

May 2021

A monthly community driven newsletter for Redwood Meadows and surrounding areas



# Chatter - IN THE WOODS -

Read the CHATTER online at

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

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**H**ello Redwooders and Neighbours,

While everyone is gearing up for warm weather, we at the Chatter are winding down. This is our second-to-last issue before taking two months off for summer. Never fear, we are pushing strong to the finish line and have great articles from new and veteran contributors alike. Make sure to check out the back page to see artwork from local artist, Gary Sutton. Any local artist is welcome to send a photo of their work to be featured in upcoming Chatter issues.

We also have the pleasure to announce that Redwood Meadows will soon have our very own community garden! Please see the following pages for more information on how to get involved and support this wonderful initiative.

Warm Regards,  
**Rebecca Parzen**



*Provided by: Señor Dave Photos*

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## A MESSAGE FROM YOUR FRIENDLY RMCA

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Dear Redwood Meadows Residents,

It's official! Redwood Meadows will soon have a community garden with plots available to all of our lovely residents. RMCA has an amazing garden committee that has been hard at work applying for grants, getting approvals, obtaining estimates, and designing the garden space. We thank Townsite and Council for supporting this wonderful community initiative.

The future Redwood Meadows Community Garden will be located in what is now a barren patch of dirt between the firehall and the highway. Imagining that space filled with blooming plants, a quaint pergola, and wood benches for residents of all ages to enjoy brings joy to my heart. A fairy garden or sandbox may even become part of the plan to encourage play and whimsy.

Garden plans and design will be dependent on the grants and donations we receive. Our goal is to build the garden infrastructure this year to be ready for the 2022 planting season. **Please support us at our first annual Seedling Sale, on May 15th 11-3pm, at the concession.** Vegetable, herb, and flower starts will be available and all proceeds will benefit the Community Garden.

Sincerely,

**Jessica Smid**

*RMCA Community Garden—Education and Communication Lead*



*Proposed design*

## RMCA UPDATES AND VOLUNTEER POSITIONS

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### SPRING SPORTS

Registration is open! Sessions tentatively start May 11th.

Soccer on Tuesdays; T-ball on Wednesdays. Discounts for RMCA members and coaches.

Register at <https://playyon.com/redwood-meadows-soccer/>.

*Please note: Dates and the ability to offer Spring Sports programming are subject to change due to COVID guidelines and renovations to the playing field. Registrations are accepted but payment will not be collected until dates are confirmed.*

### SEEDLING SALE

Saturday, May 15th, 11-3pm, Concession at Curtis Field

Come buy your plants and learn about the new Redwood Community Garden!

Vegetable, herb and flower starts. All plants grown and donated by located gardeners.

100% proceeds will benefit the Redwood Community Garden. Masks strongly encouraged; Tap payment accepted. Contact [communitygarden@rmca.ca](mailto:communitygarden@rmca.ca) for more information.

### BOARD POSITIONS

We are looking for a **Secretary** and a **Volunteer Coordinator**.

### MEAL DELIVERY VOLUNTEERS

RMCA is looking into the fun idea of bringing restaurant delivery to Redwood Meadows on a monthly basis. To make this happen, we need volunteers to pick up the food and deliver it. If you would like to make your neighbours' day by delivering their order to their doors, this is a job for you!

Send inquiries to  
**VOLUNTEER@RMCA.CA**



## REDWOOD COMMUNITY GARDEN SEEDLING SALE

MAY 15TH 11-3  
REDWOOD CONCESSION



## A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL

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**B**y now you have heard the fantastic news that our Master Sublease is signed, which means the Redwood Meadows lease extension to 2095 is official! We can now begin the process of executing individual subleases. Leaseholders should have received Sublease Execution Process instructions (sent by email and physical mail). We encourage everyone to begin the process immediately to ensure you meet the June 30 deadline. Several information sessions are scheduled to address questions.

Regarding COVID, the Townsite office is open by appointment but staff continue to work from home where possible. Thankfully, spring is here and we can all get outside to enjoy the many great amenities our community has to offer.

Townsite is preparing for spring activities on the sports field and disc golf course. Plans are in place to repair Curtis Field to make it an elite sporting venue for all participants. Tennis court resurfacing will commence shortly with the addition of pickleball lines. Spring sports registration is open, and there are several exciting new events coming to Redwood, including in-line skating camp and a Community Market! If that is not enough, ice cream is now available at the concession, which will remain open on Saturdays and special events.

The installation of our new Townsite-owned fibre internet line is expected to be complete in the coming weeks. Installation of our new LED streetlights should be underway by end of April. TsuuT'ina is also performing a major improvement initiative on the golf course in 2021; the Nation will provide more information in the coming weeks which we will pass along to residents.

