

Chatter -IN THE WOODS-

Read the CHATTER online at www.redwoodmeadows.ab.ca
Let's get social!

Follow us on:





Notice of

REDWOOD MEADOWS COMMUNITY ASSOCIATION

ANNUAL GENERAL MEETING

Tuesday, November 9, 2021, 6:30pm

Location: Redwood House or Virtual (TBD)

- ✓ Are you passionate about living in Redwood Meadows?
- Do you love the events and activities in our community?

WE NEED YOU ON THE RMCA BOARD!

Elections will be held at the AGM. If you are interested in an executive or director position, please email volunteer@rmca.ca for more information

The agenda will be available at the bulletin boards and in the Updater twenty-one days prior to the meeting

INSIDE THIS ISSUE RMCA Updates RM Townsite Council Townsite Updates Local Business Listings RM Emergency Services 8 RM Resource List 9 Ramblings from the Garden 10 **Origin Stories** 11 Chatter Stories – Fiction 13 Mortgage Matters 14 Kids Activity Page 16 Babysitter Listings 18

RMCA EVENTS AND PROGRAMMING

RMCA AGM AND ELECTIONS

Do you love Redwood? Have you been thinking about getting involved? Well, now's the time! We are looking for executive and board members. All positions are open for nominations. Contact volunteer@rmca.ca for more information or to make a nomination. November 9th, 6:30pm, Location TBD

MOVIE IN THE MEADOWS—OCTOBER SERIES

Come snuggle up and enjoy an outdoor movie before winter settles in. See poster on adjacent page for the schedule. Sponsorship opportunies are available ranging from \$100 to \$1,000. Email info@rmca.ca for more details.

COMMUNITY GARDEN—FIRST ANNUAL GREAT GARLIC PLANTING

Come out and meet your neighbours while learning about all things garlic. Seed garlic will be available for purchase for your home gardens. October 17th, 10am, Community Garden (next to hockey rink). Contact communitygarden@rmca.ca for more information.

Send general inquiries to VOLUNTEER@RMCA.CA



Couple looking for place to call home!

DO YOU HAVE OR HAVE YOU HEARD OF A PET FRIENDLY HOUSE FOR RENT IN A BRAGG CREEK/REDWOOD MEADOWS AREA?? PLEASE TEXT/CALL/EMAIL/SEND A PIGEON!

WE ARE BARB AND ADRIAN, WE ARE BOTH IN OUR MID 30'S, WORKING FULL TIME, NO KIDS, NON SMOKERS, HEAVY TRAVELLERS AND REALLY JUST LOOKING FOR SOME PEACE AND QUIET. AS OF RIGHT NOW, WE LIVE IN MANITOBA BUT IN JUST A FEW WEEKS WE ARE TRANSFERRING OUR WHOLE LIFE TO ALBERTA.

WE FELL IN LOVE WITH THE AREA AND WE DEFINITELY WOULD BE A GREAT FIT FOR THE COMMUNITY! WE WOULD LOVE TO MAKE IT OUR NEW HOME SO <u>PLEASE</u>, IF YOU HAVE ANY INFORMATION: DON'T HESITATE TO CONTACT US! <u>THANK YOU!</u>

BARB - 204 869 6933 ADRIAN - 204 869 6569 HELLO@CAPTURED-THAT.COM RZETEL3@GMAIL.COM BARBARA'S WEBSITE: CAPTURED-THAT.COM

THE FIRST ANNUAL GREAT GARLIC PLANTING



OCTOBER 17 10AM

Learn about all things garlic and gardening as we plant 4 different varieties in our communal garden bed.

Seed garlic will be available for purchase to plant in your home gardens

FOR MORE INFORMATION EMAIL US AT COMMUNITYGARDEN@RMCA.CA

MOVIE IN THE MEADOWS

<u>- OCTOBER SERIES -</u>

October 1st: The Lion King (1994)

October 15th: Jumanji: The Next Level

October 29th: The Nightmare Before Christmas

Curtis Field, Redwood Meadows

Movies will begin at sundown, approximately 7:15pm

- \$20/family for October Series Pass RMCA Members (best deal!)
- \$10/family for one movie (RMCA Members)
- \$15/family for one movie (non-RMCA Members)

Thank you to our Sponsors:





Use the QR code to purchase tickets



A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL

Fellow Redwood residents,

When you sit down to read this we will officially be into Fall. This is one of my most favourite times of the year and Redwood Meadows is a beautiful place to enjoy it. Backyard fires with neighbours and family occur earlier in the evening and the warmth provided makes the cool mountain air all the more refreshing.

