






Chatter

- IN THE WOODS -

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

Let's get social!

Follow us on:   
 @Redwood Meadows

*H*ello Redwooders and Neighbours,

Summer is here and we all need to do our part to keep Redwood beautiful. Please participate in the **Community Clean Up** event happening this Sunday, June 6th (see poster on back page for more details).

RMCA is busy planning a **Canada Day Parade** for July 1st. Please consider entering a car or float to promote your business or organization...or just for fun! Entry is free, but the joy to be spread throughout the community is priceless! Send inquiries to events@rmca.ca by June 23rd to participate.

Thank you for your continued support of the Chatter. We will be back in September after our summer break.

Warm Regards,
Rebecca Parzen



INSIDE THIS ISSUE

RMCA Message	2
RMCA Updates	3
RM Townsite Council	4
Townsite Updates	6
Local Business Listings	7
RM Emergency Services	8
BCCA Updates	9
National Indigenous History Month	10
RM Resource List	11
Ramblings from the Garden	12
Green Gripe	13
Chatter Stories – Fiction	14
Mortgage Matters	16
Kidz Contribution	17
Nature Corner	18
Kids Activity Page	20
Babysitter Listings	23

A MESSAGE FROM YOUR FRIENDLY RMCA



Dear Redwood Meadows Residents,

This past year has brought changes in our lives that we could never have predicted. With summer rounding the corner I want to thank our community members for your continued support!

I'd also like to thank our community volunteers for sharing their time and expertise. You have added tremendous value to our community! With your help, we have fostered connections in VERY challenging times through Santa in the Woods, collecting food for the community, candy cane deliveries, skating, February Neon Skate Night, delicious concession baking, March Scavenger Hunt, the Easter Scavenger Hunt and the May Seedling Sale. We have even received approval for a community garden. This was all made possible because of volunteers like you!

We've listened and you've told us how important special events are to the community. But to continue to do events, we need you. We could continue to put on events with the same handful of people, but it does not reflect the diversity of ideas and values in our community, and it limits the possibilities for innovation.

With that said, Canada Day is coming up. It is always so much fun here in Redwood, but we need your help! Movie nights can only happen in the summer with volunteers like you. We need a Volunteer Coordinator immediately. Please reach out if you or anyone you know can help! Even if only part time.

We are starting to see the light at the end of the COVID tunnel. In the handful of years my family has lived here, I've learned that Redwood is a connected community with bold, brave, dauntless residents. People with heart and soul for the simpler things in life. And people who care about their neighbours.

I would like to wish you all a very BRIGHT and JOY-FILLED summer.

Sincerely,

Jennifer Illescas

President, Redwood Meadows Community Association

Our 1st Annual Seedling Sale was a success!



You helped us raise over \$1,100 for our community garden!

A special thank you to Stone Creek Gardens for their beautiful locally grown plants, Townsite and Council for assisting in the payment at the concession and all our volunteers who contributed in countless ways.

RMCA UPDATES

COMMUNITY CLEAN UP

Tired of seeing trash scattered around Redwood? Let's do something about it! Collect a garbage bag full of litter from the community's public areas and trails to receive a super cool Certificate of Appreciation as well as a coupon for a free treat from the concession. **Bring your garbage to the bin behind Redwood House: June 6th; 4pm – 4:20pm.**

CANADA DAY PARADE—CALL FOR PARTICIPANTS

RMCA is busy planning a parade for Canada Day (July 1) and we need participants to make the day great! Entry is free, but the joy you will bring to our residents is priceless. Businesses and community groups only need a vehicle with a sign. We are also looking for musicians, classic cars, floats, and new ideas. **Send an email to events@rmca.ca by June 23rd to register.**

SEEDLING SALE

Thank you to everyone who participated in the very successful seedling sale. Together we raised over \$1000 that will go directly to the construction of the Redwood Meadows Community Garden! The Garden Committee is grateful to everyone who supported our cause and we are already looking forward to doing this again next year.

Send inquiries to
VOLUNTEER@RMCA.CA

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A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



Welcome to June in Redwood Meadows!

May was certainly an eventful month with another COVID lockdown and many people pondering when this will ever end. It is at times like this that I truly appreciate where we live and the freedoms that affords us. I do have faith that we will get through this before too long.

Regarding COVID, the Townsite office is still open by appointment but staff continue to work from home where possible. Our Director of Emergency Management Councillor Ed Perkins will update the community as the situation evolves.

You may have noticed the survey markers around the sports field. The Townsite will be commencing repairs to bring the field up to competitive standards making it suitable for organized sports and safer for all users. Tennis court resurfacing will also commence shortly with the addition of pickleball lines. You will notice that the concession at Curtis field will be open more regularly as the weather improves and summer approaches. This is proving very popular with kids, young and old. Come join us on the weekends for a snack or ice cream.

The installation of our new Townsite-owned fibre internet line is complete, and we expect to see more alternatives for connectivity for our residents over the next couple of months. Installation of our new LED streetlights has experienced a small delay, but the project should be underway shortly.

