



# Chatter

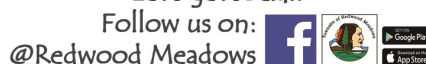
## - IN THE WOODS -

Read the CHATTER online at

[www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)

Let's get social!

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@Redwood Meadows

*H*ello Redwooders and Neighbours,

We would like to remind our wonderful community that this will be the last edition of the Chatter before we take a break for the summer. Never fear, we'll be back in September ready to provide you with more good reading and useful information.

There is a lot going on in the community this month so please take the time to review all the events and be sure to mark them in your calendar. Coming up, we have a teen dance, the community garden grand opening, Community Café, and Parade of Garage Sales. And don't forget the continuation of Spring Sports. Thank you to the Spring Sports sponsors, you can see their ads in this month's Chatter.

Lastly, Canada Day is coming up! RMCA will be hosting its second annual parade. If you would like to participate or sponsor the event, please contact [events@rmca.ca](mailto:events@rmca.ca) for more information. Keep an eye out for more information closer to Canada Day.

Enjoy your summer!

~ *The Chatter Team*

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## A MESSAGE FROM YOUR FRIENDLY RMCA

### Community Garden Opens its Doors

After more than a year of planning, writing grants, meeting and building, our community garden is ready for its first season! Many of the beds are planted and we are seeing our first sprouts poking through the soil. Our committee of seven has worked hard to acquire an estimated \$8,000 in grants, another \$3,000 through fundraisers and \$4,000 in donations. Our garden has a permanent fence to protect our vegetables from wildlife but also wildlife from us! We've worked with Alberta Fish and Wildlife to comply with wildlife-safe gardening practices. We've installed 15 Douglas fir raised beds and filled them with premium garden soil. Learning from other community gardens, we've prioritized smart irrigation and an automated watering system through Kiwi Irrigation that waters the garden each morning, but at the same time knows when we've received rain, how much rain we've received, and then waters accordingly. We've teamed up with the Calgary Foundation and Métis Artist, Gary Sutton to bring local art into the garden with our colourful mural. Meaghan Vasily has been working hard on our children's garden and sand pit area which will include flowers and beans grown by our very own Montessori preschool children. The beans will shade a secluded corner where children can escape and play while caregivers work in the garden.

At every step, we've been greeted with new and wonderful folks donating their tools, their time, and their cooking and baking. From Connie donating a fleet of gardening tools to Tim Neilson and Mike Hanson volunteering an entire weekend of their time to complete our fence. Or Hanna clearing out her spare bedroom to make way for shelves, grow lights and all the time that goes into growing and caring for hundreds and hundreds of seedlings. Tom McClay built our beautiful pergola and donated a garden cart planter that was raffled off at our seedling sale. Gary Sutton also designed our new beautiful logo and countless other folks showed up to the work parties to haul yards of gravel and soil! There are many hands that have gone into this garden, it's been a true community project – I'm so proud to be a part of it and I can't wait to see what we grow!

Please join us for our Grand Opening June 4<sup>th</sup> as we celebrate all the work we have put into making this garden a beautiful and productive space for our community.

*Jessica Smid*







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THANK YOU FROM RMCA



## A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL

June is upon us, and many are excited for the summer. We have many wonderful amenities, remediated facilities, and events to look forward to. A new disc golf course, tennis and pickle ball, leveled Curtis field, and a Community Garden that uses Wi-Fi to know when to water the garden, to name a few.



But the work is never fully done, and we would like to provide more information on what we hope to accomplish over the summer months. It's a narrow window to complete a lot of much-needed work.

2021 brought with it a few new challenges. Among these are updates to our society bylaws, negotiating with CMHC, increased permitting and reporting, and infrastructure demands, including a failure at our water treatment plant. Apart from just meeting our obligations in our new agreements with the TsuuT'ina Nation, the importance of our infrastructure cannot be understated. It provides places for us to recreate and gather and a source of clean, reliable drinking water. Without our water treatment plant, our Oval and rink become impossible.

Townsite completed much work in the water treatment plant to keep everything running smoothly and now is the time to start Council's plans for improvements. Some of these plans include restructuring vacant positions and training to better align skillsets with emerging priorities. This includes maintenance regimes and staff, repairs, leak detection and repair, and also sourcing new water meters. Once the most serious leaks are located and repaired we aim to reduce the strain on the plant itself.