When many of life's daily stressors add up and despair is growing in me, a walk along our berm and river helps me put it all into perspective. Being outdoors and enjoying the space we have is some of the best medicine we have in these crazy times. We live in a beautiful place and are very fortunate to call Redwood our home. Take a moment to get out and enjoy it. If I could offer a suggestion; find our new Community Garden and watch the incredible space your Garden Committee is creating. Also, Townsite is going to be rebuilding our community fire pit by the concession and will provide opportunities for us all to safely gather.

I am also very grateful to all those that give their time to make our community in the woods the wonderful reprieve that it is. So I would like to take a moment to acknowledge our departing Councillors for all their contributions. Thank you. Your investment of time and work is appreciated. I would also like to thank the three new members of Council—Darci Nelson, Glenn Dzus, and Dan Foster—for putting your names forward. I know I speak for the rest of Council when I say we all look forward to working with you and we all share the desire to build upon the fine work of the many before us. Welcome!

The installation of our new LED street lights should be completed soon. If you find the time for a walk in the evening, please notice the warm glow these lights produce without harming wildlife or affecting human health. You might also notice that they are motion sensitive and will brighten if you are walking and dim in the absence of traffic. Reach out and let us know what you think!

This month we are also planning on rolling out our new waste management strategy. Watch for the delivery of blue recycling bins, black waste bins, green compost bins, and communication from Townsite on when these curbside services will be implemented. We are also anticipating that our own in-vessel composter should be coming on-line in short order.

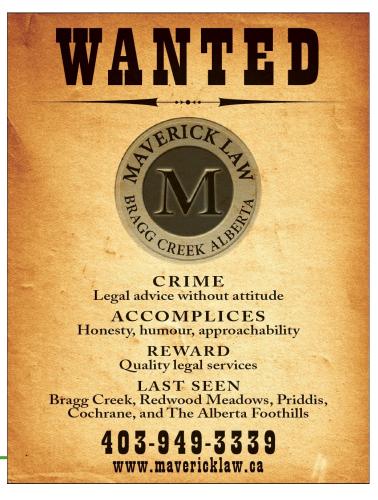
Residents can expect a survey being sent out in coordination with Tsuut'ina Nation Police Service (Tosguna). Residents will be asked how they feel they can best be served and what crime and safety concerns they have. Look for more communication about all the various programs, community outreach, and initiatives they offer.

You may notice construction in the Townsite. Aside from expanding the Tate Shack, we have two big projects. Eastlink is working hard to further improve internet services. Thank you Eastlink for investing in our community. Townsite is on the hunt for leaking water lines. Thank you Operations for your continued efforts towards increased water pressure.

As always, I will continue to review provincial health restrictions and monitor the COVID situation. I give you all my commitment to making the best of what we can under the circumstances. In parting, I wish you all an enjoyable fall. I hope to see you at our final Community Market and have the opportunity to serve you at our pancake breakfast!

In your service,

Mayor Ed Perkins, on behalf of Council



CHATTER IN THE WOODS

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

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

ADVERTISING RATES

Business Card \$30/month
Quarter Page \$44/month
Half Page \$63/month
Full Page \$120/month

Business Listing \$50/year (10 months)

ADVERTISEMENT SIZES

Business Card: $2 \frac{1}{2}$ " h X 3 $\frac{3}{4}$ " w Quarter Page (vertical): $4 \frac{7}{8}$ " h X 3 $\frac{3}{4}$ " w Quarter Page (horizontal): $2 \frac{1}{2}$ " h X 7 $\frac{1}{2}$ " w Half Page (vertical): $9 \frac{3}{4}$ " h X 3 $\frac{3}{4}$ " w Half Page (horizontal): $4 \frac{7}{8}$ " h X 7 $\frac{1}{2}$ " w Full Page (vertical): $9 \frac{3}{4}$ " h X 7 $\frac{1}{2}$ " w

PDF and JPG files reproduce best in print and online.

