







Chatter - IN THE WOODS -

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

Let's get social!

Follow us on:    
@Redwood Meadows

Hello Redwooders and Neighbours,

Everyone loves Redwood's events: Canada Day, Santa in the Woods, the Easter Egg Hunt, movie nights, scavenger hunts, and other parties, celebrations and activities that happen throughout the year. Most recently, Family Day festivities in February were a great way to get the kids out of the house, socialize with neighbours, and enjoy some spectacular fireworks.

What you may not know is that all of these events are planned by **volunteers**. That's right, people just like **YOU**. If you would like to see these events and others continue in our community, please consider volunteering for RMCA's Events Committee.

If you are interested please contact Kim at events@rmca.ca.

We look forward to working with you!

Thanks,
Your Friendly RMCA



INSIDE THIS ISSUE

Council Message	2
Infrastructure Update	3
Redwood Upcoming Events and Updates	4
Business Listings	6
Redwood Meadows Tae Kwon-Do	9
Origin Stories – Michael Dellebuur	10
Caregiver Stress – Julie Handrahan	11
Bragg Creek Wild – Great Grey Owls	12
Nature Corner – The Elbow River	14
Mortgage Matters	16
Kids Activity Page	18
Babysitter Listings	20

A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



*W*hy do you love Redwood Meadows?

Maybe it's being surrounded by nature, the hockey rink, tennis courts, or other recreational activities. Perhaps you enjoy the small town feel and the closeness of the city. For many, living in a beautiful forest by a winding river and having clear star-filled nights means accepting living without cell service or other challenges from well water, septic, and internet.

Living in Redwood Meadows means the best of both possible worlds! We get the best of rural and urban living. A connected community among wildlife with singing birds, munching deer, amazing quality water, trails, and municipal quality services.


After a recent conversation with a local Realtor, I get the impression I'm not the only one that feels this way. Did you know that our community is in such high demand that there are currently no houses for sale? In fact, some recent properties have sold before they officially came on the market! Others have had as many as ten offers and are even selling for tens of thousands above asking.

This unprecedented demand, combined with a secure 75-year lease, has provided the comfort necessary to plan investments for the future of our community. Council has a multi-year plan to refresh infrastructure, extend conveniences, and protect our amazing community. To make this plan work, we need support from you. In the coming weeks and months, there will be many opportunities to continue sharing your thoughts and expertise through surveys and committees.

We look forward to hearing your thoughts.

Your Redwood Meadows Council

CRABAPPLE COTTAGE



A Breath of Spring Air!
Fresh New Arrivals!

There's no place *like the cottage!*


LAST CALL!! GOING, GOING... Almost Gone!
Sale Up To 70% Off!


Light up your look!
New Season Now!

CharlieB
Tribal
Driftwood

Watch for Echo, V. Fraas, Desigual, Papillon, Django & Juliette, and more!

open daily! • 403.949.4264
The Old West Mall • 2-27 Balsam Ave, Bragg Creek
www.crabapplecottage.ca

 Follow Us. Feel Good.
@crabapplecottagebraggcreek
feel something special



INFRASTRUCTURE UPDATE: WATER FEES



As residents may be aware, the Townsite water treatment plant has some infrastructure work that needs attention. We have been under water restrictions for several months and this is an ongoing issue each summer. This year Townsite has had to truck in water to maintain safe drinking water levels and provide water for ice surfaces. Council views this as a serious issue. Alongside our partners at Tsuut'ina Nation and various levels of government, council and Townsite are working hard to achieve all necessary repairs.

In relation to our Sustainable Water Initiative, Council recently passed the 2022 operational budget and in it are increases to water consumption rates. This is a necessary increase due to the scope of the water treatment plant repairs and the historic undervaluing of our water delivery system. There are also increased maintenance costs that must be considered moving forward.

To date, the cost of water in Redwood Meadows has been heavily subsidized. A recent investigation has found that more than two-thirds of household water meters are non-operational. Townsite has been using conservative estimation of household water usage for most households. This fee has not been increased for residents in years. However, despite recent increases to flat rates from \$20 to \$27, the comparative analysis from other municipalities indicates that Redwood Meadows residents will still pay a substantially lower cost for water delivery. The table shows how Redwood water consumption costs compare to those of four nearby communities.

Calgary	\$1.43
	\$1.23/0-15m ³ , \$1.72/15-30m ³ , \$2.54/30+m ³
Cochrane	
	\$1.86/0-23m ³ , \$1.93/23-46m ³ , \$2.00/46+m ³
Turner Valley	
Bragg Creek	\$2.50
Redwood Meadows 2021	\$0.85
Redwood Meadows (2022)	\$0.90

As water treatment plant repairs continue, Redwood Meadows Townsite management will prioritize the repair and/or replacement of household water meters and seek out and repair leaks in the distribution system.

Addressing our infrastructure deficit in relation to our water and wastewater is a multi-year plan to ensure that our infrastructure continues to provide high quality water for the community. Should you have questions related to the water treatment plant, the increase to water rates, or water meter repair and replacement, please contact Townsite management or reach out to a Redwood Meadows council member.

Your Redwood Meadows Council

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



Emergo Counselling
... for compassion to action

Helping Individuals and Couples



403- 390-1815 www.emergo.ca

www.FB.com/DrKarenMassey
www.Twitter.com/DrKarenMassey

REDWOOD MEADOWS UPCOMING EVENTS AND UPDATES

RMCA EVENTS COMMITTEE IS SEEKING MEMBERS

We are looking for community members to join our team to help plan for upcoming events. Please contact Kim at events@rmca.ca.

RMCA WELLNESS CLASSES

RMCA has teamed up with local fitness instructors to bring back fitness classes that welcome children. Meet other parents and community friends and enjoy a safe and fun workout. Megan Starke is running classes on Mondays and Jess Eustace from Virago Fitness will be setting up HIIT style classes on Thursdays. Moms, Dads, Grandparents and folks without children are all welcome. See our poster on the back cover!