Since the province tightened its proverbial purse strings and reduced MSI grants, we are sourcing as many other provincial and federal grants as possible to offset costs. We are excited to learn more about new funding called *Local Government Fiscal Framework (LGFF) Act*.

Behind the scenes, Town and Council will be working away to ensure we continue to enjoy the quality of life Redwood offers. Have a safe and enjoyable summer.

**Redwood Town Council**



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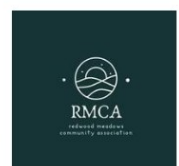
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**PHONE:**

403-949-3513



FROM EVERYONE AT RMCA





## REDWOOD MEADOWS UPDATES

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### RMCA EVENTS

#### **Community Garden Grand Opening**

June 4 | 9am-11am | Garden site (behind hockey rink)

#### **Teen Dance**

June 4 | 7pm-11pm | Redwood House | Grades 6-10 | \$5 entry

#### **Parade of Garage Sales**

June 4 & 5 | 9am-3pm | Redwood Meadows | contact [admin@redwoodmeadows.ab.ca](mailto:admin@redwoodmeadows.ab.ca) to be added to the map

#### **Community Café**

June 10 | 10:30am-12pm | Redwood House | \$3 for coffee and a homemade baked good

#### **Canada Day**

July 1 | apply by June 24th to participate in or sponsor the parade

### REDWOOD MEADOWS ADMINISTRATION SOCIETY ANNUAL GENERAL MEETING

**Tuesday, June 7, 2022 | 7:00pm | Redwood House**

This event is a chance to meet the new CAO, get to know Council members, see fellow residents and meet new residents, learn about 2021 accomplishments, learn about Council's plan for the upcoming year. The Agenda is available on the Townsite website.

### REDWOOD MEADOWS ADMINISTRATION SOCIETY NOTICE OF NOMINATION DAY

**Monday, June 6, 2022 | Prior to 12:00 Noon**

Nominations for candidates for two (2) vacant positions for Councillor must be received at Redwood House prior to 12pm on Nomination Day. Nomination forms are available at Redwood House during business hours.

### ASSESSMENTS AND TAXATION

Notice is hereby given, pursuant to Section 333(1) of the Municipal Government Act RSA 2000, Chapter M-26, that 2022 Notices of Taxation for the Townsite of Redwood Meadows were mailed April 28, 2022.

All Redwood Meadows property owners are advised that taxes are due June 30, 2022.

### TOWNSITE OFFICE

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

403-949-3563 | [admin@redwoodmeadows.ab.ca](mailto:admin@redwoodmeadows.ab.ca)

Hours: Monday to Friday | 8:00am - 4:30pm

### RMCA CONTACT INFORMATION

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

[info@rmca.ca](mailto: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](http://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](mailto:theredwoodchatter@gmail.com)

### ADVERTISING RATES

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

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

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

## Robert Cordsen

**Certified Master Electrician**

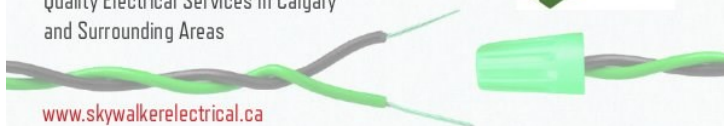
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Afternoon 12:30pm-3:30pm

\*Please note, for all programs children must be independent in the washroom to enroll.





## REDWOOD MEADOWS—LOCAL BUSINESS LISTINGS

Angela Price, Price & Company Real Estate	403-923-3159	angela@priceandcompany.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
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
Docker Prime Design & Management Inc.	403-401-4141	info@dockerprime.com / dockerprime.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Kathleen Burk, Rocky Mountain Real Estate	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-975-0334	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.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
Skywalker Electrical Systems, Robert Cordsen	403-804-8072	info@skywalkerelectrical.ca / www.skywalkerelectrical.ca

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From all of  
us at RMCA

## REDWOOD MEADOWS EMERGENCY SERVICES

Summer is a favorite time for many to head outdoors and spend time hiking and exploring. Hiking can be an enjoyable pastime as long as hikers take steps to ensure their own safety. These safety measures can help you enjoy your outdoor adventures to the fullest this summer.