Discount rates are offered for five-month or ten-month commitments.

Send your advertisement to:

theredwoodchatter@gmail.com

Send your payment to:

E-transfer: payment@rmca.ca (subject: Chatter)

Cheque: Drop off at Redwood House

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

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

Calling All Chatter Enthusiasts:

We are looking for contributors (yes, YOU!) to make the Chatter the best it can be. Make a submission once or commit to a monthly article. If you are looking for a topic here are some ideas:

Recipes - Do you have a favourite family recipe (or one you just came across) that you'd like to share?

How-To Article - This could range from a small building project to making an origami crane to practicing mindfulness. You choose!

Top Ten List - Another open-ended one...movies from the '80s, poisonous spiders, vacation destinations. So many possibilities!

Get to Know Your Community Volunteers - Any aspiring journalists out there? Interview our wonderful community volunteers and write a monthly article on a different person doing amazing things in Redwood Meadows.

Creative Entries - Are you a poet or artist? Send your work in and we'll share it with the community.

Kids Entry - KIDS, the Chatter is for you too! Write a story, draw a picture, come up with anything creative you would like to see published!

Please help make the Chatter the best it can be and fun for the entire community to read! Email submissions and inquiries to theredwoodchatter@gmail.com



REDWOOD MEADOWS TOWNSITE UPDATE

REDWOOD MEADOWS COMMUNITY MARKET

Sunday, October 3rd, 9am-2pm Come enjoy the last market of the season!

GARBAGE AND RECYCLING

New black and blue bins have been distributed to each house for garbage and recycling. Please recognize the bins belong to the Townsite and remain with the home after transfer of ownership. If you would like to indicate



your address on the bin, please go ahead and use a permanent ink pen. Garbage collection will be on Tuesdays an commence on October 5th. Recycling collection will be on Wednesdays and commence on October 6.

Please Note: Our service contract with the Bragg Creek Transfer Station will not be renewed and will expire on September 17. Rocky View County has indicated they will extend residents a grace period until November 1st under the current conditions. After November 1st, there will be a \$25.00 pay-per-visit with any additional disposal/service charges (as before) on top of that (e.g., tag-a-bag, bulk loads, freon etc.). Please email admin@redwoodmeadows.ab.ca if you have any questions.

Eastlink Digital Fibre Installation

Eastlink has commenced a directional drilling initiative to install an extension of digital fibre terminating in two nodes (boxes) on both Manyhorses Dr and Redwood Meadows Dr. This extension will cover all customers in the North and South parts of the community. Eastlink indicated the installation should be complete within 3-4 weeks and will greatly improve service for their customers. No disruption to current service is anticipated.

TOWNSITE OFFICE

The Townsite Office has returned to COVID protocols. As such, the office will be closed and accessible by appointment only until further notice. Phone: 403-949-3563. Email: admin@redwoodmeadows.ab.ca



Kindergarten

Tuesday/Thursday 9:00am-3:15pm

Preschool

ages 3-4 years old 3-Mornings 8:45am-11:45am (M/W/F) 3-Afternoon 12:15pm-3:15pm (M/W/F) 5-Mornings 8:45am-11:45am (M-F)