The aerial BTK Spruce Budworm control program is expected to start as soon as directed by our entomologist. Watch for updates on our website and the Friday updater. Townsite will communicate the exact days and time for application, anticipated sometime late May or early June.

We just completed our second virtual AGM which went off without a hitch. We are getting pretty good at this but certainly hope this is the last time we must meet this way. Thanks to everyone who presented and for those of you that took time away from a beautiful evening to join us. It was great to have one of these meetings without the timing of a new lease agreement dominating the agenda!

Speaking of the lease, we are now approaching 90% of our residents who have started or completed the registration process. Remember – you must have this **completed** by the end of June to take advantage of the 90-day signup window. We advise starting the process no later than the 1st of June. Please contact Townsite with any questions or e-mail redwoodlease@redwoodmeadows.ab.ca.

On a final note, this will be my last Chatter contribution as Mayor. I will be stepping down in June to spend more time with my family. It has been a great honour to be able to serve you for the past eight years. We have accomplished much over that time from the rebuilding of our berm, updating our bylaws, opening our new maintenance facility and rink, improved internet and of course the signing of the lease extension. I look forward to being able to enjoy our community as a resident again!

Thanks for all your support over the years!

Mayor Paul Sawler, on behalf of Redwood Meadows Council

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	\$30/month
Quarter Page	\$44/month
Half Page	\$63/month
Full Page	\$120/month
Business Listing	\$50/year (10 months)

ADVERTISEMENT SIZES

Business Card:	2 ½" h X 3 ¾" w
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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



**We want what you
have to say!!!!**
Contribute to the chatter today

REDWOOD MEADOWS TOWNSITE UPDATE

PARADE OF GARAGE SALES

Saturday, June 5.

Email admin@redwoodmeadows.ab.ca to have your address included on the map.

RUGBY IN REDWOOD

Starting June 4th, Fridays 6:30-8pm

Peak Ambition Rugby is partnering with Redwood Meadows to bring FREE rugby classes to kids ages 8 and up. The concession will be open so parents can enjoy a snack or dinner while the kids play. To register, email admin@redwoodmeadows.ab.ca.

REDWOOD MEADOWS COMMUNITY MARKET

The inaugural Redwood Meadows Community Market is coming this June! Sundays from 9am to 2pm. Stay tuned for more information. Email: market@redwoodmeadows.ab.ca for vendor packages and information on sponsorship opportunities.

ALIEN IN-LINE SUMMER CAMP IS COMING TO REDWOOD

Alien In-Line offers summer camps for kids 6-12 years of age. Information and registration can be found online at <https://alieninline.com/summer-camps/>. Questions can be directed to camps@alieninline.com.

SPRUCE BUDWORM UPDATE

Townsite has obtained a permit from Transport Canada for an aerial application of Btk. The application is anticipated for June and will occur over two days (with a possible 7-10 day gap in between), from 5am-8:30am. Closer to the date, a communication campaign will be delivered so all residents are aware and can plan accordingly.

BYLAW REMINDER—GARBAGE AND WILDLIFE

With the new lease signed, many homeowners, both new and old, are starting to plan for property additions and improvements. Please remember to submit development and accessory structure permit requests to admin@redwoodmeadows.ab.ca.

CURTIS FIELD RESURFACING

Work has begun to resurface our playing field. The affected area will be fenced off to allow proper grass growth. Thank you in advance for your patience.

TOWNSITE OFFICE

The Townsite Office will be closed and only accessible by appointment. Staffing will be intermittent and only present for essential services until gathering restrictions are lifted. Thank you for your patience and understanding during these challenging times. Phone: 403-949-3563. Email: admin@redwoodmeadows.ab.ca

SAVE THE DATE

For the Redwood Meadows

Parade of Garage sales!

Saturday June 5th

If you would like your address included in the map of sales please email admin@redwoodmeadows.ab.ca

Subject to COVID-19 restrictions on that date



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@realestatewestofcalgary.com / realestatewestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
KarmiK Sport & Personal Development	403-408-6998	karmikathletics@outlook.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 / 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 (comm & res welding)	403-589-6594	bdbilou@gmail.com
Resource & Support Services in Bragg Creek	403-851-2286	wendy.farnsworth@cochrane.ca

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

<p>Geeny Chair Yoga classes online with Zoom and Mobile R</p> <p>Contact: geenyinabottle@shaw.ca or call Gina 403-462-6004 \$80 for 8 weeks.</p> <p>Choose one of these classes: Monday: 9:30-10:30 am Tuesday: 11:10-12:10 pm Wednesday: 9:45-10:45 am</p> 	<div>  <div> <p>DOUG TUTTLE bcph@xplornet.ca Ph: 403-931-0486 Fx: 403-931-1617</p> </div> </div> <p>Box 1148, Bragg Creek, Alberta T0L 0K0</p> <p>COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER</p> <p>www.braggcreekplumbingandheating.com</p>
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REDWOOD MEADOWS EMERGENCY SERVICES

*W*ildfire season is here!

We make our homes in the beautiful forest, and hot weather teamed with dry conditions and high winds are priming us for another significant wildfire season.