**Be an Early Bird:** We know. It's summer and you don't want to have to think about waking up early. Need some motivation? 11:00 a.m. – 2:00 p.m. is peak temperature time, meaning that if you want to have a nice hike, you'll need to get an earlier start. Think about it this way: don't try to complete the whole hike before 11:00 a.m., just try to get the hard part over by the time the temperature spikes. Starting early has the added benefit that if you do need to call for help, we can find you and help you during the daylight.

**Dress Your Best:** The wilderness is no friend to bare skin. Between sunburn, rocks, thorns, sticks, poison ivy, and bug bites, your best bet to stay safe is to cover up. Invest in moisture-wicking long sleeve shirts and pants to protect yourself from the elements. Bring layers to ensure you're prepared for changing conditions in the mountains.

**Obey Your Thirst:** An average hike causes your body to lose approximately one liter of water every hour. In especially toasty weather, that amount can double. The solution? Bring a lot of water and sip it consistently. Your body can't efficiently absorb more than a half-litre of water every hour, so don't resort to chugging water only when you're thirsty.

**Pass the Salt:** Once you replace your body's water, don't forget to replace your electrolytes too! Pay close attention to your sodium and potassium intake while you hike. Pack some trail mix for an extended boost of energy that is fueled by complex carbs and throw some electrolyte drink mixes into your pack for a quick fix.

**Stop & Smell the Roses:** Give your body a break from time to time, especially if you're hiking in warmer temperatures! Stop and admire the view, stretch your muscles, and let your body cool down before continuing. Bring an extra pair of socks to change out of your sweaty ones while you rest.

**Educate Yourself:** One of the biggest dangers while hiking in the summer is heatstroke. Know the early signs of heatstroke so that you can protect yourself and any others who may be hiking with you.

### WORLD CHAMPION SPONSOR



#### CONTACT

Bragg Creek Office	Dave Ryan Barrister & Solicitor
Mail:	Box 244, Bragg Creek, Alberta T0L 0K0
Courier Address:	#6 Manyhorses Rise Redwood Meadows, AB T3Z 1A1
Phone:	403.949.3339
Cochrane Office Location	115B 4th Avenue West Cochrane, AB
Phone:	403.851.1788



Thank you from all of us at RMCA





## REDWOOD MEADOWS EMERGENCY SERVICES—CONTINUED

**Signs of heatstroke:** dizziness, nausea, lack of sweating (even in hot temperatures), headache, muscle cramps, disorientation

If these are present, stop hiking immediately. Focus on finding shade, cooling down, and getting off the trail as soon as possible. Don't hesitate to call 911 and get medical attention!

**Plan what you'll do in case of an emergency:** Before heading out, know how you will call or send for help in the unlikely event something bad happens. Will there be reliable cell service? Is someone bringing a fully charged phone and a portable charger? If not: Is someone bringing a personal locator beacon, satellite messaging device that can get emergency messages out by pinging satellites with your GPS data, or satellite phone? If you can't transmit a message, which one of you will volunteer to go get help?

**Tell someone where you'll be:** Let someone that isn't hiking with you know where you're going and when you'll be back so they can alert first responders if you don't arrive.

**Bring a first aid kit:** Buy and bring a premade first aid kit containing items like adhesive and elastic wrap bandages and antiseptic. This will help you deal with the most common hiking injuries, like scrapes, ankle rolls, and bug bites. You can find a first aid kit at a drugstore or online. Bring any medications you use on an emergency basis such as an epi pen or allergy meds. Take a first aid course!

**Stay on the trail:** For the sake of your own safety, the natural resources, other hikers, and a potential search party, stay on the trail. Your odds of encountering a risky obstacle go up when you step off the path. It's also easy to get turned around. If you do get lost or incapacitated off-trail, a rescue mission will be much more difficult and dangerous.

**Be extra careful on the second half of the hike:** The second half of a trip or the end of the day is usually when accidents like falls, slips, and trips happen. Your energy levels are lower, your leg muscles are fatigued, and your mind might be more focused on getting to the finish than the next step. Take your time and be extra careful with your footing.

