

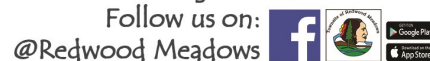


Chatter - IN THE WOODS -

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

Let's get social!

Follow us on:



@Redwood Meadows

Hello Redwooders and Neighbours,

April was a busy month for RMCA and for Redwood Meadows. The sign-up for Spring Sports opened, Easter was successful with egg hunts and a pancake breakfast, the Garden Committee hosted an Earth Day event, and the inaugural Teen Dance was held at Redwood House. Community Café, an intergenerational playgroup, and fitness classes also resumed after a long hiatus. Thank you to everyone who participated.

We look forward to seeing everyone out in the community this month. In addition to our ongoing events, Spring Sports will begin and the second annual Seedling Sale will be held on May 7th. Check out our full calendar on page 3.

~ *The Chatter Team*

Community Cafe

COFFEE
& friends

← MAKE →

Perfect
BLEND

10:30-12:00
May 20th
June 10th

**JOIN YOUR
NEIGHBOURS FOR
COFFEE/TEA &
DELICIOUS HOME
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ALL PROCEEDS TO RMCA

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A MESSAGE FROM YOUR FRIENDLY RMCA

Summer is coming! We love all seasons here in Redwood. Yes, it gets a little messy during the shoulder season and that is when we stand in garages, under deck covers and discuss how incredible the next season will be as every season brings new events, programs and opportunities.



Your RMCA is hard at work planning all kinds of great activities for the spring and summer! April 29 saw the return of Teen Dances and Spring Sports kick off on May 10. And there's so much more to come: Redwood Community Garden seedling sale, parade of garage sales, sports swap and of course, Canada Day, which will see the return of the bike parade this year!

A friend from the city asked me recently what we do out here in Redwood and my answer was fairly simple: "We stand around and talk about how amazing it is to live out here." This really hit home this week as we moved my father-in-law into our house. He has only been here a week and already has noticed the Redwood spirit. He says, "I think more neighbours have seen my place in four days than neighbours saw inside my house in 10 years in Calgary!"

There are so many things that make Redwood a great place to live, but for our family, it is all about the neighbours. We feel like we know every neighbour along Wolf Drive. Our son, Max, is only six but can ride his bike to his friend's house down the road on his own (my city friends really scold me about this). The feeling of community is really in the air this time of year as we all look to get back outside.

If you are new to Redwood, we encourage you to get to a local event or just to the playground and say hello to your new neighbours as many will soon be your friends. Welcome to Redwood Meadows. Our houses may be further apart than in the city, but your neighbours are closer than ever.

Dean Svoboda

RMCA President | info@rmca.ca

Returning APRIL 5th
RMCA
Playgroup!
By Donation

**Playdough,
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& MORE!**



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Tuesdays 9:30-11am

RMCA SPORTS

SPORTS TO INCLUDE:

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RUGBY
BASKETBALL
BASEBALL
LACROSSE
FOOTBALL**

REGISTRATION OPENS APRIL 1

**NEW THIS SEASON, RMCA
SPORTS MEMBERSHIP WILL
ALLOW PARTICIPATION IN
MULTIPLE SPORTS FOR ONE
LOW PRICE!**



MAY 2022

RMCA EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9-10am Ann S Group Fitness	3 9:30-11am Playgroup	4 9-10am Ann S Group Fitness 10:30-11:30 Megan S Fitness	5 9:30-10:30am Virago Fitness	6	7  Seedling Sale Curtis Park 12-4pm
8	9 9-10am Ann S Group Fitness	10 9:30-11am Playgroup 	11 9-10am Ann S Group Fitness 10:30-11:30 Megan S Fitness  	12 9:30-10:30am Virago Fitness  	13	14
15	16	17 9:30-11am Playgroup 	18 9-10am Ann S Group Fitness 10:30-11:30 Megan S Fitness  	19  	20  Community Cafe 10:30-noon	21  Community Garden Grand Opening 9-11am
22	23	24 9:30-11am Playgroup 	25 9-10am Ann S Group Fitness 10:30-11:30 Megan S Fitness  	26  	27	28
29	30 9-10am Ann S Group Fitness	31 9:30-11am Playgroup 				

Spring Sports Schedule:

Soccer	ROOKIES 3 and 4 year olds	Tuesday 5:00-5:45 PM
Soccer	RUNNERS 5 and 6 year olds	Tuesday 5:00-6:00 PM
Soccer	SPEEDERS 7, 8, and 9 year olds	Tuesday 6:15 PM-7:15 PM
Soccer	STRIKERS 10, 11 and 12 year olds	Tuesday 6:15 PM-7:15 PM
Baseball	8 and UP	Wednesday 5:30 PM-6:30 PM
Football	8 and UP	Wednesday 6:45 PM-7:45 PM
T Ball	4-8 year olds	Thursday 5:00 PM-6:00 PM
Rugby	8-12 year olds	Thursday 6:00 PM-7:00 PM
Rugby	12+ year olds	Thursday 7:00 PM-8:00 PM
Basketball		Thursday 6:00 PM-8:00 PM

REDWOOD MEADOWS UPDATES

REDWOOD MEADOWS GOLF COURSE

As stewards of the land that we all reside on, we kindly remind residents to be respectful of the land especially those lands outside of Redwood's leased area like the golf course and along the river on the other side of the berm. Please keep dogs and toys off the golf course area. The grounds crew have begun their work to clean up so the course can open as soon as the weather permit. Being respectful neighbours helps us maintain a great relationship with the Tsuut'ina Nation.

REDWOOD MEADOWS ADMINISTRATION SOCIETY ANNUAL GENERAL MEETING

Tuesday, May 17th 2022 | 7:00pm | Location to be announced

Last year the restrictions imposed as a result of the COVID-19 pandemic caused us to hold our A.G.M. virtually. We recognize that there are different opinions on restrictions and differing comfort levels with in-person events. This topic has and is often very polarizing for many. We are actively pursuing options for a hybrid (both in-person and virtual) A.G.M. Currently we are confirming if we can acquire the technology to successfully engage as many residents as possible. We appreciate your patience and ask that if you have a preference for virtual or in-person that you notify Townsite or reach out to a council member and offer your input in the event that a hybrid event is not practical. We look forward to sharing our council vision, our successes over the last year, and hearing your valuable input.

STREET SWEEPING

Monday, May 2nd | All Day

Residents may sweep any gravel from the edges of their grass onto the road a week prior to sweeping. Please remove all vehicles and belongings from the road the day of sweeping. In the event of snow or rain on May 2nd, we will reschedule for a later date.

PLEASE REMOVE BIRD FEEDERS FOR THE SEASON

Now that the warmer weather has arrived, the bears and other critters are more active and in search of food. As per our Wildlife Smart Community Bylaw No. 2018-001 3(d), "Residents shall not place or permit the placement of feed outdoors, including bird feed, seeds, suet, nuts, saltlicks or any other attractant between April 1st and November 30th of each year."

CRIMINAL RECORD CHECKS

If you require a Criminal Record Check or Vulnerable sector check please call the Tsuut'ina Police and make an appointment. They are open Monday-Friday from 0800-1600 and can be reached at 403-251-9660.

TOWNSITE OFFICE

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

RMCA CONTACT INFORMATION

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4
info@rmca.ca
Facebook: <https://www.facebook.com/redwoodmeadowscommunityassociation>



CHATTER IN THE WOODS

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

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

ADVERTISING RATES

Business Card	\$36/month
Quarter Page	\$53/month
Half Page	\$76/month
Full Page	\$144/month
Business Listing	\$50/year (10 months)

ADVERTISEMENT SIZES

Business Card:	2 ½" h X 3 ¾" w
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Quarter Page (horizontal):	2 ½" h X 7 ½" w
Half Page (vertical):	9 ¾" h X 3 ¾" w
Half Page (horizontal):	4 7/8" h X 7 ½" w
Full Page (vertical):	9 ¾" h X 7 ½" w

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.



A monthly community driven newsletter for Redwood Meadows and surrounding area



Read the online version of the CHATTER at www.redwoodmeadows.ab.ca
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We want what you have to say!!!!