Here are some tips to help get your home ready for wildfire season:

- Clear leaves and debris from gutters, eaves, porches and decks to reduce chances of embers igniting your home.
- Remove dead vegetation and other items from under your deck or porch and within 10 feet of the house.
- Screen or box-in areas under your deck or porch to prevent debris and combustible material from accumulating.
- Remove flammable materials (firewood sacks, propane tanks) within 30 feet of your home, foundation or outbuildings.
- Wildfire can spread to tree tops. Prune trees so lowest branches are 6-10 feet from the ground.
- Keep your lawn hydrated and maintained.
- Inspect shingles or roof tiles. Repair or replace loose or missing shingles to prevent ember penetration.
- Cover exterior attic vents with mesh wire to prevent sparks from entering your home.
- Enclose under-eave and soffit vents/screens with mesh to prevent ember entry.



Please contact Rockyview County or the Townsite of Redwood Meadows for more information about getting a FireSmart Assessment done on your property.

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BRAGG CREEK COMMUNITY ASSOCIATION

Guided Trail Runs

New to trail running? Worried about injury, wildlife or getting lost? You guide will pick the best trail for the day and the group. Meet at the Bragg Creek Centre for orientation. *No dogs please. **Date: Jun 5 -**

Time: 9:00 am - Cost: \$25

Diverse and Sustainable Planting

In this workshop, you will learn about edible berries and fruit, ground cover for pollination and moisture retention, forest rejuvenation and timelines, natural soil enhancement and more with local outdoor living professionals Harder & Sons. **Date: Jun 10 - Time: 7 - 7:45 pm - Cost: \$25**

Build a Birdhouse

Young birdwatchers or nature lovers can build their very own wooden birdhouse to hang outside and watch birds build nests. Wrens, chickadees and titmice are some common species you might find in a DIY birdhouse. Materials included. *Ages 7 - 10 years **Date: Jun 12 - Time(s): 10:00 – 11:30 am &**

12:00 – 1:30 pm - Cost: \$40/1 session

Backyard Chickens: Beginner's Guide to Keeping Chickens Series

This workshop is for those people who are new to keeping backyard chickens. Main topics we will cover: why have backyard chickens, local bylaws, options for housing, and looking after the health of your chickens.

Date(s): Jun 14, Jun 28, Jul 19 - Time: 7 - 8:30 pm - Cost: \$25/ 1 session

Vermicomposting

Have you thought about starting your very own vermicompost/worm composting? Join Green Calgary and learn more about reducing your waste and creating your very own fertilizer for your garden with worms! In our 1-hour workshop, we will cover: how to create your own vermicompost, where to source the parts, maintenance, troubleshooting and FAQ. There will also be time for Q&A.

Date: Jun 17 - Time: 7:30 - 8:30 pm - Cost: \$25

All programs are to be held outdoors and will adhere to COVID-19 restrictions.

Bragg Creek Farmers Market - Sundays June 20 – September 26 | 9 am – 2 pm

Satellite Library

Residents in Redwood Meadows with a current Marigold (TRAC) library card have access to Library Lending Lockers offering convenient self-service holds pick-up, browsing, and returns. Please pick up a “Discover the Possibilities” brochure at your town office that outlines the many benefits of being a public library cardholder within the Marigold Library System. Marigold will extend memberships for current cardholders residing in Redwood Meadows until December 31, 2021.

Summer Camp

Registration is open for Nature Adventures Summer Camp with Rediscover Play! Running 8 weeks; July 12th thru August 30th; children ages 5 – 12 years will learn bushcraft, wilderness survival skills and creative play through outdoor exploration. Each week will have a theme. Spots are filling up quick so don't wait, register now! www.braggcreekca.com

MYC

New to Bragg Creek - Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children. MYC is excited to begin Fall 2021 Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes or to set up a 'Meet and Greet' with Ms. Robin.

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

CELEBRATE NATIONAL INDIGENOUS HISTORY MONTH—JUNE 21ST

Due to the seriousness of the COVID-19 crisis, the Government of Canada invites Canadians to celebrate this year's National Indigenous History Month and National Indigenous Peoples Day at home.

Six Ways To Celebrate

1. Learn About the Land

This summer, acknowledge and learn about the territories you pass through and the land you live on. There are many resources available online to help, such as the Native Land website and the First Nation Profiles interactive map. Some local places you can explore are the Big Rock in Okotoks, the Medicine Wheel located in Nose Hill Park in Calgary, and even the interpretive signs along the Elbow River right here in Redwood Meadows.

2. Celebrate Indigenous Culture in Canada

Explore the artwork of local Métis artist Gary Sutton at www.garysutton.ca. Share with your family the children's book "Meennunyakaa / Blueberry Patch" written and illustrated by local resident Dr. Jennifer Leason. Listen to music by the renowned multi-Juno winning musician Susan Aglukark who blends traditional Inuk folk music with country and pop.

3. Enjoy Indigenous Food

Cooking and enjoying an indigenous recipe is a great way to explore new flavors. The website "12 Canadian First Nations Recipes to Make for National Indigenous Peoples Month" includes recipes like baked halibut, cedar planked salmon, jerky, bannock, fry-bread tacos, and a moose or bison burger as a main course with a berry bread pudding for dessert.