**Be ready to turn back:** You're more likely to make a poor judgment call—ignoring signs your body needs a break, pushing a straggler to keep up, pressing on when a storm rolls in—when you're hyper-focused on getting to an end point. You'll find it easier to be flexible if you keep in mind an objective besides the summit, literally or metaphorically. Remember that you're out there to enjoy yourself. Look at any obstacle in your path as "a great opportunity to enjoy the view and turn around".

Have a great summer!

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Cochrane Activettes Food Bank	403-851-2250
Bragg Creek Community Centre	403-949-4277
Tsuut'ina Food Bank	403-252-5884
<b>EMPLOYMENT SUPPORT</b>	
Rocky View / Wheatland Employment Centre <a href="https://rwemploymentservices.com/">https://rwemploymentservices.com/</a>	403-709-0010
Tsuut'ina Nation Official Website <a href="https://tsuutinanation.com/jobs/">https://tsuutinanation.com/jobs/</a>	403-281-4455
<b>FINANCIAL SUPPORT</b>	
Alberta Income Support <a href="https://www.alberta.ca/income-support.aspx">https://www.alberta.ca/income-support.aspx</a>	1-877-644-5135
Money Mentors – Alberta Debt Relief <a href="https://moneymentors.ca/">https://moneymentors.ca/</a>	1-888-294-0076
Tsuut'ina Income Support department	403-238-6406
<b>TSUUT'INA POLICE NON EMERGENCY:</b>	
Tsuut'ina Nation Police Service Non-Emergency	403-271-3777
Tsuut'ina Nation Police Service Office Line	403-251-9660
<b>SUPPORT LINES:</b>	
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 <a href="http://www.cochranevictimservices.ca/">http://www.cochranevictimservices.ca/</a>	403-851-8055
Cochrane Family Resource Network	403-851-2265
Distress Centre Crisis Support (24hr)	403-266-4357
Domestic Violence Support – Big Hill Haven, Cochrane	403-796-6564 or 403-437-4636
Domestic Violence Support – Tsuut'ina Spirit Healing Lodge	403-852-9929
Domestic Violence Support – Rowan House, High River	1-855-652-3311
Indigenous Crisis Support (24hr)	1-855-242-3310
Kids Help Phone (24hr)	1-800-668-6868
Rural Outreach Support Worker (Information, Resources and Support)	403-851-2286



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

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

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

For more information about this program, please contact:

Sherry Grund  
403-851-2250 | [sherry.grund@cochrane.ca](mailto:sherry.grund@cochrane.ca)

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# Disney Character Trivia

PROVIDED BY FUN TRIVIA

Answers on Page 23

1. I am a little deer who lost his mommy in the beginning of the movie that bears my name. Who am I?
2. In the movie, "Beauty and The Beast", who said, "I want so much more than this provincial life!"?
3. In the movie "The Lion King", which of the following characters is NOT a hyena?
4. In the movie "The Little Mermaid", what is the name of the red crab?
5. Which is the most known "Walt Disney" character out of the following?
6. In the movie "101 Dalmatians", what is the name of the smallest puppy who almost died at birth?
7. In the movie "Cars", what is the name of the very mean and snobby car who always came in third place?
8. In the movie "Cinderella", what is the name of Cinderella's dog?
9. In the movie "Dumbo", what is the name of Dumbo's mother?
10. In the movie "Finding Nemo", what is the name of the crazy white bird?



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## ORIGIN STORIES: THE SECOND CUP—A BRIEF HISTORY OF COFFEE (PART II)

I hope you had your coffee this morning because we are going to be zooming through another 100 years of coffee history. If you haven't read last month's article, I recommend going back to the start before reading this one (or, if you want to be chaotic and read them in reverse, that's ok too!).

When we last put down our mugs, we had reached the 20th century and Brazil had just established itself as the world's coffee powerhouse (a title they still hold today). From 1900-1930, Brazil's coffee exports would nearly double due to its rise in popularity in the United States (more on that later). Most coffee was grown in the southern portion of the country, where the soil was rich and they had no qualms with burning endless swathes of forest.

Brazil finally outlawed slavery in 1888 (notably, the last of the 'Western' slave destinations to do so). During the Transatlantic Slave Trade, 40 percent of African slaves ended up in Brazil. With few alternatives available, many former slaves continued working on plantations in exchange for room and board. As the demand for labour continued to grow, Brazil's coffee industry attracted peasants from Europe looking to support themselves and one day bring over their families. In 1905, 65 percent of coffee workers in Brazil were foreign born.