Contribute to the chatter today

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2022-2023

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



REDWOOD MEADOWS—LOCAL BUSINESS LISTINGS

Angela Price, Price & Company Real Estate	403-923-3159	angela@priceandcompany.ca / priceandcompany.ca
Ann Sullivan, SafariWorks Fitness Classes	403-689-4835	anns@safari.ca / Fit.safari.ca
Big Earl's Dirt & Snow - Rich Kilbride	587-830-2447	rkilbride@bigearls.ca / BigEarls.ca
Bragg Creek Community Centre	403-949-4277	program@braggcreekca.com
Blinda Bilou - Interior Design & Renovation	403-461-9748	bdbilou@gmail.com / BlindaBilouInteriors.ca
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Candace Perko, Countryside Financial	403-560-6016	cperko@countrysidefinancial.ca
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Deborah Clark, Century 21 Bamber Realty Ltd.	403-835-3385	dclark@realestaterestofcalgary.com / realestaterestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Docker Prime Design & Management Inc.	403-401-4141	info@dockerprime.com / dockerprime.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Kathleen Burk, Rocky Mountain Real Estate	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-974-0334	ken@newdirectionrealestate.ca / realestaterestofcalgary.com
Leader Service and Renovations Ltd.	403-996-0192	chris@leaderservice.ca / 35 Sleigh Dr.
Linda Anderson Law	403-243-6400	linda@lindaandersonlaw.com / 403-949-4248
Maverick Law	403-949-3339	admin@mavericklaw.ca / www.mavericklaw.ca
Mountain's Edge Renovations	403-949-7727	4wolves@persona.ca / www.mountainedgerenovations.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*****



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REDWOOD MEADOWS EMERGENCY SERVICES

Wildfire season is here!

Our area is surrounded by a mix of brush, grassland and forest which are powerful fuel for wildfires. Follow these instructions to prepare your home and family for potential wildfires:

Prepare an emergency kit. See <https://www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx> for details.

- Check for and remove fire hazards in and around your home, such as dried out branches, leaves and debris.
- Keep a good sprinkler in an accessible location.
- Learn fire safety techniques and teach them to members of your family.
- Have fire drills with your family on a regular basis.
- Have an escape plan so all members of the family know how to get out of the house quickly and safely.
- Have an emergency plan so family members can contact each other in case they are separated during an evacuation.
- Make sure every floor and all sleeping areas have smoke and CO detectors.
- Contact Rocky View County to schedule a free FireSmart assessment at <https://www.rockyview.ca/fire-inspections>. If you live in Redwood Meadows, contact the Townsite Office (403)-949-3563.
- If you are on a farm or ranch, sheltering livestock may be the wrong thing to do because a wildfire could trap animals inside, causing them to burn alive. Leaving animals unsheltered is preferable, or if time and personal safety permits, evacuation away from the danger zone should be considered.
- In Rocky View County, sign up for “Safe and Sound” emergency updates. See <https://www.rockyview.ca/safe-and-sound>. In Redwood Meadows, download the Townsite of Redwood Meadows mobile app for alerts at either the Apple App Store or Google Play.

If you see a wildfire approaching your home

If you see a fire approaching, report it immediately by dialing 9-1-1. If you are safe, and there is time before the fire arrives, take the following actions:

- Close all windows and doors in the house.
- Cover vents, windows, and other openings of the house with duct tape and/or pre-cut pieces of plywood.
- Park your car, positioned forward out of the driveway. Keep car windows closed and have your valuables already packed in your car.
- Turn off propane or natural gas. Move any propane barbecues or patio heaters into the open, away from structures.
- Turn on the lights in the house, porch, garage, and yard.
- Inside the house, move combustible materials such as light curtains and furniture away from the windows.
- Place a ladder to the roof in the front of the house.
- Put lawn sprinklers on the roof of the house and turn on the water.
- Move all combustibles away from the house, including firewood and lawn furniture.
- Evacuate your family and pets to a safe location.
- Listen and follow all instructions from fire responders!

Until next month, stay safe!



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NEED HELP?



FOR ALL EMERGENCIES:	911
FOOD	
Cochrane Activettes Food Bank	403-851-2250
Bragg Creek Community Centre	403-949-4277
Tsuut'ina Food Bank	403-252-5884
EMPLOYMENT SUPPORT	
Rocky View / Wheatland Employment Centre 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



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

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

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

For more information about this program, please contact:
Sherri Grund | 403-851-2250 | sherri.grund@cochrane.ca