4. Educate Yourself on Reconciliation

To better understand the history of Canada, and to redress the impact of residential schools, it is important for us all to understand the cause. Empower yourself to join the conversation by listening to the shared stories of elders and read the recommendations of the Truth and Reconciliation Committee (TRC). The Calgary Library is also dedicated to reconciliation and is providing educational information and resources at the following website: <https://calgarylibrary.ca/connect/indigenous-services/>.

5. Attend a Powwow

Virtually attend a powwow in recognition of both National Aboriginal Day and the summer solstice to experience over 100 drummers and dancers performing in their regalia.

6. Buy Indigenous

Be sure to support Indigenous businesses throughout the year. The shops at the Tsuut'ina Nation Culture/Museum, the Morley gas station, the Grey Eagle Casino in Calgary, as well as at the gift shop at Tsuut'ina gas station have a large selection of handcrafted, unique, one-of-a-kind pieces.

Sonja Allen



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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



RAMBLINGS FROM THE REDWOOD GARDEN—GARDENING IS FOR EVERYONE

Gardening comes in many forms; a tiny cactus perched on a sunny windowsill, an aromatic herb garden on the 16th floor of an apartment balcony, or a magnificent, sprawling vegetable patch in the countryside. The magic of tending and growing plants is a true joy and a joy that is available for everyone.

In some circles, gardening becomes a full-on competitive sport with rules and regulations – “you must plant this with that, but absolutely do not plant such-and-such with so-and-so... Oh and certainly do not even think about including these with those!”. It can be as off-putting as potato salad left out on a hot summer day.

I have to tell you, I have no time for garden snobbery! In my garden, anything goes, I plant what I like, where I like. Yes, some things get out of hand, and yes, many things just do not work, but many things do! Many gardening rules have and continue to be broken in my backyard. We learn and we grow right alongside our garden. You must cultivate what your heart desires and you must call yourself a gardener because you are tending and you are growing!

My favorite teachers in the garden are my daughters. They favor flowers, and at this particular moment, the mighty dandelion. I am certain there is no greater gift than the season’s first bouquet of wilting dandelions from my small children. It is a strong reminder to be true to myself, to respect my perception of beauty, even when (and especially when) it doesn’t fit the mould of what our society has decided is beautiful.

This year I’ve built my children small raised planters of their own. While my older daughter wants to grow vegetables she can eat, my 2-year-old is sticking with “rainbow flowers”. (If you do find seeds to the elusive rainbow flower, please be sure to let me know!) The gardens are their own, and there are no rules, even dandelions are invited to join the party.

And so, I put it to you – What plants are beautiful to you? Will you try something new in the garden this year? Will you dare to plant this with that?! What gardening rules are you breaking?

Jessica Smid

RM Community Garden Coordinator



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GREEN GRIPE—FEED THE WEEDS

I love the word ‘wildcraft’. Foraging for food in the wild is a distinct pleasure that I seriously protect. With a tip of my hat to local author and friend, R. M. Olson who first turned my senses to the delicacies of the forest, I’ll take wild leeks, chanterelle and pineapple weed, mixed with kinnikinnick seeds and thistle buds over fast-food any day.

Who doesn’t love a forest meadow? Rolling fescue and meadow-grass so lush it makes your toes curl with pleasure near a burbling creek where dragonflies and bees whizz by in a breeze just enough to dissuade the mosquitos. The sky is incandescent and you are encircled by a canopy of fir, pine and spruce trees. The mood is blissful and stressless as you reach down for a golden blossom to pop into your mouth. Sweet, refreshing and astonishingly healthy, you have found a perfect snack: the dandelion flower. This vilified member of the daisy family competes in the nutritional lineup with the likes of echinacea and crown daisy. But here’s the buzzkill: dandelions don’t rely on bugs to propagate, they scatter their seeds in the breeze, and we just can’t control that. Gosh.

Tucked into that lush meadow alongside dandelions are clover, wild strawberry and plantain weeds, all of which are part of nature’s offering to our dinner plate. Round-up a honey vinaigrette sprinkled with bunchberries and sunflower seeds to top off the wild salad and you are well on your way to feasting from nature’s pantry. That’s the green goodness. The gripe is in how to skip the glyphosate sauce.

Let’s start with honey. Bees collect pollen from crops, weeds and flowers to eat and feed their young. They then fill the hive treasury with their digested nectar, of which humans take a good portion to consume. But what about those herbicides that garnish both crops and greens? Many farmers spray their crops at nighttime when bees are a’bed - a practice helpful to their immediate wellbeing - but the chemical remains on the flowers the bee will visit. Good beekeepers know that using pesticides to kill the likes of varroa mites in the hive must be done before honey stores are laid for harvesting. Though not common knowledge, neurotoxins in honey are alarmingly measurable. But don’t just blame Monsanto’s revenge; unethical producers may be lacing your honey jar with antibiotics and corn syrup, and even honey made from the common rhododendron will mess with your head. Gosh again.