But Brazil wasn't the only country seeing massive immigration at this time. The United States took in 30 million immigrants during the Age of Mass Immigration ending in 1913. And with these European immigrants came a love of coffee. Remember, coffee had traditionally been viewed as a luxury item, so it naturally became part of the illusive American Dream: steady job, beautiful wife, big house, and hot cup of joe!

Up until now, in order to enjoy your joe, you had to roast the beans yourself. Luckily, in the spirit of capitalism, a new innovative product appeared that would change the game: pre-roasted coffee beans. By the 1920s, there were over 5000 coffee roasters in the US, with the top 3 (including Maxwell House) owning

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40 percent of the production (capitalism, again!).

Unfortunately, luck caught up with Mr. Capitalism, and the Great Depression brought a huge decline in coffee sales. Brazil, whose economy was dependent on coffee, took extreme measures to stabilize coffee prices by burning three years of global supply worth of coffee during the 1930s. Then, like a coffee plant emerging from the ashes of a Brazilian rainforest, the end of the Depression saw a new product sweep the nation: instant coffee! Made primarily using Robusta beans (the cheaper, hardier alternative to Arabica), instant coffee is easy to make and cheap to buy.

But all wasn't peachy at the other end of the supply chain. The world's coffee supply was growing, as many post-colonial African countries looked to coffee as a quick means of establishing agricultural production. The Latin American coffee producers needed a way to stabilize the coffee prices to avoid an economic disaster. Fortunately for them, the US was facing a disaster of its own. Enter: communism.

Latin American countries were able to leverage the fear of communism to get the United States to recognize the International Coffee Agreement, which would create a coffee cartel that would have control over coffee prices and ensure stable economies across Latin America. The negotiations went like this: if you don't help stabilize our economies, we may be forced to check out this communism thing our Cuban neighbours keep talking about. And it worked! In fact, the agreement was signed by the United States *during* the Cuban Missile Crisis.

Unfortunately, not long after the fall of the USSR, the ICA would not be renewed, and they would lose control over pricing. By the early 90s, coffee prices would plummet by nearly half.

So we didn't quite make it 100 years, but we were close! In the final part, we'll discuss the post-ICA fallout, a second coffee collapse to kick off the new millennium, and a look at the modern coffee landscape. Plus, there's a new player in town, Vietnam, who's set to become the second largest coffee producer in the world. Cheers!

**Michael Dellebuur**  
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THANKS FROM ALL OF US AT RMCA





## QUICK FITNESS TIPS FOR SUMMERTIME

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**D**oes your fitness routine take a break for the summer? Warmer weather and summer holidays might make for less time and enthusiasm for indoor workouts. But it's a good idea to keep working on your strength, cardio, balance and flexibility during the summer months. Even without regular classes to keep you on track, a few basic exercises incorporated into your day will help you maintain a good level of fitness. You don't even have to carry a set of dumbbells in your daypack.

Here are a few suggestions for quick and effective exercises.

- **30 to 90 seconds:** Hold a plank position, resting on your palms or forearms and your toes; keep spine in a straight line.
- **2 minutes (a few choices while brushing your teeth):** 1) Sit against a wall, knees bent no more than 90 degrees, lower back pressed flat against the wall. 2) Stand and lift one leg slowly (leading with your heel) to the front, side and back. Repeat on other side. 3) Perform regular, wide or isometric squats by sitting back and pushing up to standing from heels. Keep knees behind toes. (No jump squats with a toothbrush in your mouth!)
- **2 to 5 minutes:** Instead of walking, lunge. Skip rope. Do step-ups onto a chair, bench, rock, etc.
- **10 minutes:** Make up a simple set of exercises that includes push-ups, lunges, squats and running on the spot; repeat the set several times without a break or with a short break.
- **During a walk or hike:** Challenge yourself (kids will love this too) to increase your pace for 30-second bursts or take turns choosing a landmark and sprinting to it.
- **At the playground:** 1) Practise chin-ups and pull-ups on the monkey bars. 2) Put the top of one foot on a swing and do single-leg squats on the other. 3) Do calf raises on a rock or curb. 4) Stand on one foot on an uneven surface (rocks, gravel, etc.) Close your eyes for more challenge. 5) Join the kids for a game of grounders.
- **At the campground:** Practise bicep curls with a cold beer in one hand and a bag of chips in the other. Remember to work both arms.