Townsite, working with the Nation, has received approval from Transport Canada to conduct an aerial BTK Spruce Budworm control program. The entomologist is monitoring our situation closely and will confirm the appropriate time for application to have maximum effect. Townsite will communicate the exact days and time for application, anticipated sometime late May or early June. Watch the weekly Updater for more information.

In summary, 2021 is shaping up to be a great year for Redwood with lots of exciting initiatives underway. Our AGM will take place May 18<sup>th</sup>. Formal notice and information packages will be sent out shortly. Given COVID restrictions it will likely be a virtual meeting again this year. We look forward to seeing you there!

Thank you as always for your continued support.

***Scott Ackerman, 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](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	\$30/month
Quarter Page	\$44/month
Half Page	\$63/month
Full Page	\$120/month
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Full Page (vertical):	9 ¾" h X 7 ½" w

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**E-transfer:** [payment@rmca.ca](mailto: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](mailto:theredwoodchatter@gmail.com)



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

## REDWOOD MEADOWS TOWNSITE UPDATE

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### NOTICE: 2021 TAX NOTICES MAILED

Notice is hereby given, pursuant to Section 333(1) of the Municipal Government Act RSA 2000, Chapter M-26, that 2021 Notices of Taxation for the Townsite of Redwood Meadows were **mailed April 30, 2021**. All Redwood Meadows property owners are advised that taxes are due June 30, 2021. As per the imposition of the Tax Penalties policy, overdue taxes incur a **5% penalty after June 30** on any current unpaid balance, unless the resident is enrolled in the Tax Installment Payment Plan (TIPP). An additional **5% penalty will be applied quarterly** on the total outstanding amount of any overdue taxes. Please contact Townsite Office if you have any questions or concerns at 403-949-3563.

### 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](mailto: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](mailto: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 May or 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

As bears have emerged from hibernation, please remember to only put your garbage out Tuesday mornings and do not store it outside. All yard waste should be placed in clear bags. Bylaw will be patrolling to keep us a Wildlife Smart community. Thank you for your cooperation.

### BYLAW REMINDER—NO PUMPING INTO BASEMENT DRAINS

With the spring melt in full effect, please remember not to pump water directly into basement drains as this puts enormous load on the effluent systems going to the lagoon.

### CURTIS FIELD RESURFACING

Work will begin soon. 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](mailto:admin@redwoodmeadows.ab.ca)

## 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	403-949-4129	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
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 / 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

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## REDWOOD MEADOWS EMERGENCY SERVICES

Use your head; wear a helmet!

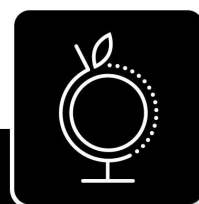


Each year, more than 700,000 people in Canada suffer from bicycle-related injuries that require hospital emergency room treatment and hundreds of children die from bicycle-related injuries. A helmet is the single most effective way to help reduce head injury and death from bicycle crashes. Helmets have been shown to reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%. Approximately 75% of bicycle-related fatalities could have been prevented by wearing a properly fitted helmet. Here's some helmet safety tips:

1. Helmets are for everyone. Adults should also should wear a helmet for every ride. Children learn from watching you so model proper behavior!
2. Adults and children should wear a helmet for all wheeled-sports activities.
3. When skateboarding or long boarding, your child should wear a skateboarding helmet.
4. When it is time to purchase a new helmet, let your children pick out their own; they will be more likely to wear them for every ride.
5. Helmets should sit comfortably on the head all the way around, sitting level and stable enough to stay in place during violent shakes or hard blows.
6. Rest the helmet level on the head, not tilted.
7. Make sure the straps of the helmet form a "V" under the ears when buckled.
8. Have the strap underneath the chin fit comfortably snug.
9. Secure the helmet to the point that twisting and tugging cannot remove it.
10. Always replace a helmet after a crash. Damages may not be visible, but the foam can lose its integrity.

*Until next month, stay safe!*

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## BRAGG CREEK COMMUNITY ASSOCIATION

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*#*Hello Redwood Meadows!

This month the Bragg Creek Centre will be rolling out some new workshops such as Keeping Backyard Chickens, Patio Pot Design, Vermicomposting (composting with worms) and for the kids, Birdhouse Building. Visit our brand new website for details.

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

The Bragg Creek Farmers Market will quickly become a favorite part of your weekend routine. With locally grown, handmade and home baked goods, there is sure to be something for everyone. We are excited for you to come meet your local growers, makers and artisans.

