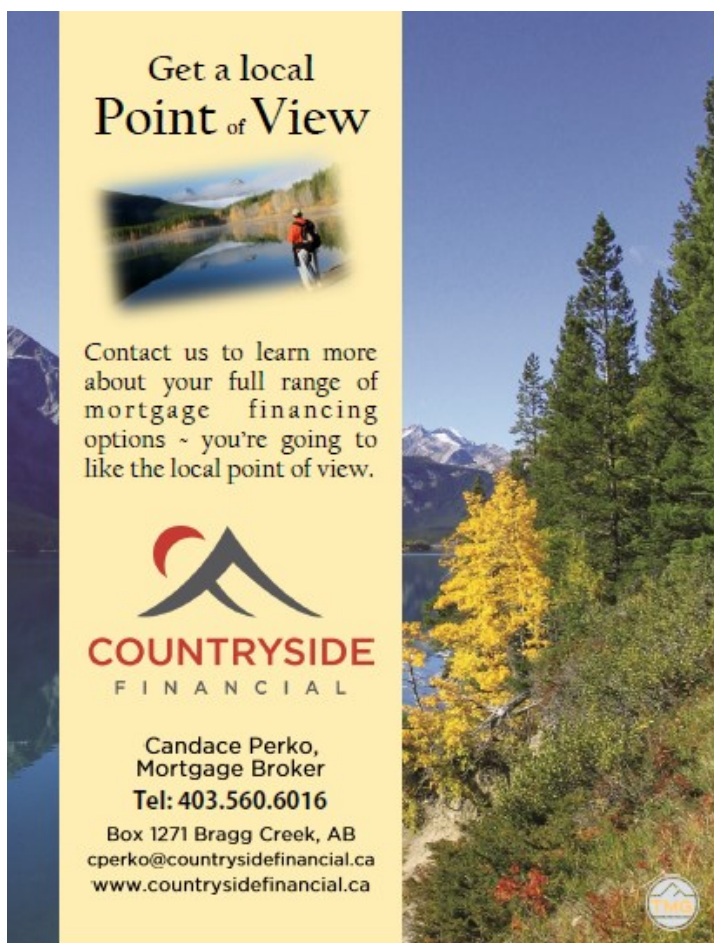
To start, we need to recognize the relationship between the Bank of Canada—Canada's central bank—and our chartered banks. The Bank of Canada is the federal organization responsible for Canada's monetary policy, our actual money, our financial system, and is also a bank to the banks. They provide 'loans' to chartered banks and charge an interest rate called the "overnight rate".

Overnight Rate

The overnight rate is the interest rate in which banks borrow and lend one-day funds amongst themselves. It is also known as the key interest rate, or the key policy rate. The overnight rate is directly influenced by the state of our economy whether it is a period of inflation, low-inflation or deflation. So, if our economy is growing more quickly than expected wages and prices start to rise, the overnight rate will increase to slow the chance of inflation. Whenever the economy starts to weaken and people stop spending, the Bank of Canada will do the exact opposite; lower the interest rates to balance things out. The Bank of Canada does this by adjusting the target for the overnight rate on eight fixed dates each calendar year.

Setting the Prime Rate

Similar to the way a mortgage rate would influence your purchase decision, the overnight rate influences the chartered banks borrowing and therefore what they choose to set as their own prime-lending rates—the rates offered to their best customers. The overnight rate changes the cost of lending/borrowing short-term funds and therefore influences the prime rate. Since variable mortgage rates are linked to prime rates, when prime rate goes up, so to will your variable mortgage rate and monthly payments.



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Prime +/-

Variable mortgage rates are advertised as Prime plus or minus X%, for example Prime -1.00%, which means that the interest rate you pay is directly related to the Prime Rate and will fluctuate whenever prime changes.

Example

Let's say the current overnight rate is 0.25% and the major banks' prime rate is 2.45%, and at the time your variable mortgage rate is Prime - 1.00% ($2.45\% - 1.00\% = 1.45\%$).

If the Bank of Canada increases the overnight rate from 0.25% to 0.50% (an increase of 0.25%), the banks will likely follow suit and increase their prime rate by the same 0.25% to ($2.45\% + .25\%$) 2.70%. Your variable mortgage rate will also change due to this increase in the prime rate, making your new variable mortgage rate $2.70\% - 1.00\% = 1.70\%$.