Nature has a rather well-established balance: life forms depend on each other to survive. Mess with one member, and you mess with us all. So while we green up our lawns and curse the weeds, consider whether we’re throwing nature an herbicide to kill the cure. Oh, give me a home where the dandelion roam, and the burdock and wood sorrel play, and with a nod to nature’s apothecary, I’ll pass on the sauce.

Christianne L. Klaudt

Writer, gnathologist, and avid horsewoman with a passion for land sustainability and stewardship. To learn more about the writer, please visit her website at: www.contemplative.ca



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CHATTER STORIES: The Depleted Mama - by Amber Zierath

They demand to be fed constantly. Although I'm able to stay asleep while they nurse, it still disturbs me. What I wouldn't give for some uninterrupted sleep.

Since my two little ones arrived, our home seems to be getting smaller by the day. Not able to stretch out my body in such cramped quarters has me a little growly. It would be nice to have a space of my own and steal some moments of peace and solitude from time to time.

Perhaps I crave space because it's time to vacate our current abode; move on to a more wide-open space. There's only one way to find out. My bones crack as I shift from my side and onto my stomach. Still feeling a little out-of-sorts, I pause and take a few deep breaths. I blink my eyes rapidly, hoping that will ease the woozy feeling within my head. After a few minutes, it passes, and I move to stand.

The little ones remain close as I push through the barricade at the entrance of our home. The moment I shift it from its place, bright beams of light infiltrate our surroundings, causing temporary blindness. I don't mind it much, though, because it means the sun is powerful enough to meet our needs in the months ahead. My instincts were correct, the timing to move on is perfect.

I smell the air before moving forward, slowly enough for my babes to keep pace with me. We weave through tall trees, all still skeletons without their summer frocks. Within their branches are birds, serenading us as we proceed, like a welcoming of sorts. The longer we move, the more relaxed I feel; fresh air can have that effect, I suppose. All the movement has initiated a familiar sensation within my belly. I'm hungry.

Keeping my eyes wide, I scan the area for something to forage. I'm so hungry I'd eat just about anything at this point - fresh or decayed. My attention is solely focused on satisfying my stomach. So much so that I've momentarily forgotten about my wee ones.

From behind, one of them cries out, a plea for my help. I twist my head around quickly and look in the direction of the sound. I spot my babes at a greater distance away than I'd like, which pushes my heartbeat to escalate. What really gets my blood pumping, though, is the sight of a coyote lurking between me and my kids.

I flash my teeth, breathe deeply and snort loudly through my nose. This action doesn't seem to deter the wretched creature so I take off running in its direction, releasing a sound of warning as I do. The coyote appears frozen in place like it may challenge me. What a fool. I run faster toward it, growl fiercely and flash my teeth again. The mangy thing yips before finally relenting, running off into the woods and away from my little ones. It had better run far and never return for nothing comes between this mama bear and her cubs, especially when mama is hungry.

To learn more about the writer, please visit her website at: www.amberzierath.com

Hobbies Trivia

1. What are you making if you are tatting?
2. If you are sipping a lovely glass of mead, which creature should you thank?
3. The name of which French dessert translates to 'white eat'?
4. If herpetology was your hobby, which creatures might you spend hours observing?
5. Ceratonia siliqua is often used as an alternative to chocolate. What is it?
6. In 1934, who was the first athlete to appear on the Wheaties box?
7. What is a stamp collector called?
8. In which game do players use a "squidger" to try and "squop" their opponents' pieces?
9. In chess, which two pieces are only allowed to move one space, except in special circumstances?
10. What fruit is a typical ingredient of a hot cross bun?
11. What brand of chocolates was named after a legendary naked lady who rode on a horse?
12. Broad, butter, baked, pinto and runner are all types of what?
13. Which vegetables are hash browns made from?
14. What is the proper name for what is commonly called "bow-tie pasta"?
15. Which is the only bird in the Chinese Zodiac?

Questions provided by FunTrivia
Answers on page 22

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REDWOOD MEADOWS RECENT MORTGAGE Q&A, PART 2

Here is a Q&A on some recent mortgage inquiries I've had:

What is the difference on the Lease - Prepaid vs Not Prepaid, what does this mean?

This has come up several times. From a mortgage lender's perspective, the previous lease was what is considered a "prepaid" lease (meaning there was no additional monies owing for the lease period to 2049). The new lease is not a prepaid lease as there IS additional monies owing for the new lease period. It is very important this is understood, and the monthly fee for the property is correctly debt serviced into a borrowers mortgage application.

I heard it is more difficult to qualify for a Leasehold Mortgage?

No way! It is the same as all other prime applications. Standard qualification criteria applies: credit score at minimum acceptable level, income can be verified, you have the minimum down payment/equity required, the property meets prime & marketable standards, and debt servicing ratios are met (again, please make sure the monthly lease fee is factored-in!).

I heard interest rates are higher in Redwood Meadows?

No way! Best discounted rates apply with Redwood lenders, they do not increase the rates for this community. As long as you qualify, OAC. I've never understood where this comes from, but I get asked this all the time!