### Have you used the Satellite Library yet?

Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns. With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at [www.braggcreeklibrary.ca](http://www.braggcreeklibrary.ca). *Don't have a TRAC Library Card?* Just fill out the online registration form at [www.braggcreeklibrary.ca](http://www.braggcreeklibrary.ca)....easy!

*\*Redwood residents:* 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 12<sup>th</sup> thru August 30<sup>th</sup>; 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! Register: [www.braggcreekca.com](http://www.braggcreekca.com); Email: [info@braggcreekca.com](mailto:info@braggcreekca.com) for information

### Music for Young Children

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](mailto:msrobinmyc@gmail.com) to find out more about our MYC Group Piano Classes or to set up a 'Meet and Greet' with Ms. Robin...we are now booking meet & greets for the week of May 10th!

### 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](mailto: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](mailto:info@braggcreekca.com) or [braggcreekcommunitychurch@gmail.com](mailto:braggcreekcommunitychurch@gmail.com) or by calling 403-949-4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts? Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission – to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations. Our office is open Monday – Friday 9am – 5pm. Call 403-949-4277, email: [info@braggcreekca.com](mailto:info@braggcreekca.com) or visit us at [www.braggcreekca.com](http://www.braggcreekca.com) for news and updates.

Take good care Creekers!

**Christine Pollard**  
Program and Event Manager

# NEED HELP?

REDWOOD MEADOWS RESOURCES	PHONE NUMBERS
<b>FOOD</b>	
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>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
RCMP Non-Emergency	403-932-2211
Rural Outreach Support Worker (Information, Resources and Support)	403-851-2286



### Magnificent View – by: Amber Zierath

There's a sliver of time when the lighting is perfection. A point when an explosion of colour consumes the expanse above us. It's truly a sight so magnificent, it conjures a delightful swell within my heart.

It's the kind of moment that pushes me to sing a rich, complex song. One filled with messages of gratitude and wonder. My singing is best when the air is warm, and the sun is pushing its final luminous glow of the day. Most times, I'm the guy who's up singing until the last ray of light fades into another world, one seemingly far away in the distance from my own.

I'm not keen to keep this poignant juncture to myself. In fact, I'm happy to make as much noise as possible so the other animals and humans know it's time to look out at the beautiful sky. I could sing and sing, barely taking a break so no one will miss it.

As I perch on the branch of a spruce tree, I widen my eyes and stare. Wisps of cloud appear to magically change colour – beaming hues of pink and purple. Sunlight transcends beyond as the sky decloaks from a robin's egg blue to an evening grey. I breathe in deeply before belting out a magnificent song, in appreciation for my view. These are the sunsets I could stare at for an infinite amount of time. That was my plan for tonight, but something demands my attention below my tree branch.

To my left, I spot a fine young lady hopping through the grass. Seemingly moving on beat with my song, she hops through the grass like it's her artistry. Delicate and smooth with such grace and poise. Perhaps I consumed too many fermented berries today, but she looks like the kind of gal I could see myself nesting with.

Although I'd love to stay still a little longer and admire the sunset, I'm keen on impressing the beautiful lady. Perhaps I'll change my tune and show her I'm a rockin' guy. Or maybe I'll really let my feathers down and impress her with my hip-hoppin' robin moves. After all, actions speak louder than chirps.

*To learn more about the writer, please visit her website at: [www.amberzierath.com](http://www.amberzierath.com)*

## RAMBLINGS FROM THE REDWOOD GARDEN—STARTING YOUR COOL SEASON GARDEN

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Redwood is considered a northern, cold weather climate where we can't quite trust our temperatures to remain above zero until at least the end of May, making for a short growing season. In addition to the short season, we also experience cooler night temperatures, which make it difficult for heat-loving veggies to thrive, including tomatoes, peppers, eggplant, melons and pumpkins. The upside to our northern climate is that we can grow the most delectable cool season crops. These crops can all be sown in May and they are wonderful for beginner gardeners.

Many gardeners have certain dates in mind when direct sowing their spring gardens. Some say you must not plant before the long weekend, others sow based on the moon's cycle and some wait for the nighttime temperatures to reach a certain degree above zero. I, however, have a tradition of sowing my veggie beds on Mother's Day.

Here are some excellent veggies crops that can be put into the dirt this month:

- Lettuce
- Arugula
- Spinach
- Kale
- Chard
- Peas
- Carrots
- Beets
- Radishes
- Potatoes

Zucchini, beans (pole and dwarf) also do very well in our climate but they will do best planted in early June. I like to give these seeds a head start by pre-sprouting indoors in May. I haven't tried direct sowing broccoli, cabbage or cauliflower but I'd like to try it this season!