Variable rate mortgages continue to be priced very low as of this writing. Variables also have the added appeal of potentially lower prepayment penalties and better prepayment allowances.

Candace Perko
Area Mortgage Broker

SPORTS TRIVIA

1. In which golf tournament is a green jacket awarded to the winner?
2. In which sport was Nolan Ryan famous?
3. Which professional golfer won the United States Amateur Championship in 1954?
4. Which of golf's four Grand Slam tournaments is played at the same course each year?
5. In a sanctioned soccer match, who normally signals that a player is offside?
6. AMERICAN FOOTBALL - Which NFL team plays their home games in Tampa Bay?
7. Which NFL quarterback was nicknamed "Broadway Joe"?
8. Major League Baseball's great Babe Ruth appeared in his most World Series with which team?
9. Who was the first jockey in history to ride two horseracing Triple Crown winners?
10. Which tennis legend from Switzerland won the 2009 French Open Championship in men's singles?
11. What sport are you playing if you're trying to sweep a rock towards the house?
12. In what sport would you use an épée?

Questions provided by FunTrivia
Answers on page 21



Story Walks® in our communities

Have you seen the book pages along the Banded Peak School pathways and in the 'Back 40'?

Maybe you read the story you found posted around the Bragg Creek Community playground or the tale posted around the Redwood Meadows tennis courts? Jessie Pepin, Cochrane Public Library Programming & Community Outreach Librarian posted three children's stories around our communities this past fall. If you have a case of FOMO check out the next story at either the Bragg Creek community playground, Banded Peak School/Back 40 pathways, or Redwood Meadows.

For more information contact:

Shannon Parker,
Bragg Creek and Redwood Meadows Wellness Network
shannoniaparker@gmail.com; 403-771-5714
Jessie Pepin, Programming & Community Outreach
Librarian, Cochrane Public Library
jessie.pepin@cochranepubliclibrary.ca; 403-932-4353

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KIDS CRAFT—VALENTINE'S FOX

Materials you will need:

- Red, white & black paper
- Scissors
- Glue stick

Instructions:

Step 1: Fold the red paper in half and cut out half of a heart shape like in the photo. Open it up.

Step 2: Fold the white paper over and cut out two identical tear drops – they become the white patches on the face.

Step 3: Fold over the leftover red paper and cut out triangles for two identical ears. Repeat this process with the white paper for the inside of the ear.

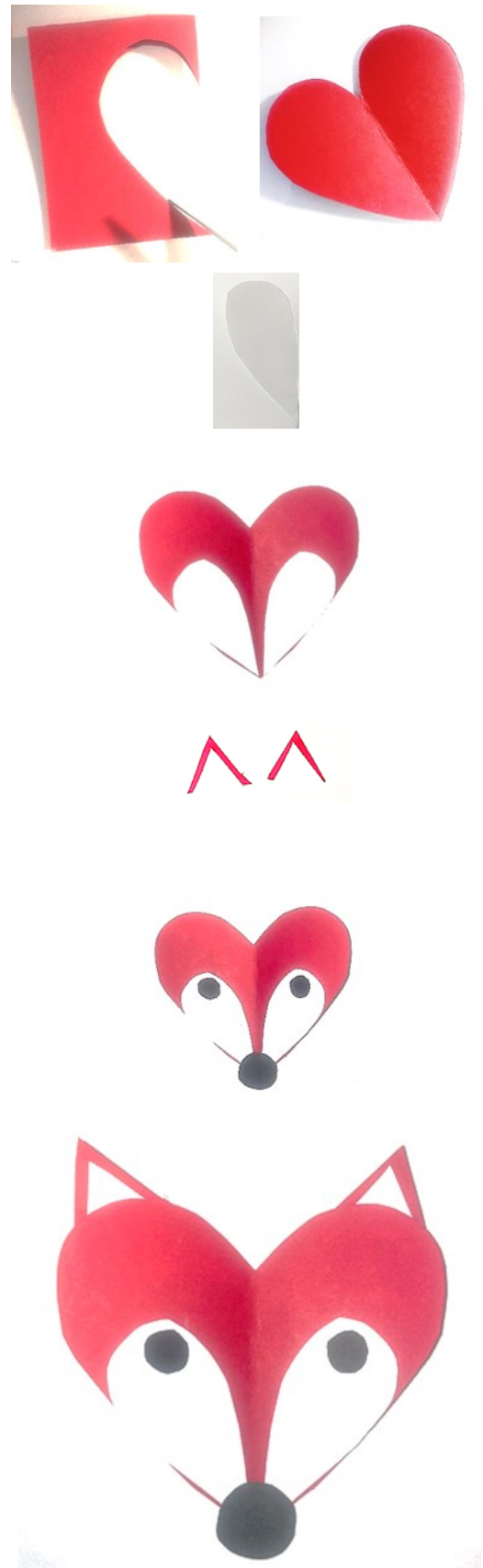
Step 4: Using the black paper, cut out a larger square and two smaller squares. Then cut these into circles, while turning, turning, turning the paper.