CELEBRITY TRIVIA

PROVIDED BY FUNTRIVIA

Answers on Page 19



1. "Sully" goes to "Philadelphia" with a volleyball named Wilson. Can you name this actor that everyone loves?
2. This actress says goodbye to Porpoise Spit, is mom to a boy who sees dead people, and mom to a little girl who really wants to be in a beauty pageant. Who is this Australian actress?
3. Before he coached tributes during "The Hunger Games" or was a mass murderer with his girlfriend Mallory, this actor played a bartender on TV. Who is this versatile American actor?
4. She's played a tempestuous mutant and received an Oscar for playing a widow who becomes the lover of a racist. What is the name of this actress?
5. Consider the iconic roles of Steve Biko, Malcolm X, and Rubin 'Hurricane' Carter. Only one master actor can tackle these roles. Can you name him?
6. Fighting zombies with Columbus, Tallahassee and Little Rock. Fighting for the attention of Queen Anne. Fighting for the role of a lifetime in "La La Land." Which red haired actress does a lot of fighting?
7. An aging actor in a far-off land who just can't sleep might be visited by 3 ghosts at Christmas time or live the same day over and over and over. Who is this hilarious actor?
8. She likes to look after other people's children, but she doesn't like responding to a whistle. She wins all the children and even all the adults over with her magic and her love of music. Who is this iconic actress with the beautiful singing voice?
9. A very shy teenager at a strict all male boarding school, a witty slacker with a bad attitude who falls for a girl named Lelaina, and a tortured priest. Who plays these parts?
10. She plays a rich young woman who falls in love with a poor man in a real tearjerker of a movie based on a book by Nicholas Sparks, a really mean girl, and a wife who loves competing in games with her husband. Who is this Canadian actress?

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- SMALL BUSINESS

ORIGIN STORIES: THE GOOD BEAN—A BRIEF HISTORY OF COFFEE (PART 1)

While the familiar smell of coffee might have the power to rouse us from bed and call us to the kitchen like a cartoon dog floating in the air as his nose tracks the scent of a pie cooling on a windowsill, we may have a tough time recognizing the ripe, red fruit of the plant that produces our coffee beans.

Perhaps you've traveled to Brazil to see the neatly planted rows of dense, green coffee plants lining the hillsides of Sao Paulo. Or, far less likely of course, you happened upon a bush of coffee growing wildly in the mountainous, moisture-rich forests of Ethiopia about 5,000 years ago.

Legend has it that the psychoactive effects of the coffee bean were first discovered by an Ethiopian man named Kadri. He noticed that after eating a particular red berry, his goats began dancing around and wouldn't go to sleep at night. He presented his findings to an elder at the local monastery, who tried the berries but spit them out into the firepit in disgust. Moments later, as the beans began the roast, the two were greeted by the most pleasant of odors. Most coffee historians find this tale a bit too tidy, though they do recognize that this evolution, from naturally observing the berry's effects to the eventual roasting, grinding, and drinking of coffee, did occur; albeit, over a slightly longer period of time.

One of the coffee berries' first known uses was to combine it with animal fat, packing them together to create what might have been the world's first energy bar: high in protein and full of caffeine. The first beverage produced from the plant involved steeping the whole berry, bean included, into a tea (a modern day equivalent, known as Cascara, remains popular in Ethiopia and Yemen, and can even be found on your local Starbucks's menu).

As coffee made its way up the Arabian Peninsula, the beans were roasted darker and darker. By the time it reached Turkey, the center of the Ottoman Empire, coffee beans were heavily roasted, resulting in the rich,

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dark drink we know today. Coffee became a cultivated crop for the first time in Yemen around the mid-1500s. For the next 150 years, Yemen (controlled by the Ottoman Empire) was a coffee producing powerhouse. To maintain their monopoly, the Ottomans would dry out the coffee beans to the extent that they could not be replanted elsewhere.

At this time, coffee was enjoyed at coffee shops not unsimilar to those we frequent today. People would gather, drink coffee, listen to music, and discuss current affairs. The biggest difference at the time was the price. Coffee was expensive; a luxury good enjoyed by the rich and powerful. That would begin to change, though, as the means to produce coffee found its way past Yemen's borders and into the hands of the Dutch.

The Dutch Empire began to grow coffee in Java, an Indonesian island under Dutch control. Here, coffee transitioned from a product produced by sovereign local farmers, to a colonial cash crop. The Dutch forced the production of coffee on the people of Java, a population of subsistence farmers whose lives depended on the crops they grew.

By 1780, the colonial production of coffee had expanded to the Caribbean, the center of the slave trade, in colonies controlled by the Dutch, British, French, and Spanish. Operating on slave-labour, coffee plantations became massive. In Suriname, the Dutch would build one of the largest plantations, notable both for its size and the brutality with which it treated its enslaved workers.

As a result of these colonial practices, the price of coffee began to plummet. By the mid-1800s, about 100 years from coffee production in Java, coffee was being sold by vendors on the street and enjoyed by the working class. The early 1900s would see the coffee production landscape dramatically shift once again, as Brazil established itself as the new coffee powerhouse, producing 90% of the world's coffee.

So, have the destructive practices of colonialism coffee production withered away as we have moved through the 20th century? Or have we merely applied a fresh coat of paint to a system rife with corruption and exploitation? Find out in next month's issue of *The Chatter*.