If you are interested in gardening but you don't have a raised bed or would rather start small, you can plant your seeds right into a container on your deck. This year I'm hoping to try zucchini, carrots, radish and kale in planters on my deck.

We'd love to hear what you are growing this season! When do you sow your garden? What is your favorite crop?

I consider May the official start to the gardening season. I hope you can all find some time to get your hands in the dirt this month!

**Jessica Smid**

*Redwood resident and gardening enthusiast*



*Cold weather loving beet greens*

## Animal Trivia

1. Which bird is, incorrectly, said to hide its head in the sand when in danger?
2. What animal known for its colorful face and rump is the world's largest species of monkey?
3. A female donkey shares its name with Forrest Gump's girlfriend. What is it?
4. Why are rats always chewing things?
5. What breed of dog is named for a set of islands off the coast of Scotland?
6. What kind of animal is an addax?
7. Is the dodo living, extinct, mythological or a folk tale?
8. Where is the best place to keep a black molly?
9. Where does the common housefly typically lay her eggs?
10. What is a chiffchaff?
11. Animals: Is the Tasmanian Devil living, extinct, mythological or a folk tale?
12. What are male and female swans called?
13. This insect can sting a human only once before losing its stinger and dying.
14. What type of animal is an ibex?
15. What is herpetology the study of?

Questions provided by FunTrivia  
Answers on page 22

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## HEALTH AND WELLBEING: GET OUTSIDE AND GET HAPPY

Years ago, the David Suzuki Foundation hosted the 30 x 30 Nature Challenge in May. The campaign encouraged people to get outside in nature for at least 30 minutes every day of the month. I loved the idea, so I jumped onboard, thinking it would be simple to spend only 30 minutes outside every day. The reality surprised me – the challenge proved harder than I expected. (This was before we had a dog who liked to walk, I should add.) In fact, I spent a few chilly nights on the deck trying to get my daily time in before midnight.

The experience was so eye-opening and inspiring that I eventually made it a daily, year-round habit. When I turned 50 a few years ago, I challenged myself to spend as many minutes a day as years in my life in the fresh air. It's been fun – not to mention a great excuse to get outside whatever the weather or time constraints. I'm a little concerned about how I'll last for an hour and half outside in January when I'm 90, but we'll cross that bridge – ideally not in a wheelchair – when we come to it.

Why get outside? Well, why not! More and more research is showing the benefits in terms of increased happiness, lower blood pressure, more vitamin D, less stress and improved mental health. In late 2020, doctors in B.C. recognized the health benefits of nature with a program called [PaRx](#) that allows doctors to prescribe two hours a week in nature.

Every day, it seems, I read new evidence about the virtues of something that, deep down, we already knew: fresh air is good for us. I haven't even mentioned the fact that with the pandemic still haunting us, outdoor socializing is sometimes the only safe way to see friends and extended family. What a great reason to get outside!

Why not create your own outdoor challenge this May? It doesn't have to be forest bathing or deep meditation in a secluded wilderness area (although those are excellent options). Explore your backyard. Read a book on your front porch. Step outside to talk on the phone. Walk to the mailbox instead of driving there, and take the long way home. We are lucky enough to live in a beautiful part of the world; getting outside makes me appreciate that even more.

Whatever you decide to do, stick with it. And share your challenge with friends and family so that they have a reason to join you outside. The toughest part of any challenge is having to recommit to it every day whether or not you feel like it. But the results can be inspiring – and may just make you a happier, healthier person!

**Ann Sullivan**

*Ann hopes to resume outdoor fitness classes in Redwood Meadows this month. [anns@safari.ca](mailto:anns@safari.ca).*

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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.

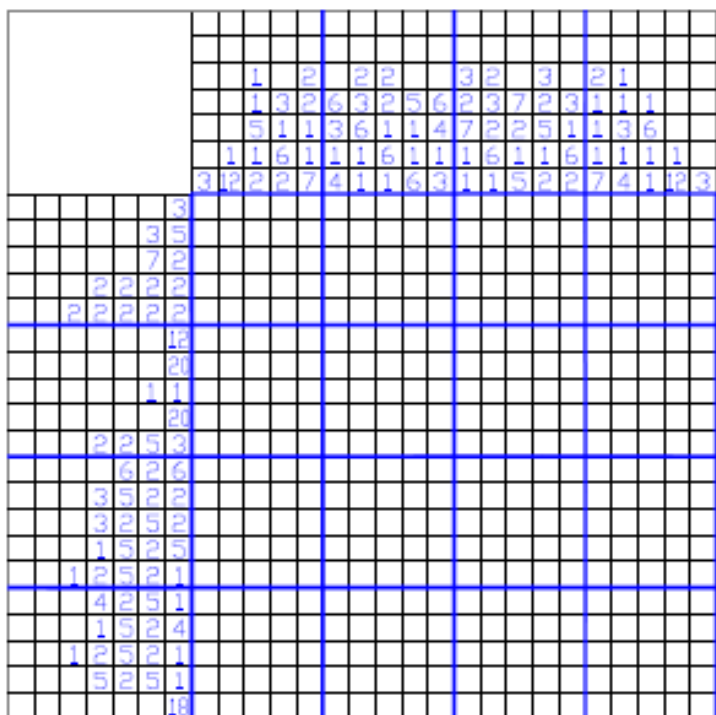
The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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*