For additional information and our other programs please contact admin@thelittleschoolhouse.ca or visit us online at www.thelittleschoolhouse.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 | 403-560-6016 | cperko@countrysidefinancial.ca | |
| Cochrane Public Library | 403-709-0346 | Andrea.Johnston@cochranepubliclibrary.ca | |
| Deborah Clark, Century 21 Bamber Realty Ltd. | 403-835-3385 | dclark@realestatewestofcalgary.com / realestatewestofcalgary.com | |
| Dieter Hendrickson, Re/Max Real Estate | 403-612-7849 | dieter@remaxbraggcreek.com / www.remaxbraggcreek.com | |
| KarmiK Sport & Personal Development | 403-408-6998 | karmikathletics@outlook.com | |
| Kamp Kiwanis | 403-686-6325 | general@kampkiwanis.ca / www.kampkiwanis.ca | |
| Ken Barrie, Century 21 Bamber Realty Ltd. | 403-974-0334 | ken@newdirectionrealestate.ca / realestatewestofcalgary.com | |
| Leader Service and Renovations Ltd. | 403-996-0192 | chris@leaderservice.ca / 35 Sleigh Dr. | |
| Linda Anderson Law | 403-243-6400 | linda@lindaandersonlaw.com / 403-949-4248 | |
| Maverick Law | 403-949-3339 | admin@mavericklaw.ca / www.mavericklaw.ca | |
| | Ī | | |
| Mountain's Edge Renovations | 403-949-7727 | 4wolves@persona.ca / www.mountainsedgerenovations.com | |
| Mountain's Edge Renovations Redwood Meadows Emergency Services | 403-949-7727 403-949-2012 | 4wolves@persona.ca / www.mountainsedgerenovations.com www.rmesfire.org Call 911 in an Emergency | |
| | | <u> </u> | |
| Redwood Meadows Emergency Services | | www.rmesfire.org Call 911 in an Emergency | |
| Redwood Meadows Emergency Services Redwood Meadows Tae Kwon Do School | 403-949-2012 | www.rmesfire.org Call 911 in an Emergency redwoodtaekwondo@gmail.com / redwoodtaekwondo.com | |

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



There's a new kid in town!

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

Sherri Olsen

403-519-5998 | realtor@sherriolsen.com

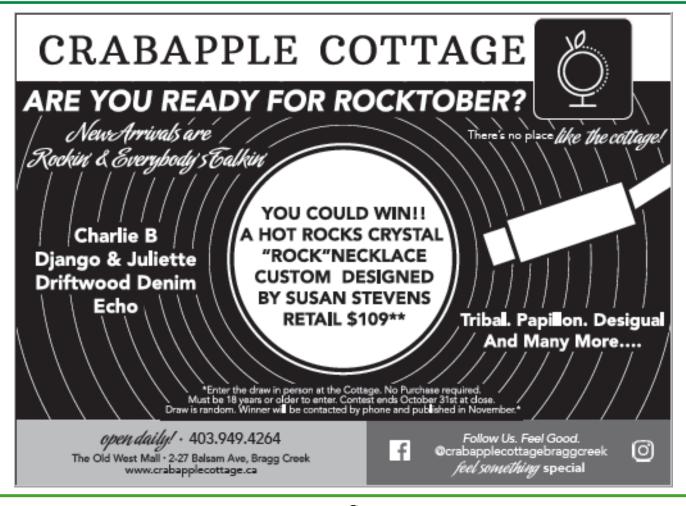
REDWOOD MEADOWS EMERGENCY SERVICES

Redwood Meadows Emergency Services responded to calls for help 72 times this spring/summer when cyclists, ATVers, motorbikers, cyclists and hikers found themselves in trouble.

Here are some tips to stay safe when you're enjoying K-Country:

- Pack gear suitable for the conditions: Be sure to pack extra gear, food and a headlamp in case you have to be on the trails for longer than expected.
- Don't get lost: Bring a trail map, a navigation tool and a communications device.
- Stay where you are: If you get lost, it's easier for first responders to find you if you stay on the trail.
- Bring more than enough water...and more than enough food: Not drinking enough water is the biggest mistake many backcountry enthusiasts make.
- **Be prepared for accidents:** Compact first aid kits are readily available. And you have taken that first aid course, haven't you?
- Go early! It's easier for first responders to find you in daylight.
- Make a plan and share it: Let someone know where you're going and when you'll be home. **Know where you are on the trail:** If an emergency strikes, knowing you are one third of the way up Moose Mountain or the name of the jump you're near will help first responders get to you quicker.