Michael Dellebuur
www.copymichael.com



We are excited to offer residents of Redwood Meadows and Bragg Creek a unique pizza delivery option by bringing our award-winning pizza to our community.

We are taking orders on a weekly basis for fresh or frozen half-baked pizzas in 12" and 14" on a regular pan crust, and 12" on a gluten-free crust.

All our meats are gluten-free and we carry lactose-free and vegan cheeses. Our menu can be found at www.howiespizza.ca/menu.

These pizzas are perfect for busy weeknight dinners - just 10 minutes in your oven to finish baking and you have a quick and delicious meal! They can be refrigerated for up to 3 days or frozen for up to 6 months.

Orders placed by Tuesday morning will be available for pickup at our home in RM on Wednesday evening.

Any large orders of 5 pizzas or more can be accommodated Monday through Saturday. We also have, in our home freezer, a selection of personal-size 7" Take 'n Bake pizzas and 5-layer lasagnas (no pre-order needed for these items).

Questions and orders can be emailed to Lynn at HowiesPizza@shaw.ca. Thank you for supporting local!

RENOVATIONS: DOES YOUR DIY PROJECT FEEL OVERWHELMING?

When you watch a renovation show and think “we could do that,” it may be a good time to see what you have for resources and consider who could help make it happen. Here are three steps to harmoniously bring a project together to optimize resources and achieve your end goal.

Step 1: Make a list and sort it twice

Dig up those pesky “honey do” notes and add your renovations ideas into a consolidated list. Don’t forget to sit down and get everyone’s thoughts instead of working in a silo. The size of the list might create anxiety; don’t panic. All good plans need to be edited.

Prioritize the project into the top 2-4 areas that would change how you enjoy your home. It could be a functional kitchen, a spa bathroom, or an outdoor space to entertain. Next, highlight the tasks in the project you and your network could take on that would not require a construction trade. Once sorted, look at the DIY parts of the projects and divide them into manageable chunks. Consider what can be completed in a couple of consecutive evenings or a weekend. If something takes longer, this might be a good indicator that it's best to switch it to the trade category.

Step 2: Find a partner and do it together

You’ve got your divided lists, now it’s time to partner up. The benefit of teaming up with a professional is gaining access to their experiences and contacts which can often offset the cost of hiring them. Look for someone who has experience in managing multiple aspects of the project and understands how long things really take. Their experience will be the tool they use to create the master plan to manage the schedule and budget. Working with them to slot in your contributions, the same way they schedule trades, will be key to optimizing resources. The accountability buck then moves upstream so someone else is checking your work rather than having your partner glare over the dinner table wondering why things are not getting done. Find someone who can also connect your ideas into a cohesive design. When the project is complete, a thread will then join the ideas and pull the project together rather than a mismatch that does not seem to fit.

Step 3: Winning a three-legged race takes coordination

It’s best to have a clear understanding from the beginning on how conversations flow. Choosing a project lead brings all the conversations into one pipeline and allows discussions and decisions to be captured in one place. This will prevent misunderstandings and conflicts that cost money and time. Working together brings the best results; trust those on your team. There will be times when your best decision is one of letting those with experience lead the way.

If you are inspired to re-image your home, an edited list, professional partnership, and collaborative communication are the key steps to achieving it. Completing those projects and saving money is easier when you Do It Together.

Samantha Bellamy-Smith and James Bellamy
Docker Prime Design & Management, Inc.



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STAYING HEALTHY: GET OUTSIDE AND GET HAPPY!

It's May and time for my annual rave about the joys of spending time outdoors. Years ago, the David Suzuki Foundation organized an annual "30 x 30 Nature Challenge" that encouraged people to get outside in nature for at least 30 minutes a day for 30 days in May. As I've written (maybe too many times by now), the experience was an eye-opener for me. I love the outdoors, but there were days when I struggled to get outside at all, let alone for a full 30 minutes. Now that we have a dog who loves to walk, getting outside is not only a fun thing to do but a daily requirement.

Even without a dog for companionship, it's easy to justify spending time in nature. Research continues to show that it's good for our overall well-being in the form of improved mental and physical health, reduced stress and quicker recovery from injury. If you work from home, you know that a walk can be a great excuse to clear your head and come up with solutions without even trying. I suppose you could argue that a nap might provide the same benefit, but it doesn't incorporate fresh air and exercise.