### PRESENT



## KIDS CRAFT—MOTHER'S DAY SIGN

### Materials you will need:

- Colorful Craft Sticks (or paint plain ones!)
- Cord
- Glue
- Marker

### Instructions:

1. Write on the red stick: What I love about Mom ...
2. If you wish to make a rainbow, sort the colors into order. You will need orange, yellow, green, blue, purple, and indigo.
3. Write on each of 6 colored craft sticks one reason you love your Mom.
4. Connect all craft sticks together by gluing cording thread to the back, on both the right and left, leaving a loop on top.



**Give to Mom on May 9th!**

*Provided by Sonja Allen*

### Tongue Twisters to Tie Your Tongue

How can a clam cram in a clean cream can?

Can you can a can as a canner can can a can?

Picky people pick Peter Pan Peanut Butter; it's the peanut butter picky people pick.

Pete's pa Pete poked to the pea patch to pick a peck of peas for the poor pink pig in the pig-pen.

Which rich wicked witch wished the wicked wish?



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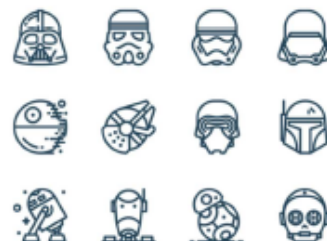
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DEATH STAR	PRINCESS LEIA
DROID	R TWO D TWO
EMPEROR	SITH
EWOK	STAR DESTROYER
FORCE	STAR WARS
HAN SOLO	STORM TROOPER
HOTH	TATOOINE
JABBA	X WING
JAWAS	YODA

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

## GREEN GRIPE—COFFEE, COFFEE, KILL ME NOW

I must tip my hat respectfully to my fresh-ground, organic, cherrywood-filtered, smooth-as-silk, happy cup of black coffee. And no judgement for those who like theirs artificially flavoured, sweetened or creamed.

I might, however, have a gripe or two about how we reuse it.

First of all, coffee is both an alkaloid and a flavonoid. And, I insist on stating, it is not an energy drink. Actually, it's an energy thief. Caffeine mimics your body's natural neurotransmitter (in this case, the amino acid called adenosine, which motivates your body to rest and sleep), blocking up the receptor for adenosine and telling your body to perk up, wake up, and make happy.

If you have the privilege of memories dating back to mid-20th century, you may recall Ricardo Montalban's suave persuasion for Maxwell House's "good to the last drop." Well good thing, because caffeine withdrawal will mimic flu symptoms if you attempt to quit cold turkey, though in its favour, it also may relieve a migraine.

That brings me to the headache in this story: that coffee grinds are promoted for garden health.

Coffee grinds are soil binders, rich in nitrogen, but NOT an actual nitrogen fertilizer. Check. Grinds themselves aren't all that acidic, and microorganisms seem to like them. Check. But according to The Guardian, coffee grinds in soil acts a lot like that "energy thief" adenosine blocker in your body. It actually suppresses the growth of seeds for plants around it. It may even have antibacterial effects, which is bad for gardening, and "stalls root growth in young plants, preventing their uptake of water and nutrients." Gosh. Uncheck everything. Check the pathogens in plain old garden manure instead.

So, here's the good news. Your cup of coffee is delicious. And the bad – it really won't energize you or your garden any more than a bad headache.

### **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](http://www.contemplative.ca)*





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**We are now accepting registration for the 2021/2022 school year.**

Please check the Rocky View School website at [www.rockyview.ab.ca](http://www.rockyview.ab.ca) for further information on how to register your child online.

Banded Peak School will be hosting an online Kindergarten Orientation via Zoom at 6:00pm on Thursday, May 6th. To register please email [spols@rockyview.ab.ca](mailto:spols@rockyview.ab.ca)

Banded Peak is located 1.5KM south of the Hamlet of Bragg Creek on Highway 22.