Can I refinance for renovations (or can I refinance to pay for my child's university tuition)?

If you have equity in your home, you can refinance your mortgage up to 80% of its value for any reason at all - renovations, investments, tuition, purchase a new vehicle, a much-needed vacation, etc. If you qualify for the increased loan amount, OAC, the lenders really don't care what your reason is.

My bank told me I have to pay for CMHC insurance even though I am planning a larger than 20% down payment?

This is policy with some bank branches when processing leased land mortgages. But this is not policy across the board, if this happens to you ... seek out an alternative as not all lenders have this policy. Chances are with a different lender, you can avoid CMHC if your down payment exceeds 20%.

My Calgary realtor/lawyer/bank isn't familiar with Redwood, they're trying to figure it out.

If you've ever spoken to me, you'll know I am very resolute in my advice to deal with the local experts - the realtors, the lawyers, the home inspectors, those of us that finance, etc. A transaction will move forward smoothly when dealing with experience & local knowledge; a transaction may run into issues when your [non-local] contact is figuring it out as they go.

Do you have any other mortgage questions for me? Please feel free to reach out anytime to info@countrysidefinancial.ca or 403-560-6016.

Candace Perko

Area Mortgage Broker

Get a local Point of View



Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.



Candace Perko,
Mortgage Broker
Tel: 403.560.6016

Box 1271 Bragg Creek, AB
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Seven Facts About Sloths

By Noah McKinley, age 7

1. Sloths can swim in water.
2. Algae can grow in sloths' fur to provide camouflage.
3. Sloths have super sharp claws.
4. Every day sloths sleep for seventeen hours.
5. A three-toed sloth eats lizards. A two-toed sloth eats plants and bugs.
6. There are two-toed sloths and three-toed sloths.
7. Sloths live in Central and South America.



Artwork by :
Kinley Barrie, age 7



There's a new kid in town!

Ok, so I'm not new (Bragg Creek resident 5 years) and I guess only a kid at heart! It would be my pleasure to assist you with your real estate needs. Call or email today to start the conversation!

Sherri Olsen

403-519-5998 | realtor@sherriolsen.com

Being mentored by a pro

NATURE CORNER—THE HUNT FOR MORELS IS ON

I've been waffling about writing this article. On the one hand, my absolute favourite few weeks of the year are upon us and I want to scream from the rooftops why that is. On the other hand, my absolute favourite few weeks of the year are upon us and I want to be selfish and keep this delectable secret all to myself. What could be causing me such literary agitation, you must be wondering...why, morel mushrooms of course.



Two years ago while walking along the Redwood trails I saw my first wild morel mushroom. I glanced down and it was just off the trail next to my foot. Hard to miss in that exact moment, but oh so easy to stroll past if you aren't looking at the exact right place at the exact right moment. I instantly knew it was a morel from eating them in the past, and I plucked that nugget up and brought it back home to show my prized possession to my family. That was the first and last morel I found in 2019 as it was right at the end of the window in which they grow.

Little did I know, though, the frenzy this one little brown beauty would begin in my household. Last year we spent countless hours combing the Redwood forest. The first four we found were lined up in a nice, little row on a mossy mound in our backyard. We were sure from that windfall that we'd be feasting on morels three-meals-a-day for the next several weeks. Fast forward a few weeks later when the season ended, and our total count was...wait for it...19. As it turns out, Redwood isn't a great place to forage morels. They tend to grow more abundantly in areas that have burned more recently and get more sun than we get in our neck of the woods.

We have been planning and scouting out where we can go to get basketfuls this year, and right now, our local morel season should just be ramping up. Finding morels in your own backyard though, has not lost its allure for us. You will undoubtedly find us in the forest these next few weeks, obsessively searching for arguably the world's most perfect mushroom.

Rebecca Parzen



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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.

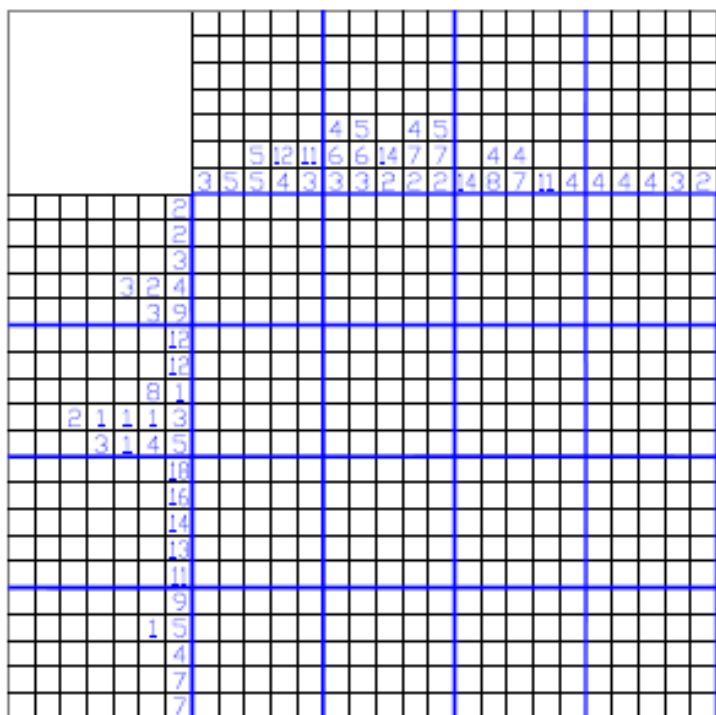
The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