Our corner of the world is perfect for enjoying the outdoors. Choose from easy strolls on local roads and trails to more challenging outings in the foothills and up the sides of mountains. And spring (despite the current below-zero temperatures) is such a wonderful time to explore outside. Robins, flickers, ducks and all kinds of songbirds are coming back – or at least passing through – and buds and shoots are starting to add some greenery to the landscape.

Aside from walking, one of my favourite ways to spend time outside is to take my workouts into the yard. All that's required is a yoga mat, maybe a few weights and a little inspiration. You can easily spend half an hour doing lunges and squats in the backyard, pulling yourself up on a branch, doing push-ups against a step or holding a plank on the deck. When the weather is particularly warm, some yoga shavasana might be in order. And then maybe a nap.


See you outside!

Ann Sullivan

Ann holds fitness classes at Redwood House, and outside on the main sports field when the weather cooperates

MWF from 9 to 10 am.

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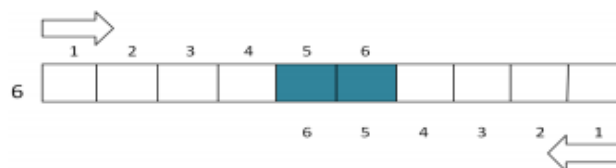
PICAPIX PUZZLE

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.

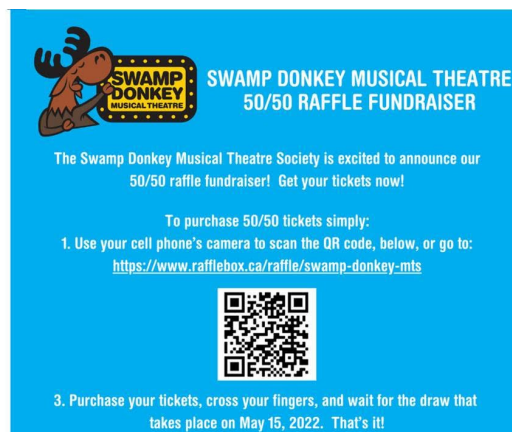
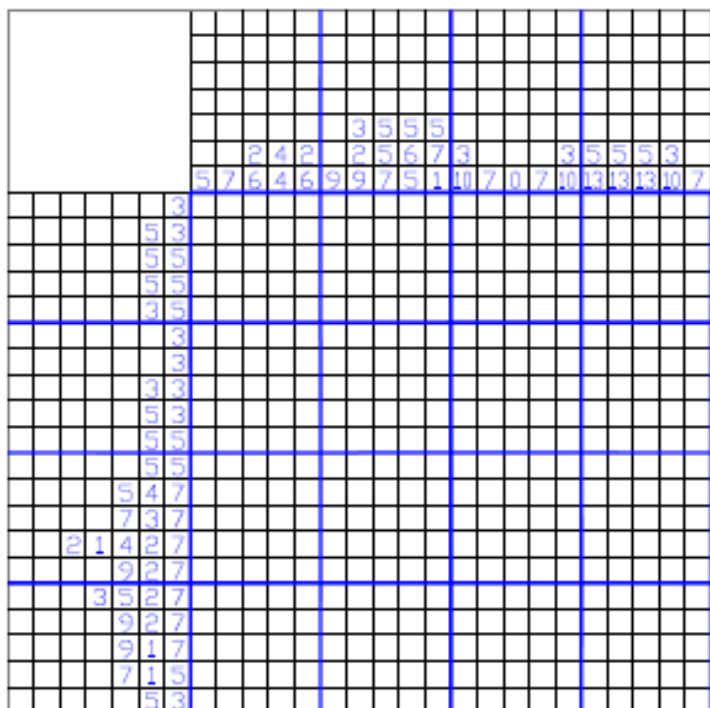
The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

TEN PIN



BRAGG CREEK WILD: SPRING ALERTS

Warm temperatures in the last few weeks have melted our snow, brought out pussy willows and even some bits of green showing through the mulch in our flower gardens. How exciting!

The bird song has changed and increased too. The flickers were calling and hammering on my power pole all day. Robins galore are walking my still brown fields listening for and grabbing little insects. Boreal, mountain and black-capped chickadees have finished up my little seed ring. Soon we will hear lots of 'cheese bur-ger' calls from the tree branches, rather than the 'chick-a-dee-dee' winter songs. So it's time to change a few of our winter practices to create a safer summer community for both humans and our wildlife neighbours.