RMCA MEMBERSHIP DRIVE FOR 2022

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



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

THE ICE RINK IS OPEN

The return of snow and cooler temperatures have made it possible to re-install the ice surface in our community rink. The ice surface is once again ready for skating. Thank you to all our volunteers for taking the time to make this happen.

PLEASE STAY OFF THE BERM

Construction on the Redwood Meadows Water Treatment Plant Intake has commenced. This construction will require heavy equipment to be present on the berm. NO pedestrian traffic on the berm and surrounding trails until the construction is complete.

RINK ADVERTISING

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

E-BILLING

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

TOWNSITE OFFICE

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4
403-949-3563 | admin@redwoodmeadows.ab.ca

TOWNSITE OF REDWOOD MEADOWS
1 MANYHORSES DRIVE
REDWOOD MEADOWS, ALBERTA T3Z 1A4
TELEPHONE (403) 949-3563
FAX (403) 949-2019



NOTICE OF BY-ELECTION

TOWNSITE OF REDWOOD MEADOWS ADMINISTRATION SOCIETY

Notice is hereby given that an election will be held for the following positions:

Office(s)	Number of Vacancies
Councillor	1

Voting will take place on the 9th day of March A.D. 2022, between the hours of 9:00 am and 8:00 pm.
Advanced voting on the 7th day of March A.D. 2022, between the hours of 11:00am and 7:00pm.

Voting station will be located at:

Redwood House

Dated at the Townsite of Redwood Meadows in the Province of Alberta, this 15th day of February in the year 2022 A. D.


Returning Officer
Peggy Rupert

RINK SCHEDULE

March 2022– Rink Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Karmik Lessons 4:00-4:45	2	3	4	5 Adult Rec Hockey 7pm-9pm
6 Family Skate 12—4pm (no sticks)	7 Karmik Lessons 4:00-4:45	8 Karmik Lessons 4:00-4:45	9	10	11	12 Adult Rec Hockey 7pm-9pm
13 Family Skate 12—4pm (no sticks)	14	15	16	17	18	19 Adult Rec Hockey 7pm-9pm
20 11:00—11:45 Family Skate 12—4pm (no sticks)	21	22	23	24	25	26 Adult Rec Hockey 7pm-9pm
27 11:-11:45 Family Skate 12 – 4 pm (no sticks)	28	29	30	31		

**Schedule subject to change, please check the Townsite website or app for the most current rink schedule. Rink may need to close again due to weather. When the rink is not booked it is open for public use.*

CENTURY 21
Bamber Realty Ltd.

REAL ESTATE
WEST of CALGARY
www.realestatewestofcalgary.com

DEBORAH CLARK
Real Estate | Management | Marketing
Community Member West of Calgary Since 2002
403.835.3385
dclark@realestatewestofcalgary.com

KEN BARRIE
Real Estate | Construction | Business
Redwood Meadows Resident Since 2008
403.975.0334
ken@newdirectionrealestate.ca

Bragg Creek, Redwood Meadows, Springbank, Elbow Valley, Calgary SW & NW

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
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@realestatwestofcalgary.com / realestatwestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Kathleen Burk, Rocky Mountain Real Estate	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-974-0334	ken@newdirectionrealestate.ca / realestatwestofcalgary.com
Leader Service and Renovations Ltd.	403-996-0192	chris@leaderservice.ca / 35 Sleigh Dr.
Linda Anderson Law	403-243-6400	linda@lindaandersonlaw.com / 403-949-4248
Maverick Law	403-949-3339	admin@mavericklaw.ca / www.mavericklaw.ca
Mountain's Edge Renovations	403-949-7727	4wolves@persona.ca / www.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

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



DOUG TUTTLE
bcph@explornet.ca
Ph: 403-931-0486
Fx: 403-931-1617

Box 1148, Bragg Creek, Alberta T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

Robert Cordsen

Certified Master Electrician

President

rcordsen@skywalkerelectrical.ca
(403) 804-8072

Quality Electrical Services in Calgary
and Surrounding Areas

www.skywalkerelectrical.ca



CHATTER IN THE WOODS

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

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

ADVERTISING RATES

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 1/2" h X 3 3/4" w
Quarter Page (vertical):	4 7/8" h X 3 3/4" w
Quarter Page (horizontal):	2 1/2" h X 7 1/2" w
Half Page (vertical):	9 3/4" h X 3 3/4" w
Half Page (horizontal):	4 7/8" h X 7 1/2" w
Full Page (vertical):	9 3/4" h X 7 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.

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



THE LITTLE SCHOOLHOUSE

2022-2023

REGISTER TODAY!

www.thelittleschoolhouse.ca

Kindergarten

Tuesday/Thursday

9:00am-3:15pm

FREE

Fully Funded by AB Ed.

Preschool

Ages 3-4

Monday/Wednesday/Friday

Mornings 8:45am-11:45am

Afternoon 12:30pm-3:30pm

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



Need Help?

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



BLACK BELT TESTING: A MILESTONE CELEBRATION

What does it take to be a black belt? Years of commitment, physical training, and personal development are required. This spring, Redwood Meadows Tae Kwon-Do is hosting a black belt test for 12 students who will be testing for various levels of black belt from first to fourth degree.

Students are evaluated based on patterns, sparring, power, and knowledge. Board breaking demonstrates power and is one of the most challenging aspects of a black belt test. Students perform multiple breaks using stationary hand and foot techniques as well as flying techniques.

While the test is only one day, the accomplishment is the journey of individual development. To be considered black belt candidates, students need to embrace the five tenets of Tae Kwon-Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. Indomitable spirit best describes this group who have endured training through many pandemic restrictions and interruptions. We celebrate the testing as a milestone of their achievements.