Until next month, stay safe....and if you see the big red trucks coming up behind you with the lights and sirens, pull over and STOP, so we can get to a neighbour's emergency quickly and safely.





| REDWOOD MEADOWS RESOURCES | PHONE NUMBERS |
|--|------------------------------|
| | |
| FOOD | |
| Cochrane Activettes Food Bank | 403-851-2250 |
| Bragg Creek Community Centre | 403-949-4277 |
| TsuuT'ina Food Bank | 403-252-5884 |
| | |
| EMPLOYMENT SUPPORT | |
| Rocky View / Wheatland Employment Centre https://rwemploymentservices.com/ | 403-709-0010 |
| TsuuT'ina Nation Official Website https://tsuutinanation.com/jobs/ | 403-281-4455 |
| | |
| FINANCIAL SUPPORT | |
| Alberta Income Support https://www.alberta.ca/income-support.aspx | 1-877-644-5135 |
| Money Mentors – Alberta Debt Relief https://moneymentors.ca/ | 1-888-294-0076 |
| TsuuT'ina Income Support department | 403-238-6406 |
| | |
| SUPPORT LINES: | |
| Access Mental Health - Alberta Health Services | 1-844-943-1500 |
| Boys and Girls Club of Cochrane and Area - Youth Support, ages 12-22 | 403-618-3149 |
| Calgary Youth Drug Line | 403-269-3784 |
| Child Abuse Hotline | 1-800-387-5437 |
| Cochrane & Area Family and Community Support Service (FCSS) | 403-851-2250 |
| Cochrane & Area Victim Services http://www.cochranevictimservices.ca/ | 403-851-8055 |
| Cochrane Family Resource Network | 403-851-2265 |
| Distress Centre Crisis Support (24hr) | 403-266-4357 |
| Domestic Violence Support – Big Hill Haven, Cochrane | 403-796-6564 or 403-437-4636 |
| Domestic Violence Support – TsuuT'ina Spirit Healing Lodge | 403-852-9929 |
| Domestic Violence Support – Rowan House, High River | 1-855-652-3311 |
| Indigenous Crisis Support (24hr) | 1-855-242-3310 |
| Kids Help Phone (24hr) | 1-800-668-6868 |
| RCMP Non-Emergency | 403-932-2211 |
| Rural Outreach Support Worker (Information, Resources and Support) | 403-851-2286 |
| | |

RAMBLINGS FROM THE REDWOOD GARDEN—GLORIOUS GARLIC

How do you like your garlic? Wrapped in a tight blanket of foil with olive oil, salt and pepper and roasted in the hot oven, and then spread on freshly baked bread? Fried with onions, carrots and celery for a rich base to a hearty soup? Or maybe you even enjoy it raw (gasp!), to help ward off coughs and colds. I know someone who consumed an entire raw bulb of garlic each night before bed to help him beat COVID should he ever fall ill. If anything, he joked, it will keep folks socially distanced from you!

I wonder if you've known, as you enjoyed this delectable aromatic in your cooking, that you can grow this little wonder right in your own backyard. In fact, Redwood has an excellent climate for growing garlic and it will be stronger, more flavorful and contain a higher ratio of nutrients than the brand you're purchasing from half way across the world.

Planted well into the fall season, garlic cloves like to sit deep in the earth (pointed side up) for their long winter slumber. Early spring, they awaken and poke their growing tips above the fresh spring soil. Around June they produce the delectable scape which must be cut to ensure the energy from the plant is sent down to the ultimate prize, the bulb. The scapes taste like a cross between a green onion and garlic and can be blitzed into a relish or pesto, or simply chopped and sauteed in olive oil. People go absolutely wild for this little Redwood grown Red Russian culinary delight and you will often find them sold in bundles at farmers markets.



But back to the bulb - the mighty plant continues growing through the summer and can be dug up and harvested once about one-third of the growing top has died back (turns brown and shrivels up), usually late summer or early fall. The garlic should be left to cure for about two weeks and can then be braided or stored in

a cool, dry, and dark spot until it is ready to be enjoyed!

MOUNTAIN'S EDGE RENOVATIONS

QUALITY... INTEGRITY... ATTENTION TO DETAIL



Complete Custom Renovations



mountainsedgerenovations.com 403-949-7727 or 403-461-2710 Here is one of the best things about growing garlic in Redwood: the deer don't eat it! I planted garlic in my raised beds as well as along my perennial beds, and the deer actually leaned over the garlic to eat my rose bush. As long as you have a happy little sunny spot with some nice rich soil, you can enjoy a beautiful garlic harvest next summer.