During the winter, many birds enjoy and depend on our wonderful bird feeders. We love watching who drops by for a meal. Deer often sniff them out as well, and enjoy cleaning up or even taking down the feeders to get a snack. But right now we know the bears are emerging from their dens, and they're hungry. Bird feeders are great sources of high fat seeds and even if they're hung up high, bears are even better than deer at bringing them down and cleaning them out. And they will keep checking back to see if you refill!



Living cooperatively and safely with large, dangerous wildlife is often as easy as removing access to anything they might want to eat: like taking down our bird feeders. With warmer temperatures and less snow cover, the 'early birds' will find food elsewhere – insects, grass seeds, flower seeds from last year's dead heads.

Bird feeders aren't the only source of temptation close to home. All year round, please be careful not to leave garbage or recycling bins unprotected. Make sure to use bear-proof containers or keep everything inside a building. If you have your garbage and recycling picked up, put the bins out only on the morning of your pickup day. Composting food waste can cause smelly piles of waste that attracts unwanted visitors, so make use of community composting opportunities, if you can. Don't leave pet food bowls outside. Skunks love dog and cat food as do other larger unwelcome visitors. Plants or trees that produce edible berries are also tasty to wildlife, as are vegetable gardens. It's best to fence them and provide a deterrent such as an electric wire, if possible, to encourage unwanted guests to 'shop elsewhere'.

Let's be vigilant about not letting our wildlife become habituated. Let's wait until the bears are settled in next fall for their long winter's nap before we bring out our bird feeders again.

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MORTGAGE MATTERS: WHAT'S IN THE FEDERAL BUDGET FOR HOMEBUYERS?

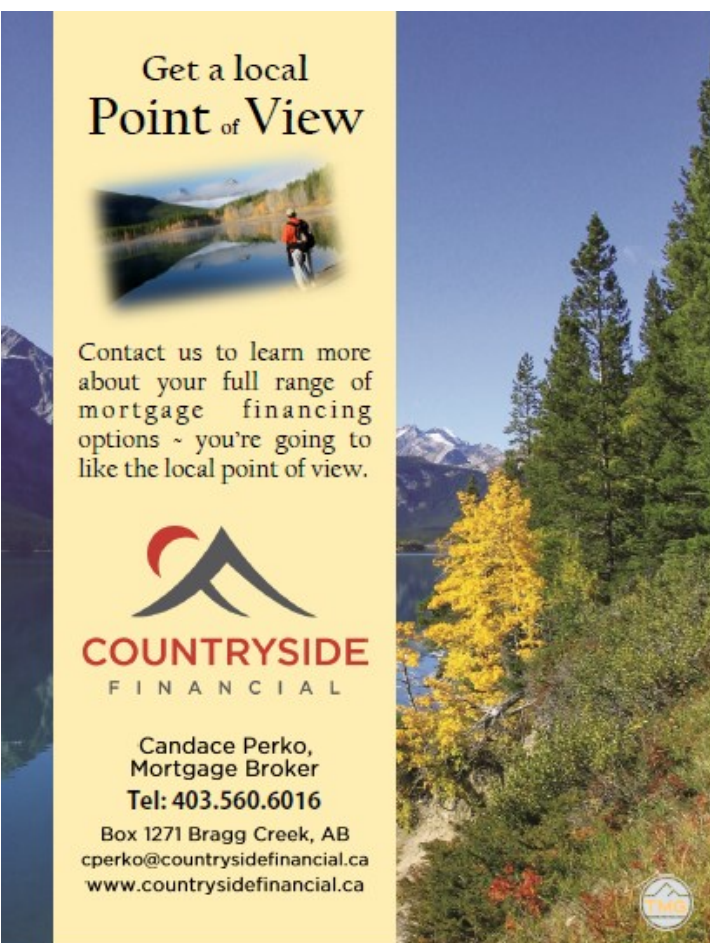
The federal government has earmarked more than \$10 billion in new spending for housing-related initiatives, much of which is focused on increasing supply.

In terms of housing initiatives, the federal budget delivers on a number of Liberal Party campaign promises made during the last election, with one notable exception. Absent was the proposal to increase the insured mortgage cut-off from \$1 million to \$1.25 million.