Redwood Meadows Tae Kwon-Do is in its 27th year of teaching in the community. For information visit redwoodtaekwondo.com.



Linda A. Anderson
Barrister & Solicitor, Notary Public

**25 Years
Experience**

403-243-6400
403-949-4248

linda@lindaandersonlaw.com
Appointments available in
Redwood Meadows & Calgary

SERVICES:

- REAL ESTATE
- WILLS
 - Including -
Personal Directives &
Enduring Power of Attorney.
- ESTATES
- FAMILY LAW
 - Including -
Divorce,
Pre Nuptial & Co-habitation
Agreements
- SMALL BUSINESS



Ava Helman practicing her side kick technique.

ORIGIN STORIES: UNCOOL RUNNINGS

*H*ave you ever noticed someone out for a run in -30° weather and thought, “Are they nuts!?” Or, maybe you’ve spotted someone out for a run on a perfectly pleasant day and still thought to yourself, “Are they nuts!?”

Well, it wasn’t too long ago that you would have been in the majority. Going back a mere 70 years to a post WWII America, it was rare for anyone over the age of 30 to perform an activity more strenuous than bowling or yard work. In fact, even as late as the 1960s, the Chicago Tribune published articles on the strangeness of a new fad called “jogging”, one of which acknowledging the absurdity in seeing a grown man running. Early adopters of jogging reported being stopped by police, and even began running early in the morning to avoid arousing any suspicion.

So how did this activity for weirdos transform into an activity performed by almost 60 million Americans in 2017, and one which, according to data from fitness apps like Fitbit and Strava, saw a huge uptake during the pandemic? It all started with a trip to New Zealand.

Often referred to now as running, jogging began gaining popularity in the late 1960s. The rise of jogging in North America can be attributed to the legendary University of Oregon track coach, and future Nike co-founder, Bill Bowerman. While visiting New Zealand with some of his athletes, Bowerman observed New Zealand Olympic track coach Dr. Lydiard, who was using jogging as a conditioning activity for his runners who were transitioning into retirement. Unwilling to give up their fitness routines, Lydiard had devised a program that could combine conditioning with the stimulus of companionship – akin to the group training they’d grown accustomed to. These groups or ‘clubs’ caught on in a big way outside of Lydiard’s runners. Soon, whole communities were jogging together on weekends and holidays.

Bowerman was struck by the New Zealander’s zest for physical activity, especially when he compared it to the United States. At 50 years old and in great shape, even he couldn’t keep pace when he joined Lydiard and his teams for one of their cross-country runs. Returning home, he published a pamphlet on the sport of jogging in 1966, and an entire book on the subject the following year. What made Bowerman’s approach unique, was that he wasn’t just targeting fitness buffs. The book pitched jogging as an activity for everyone with a focus on health and longevity. He preached the importance of regular exercise for cardiovascular and respiratory health, citing studies conducted by cardiologists. The book even highlights a few mental health benefits, suggesting that jogging can help you build confidence, become more optimistic, and create healthy relationships.

Oddly enough, the universally accepted connection between exercise and health is a rather contemporary discovery. In fact, before Bowerman’s revelation in New Zealand, former track star and member of the US Track and Field Federation, Seymour Lieberman introduced Bowerman to the idea. He wrote to Bowerman in 1961 to promote his *unusual* idea that regular physical exercise (which he called trotting) may be an antidote to heart disease and other ailments of middle and later life.

Lastly, for those looking for a more immediate return from their exercise, there’s the so-called *runner’s high*. Traditionally the runner’s high has been described as a state of euphoria achieved during a run. Not everyone reports experiencing this phenomenon, and even when they do, it’s hard to nail down a specific description as these feelings can be quite subjective.

What we do know is that when you run your body releases endorphins, feel-good chemicals that produce happiness and may help alleviate pain and prolong your run. Scientists once believed that endorphins were behind the runner’s high, but new research shows it may be a different molecule: endocannabinoids. That’s right, the *high* you get from running may be the result of molecules activating your endocannabinoid system, the same system that’s affected by THC, the active compound in cannabis. Happy running!

Michael Dellebuur
www.copymichael.com

ADVANCED CARE PLANNING—ARE YOU PREPARED?

Close your eyes and imagine your last month on earth. If you could manage the inevitable, what would the end look like? Where would you be? Who would be around you? What do you hear? What do you smell? What music is playing? What shows will you binge? Depending on the season, what would one last experience be? Would it be a snowball fight? Would it be rain on your face? Would it be a hike, or witnessing the first spring flower? Would it be a trip to the lake? What would you be doing? Would you be writing letters to your loved ones, journaling your final days? Would you sit in quiet contemplation? Or would you be feasting on cannoli and a vodka martini with friends and family?

Known as advanced care planning, you can take the opportunity to provide the necessary information to those who will be responsible for your future care in the event you are unable to speak for yourself. There are two documents for advanced care planning. Goals of Care includes your medical order signed by a physician instructing medical personnel to perform the medical interventions you want in the event you cannot communicate. The second document, a Personal Directive, allows you to assign an agent, a trusted person, to speak on your behalf in the event you are unable to do so. The agent, through prior conversation and documentation with you, will know your values, beliefs and wishes. This is the point person to ensure your wishes are carried out.

In Alberta, we are fortunate to have access to advanced care planning forms that are packaged in a “green sleeve.” These folders hold our Goals of Care and our Personal Directives. We take them with us when we are taken to hospital. You may ask your physician for a green sleeve or you may go to www.conversationsmatter.ca and Alberta Health Services will send you up to four. There is no legal requirement in Alberta to have a personal directive, however, it is highly recommended for anyone 18 years of age or older.

Let us take the opportunity to talk and write down our best “death”. Begin with a real conversation with yourself, then continue the conversation with your family and friends. We can be prepared for a sudden death or a life-limiting diagnosis. It’s a gift to yourself, it’s a gift to those who love you. May you get your cannoli and your vodka martini with six olives please.