Have a great summer!

**Ann Sullivan**

*Ann leads fitness classes at Redwood House, indoors and outside. Schedule varies during summer months. Email [anns@safari.ca](mailto:anns@safari.ca) for information.*

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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:

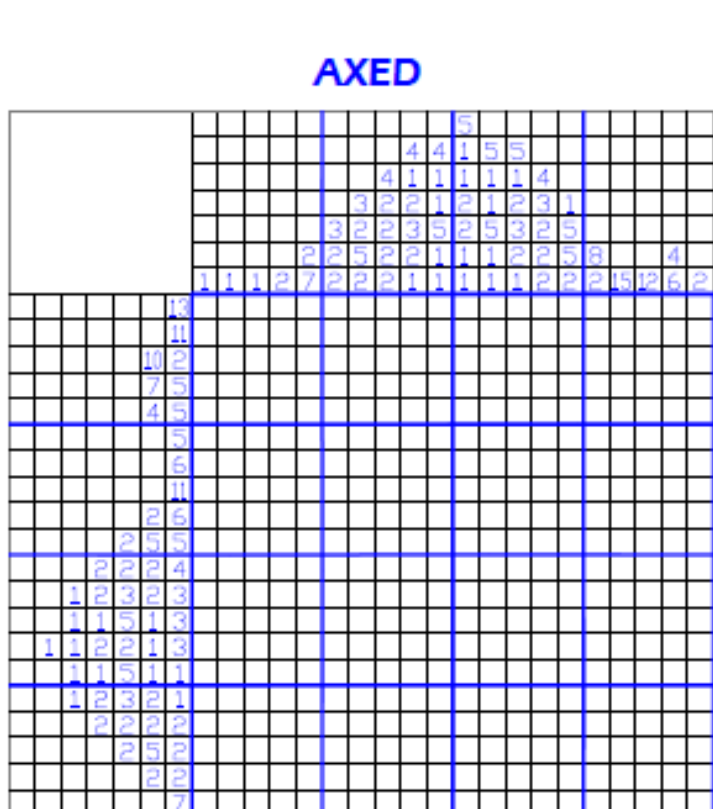
1. Numbers represent how many squares you colour in to form a group or block.
2. Leave at least one square between these blocks.
3. The sequential order of the numbers is the order of the blocks, i.e., top number for a column is the top, block, and left-most number for a row is the left-most block.

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*



## EAT YOUR GREENS, INCLUDING DANDELIONS

There's snow on the ground as I type, but the calendar says it's almost June, so it must be safe to write about gardening. Here in our needle-strewn corner of Redwood, the backyard gardening consists mainly of raking up tree debris and pulling dandelions, but like so many others, I've discovered the joys of trying to grow food during the pandemic.

"Trying" is the operative word since the combined harvest from two growing seasons would fit nicely into a small watering can. But what does it matter? It's just so fun to watch things grow. What a treat to see rhubarb optimistically poking up in early April and the green shoots of chives bursting out of half-frozen soil shortly after that.

What's true in our yard, and maybe in lots of others, is that the hardiest, most resilient plant of all is the dandelion. My kids, who never understood why people hate dandelions so much, loved the story of a friend's mother who was visiting from Malaysia. While her daughter was at work, the mum went out to the yard, where she discovered a beautiful yellow flower. She found it so beautiful, in fact, that she transplanted it into her daughter's front garden. Yes, it was a dandelion, and, yes, she was right, it was a beautiful flower. So, even as you curse the dandelion's ability to choke out all other vegetation, spare a thought for its beauty. (Notice I didn't say its "rare" beauty.)

Not only are dandelions pretty, but they're delicious too! Depending, of course, on how you feel about bitter greens and dandelion wine. When they haven't been sprayed with herbicides, dandelions really are good for you. They're full of iron, beta carotene, potassium and vitamins A and E. You can eat the greens (before the flower appears for best flavour) and the blossoms. The whole plant, including that tap root that makes the plant so hardy, has been used for centuries in natural remedies.