Step 5: Glue and assemble the pieces by affixing the white tear drops with the pointy side to the bottom of the heart, closest to the edge.

Step 6: Glue the large circle on as a nose and the two smaller circles as eyes.

Step 7: Glue the white triangles onto the red triangles. Glue these as ears to the top of each side of the heart.

Step 8 (optional): Write a personalized message on the back.



HAPPY VALENTINE'S DAY

Provided by Sonja Allen

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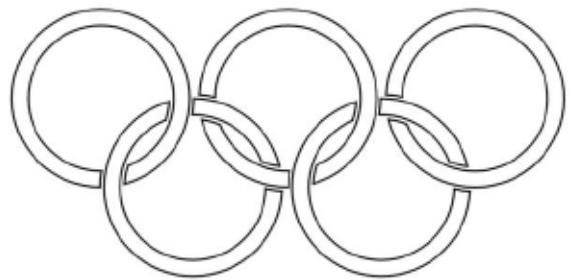
LAST SEEN

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OLYMPICS



Colour the ring on the top right red.

Colour the ring on the bottom left yellow.

Colour the ring on the top left blue.

Colour the ring on the bottom right green.

Colour the ring between the blue and the red rings black.

Fill the gaps: world colours five rings flags

There are _____ interlocking _____.

The _____ represent all the _____

of the _____.

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Word Search – Winter Olympics 2022

B V F U I E G X M O H B S K I C R O S S
K I W M W V N E U K T S G Y C C B Q B J
L D X W T A L P I N E K B G S G O V E S
M B O X V U O Q J D O A C H K C B U I A
C I F W D U N L L B Q T Z V E Q S S J I
R A L H N X G H Y S Y I B A L V L P I Q
O T T O Y H V Z U M Z N N G E R E E N I
S H H C T S I B K G P G V L T K I E G T
S L U K K K K L V J B I O Z O P G D L C
C O C E F I M V L P L B C I N O H S U Q
O N F Y P J C U R L I N G S U Q N K G B
U Y E E G U F X C Q Y M S X V V G A E X
N K S T C M M Z H X Y A O L J D J T U B
T E P S Q P S V B Y O N B G A C N I V R
R K D M K I D Y H B N H I P U L U N A A
Y G M E L N S A D V X F C L E L O G E F
F X H P R G F N O I K T D H V T S M Q O
F R E E S T Y L E V N Y S O I C K F Z D
B Y Q V F I G U R E L S W Q D N O A T D
S N O W B O A R D I N G Z I W M A F A P

WORD LIST:

ALPINE
BEIJING
BIATHLON
BOBSLEIGH
CHINA
CROSS COUNTRY
CURLING
DOWNHILL
FIGURE
FREESTYLE
HOCKEY
LUGE
MOGULS
OLYMPICS
SKATING
SKELETON
SKI JUMPING
SKICROSS
SLALOM
SNOWBOARDING
SPEED SKATING