Strength, Love and Light,

Julie Handrahan

End of Life Doula, Transition Well transitionwell.ca

In the Bragg Creek and Area real estate market, Bragg Creek Real Estate Agent, Kathleen Burk is renowned among colleagues and clients alike for her integrity, loyalty and professionalism

WORK WITH US

We strive to offer the highest level of expertise, service, and integrity available to the public.

Kathleen Burk has helped hundreds of buyers pursue their dream home or to navigate the sale of a property in Bragg Creek, Redwood Meadows and the Greater Surrounding Areas

 kathleenburk@remax.net 403.818.8049
braggcreekredwoodmeadows.com

LOOK OUT FOR THE GREAT GREY OWL THIS TIME OF YEAR

The oldest recorded Great Grey Owl lived in Alberta and was at least 18 years and 9 months old. Unfortunately, it was killed in 2013—struck by a car. More recently, we've seen a number of local Great Greys struck and killed by vehicles right here in this area, particularly around this time of year.

You may have seen one of these majestic local residents perched on a fence or signpost on the roadside or nestled in a tree deep in the woods. There's no mistaking them, with their big round head, large facial discs, deep-set yellow eyes and small yellow bill.

The Great Grey is the longest owl at up to three feet long. But their size is deceptive: much of it is plumage. Their bodies weigh less than most other large owl species—females averaging 2.84 pounds and males, 2.2 pounds. Their wingspan is impressive, sometimes exceeding five feet.

As they don't migrate, you can find them year-round in our forests. Consider yourself lucky to see one: they generally don't call attention to themselves and avoid humans. Look for them in open areas like meadows or bogs, where they typically hunt. In this area, watch out on Highway 22 through Redwood Meadows and West Bragg Creek Road, where the golf course and open fields are a fertile hunting ground.

In winter they hunt night and day from perches, listening intently for movement under the snow. The discs of feathers surrounding each eye act as dish antennae, directing sound to the owl's ears. They mostly eat small rodents like voles, mice, and gophers. Their hearing is so good they can hear rodents running in tunnels under snow as deep as half a metre. Then they hover above the snow and swoop to capture their prey by plunging their talons into the snow. Great Greys don't just hunt for themselves – they share food with each other as a courting gesture.

Great Grey Owls don't build nests but they're great recyclers! They'll repurpose other large birds' nests, nest in large broken-topped trees or inside tree cavities. Unfortunately the greatest threat to these owls is degradation of their habitat. Intensive timber management reduces dead and live large-diameter trees that adults use for nesting and removes leaning trees that juveniles use for climbing practice and roosting.

Another threat is vehicle collisions. You've probably noticed various birds of prey perched by the highway, attracted by rodents, which are attracted by human litter. You'd think these owls, with their incredible hearing, would be well aware of a vehicle driving by, but once they locate their prey, they become completely focussed on the task at hand and may not notice a vehicle passing through their flight path (not to mention they have terrible peripheral vision). So, think twice before ditching that apple core, take particular care with speed when driving and pay attention to the roadside.

What to do if you see an injured owl

Call the Alberta Institute for Wildlife Conservation hotline: 403.946.2361

May to July: 9 am to 7 pm; August to April: 9 am to 5 pm

After hours, leave a message and they will call you in the morning.

More advice can be found at <https://www.aiwc.ca/found-a-wild-animal/after-hours-assistance/>.

If you spot a Great Grey Owl, please let us know via these email addresses so we can add the data to our mapping project:

Dklepacki@essentialearthmentoring.ca | braggcreekwild@gmail.com

Check out www.braggcreekwild.ca and find us on Facebook.



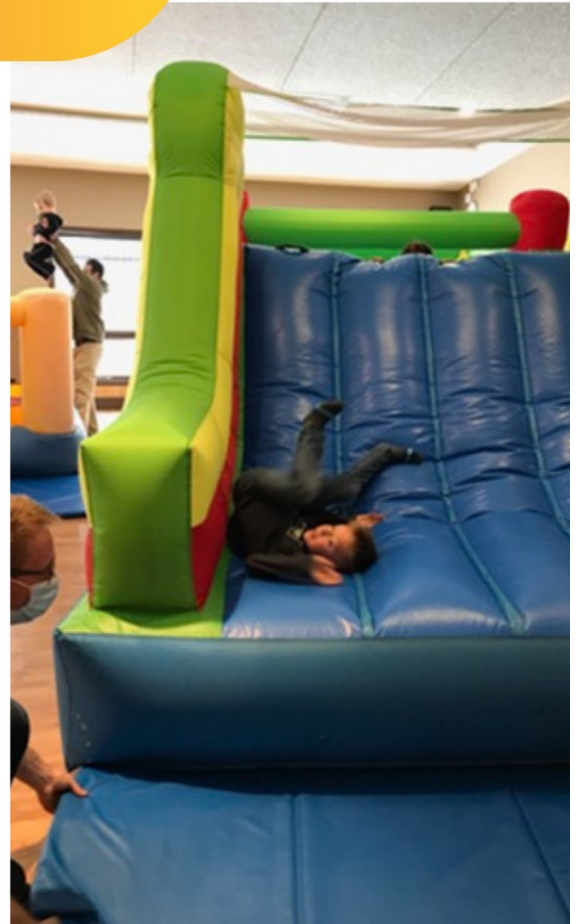
Provided by



Photo Credit: Bob Cook at www.brandedvisuals.com ©2022



Family Day 2022



A RIVER RUNS THROUGH IT (THE ELBOW RIVER)

Besides the great people that live in this community and surrounding area (yeah, you reading this!!), one of the best things about living here is the proximity we have to a river that flows by peacefully (usually...more to come on this...) on the west side of our community.