If you still want to rid your lawn of pesky weeds, please try using natural methods rather than relying on herbicides. Depending on the size of your weed-riddled area and how much time you have, hand pulling can be very satisfying. Too labour-intensive? Look for corn gluten meal, which won't get rid of existing weeds, but will stop new ones from sprouting. Overseeding with grass seed helps too, as does covering areas in mulch (which works better in a garden bed than on a lawn). If all else fails, just think of this line from Adria Vasil's *Ecoholic*: "...a few weeds won't kill you; toxic pesticides will."

**Ann Sullivan**

*Redwood resident and former Chatter editor*

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## SPRING INTO WILDLIFE - BRAGG CREEK WILD HOSTS ALBERTA PARKS

Last week saw the second in our ongoing series of seasonal presentations from Alberta Parks: Park Recreation & Resource Officer, Kananaskis Region Patrick Waring brought us some tips for spring, and we'd like to share them. Spring for local wildlife can be a stressful time. No one likes extra stress, and we don't want to add to it. We can help by giving wildlife space, and the best chance to succeed in what they need to do in spring time.

**Babies:** Spring is a time for new beginnings. Fawns are born around the last week of May/first week of June and need to be left alone. If you see a fawn alone in the long grass, it has usually been left there by its mother. She is nearby. We can just move on and leave them to it! Slowing down on the roads and looking in the ditches as we drive will also help keep them safe.

**Food:** After a tough winter, many of the wild animals who are our neighbours are hungry and looking for food sources. This is an important time to make sure we remove all attractants so that we don't tempt unwanted curious visitors sniffing out our compost, garbage, barbecues or birdfeeders.

**Pets:** As much as we love them, pets can also be a source of stress to wildlife, resulting in danger to both sides. They can be both predator and prey. Domestic pets aren't a natural part of the local ecosystem and can upset natural cycles. Domestic cats kill 110 to 350 million birds in Canada per year, and three billion more in the USA. Songbirds are on the decline, and this doesn't help. They also kill mice, bats etc., which are natural local pollinators. Dogs that aren't controlled often chase or harass – and sometimes kill – wildlife. Cats and dogs can be killed by wildlife; they may be easy prey to coyotes, foxes and cougars. Dogs can also bring wildlife back to you. A dog running back to you as you hike can be chased by a startled bear, or a mother bear protecting her newborns.

### Here are some things we can do:

- Always carry bear spray – it teaches bears that approaching humans is a bad idea.
- Remove all attractants
- Slow down on roadways
- Keep pets restrained – dogs on a leash/cats indoors
- Pass on the message: remind family and friends not to be complacent – you don't have to be hiking on remote trails to encounter wildlife in our community. Stay safe and reduce stress all round!

Let's be good stewards of the land we live on.

Patrick praised the people of Bragg Creek and Redwood Meadows and recommended the Bragg Creek Wild website as an awesome resource for responsible behaviour, best practices and resources. Please use this website to check for advisories and closures before heading out into Kananaskis: [www.albertaparks.ca/parks/kananaskis/kananaskis-country/advisories-public-safety](http://www.albertaparks.ca/parks/kananaskis/kananaskis-country/advisories-public-safety)

It's also a good idea to keep these numbers handy:  
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## CMHC HOUSING MARKET OUTLOOK SPRING 2022

The CMHC Housing Market Outlook provides forward-looking analysis into Canada's housing markets. This helps anticipate emerging trends in Canada's new home, resale and rental housing segments and their potential impacts on affordability and other housing challenges at the national and local level.

### Key highlights from the 2022 release

- We expect the growth in prices, sales levels, and housing starts to moderate from recent highs but remain elevated in 2022. Robust GDP growth, higher employment and net migration will support demand.
- In 2023 and 2024, the growth in prices will moderate with sales and starts activity remaining above long-run averages. Home ownership affordability will decline with rising mortgage rates and with the growth in prices expected to outpace income growth.
- Rental affordability is also set to decline from increasing rental demand and low stocks of rental housing.
- The Prairie provinces, led by Alberta, will likely see relatively strong sales and starts levels and be stimulated by energy sector investments and higher energy and commodities prices. The growth in prices is predicted to remain below the national average reflecting more balanced supply conditions than in other regions.