SHAKA



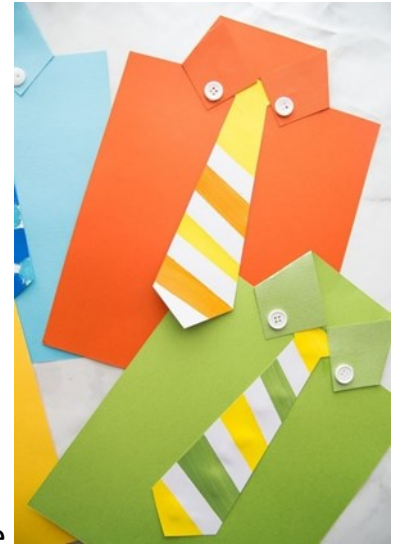
KIDS CRAFT—FATHER'S DAY CARD

Materials you will need:

- Two pieces of paper or cardstock
- Scissors
- Glue
- Paint
- Two buttons

For the tie:

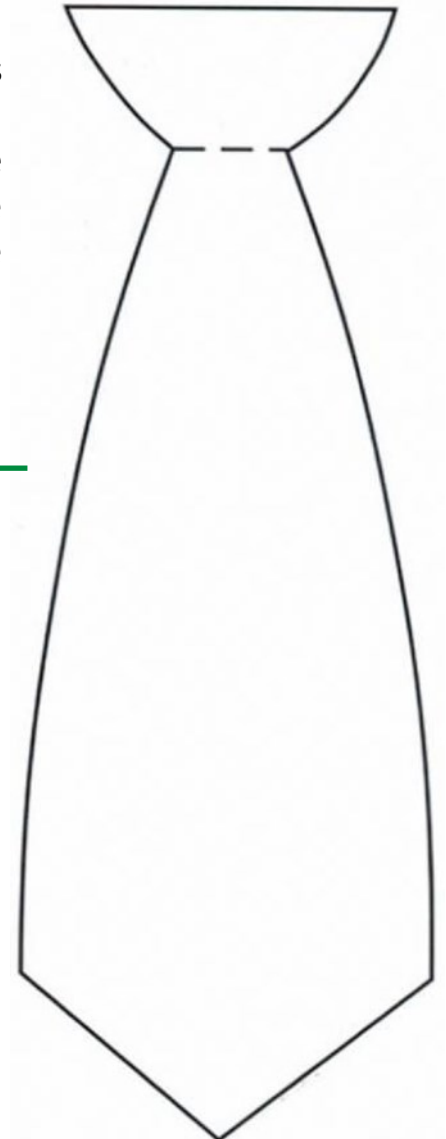
1. First print off or transfer the tie template on white cardstock.
2. Kids can decorate the ties using one of these techniques:
 - Use a Q-tip and paint to create polka dots.
 - Use masking tape to create stripes. Paint the space between the tape in a colorful way. When finished painting, carefully peel back the tape. Let it dry.



To make the shirt:

3. Use an 8.5×11 cardstock in portrait format. About 1.5 inches from the top, glue the top of your tie in the centre.
4. Cut two horizontal slits in the rectangular cardstock to the edge of the tie. Fold the cut pieces at an angle towards the tie to make the collar and glue down. Optional: You can then glue your buttons on top.
5. Write your Father's Day message underneath the tie.