The Elbow River. A watercourse 120 kilometres in length that finds its beginnings at Elbow Lake high in the Rockies, then meanders through the foothills of Kananaskis County, past the communities of Bragg Creek and Redwood Meadows, out of the forest and into the parkland, before entering the southwest of Calgary, hanging out in the Glenmore Reservoir for a bit, and meeting up with the Bow River downtown at historic Fort Calgary. Then 2,800 kms and three prairie provinces later, these waters drain into Hudson Bay.

This river is an integral part of our community. Going for a walk along its banks to give the pups some exercise or clear your head. Cooling off with a swim or a float in the summer. Supplying our townsites with drinking water. Casting a fishing line. Gliding across on skis or skates in the winter. Possibly my favourite aspect of the river is just watching it change over the course of the year and appreciating the eternal seasonal cycle. It also resonates an omnipresence, possibly felt more by those that have experienced its fickle nature over the years.


The Elbow River is the traditional territory of the Blackfoot Confederacy, and Tsuut'ina and Stoney Nakoda Nations. The name comes from the English translation of the Blackfoot word *moki-nist-sis*. In fact, all the Nations had a word for 'Elbow' in their respective languages for areas where rivers make sharp bends. This specific 'Elbow' is where the river takes a sharp bend north just before the confluence with the Bow River. An important traditional camping ground. But not permanent and for good reason...

Fort Calgary was the first permanent structure built at this spot with the arrival of the Northwest Mounted Police in 1875. A bit further upstream the Elbow River, a Catholic Mission was built shortly after. This was the origin of Calgary. The Canadian Pacific Railroad arrived in 1883 and built a wooden trestle bridge over the river. Calgary was incorporated in 1884, a bustling town of 500. The Elbow River was not very welcoming. In October 1883, high ice-choked water washed out the only pedestrian bridge, jamming it against the trestle bridge and nearly destroying this as well. Calgarian perseverance had new pedestrian and wagon bridges built by the spring. They only lasted until June when high waters washed them out and didn't spare the trestle bridge this time either.

According to historian Harry Sanders, Calgary's worst flood was in 1897 when the flood-surgeing Elbow River waters met a swollen Bow River and many bridges and homes were washed away causing a quarter million dollars in damage, devastating the city of 4,000 at this time. Five years later in 1902 the second worst flood struck. The Alberta Tribune comparing the turbulent waters with "the Niagara at the Whirlpool are not much madder." The river was angry many more times. In 1915 three bridges and more homes washed away. Another big one in 1929. In 1932, Calgary was saved from catastrophic damage by the newly constructed Glenmore Reservoir. Finished in 1931 the reservoir was completely filled by flood waters in spring of 1932. A year before would have spelt big trouble. A few more high-water events occurred, but things settled down until 2004 and then the flood event of 2013 that changed many people's lives. Flood mitigation work continues in Bragg Creek. The Springbank Off-Stream Reservoir is in its initial construction phase. How this project pans out remains to be seen.

The Elbow River is a big part of our community and like many things we have to take the bad with the good sometimes. Lots of elbow room, but an elbow to the ribs every once in a while.

Alex Mueller



Kelli A. Sutton
Certified in Holistic Nutrition™
HypnoBirthing® Educator
Reiki Master / Teacher

1.587.335.8589
aqitowellness@gmail.com
www.aqitowellness.ca

PICAPIX PUZZLE

A picture will evolve as you complete the puzzle. Start with the largest numbers or combination of, colour in squares and proceed to work back and forth between columns and rows.

The three basic rules are:

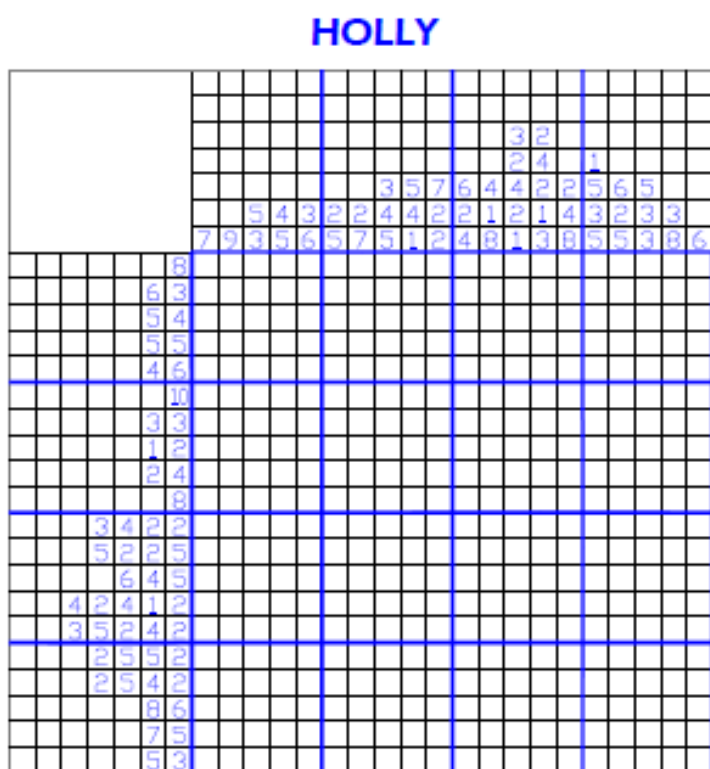
1. Numbers represent how many squares you colour in to form a group or block.
2. Leave at least one square between these blocks.
3. The sequential order of the numbers is the order of the blocks, i.e., top number for a column is the top, block, and left-most number for a row is the left-most block.

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



This same method can be applied even when there is more than one number, remembering to allow one empty square between groups or blocks. Use a second colour for elimination of background squares.

Created by Diane Baher of Okotoks





MOUNTAIN'S EDGE RENOVATIONS

CUSTOM HOME BUILDING & RENOVATIONS



Redwood Meadows has a new lease on life!



Is it time to finally remodel?