### Local area highlights

"As Calgary completes its economic recovery, housing sales and starts will continue at an elevated pace but is expected to be hampered by rising mortgage rates." Michael Mak Senior Analyst, Market Insights

- Price growth in 2022 will be supported by continued demand from job growth and migration – but will slow as mortgage rates begin to price out homebuyers.
- Growth in economic activity supports housing demand, while limited listings in 2022 support higher prices.
- Sales activity is expected to continue at a relatively strong rate, supported at first by low mortgage rates, but later by a strengthening economy.
- Housing construction activity will continue at elevated levels for the near future before facing slight downward pressure from tighter credit conditions.

### Upside risks to the outlook

- Consumer boom resulting from improved market sentiment and unwinding of pandemic accumulated savings may lead to higher levels of economic activity and home prices.
- Higher-than-expected increase in energy and commodity prices are an upside risk to activity in the Prairies, while lower-than-expected prices are a downside risk.

### Downside risks to the outlook

- Emergence of new COVID variants requiring lockdowns and harming consumer confidence.
- More persistent supply chain disruptions and tighter labour markets leading to stronger-than-expected inflation pressures and interest rate increases.
- Higher-than-expected energy and commodity prices are a downside risk to activity outside the Prairies, while lower than-expected increases are an upside risk.
- Geo-political risks from the war in Ukraine, which could negatively impact confidence and world economic growth, particularly in Europe.

This is an excellent document to review in its entirety regarding all aspects of Canadian housing <https://www.cmhc-schl.gc.ca/en/blog/2022/buying-home-will-continue-get-harderafford>

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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
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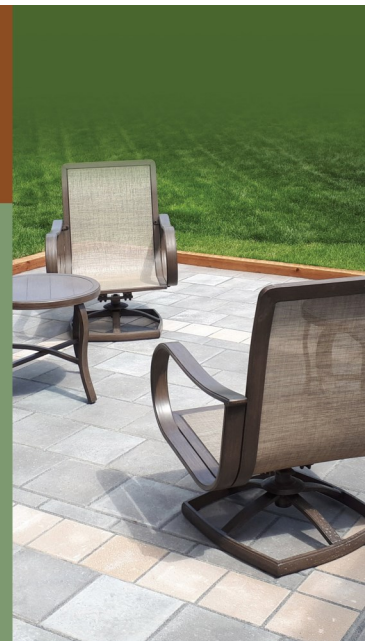
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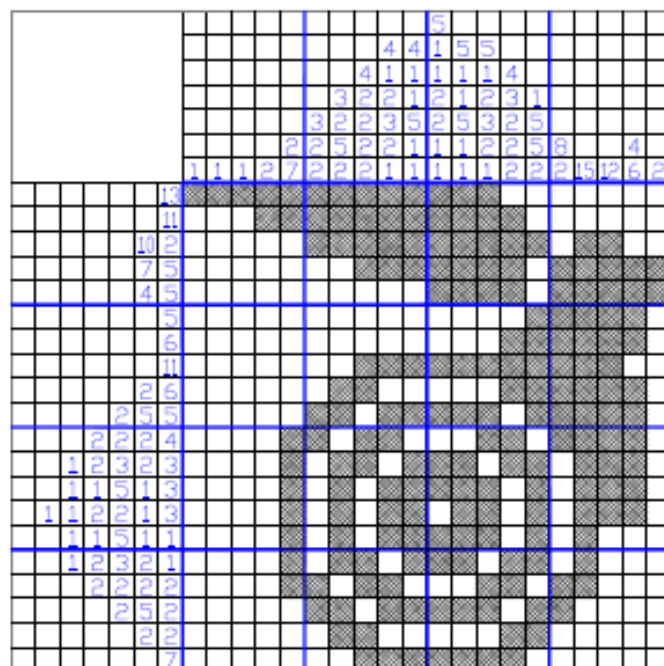
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## Disney Character Trivia Answers

1. Bambi
2. Belle
3. Pumbaa
4. Sebastian
5. Mickey Mouse
6. Lucky
7. Chick Hicks
8. Bruno
9. Mrs. Jumbo
10. Nigel

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