REDWOOD MEADOWS—BABYSITTERS LIST

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Ella	12	Babysitter Course	403-470-6411
Griffin	14	Babysitter Course	403-408-6998
Hunter	14	Red Cross Home Alone, Babysitter Course	403-874-4402
Kinley	13	Babysitter Course	403-899-4914 kinleyroberts13@gmail.com
Kyle	14	Babysitter Course	403-470-6411
Lila	14		403-860-9525
Mackaela	16	Babysitters License, Standard First Aid, CPR-B	403-969-6732 macarchabault@gmail.com
Sawyer	16	Red Cross Home Alone, Babysitter Course	403-312-8676
Shawn	12	Red Cross Home Alone, Babysitter Course	shawnmacpherson08@icloud.com

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Sports Trivia Answers

1. The Masters
2. Baseball
3. Arnold Palmer
4. The Masters
5. Assistant referee
6. Buccaneers
7. Joe Namath
8. Yankees
9. Eddie Arcaro
10. Roger Federer
11. Curling
12. Fencing

Join Us At Our Upcoming
Community Events!

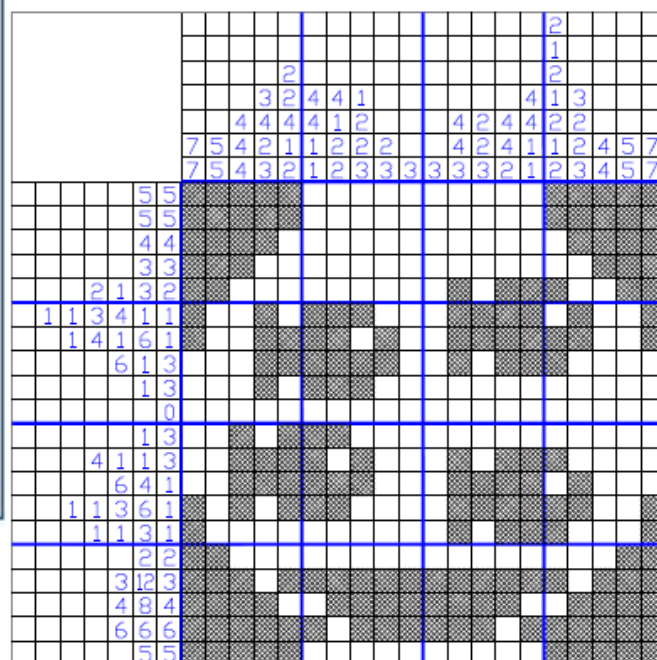
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PICAPIX SOLUTION CAT FOOD



FEBRUARY

EVENTS & BOOKINGS

February 2022							Print	Week	Month	Agenda
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
30 11:00 Karmik Skate lessons - R 16:00 Karmik Skate lessons - R 18:00 Rink Bears Hockey-U11 18:15 Tae Kwon Do 19:30 Rink-Bears Hockey U18	31 13:00 Wolf Willow Seniors Walk 16:00 Karmik Skate lessons - R 18:00 Rink Bears Hockey-U11 18:15 Tae Kwon Do 19:30 Rink-Bears Hockey U18	1 Feb 16:00 Karmik Skate lessons - R 17:45 Rink- Bears Hockey U7&U8 19:00 Council Meeting	2 13:00 Wolf Willow Seniors Walk 18:00 Rink Bears Hockey-U11 19:30 Rink-Bears Hockey U18	3 18:15 Tae Kwon Do	4 13:00 Wolf Willow Seniors Walk	5 09:00 Rink- Bears Hockey 19:00 Redwood Adult Rec Hock				
6 11:00 Karmik Skate lessons - R 16:00 Karmik Skate lessons - R 18:00 Rink Bears Hockey-U11 18:15 Tae Kwon Do 19:30 Rink-Bears Hockey U18	7 13:00 Wolf Willow Seniors Walk 16:00 Karmik Skate lessons - R 18:00 Rink Bears Hockey-U11 18:15 Tae Kwon Do 19:30 Rink-Bears Hockey U18	8 16:00 Karmik Skate lessons - R 17:45 Rink- Bears Hockey U7&U8	9 13:00 Wolf Willow Seniors Walk 18:00 Rink Bears Hockey-U11 19:30 Rink-Bears Hockey U18	10 18:15 Tae Kwon Do	11 13:00 Wolf Willow Seniors Walk	12 19:00 Redwood Adult Rec Hock				
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