♦

Living in and loving Redwood for over 18 years!

mountainedgerenovations.com
403-949-7727 or 403-461-2710

MORTGAGE MATTERS: UNCONDITIONAL OFFERS

If you're planning to buy a new home, you will make an offer* to start negotiations with the homeowner on the house you've chosen. There are two basic types of real estate offers: a conditional offer and an unconditional offer.

Conditional Offers. Conditional offers are the most common type of offer. Conditions are inserted into a buyer's offer with specific dates to meet said conditions. The most common conditions are financing, home inspection and condo documents review (but may include others as well). A condition clause affirms that if the buyer could not obtain financing, a home inspection is unsatisfactory or if the condo docs are inadequate for example, the buyer does not have to proceed with the deal.

Unconditional Offers. An unconditional offer is an offer to purchase with no conditions at all. If a buyer makes an unconditional offer that is accepted, it's a firm deal. If the buyer can not obtain financing, a home inspection (if done at all) is unsatisfactory or if the condo docs are inadequate, it does not matter as the buyer has committed to proceed with the deal (or face the consequences).

A concerning trend is transpiring. Buyers making unconditional offers on a new home. It is understandable in such a heated market, especially when a buyer may be competing with multiple other buyers. A competitive real estate market means that sellers may give preference to offers with no conditions attached.

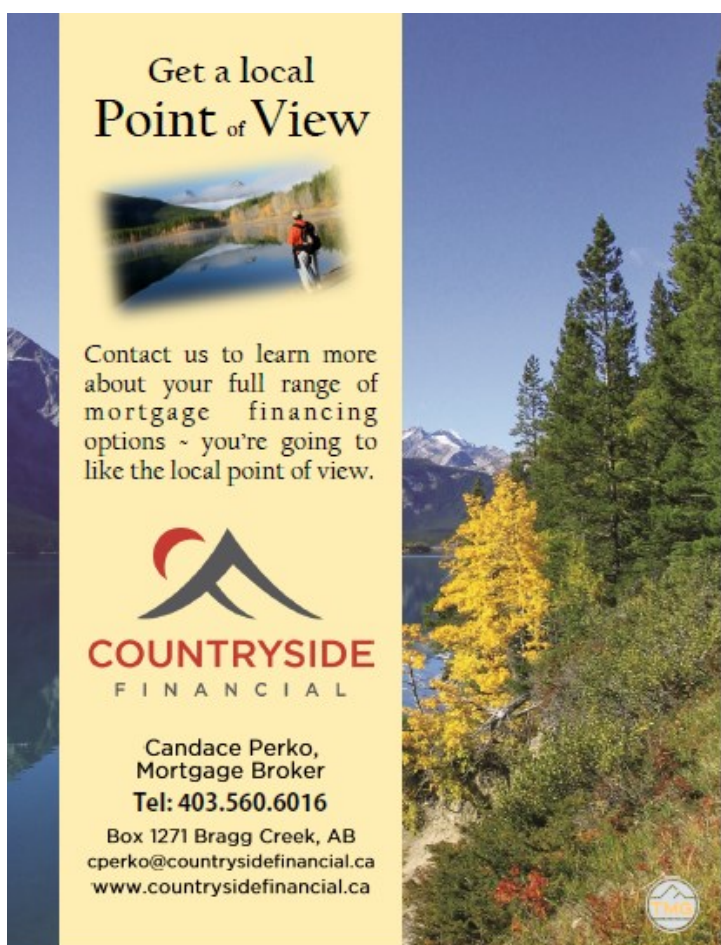
This is very risky. If a buyer needs a **mortgage** to purchase a property, I would not advise a buyer to make an unconditional offer. Even if a buyer is pre-approved, it is not a guarantee the buyer will meet the closing finance conditions required. Unfortunately, situations happen and employment, credit, debt level, etc. can change which may affect a pre-approval becoming an approval. Moreover, mortgage pre-approvals only consider the applicant upfront, not the property itself. The property—value, marketability, condition—is just as

important. If a property appraisal is required, CMHC and/or the lender may not agree with the purchase price. A heated market may not support a purchase price significantly higher than recent comparables and a lender will not mortgage higher than a property's appraised value. This situation requires the buyer to pay cash for the difference or seek out additional (more costly) financing to make up any shortfall, often leading to a stressful situation.


Making a conditional offer, with a reasonable timeframe to meet those conditions makes for a less risky real estate purchase.

** An Offer to Purchase is a standard form legal document used to outline a potential real estate transaction between two parties. Please speak with a real estate professional about all the particulars.*


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.



COUNTRYSIDE
FINANCIAL

Candace Perko,
Mortgage Broker
Tel: 403.560.6016

Box 1271 Bragg Creek, AB
cperko@countrysidefinancial.ca
www.countrysidefinancial.ca

Literature Trivia

1. Dmitri, Ivan, and Alexei were what title characters?
2. Which American author's works include "The Last Juror", "The Appeal" and "The Associate"?
3. Stephen King specializes in what genre of literature?
4. Who wrote the famous book 'The Lion, the Witch and the Wardrobe'?
5. What sort of stylistic device is "forward retreat"?
6. What is the first name of the author of the "Canterbury Tales"?
7. Which war is the setting for Erich Maria Remarque's "All Quiet on the Western Front"?
8. What does the title of Joseph Heller's novel "Catch-22" refer to?
9. What are Elie Wiesel's books "Night", "Dawn" and "Day" about?
10. Castle Rock is the setting for several of which author's books?
11. In which US city, nicknamed The City by the Bay, is James Patterson's "Women's Murder Club" set?
12. Which character from Spanish literature had an issue with a windmill?