The \$10 billion in housing-related spending over the next five years includes:


- \$4 billion for a new Housing Accelerator Fund, starting in 2022-23, to the Canada Mortgage and Housing Corporation. The fund will target the creation of 100,000 net new housing units over five years. Government supports will be targeted to ensure a balanced supply that includes a needed increase to the supply of affordable housing.
- \$475 million to provide a \$500 one-time payment to those facing housing affordability challenges.
- Introduction of the Tax-Free First Home Savings Account that would give prospective first-time home buyers the ability to save up to \$40,000. Like an RRSP, contributions would be tax deductible, and withdrawals to purchase a first home—including investment income—would be non-taxable, like a TFSA. Tax-free in, tax-free out.
- Doubling the First-Time Home Buyers' Tax Credit amount to \$10,000. This works out to a benefit of up to \$1,500 for the homebuyer.
- Changes to the First-Time Home Buyer Incentive. The budget extends the \$1.25 billion First-Time Home Buyer Incentive program to March 31, 2025, while the government said it is exploring options to make the program "more flexible and responsive" to the needs of first-time buyers.

The government also introduced several measures it says will strengthen the integrity of the housing market and address foreign investment, property flipping, and speculation.



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- A ban on non-Canadian citizens or permanent residents from purchasing non-recreational residential property in Canada for a period of two years.
- A crackdown on property flipping, imposing full taxation on sellers who have held their property for less than 12 months.
- Taxing assignment sales of newly constructed or substantially renovated residential housing taxable for GST/HST purposes, effective May 7, 2022.
- An end to blind bidding as part of a promised Home Buyers' Bill of Rights.

Multigenerational Home Renovation Tax Credit

- Introduction of a Multigenerational Home Renovation Tax Credit, which would provide up to \$7,500 in support for constructing a secondary suite for a senior or an adult with a disability.

This is just a snippet of the full budget. The full report is available at budget.gc.ca/2022. If you'd like to know more about any of the housing-related items in the budget and how they might impact your plans, don't hesitate to give me a call.

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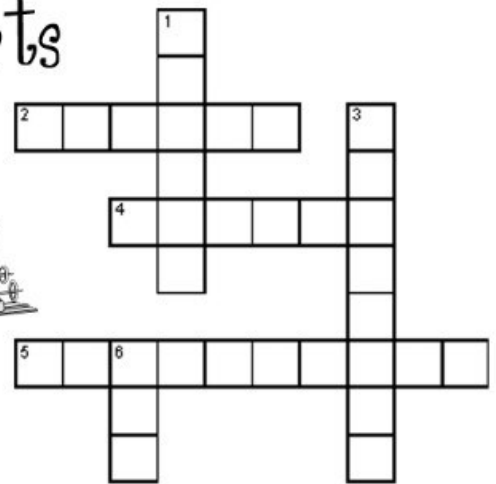
LAST SEEN

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Sports



Across

- 2. You kick a black and white ball.
- 4. You need a racket and a net.
- 5. You throw the ball into a basket.

Down

- 1. A sport you play in an ice rink.
- 3. You need a glove and a bat.
- 6. A winter sport.

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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
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Celebrity Trivia Answers

1. Tom Hanks
2. Toni Collette
3. Woody Harrelson
4. Halle Berry
5. Denzel Washington
6. Emma Stone
7. Bill Murray
8. Julie Andrews
9. Ethan Hawke
10. Rachel McAdams



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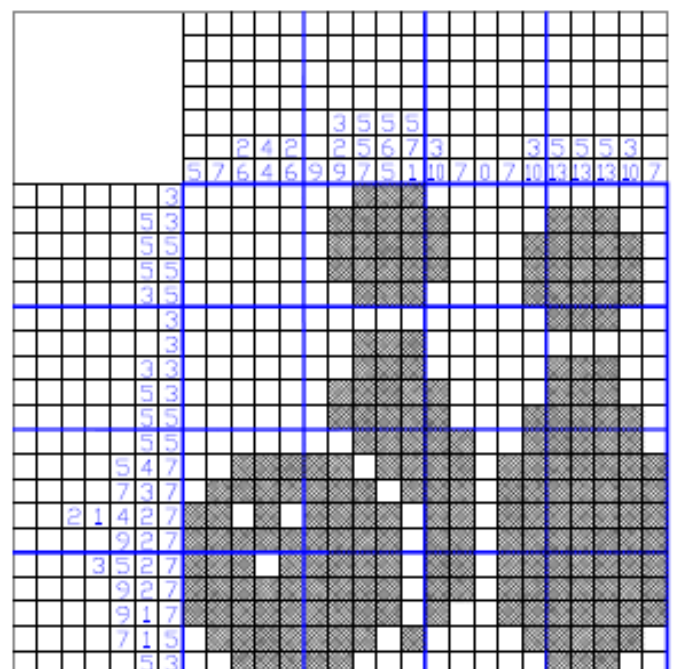
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