**Please contact Banded Peak School at 403.949.2292 for further information.**

## REDWOOD MEADOWS COMMUNITY ASSOCIATION



Soccer: Tuesday evenings  
T-ball: Wednesday evenings  
Tentative Start Date: May 11th, 6 sessions

Coaches and RMCA members receive a discount

**The ability to run Spring Sports is subject to COVID-19 guidelines and the availability of Curtis Field**

Register at:

<https://playyon.com/redwood-meadows-soccer/>

## 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](mailto:admin@redwoodmeadows.ab.ca)

**\*\*Subject to COVID-19 restrictions on that date\*\***



## REDWOOD MEADOWS RECENT MORTGAGE QUESTIONS & ANSWERS

What an exciting time for Alberta real estate! Redwood Meadows is a top pick for many families making a move, which is wonderful news for this community.

I love a good debate as much as the next person...but there are a few topics I find myself constantly debating when speaking with potential buyers considering Redwood Meadows. I would like to clear up some confusion.

### MORTGAGE QUALIFICATION

When a Borrower is applying for a mortgage in Redwood Meadows, good news is they are not paying a higher interest rate because of the lease, nor are they subject to additional down payments, or any other extra restrictions. Applying for a mortgage here is just like applying for a mortgage on any other property (with Redwood Meadows suitable lenders of course), except:

1. with the ongoing monthly lease payment, this factors into a Borrowers overall debt-servicing. It is important even if a person is pre-approved or approved, that this payment is factored in correctly. Although not a large amount, it may throw off a mortgage limit if ratios are tight.
2. some bank branches insist on CMHC insurance (Borrower paying the premium) regardless of your mortgage amount. Normally, CMHC is only needed if a down payment is less than 20%. But some bank branches are demanding CMHC be paid no matter the mortgage amount. If this happens and your down payment is greater than 20%, a Borrower should consider an alternative branch or lender.

### A LEASEHOLD PROPERTY IS NOT THE SAME AS A FREEHOLD PROPERTY

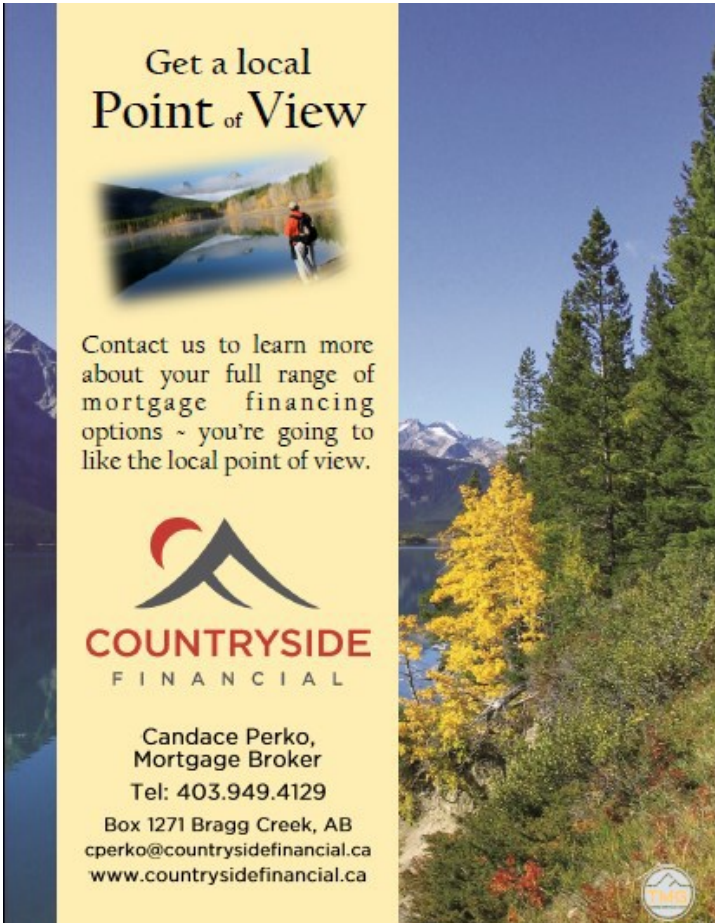
In Alberta, there are 3 main types of residential real estate: freehold, leasehold and condo/ strata. Freehold and Leasehold are relevant in this conversation.

*Freehold:* Someone who owns the freehold of a property owns the house and the land it stands on, for an unlimited period.

*Leasehold:* Unlike a freeholder, as a leaseholder you own the house BUT NOT the land on which it is built – that is owned by the freeholder.


It is awesome that the lease is renewed and all Redwood residents will now enjoy many years of security. Yay! However, this doesn't change the fact that this is a leasehold community; it has not become a freehold type community. The fact that *"the lease is for longer than I will live"* or *"I'll be carried out in a pine box before the lease ends"* or *"the lease is renewed so a lender should not care"* are fun things to debate about, but simply not how we qualify mortgages. The end result is that leasehold property mortgage products and lender options may be different than what a Borrower has had in the past.

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Is Spanish for "fifth of May" and is a celebration held on May 5th. It is celebrated in the United States and Mexico. Many Mexican Americans also often see the day as a source of pride and a way to honor their ethnicity. The date is observed to commemorate the Mexican army's victory over the French at the Battle of Puebla on May 5, 1862. Many confuse Cinco de Mayo with Mexico's Independence Day, the most important national holiday in Mexico, celebrated on September 16.

Let's celebrate by making a Mexican dip – Salsa.  
Serve with Nacho chips



## SALSA

To a blender add:

- 1 28oz can diced tomatoes
- 3 serrano peppers
- 1 onion
- 1/2 head peeled garlic
- cilantro - to your taste

Blend and pour in a bowl. If you like chunky salsa, add diced onion and tomato



TOWNSITE OF REDWOOD MEADOWS ADMINISTRATION SOCIETY

### ANNUAL GENERAL MEETING

**TUESDAY, MAY 18, 2021, 7:00PM**

**Location: Virtual (Online)**

#### ALL LEASE HOLDERS ARE MEMBERS

RESIDENT INPUT AND VOTE IS EXPECTED AND ESSENTIAL  
TO THE WELL BEING OF THE COMMUNITY –  
PLEASE ATTEND!

Please contact [admin@redwoodmeadows.ab.ca](mailto:admin@redwoodmeadows.ab.ca) or call 403-949-3563 to arrange registration. Your virtual meeting registration, therefore ability to vote, will be based on your name, address, and email provided. All non-registered emails will be prohibited from joining the meeting. Please Note: There will be only one vote allowed for each registered email address



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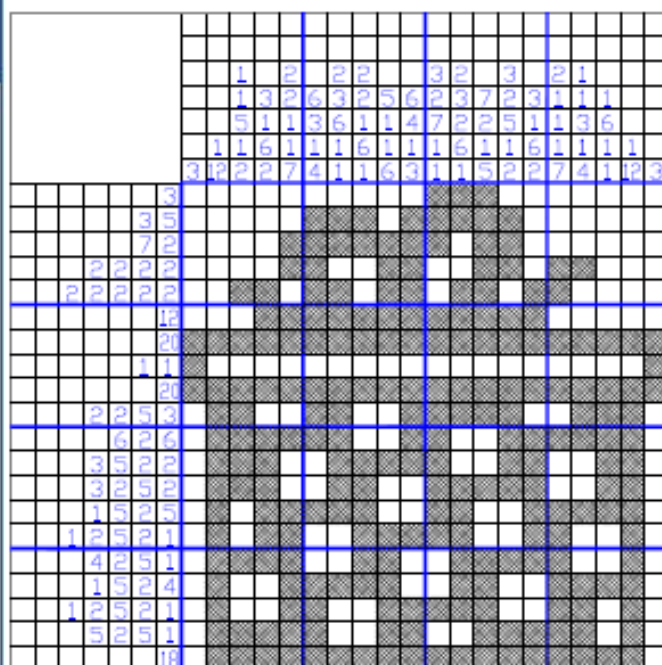
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### Animal Trivia Answers

1. Ostrich
2. Mandrill
3. Jenny
4. They need to wear down their teeth, which never stop growing.
5. Shetland Sheepdog
6. Antelope
7. Extinct
8. Aquarium
9. On rotten meat
10. Bird
11. Living
12. Cob and pen
13. Honeybee
14. Goat
15. Reptiles and amphibians

### PICAPIX SOLUTION

#### PRESENT



## REDWOOD MEADOWS—BABYSITTERS LIST

NAME	AGE	QUALIFICATIONS / COURSES	CONTACT INFORMATION
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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
Zara	16	Babysitting Certificate	403-949-4474