Questions provided by FunTrivia
Answers on page 21



GORD BAMFORD

KICK COVID IN THE TOUR

DOORS OPEN AT 6PM
7:00 PM
MAR. 12. 2022
BRAGG CREEK COMMUNITY CENTRE

23 WHITE AVE. BRAGG CREEK
PROCEEDS SUPPORTING
SWAMP DONKEY MUSICAL THEATRE
SOCIETY: BRAGG CREEK COMMUNITY
ASSOCIATION: BRAGG CREEK
PERFORMING ARTS

PRESENTED BY
Kubota
Peavey Mart
CASH & CARRY ENTERTAINMENT LTD.

PURCHASE YOUR TICKETS:
GORBAMFORD.COM

**FREE RAPID TEST
WITH TICKET PURCHASE**



SPIRITS WEST

FINE WINE ★ RARE WHISKEY ★ CRAFT BEER

ESTD 1997

**LOCALLY OWNED
COMMUNITY DRIVEN**

414-7 DALSAM AVENUE, BRAGG CREEK, ALBERTA, BRAGG CREEK

SPIRITSWEST.CA f t

CAT IN THE HAT CRAFT WITH SONJA ALLEN

Materials you will need:

Materials
Scissors
Glue
Ruler
Pencil
Sharpie
1 white paper
1/2 sheet of red paper (for stripes)
1/2 sheet of black paper (to cut into pieces)
Small bowl / round plate



Instructions:

Step 1 On the white paper, trace a circle using a small bowl or plate with a pencil, cut it out.

Step 2 Use the remaining white paper to cut out a rectangular shape for the hat.



Step 3 Cut a strip of white paper that is wider than the short side of the white rectangle. Curve the edges if you wish. Glue it on the bottom of the white rectangle to make the rim of the hat.

Step 4 Cut a rectangle from the red paper, the same width as the hat. Cut it into uniform stripes. (I used the width of my ruler for simplicity.) Glue them on in equal distance, so that the colors alternate. Put the hat aside for now.

Step 5 Draw the cat face with a black sharpie on the white paper circle.



Step 6 Cut the black paper into multiple strips and then into smaller rectangles. They should not be uniform, therefore they do not need to be measured or traced. Glue the black pieces randomly around the edge of the white circle, to frame the cat face.



Step 7 Glue the hat on the top of the cat face.

Have fun with this Cat in the Hat craft!

**"Look at me! Look at me! Look at me NOW!
It is fun to have fun. But you have to know how."**

- Dr. Seuss, The Cat in the Hat

WANTED



CRIME

Legal advice without attitude

ACCOMPLICES

Honesty, humour, approachability

REWARD

Quality legal services

LAST SEEN

Bragg Creek, Redwood Meadows, Priddis,
Cochrane, and The Alberta Foothills

403-949-3339

www.mavericklaw.ca

Dr. Seuss word search

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

Whos

Seuss

Green Eggs

Cat in the Hat

Fox

Grinch

Whoville

Mulberry

Bartholomew

Lorax

Sam I Am

Yertle

Rhymes

Mr. Browne

Horton

Thing two

Hop on Pop

Ham

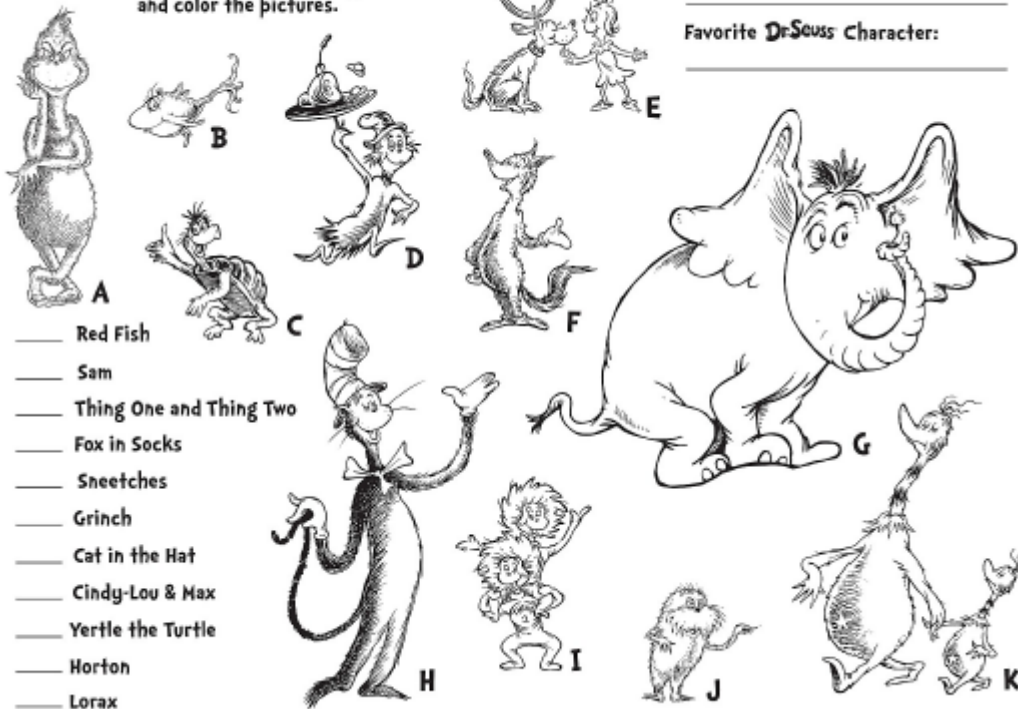
Sneetches

Socks

Thing one

Who's-Who MATCH Game

Fill in the blanks with the matching letters,
and color the pictures.