Provided by Sonja Allen



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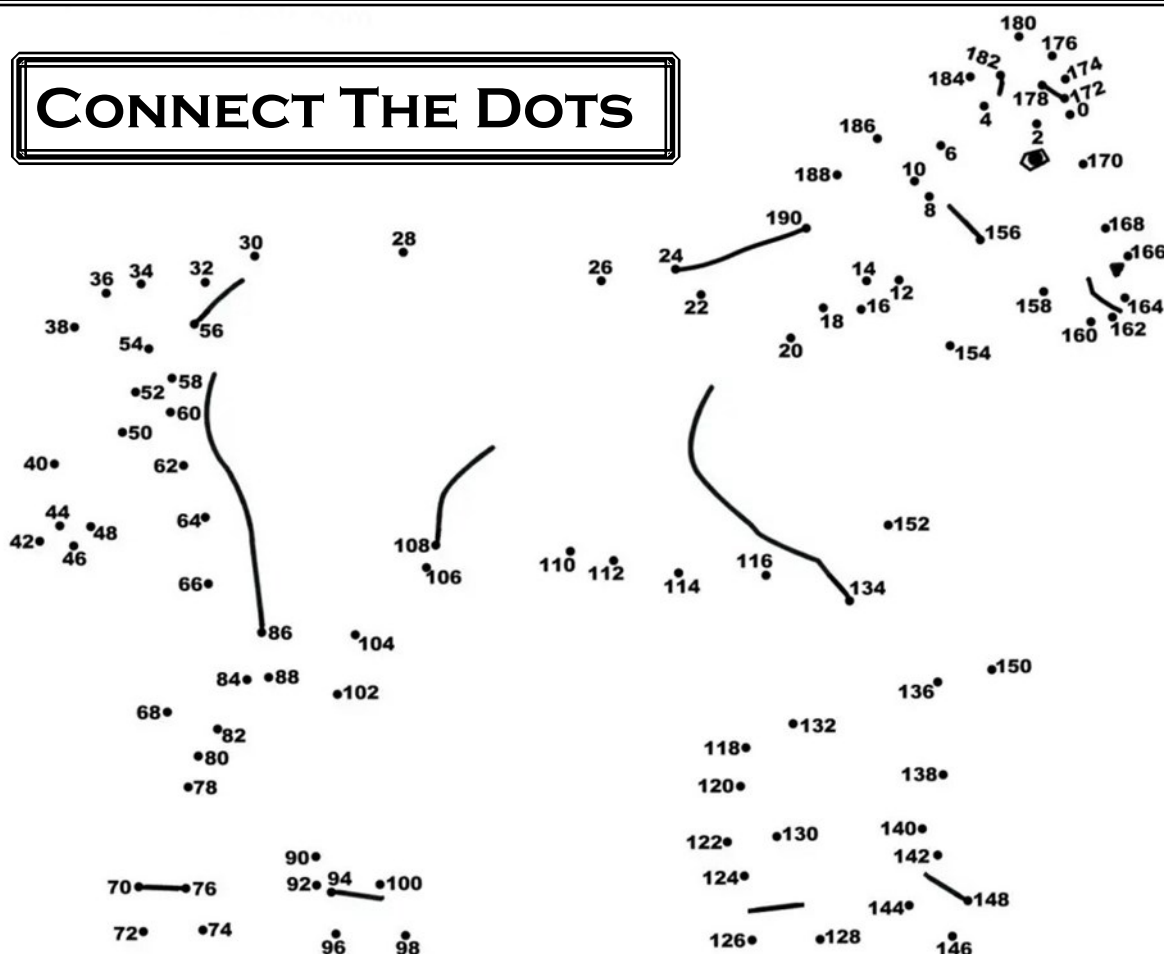
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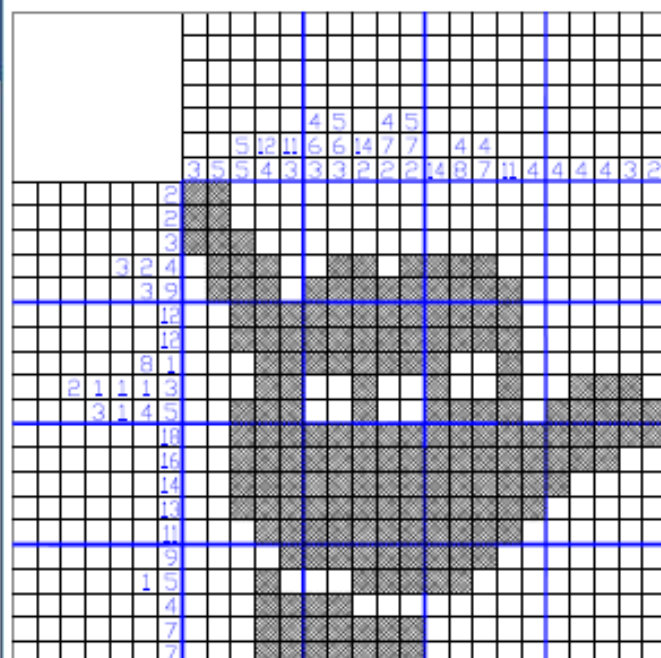
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Hobbies Trivia Answers

1. Lace
2. Bees
3. Blancmange
4. Lizards
5. Carob
6. Lou Gehrig
7. Philatelist
8. Tiddlywinks
9. King and pawn
10. Currants
11. Godiva
12. Beans
13. Potatoes
14. Farfalle
15. Rooster

PICAPIX SOLUTION

SHAKA



REDWOOD MEADOWS—BABYSITTERS LIST

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Griffin	14	Babysitter Course	403-408-6998
Hunter	14	Red Cross Home Alone, Babysitter Course	403-949-8888
Kinley	13	Babysitter Course	403-899-4914 kinleyroberts13@gmail.com
Kyle	14	Babysitter Course	403-470-6411
Lila	14		403-860-9525
Mackaela	14	Babysitters License, Standard First Aid, CPR-B	403-969-6732 macarchabault@gmail.com
Sawyer	16	Red Cross Home Alone, Babysitter Course	403-949-8888
Shawn	12	Red Cross Home Alone, Babysitter Course	shawnmacpherson08@icloud.com

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Community Clean Up

Do your part to keep Redwood beautiful



Fill a garbage bag with litter from public areas and trails to earn two rewards:

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Bring your bag to the bin behind Redwood House:

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May 23, May 30, or June 6