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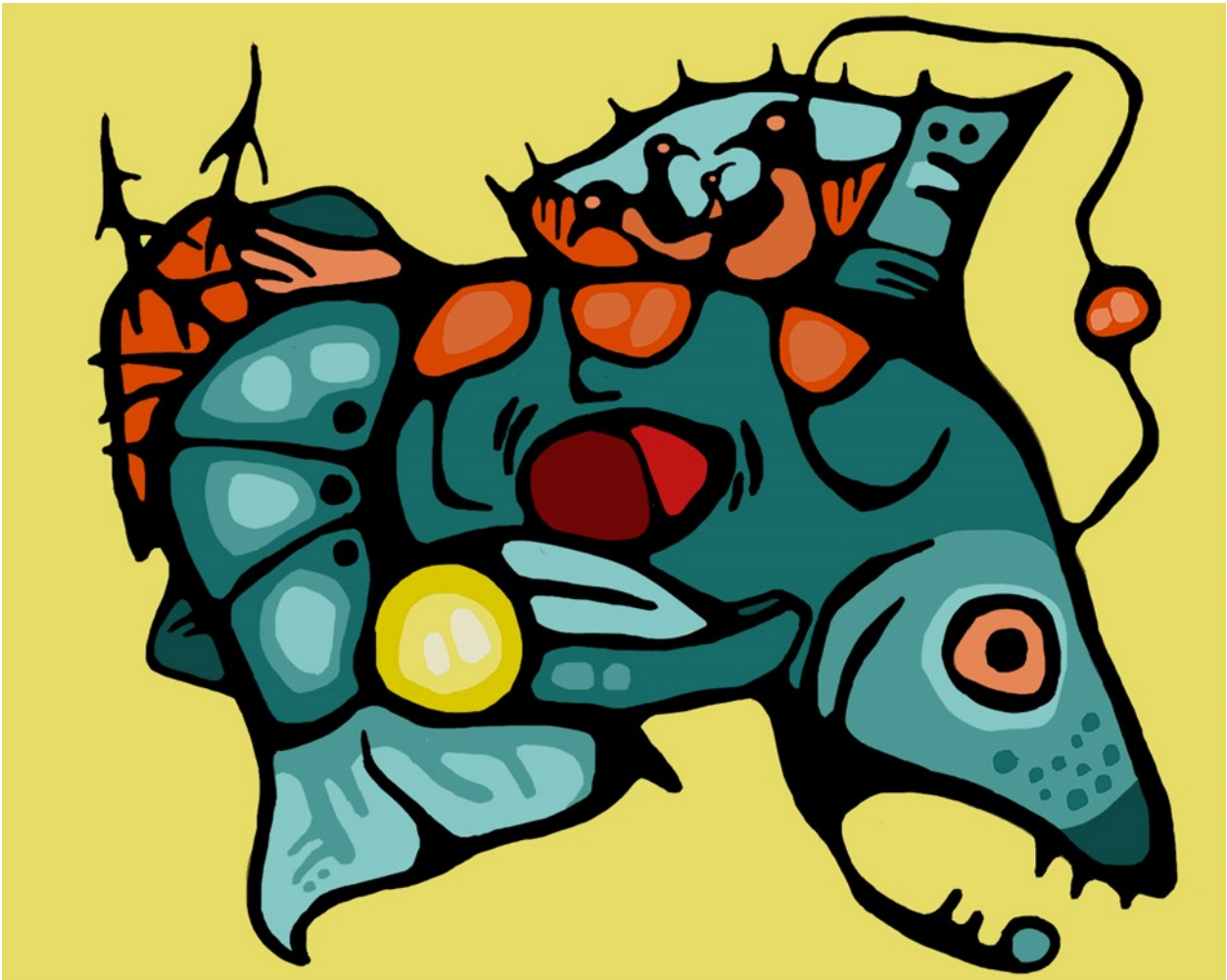
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*"Symbolism is a fundamental part of my paintings, without it, my work would be beautiful but empty, unfulfilling. For the past number of years I have focused on representing the 'spirit' of people's families or themselves, their stories, and the relationships in their lives using the Woodland Style, with which I have always had a deep connection. The figurative subject matter is usually based on an individual's personality characteristics, interests, relations or unspoken thoughts. So far, the conversations I have had have been a wonderful experience and the process seems to spark a fire in my clients when they pause and reflect on their inner circle. In the end, the completed paintings are often considered family heirlooms, which is quite an honour for me."* – **Gary Sutton**



'The Walleye' was used as a demonstration piece during his recent presentation to the Grade 3/4 classes at Banded Peak.

---

**Gary Sutton is a local Metis artist residing in Redwood Meadows. His preferred medium is acrylic on canvas and he paints in the Woodland Style. This style was popularized by Anishinaabe artists in the 1960s as a way to revive the traditional teachings of their people through the storytelling ability of symbolism.**

More of Gary's art can be viewed at [www.garysutton.ca](http://www.garysutton.ca), @g.sutton.artist on IG or @gary.sutton.artist on Facebook