Name: _____

Favorite Dr. Seuss Book: _____

Favorite Dr. Seuss Character: _____

© 2000 Dr. Seuss Enterprises. All rights reserved. Everything you need to create unforgettable fun. 1-800-487-THOM

REDWOOD MEADOWS—BABYSITTERS LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
Andrea	13	Red Cross babysitter course	587-581-6643 andreaabboud@gmail.com
Ella	12	Babysitter Course	403-470-6411
Griffin	14	Babysitter Course	403-408-6998
Hunter	14	Red Cross Home Alone, Babysitter Course	403-874-4402
Kinley	13	Babysitter Course	403-899-4914 kinleyroberts13@gmail.com
Kyle	14	Babysitter Course	403-470-6411
Lila	14		403-860-9525
Mackaela	16	Babysitters License, Standard First Aid, CPR-B	403-969-6732 macarchabault@gmail.com
Sawyer	16	Red Cross Home Alone, Babysitter Course	403-312-8676
Shawn	12	Red Cross Home Alone, Babysitter Course	shawnmacpherson08@icloud.com

TO ADD, DELETE, OR EDIT A LISTING, PLEASE CONTACT [THEREDWOODCHATTER@GMAIL.COM](mailto: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).

HARDER & SONS

EXTERIOR MAINTENANCE SERVICES INC.

*Refresh old landscaping with
new ideas and solutions!*

We can address...

- Drainage issues • Walls that lean
- Patios that need leveling

Call Us Today!

We create and maintain your OUTDOOR LIVING SPACE

Complete Year Round Grounds Maintenance • Landscape Design, Construction & Repair • Complimentary Consultation
Deck & Fencing • Forest Management • Natural Play Spaces Design & Construction

*Serving Bragg Creek, Cochrane,
Calgary & the Foothills since 2009*

exteriormaintenance.ca 403.949.3442 info@exteriormaintenance.ca

Member of Bragg Creek Chamber of Commerce, Cochrane & District Chamber of Commerce, Landscape Alberta





RE/MAX Real Estate Mountain View

403-681-4391

www.remaxbraggcreek.com

candace@candacehendrickson.com



Dieter
HENDRICKSON
Rural Real Estate Expert

**A Legacy Founded
on Integrity
& Expertise**

Sold over \$1.5 Billion
in Real Estate!



RE/MAX Real Estate Mountain View

403-612-7849

www.remaxbraggcreek.com

dieter@remaxbraggcreek.com



Literature Trivia Answers

1. The Brothers Karamazov
2. John Grisham
3. Horror
4. C.S. Lewis
5. Oxymoron
6. Geoffrey (Chaucer)
7. First World War
8. a bureaucratic conundrum
9. The Holocaust
10. Stephen King
11. San Francisco
12. Don Quixote

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

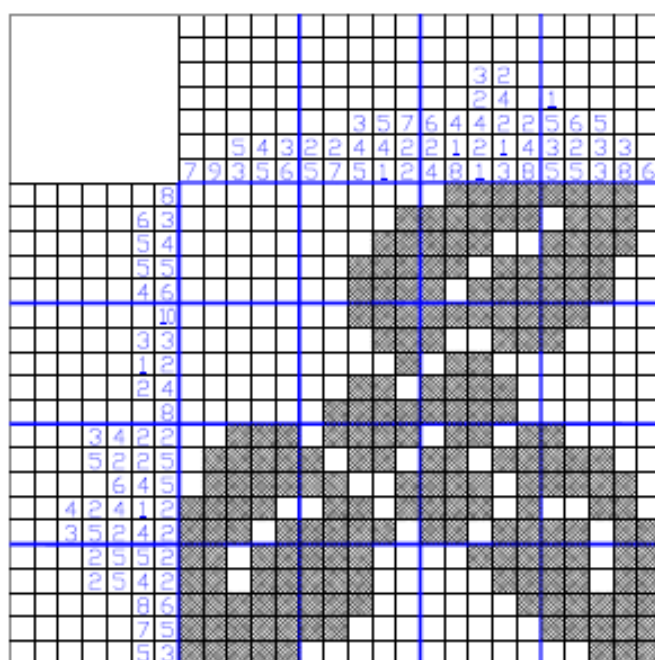
Sunday Service 10:00 - 11:30am

We are meeting again, with PHYSICAL DISTANCING, LIMITED ATTENDANCE as we observe Alberta protocols. For what to expect, visit our website and join the email list for up to date info.

You can also still join us on Facebook Live or YouTube, details on our Facebook page and website

PICAPIX SOLUTION

HOLLY



Wellness Classes

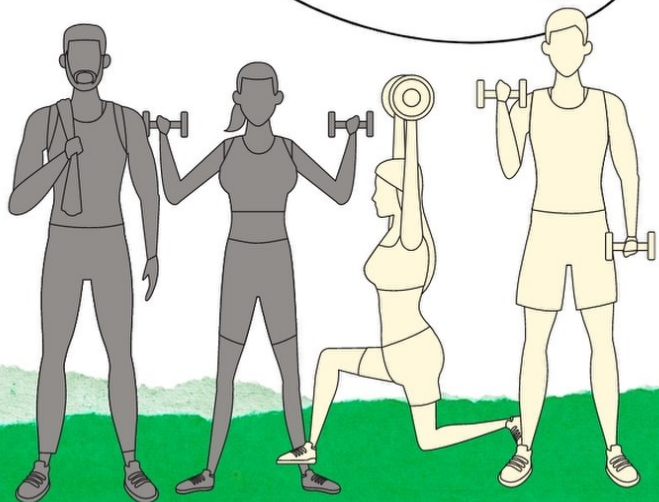
RMCA is teaming up with Virago Fitness and Megan Starke Group Fitness to bring Wellness Classes back to Redwood House!

Megan Starke Group Fitness classes:
Mondays/Wednesday 10:30-11:30am

Virago Fitness HIIT classes:
Thursdays 9:30-10:30am

Starting
March 3rd

Pricing:
10 Classes for \$100
or Drop-In for \$12



*Children Welcome

Contact Megan Starke: meggiestarke@gmail.com
or Jess Eustace:
viragofitnessbraggcreek@gmail.com
to purchase passes or sign up for classes.

Sponsored by:

