

Chatter

Read the CHATTER online at www.redwoodmeadows.ab.ca Let's get social!

Follow us on: @Redwood Meadows



Hello Redwooders and Neighbours,

If you are anything like me, we welcomed the holiday season, enjoyed it, ate so many good treats, celebrated with wonderful friends and neighbours...and now I'm ready to forge ahead in 2023.

I would like to acknowledge and express gratitude for the amazing people who live in our community. Just off the top of my head, in the past year, I can think of neighbours and friends who have brought my family food and treats when we were struggling (or for no other reason than to be nice), who have fixed my clothes dryer when I thought I would need to buy a new one, who have been supportive of my family's journey in foster care by donating time, clothing, toys, and mentorship, and who have helped with driving when my schedule was overloaded. We have neighbours who planned cul de sac potlucks and pumpkin carving events, and who organize the community to participate in athletic events or to volunteer. Other neighbours are so great about planning get-togethers so I can remember to have fun and not just go about my daily routine.

In short, we live in an awesome community with truly special neighbours. My family tries to reciprocate as best as we can, but we'll never to be able to give as much as this community has given to us. Thank you Redwood for making this such a great place to live!

Rebecca Parzen

Chatter Editor, on behalf of the Chatter Team



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REDWOOD EVENTS AND ACTIVITIES

PLAY GROUP

Tuesdays | 9:30 - 11am | Redwood House

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

EXERCISE CLASSES - ANN SULLIVAN

Mon, Wed, Fri | 9 - 10am | Redwood House

\$120 for 10x pass, \$15 drop-in. First class free to try.

Email Ann at anns@safari.ca for more details.



Calling All Chatter Enthusiasts:

We are looking for contributors (YOU!) to make the Chatter the best it can be. Make a submission once or commit to a monthly article.

Please send your submissions to *theredwoodchatter@gmail.com*.

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!

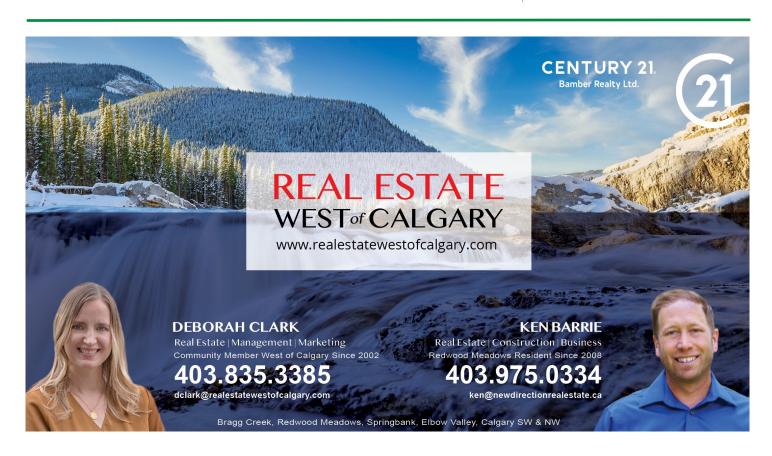
centerpiece workshop







RM COMMUNITY GARDEN | 2022



TOWNSITE UPDATES

THE RINK IS OPEN

Thank you to our great volunteers for their late night flooding. Please be respectful and share the space with your neighbours. Family Skate time is every Sunday from 12-4pm (remember no sticks or pucks).

SOCIETY MEMBER REGISTRATION

All residents over the age of 18 years are eligible members of the Townsite of Redwood Meadows Administration Society. All To register, please contact the Townsite office at admin@redwoodmeadows.ab.ca or 403-949-3563.

CRIMINAL RECORDS CHECK

If you require a criminal record check or vulnerable sector check, please call the Tsuut'ina Police and make an appointment. They are open Monday-Friday from 8am to 4pm and can be reached at 403-251-9660.

TOWNSITE OFFICE

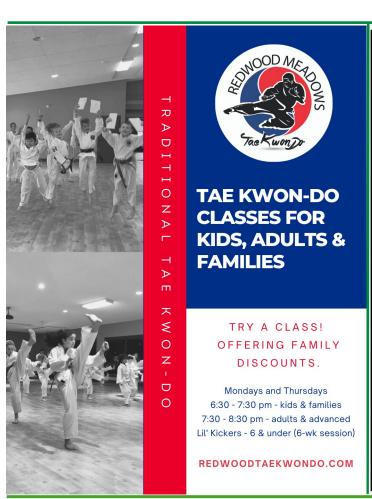
1 Manyhorses Dr. | Redwood Meadows | T3Z1A4 403-949-3563 | admin@redwoodmeadows.ab.ca Hours: Monday to Friday | 8:00am - 4:30pm

RMCA CONTACT INFORMATION

1 Manyhorses Dr. Redwood Meadows | T3Z1A4

info@rmca.ca

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





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

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: $2 \frac{1}{2}$ " h X 3 $\frac{3}{4}$ " w Quarter Page (vertical): $4 \frac{7}{8}$ " h X 3 $\frac{3}{4}$ " w Quarter Page (horizontal): $2 \frac{1}{2}$ " h X 7 $\frac{1}{2}$ " w Half Page (vertical): $9 \frac{3}{4}$ " h X 3 $\frac{3}{4}$ " w Half Page (horizontal): $4 \frac{7}{8}$ " h X 7 $\frac{1}{2}$ " w Full Page (vertical): $9 \frac{3}{4}$ " h X 7 $\frac{1}{2}$ " w

PNG 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 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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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	in fo@braggcreek plumbing and heating.com / www.braggcreek plumbing and heating.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@realestatewestofcalgary.com / realestatewestofcalgary.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@emergo.ca / www.emergo.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 / realestatewestofcalgary.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.mountainsedgerenovations.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

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

CANADIAN TAI CHI ACADEMY

Health for Body, Mind, and Spirit

New Beginner Class in Bragg Creek

Weekly Class Starting January 2023 Tuesday evenings 6:30 - 7:45 pm at Snowbirds Chalet, 19 Balsam Avenue

Demonstration & Registration

6:30 pm, Tuesday January 24, 2023

First Class

6:30 pm, Tuesday January 31, 2023



More Information: 403-949-2933

canadiantaichiacademy.org

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





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Hello 2023!

2022 saw your volunteer firefighters invest almost 15,000 hours in the community responding to calls, attending training/courses, and being ready on standby shifts. Other fire department activities such as administration, inspections, and attendance at community events are not included in that number.

At time of writing, Redwood Meadows Emergency Services (RMES) has attended nearly 400 calls in 2022— one of our busiest years since the floods in 2013. Almost half of the calls were medical in nature, a quarter of the calls were for rescues including vehicle accidents, approximately 20% were for fires, and the rest were "other" (wires down, trees on house, vehicle lockouts, hazmat, etc.)

Additionally, RMES members issued 72 burn permits and conducted 52 FireSmart assessments, six firepit inspections, and two home safety surveys.

It continues to be an honour and a privilege to serve Redwood Meadows and the surrounding community.

Until next month, stay safe.



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	403-709-0010		
https://rwemploymentservices.com/			
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 RMCA		
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

403-851-2250 | sherry.grund@cochrane.ca

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BRAGG CREEK WILD: LIVING WITH WILDLIFE IN OUR ALBERTA WINTER

Many of our wild neighbours have disappeared from our lives for a few months, some hibernating, some in a state of "torpor" (such as bears), and some who have migrated to warmer climes until spring.

But there are still lots of them around, and unfortunately the ones who stay put can come to be seen as a nuisance in winter. Squirrels, for example, are on the lookout for food sources, and can often be seen raiding bird feeders—more on that later. Racoons (yes, they've been spotted in Bragg Creek and Redwood Meadows very recently) are infamous raiders of garbage bins.

Obviously, we can avoid encouraging potential nuisance visitors by using the same caution we use the rest of the year, like being careful with garbage. "Nuisance" occurs where humans and wildlife have unwanted encounters. There's a range of causes for negative interactions with wildlife, but there's a lot we can do to mitigate them: some long term, some immediate.

According to most recent figures, human population on our planet reached 8 billion in November 2022. But we're only one among 8 to 10 million other species on the planet, according to biodiversity expert Andrew Gonzalez, speaking on CBC radio about the United Nations Convention on Biological Diversity COP15 "30 by 30" biodiversity initiative. All species have a role to play in the complex network of life on the planet, though sometimes what they need to do to get by can seem to get in the way of what we humans want. That's when we sometimes see them as a "nuisance".

Habitat loss and fragmentation lead to increased wildlife presence in human residential areas, whether in the city or smaller centres like Redwood Meadows and Bragg Creek. At policy level, we can work to ensure wildlife corridors are respected when planning development. When we are making changes to our individual





properties, we can ensure we don't block them with impenetrable fencing, for instance, or that we don't chase them away with excessive human activity.

In the short term, though, there's a lot individuals can do by following guidelines like:

- Don't leave attractants lying around keep garbage etc. locked up in sheds and garages.
- Don't feed wildlife that way they won't become habituated.
- Allow wildlife free passage through the landscape so they can move on easily.

Winter is a time of scarcity for wildlife, a hungry time. Even moose and deer struggle, grazing where they can on twigs, dry grass, bark and other brush. They need to conserve precious energy by doing as little as possible. In the winter we can help wildlife by "leaving the leaves", allowing brush piles to offer shelter to smaller mammals, not disturbing them when they need to conserve energy – exercise patience on the roads and the trails (don't scare them so that they have to run off).

Many of us feel that we can help birds that stick around in the winter by feeding them. The truth is that birds have survived Alberta winters for many millennia without human help. Those who are not evolved to withstand this cold, fly south. If we can't resist the urge to leave food for them, though, we can observe a few key pointers to make sure we don't cause problems for those birds:

- Keep cats indoors so they don't pose a threat to birds coming to our bird feeders.
- Put bird feeders away from the house, so the birds don't mistakenly fly into windows.
- Use feeders that don't allow squirrels and the like to get into them.

Let's stay alert to what will harm and what will help our wild neighbours at this time of year! As always, if you do sight wildlife—either alive or not—please report it using our online form. This is so

useful for us to know where to focus conservation efforts, and we particularly want to keep tabs on animals

killed on our roads at this time of year.

Bragg Creek Wild Online Reporting Form



Provided by:







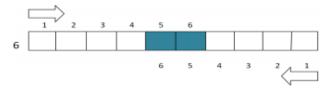
PICAPIX PUZZLE

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.

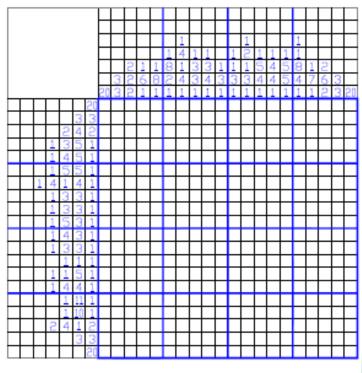
The "logic count method" shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

ROUND ABOUT





MORTGAGE MATTERS: TO LOCK IN OR NOT?

On December 7th, the Bank of Canada made another 50-basis-point increase to its benchmark rate in its final policy rate announcement of the year. This marks the first time this rate has surpassed 4% since 2008 and the seventh consecutive rate jump this year. This corresponds to a current prime lending rate of 6.45%.

Given the recent Bank of Canada rate increases and the comment "will be considering whether the policy interest rate needs to rise further", there is no easing of concerns for more increases yet to come. Many are wondering if they should be locking in their variable mortgage rate. Higher variable rates were inevitable, but no one anticipated the speed and pace that has occurred.

Many are pondering ... should I lock into a fixed rate now?

If continued increases--and/or the increases that have already happened—are affecting your sleep-at-night factor, then it may be worth locking into a fixed rate. Losing sleep and stressing out over a mortgage rate is not worth it, perhaps a more stable payment for your peace of mind is just what you have to do.

Besides the sleep-at-night factor, other important considerations are:

- What is the true effect of more variable rate increases on your monthly cash flow?
- What is the current cost of fixed rates?
- Will your current lender even allow you to switch into a fixed rate? If so, at what rate? Any fees?
- If fixing with your current lender, what are the fixed rate prepayment penalties and terms/conditions?
- What is the penalty cost to break your current variable rate mortgage?
- Are you anticipating any major life events? Will you be moving or refinancing soon anyway?

Switching to a new lender may provide:

- Better terms and conditions, which is just as important as the interest rate.
- More suitable features, like splitting into a multimortgage product or adding a line of credit.
- Some lenders have promo rates or cash rebates.

But the downside is you will have to re-qualify with any new lender.

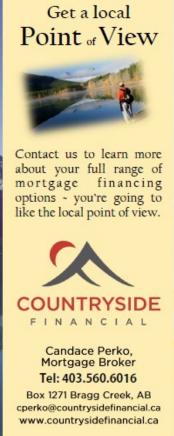
If you've decided to lock-in, get started:

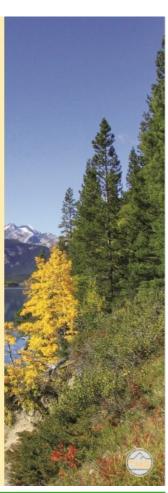
- Contact your current lender and see what their best fixed rate to lock in will be. Make sure to ask about any additional administrative fees or additional costs you may incur. Lenders may require you to lock in for 5 years or at least the balance of your term (if you are in year two of a 5-year term for example, you must lock in for at least 3 years).
- Contact your favourite mortgage broker armed with that information. A trusted broker can advise if you should stay with the current lender or if there are better rates and terms elsewhere.

It is important to remember that history has shown that those who stay the course with variable rates have saved more interest costs over time. Just like stocks, markets move up and down and sticking it out longterm has proven the better savings over fixed rates.

The next scheduled date for announcing the Bank of Canada overnight rate target is January 25, 2023.

Candace Perko, Area Mortgage Broker





BABYSITTER LIST

NAME	<u>AGE</u>	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 dreekangles@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

DISCLAIMER: THE CHATTER PROVIDES THIS LIST SOLELY AS A SERVICE TO THE COMMUNITY, IT IS THE RESPONSIBILITY OF PARENTS / GUARDIANS TO CHECK ALL CREDENTIALS AND REFERENCES BEFORE HIRING A CAREGIVER FOR THEIR CHILD (REN).



Have you heard? Landscaping can be done in Winter! Shoulder seasons of late fall and early spring are also ideal landscape months

Benefits Are

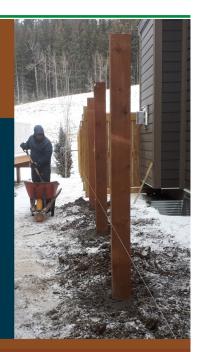
- The structural landscaping is completed before the growing seasons starts
 Plantings are able to capitalize on a full growing season

 - Less ground disturbance and mud, due to frozen earth
- Wood doesn't have the same swelling and shrinking common in the spring

Structural Landscaping Best Suited for Winter: Deck & Fencing • Excavation • Walls and Patios

Project PlanningGet concepts through design and estimate so your project can be scheduled into the current season

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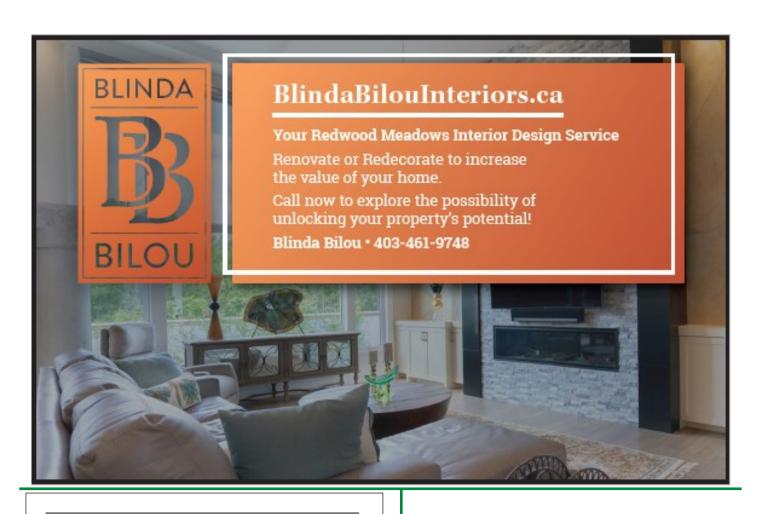
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Barrister & Solicitor, Notary Public

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linda@linda and er son law.com

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Including -Divorce, Pre Nuptial & Co-habitation Agreements

- SMALL BUSINESS

PICAPIX SOLUTION

ROUND ABOUT