If you would like to know more about how to grow garlic, please join us on October 17 at 10am at the Redwood Meadows Community Garden for a free session on all things garlic. We will be planting 3-4 different types of garlic in our communal garden bed, and you will be able to purchase cloves to plant in your own gardens.

Are you looking for more information on our new community garden? Would you like to get involved? Email us at communitygarden@rmca.ca.

Jessica Smid

Redwood Meadows Community Garden Coordinator

ORIGIN STORIES: HAUNTED HOUSES, HEADLESS HORSEMEN, AND...FREE CANDY?

have always loved Halloween. As a child it was the candy, but as an adult it's the cool autumn air, everything tinted in orange and yellow, the general spookiness of the season, and, of course, the candy. It strikes me only now just how out-of-place the act of trick-or-treating seems. How does wearing costumes and collecting candy from your neighbours relate to witches and werewolves? And, what about the *trick part*?

Although it's been altered, adopted, discarded, and re-adopted for centuries, bouncing from one dominant power to the next, we can trace the origins of Halloween back over two-thousand years to the Pagan holiday known as All Saints' Day. All Saints' Day (November 1st) commemorated the end of harvest and ushered in the 'dark half' of the year, believing the spirits of the dead would come back to earth.

Because the veil between the living and dead was thinnest on this day, the festival of Samhain (pronounced Saw-win) was held on October 31st. Lasting up to three days, the festival involved bonfires, sacrifices (cattle, not human), and most notably for our purposes, dressing up as animals to avoid capture by evil spirits.

Moving swiftly through time, we begin to see the makings of Halloween as we know it today. The Roman Catholics celebrated All Martyrs' Day and later All Souls' Day, expanding the day to include baptised Christians trapped in purgatory. Eventually, October 31st would become All-Hallows' Eve (November 1st being All-Hallows'), before popping up in colonial New England as Hallowe'en.

Now that we've arrived at the name 'Halloween' and even seen evidence of folks dressing in costume, let's see how a two-thousand year old Pagan holiday led to streets flooded with little Elsas and Spidermans (Spidermen?) going door-to-door on October 31st.

It begins with a custom called *souling* where adults and children (known as *soulers*) would visit the homes of wealthy families and sing for apples or *soul cakes*. In exchange, the soulers would promise to pray for the dead relatives of each family they visited. Souling would become *guising*, a more child-centered tradition where children would dress in costume (to safely blend in with the spirits) and sing and dance in exchange for fruit or money.

Finally, we see the 'trick' develop during the Victorian Era. During the late 19th century, young men would use October 31st as a night for pranks - stealing, vandalising, and threatening those who didn't provide them with treats. Quite contrastingly, young women at the time used the night to hold parties where they would perform a series of games/rituals intended to reveal their fortunes and future husbands.

Believe it or not, the first known recorded reference of the term 'trick or treat' appears in the Blackie Times (Blackie, Alberta) in a November 3rd, 1927 article recalling the events of Halloween night: "The youthful tormentors were at back door and front demanding edible plunder by the word "trick or treat" to which the inmates gladly responded and sent the robbers away rejoicing."

As we move through the 20th Century, trick-or-treating has endured a lot to become the tradition it is today. It plummeted in popularity due to WWII sugar rations, only to soar back to the mainstream with the US Senate's push to highlight good behavior on Halloween through the likes of UNICEF and other initiatives. More recently, it survived the 'poisoned candy panic' which greatly increased the popularity of purchasing prepackaged treats (SEE: every grocery store this time of year).

So, regardless of how you celebrate Halloween - hosting a spooky movie marathon, constructing homemade costumes, or sneaking a few treats from your kid's trick-or-treat haul - take a moment this year to appreciate the two-thousand year journey Halloween has taken to get to this moment.

Michael Dellebuur

www.copymichael.com

PS: If dry conditions result in a shortage of pumpkins this Halloween, grab a turnip, beet or potato, which were originally used by the Scottish and Irish for the first Jack-o-lanterns.

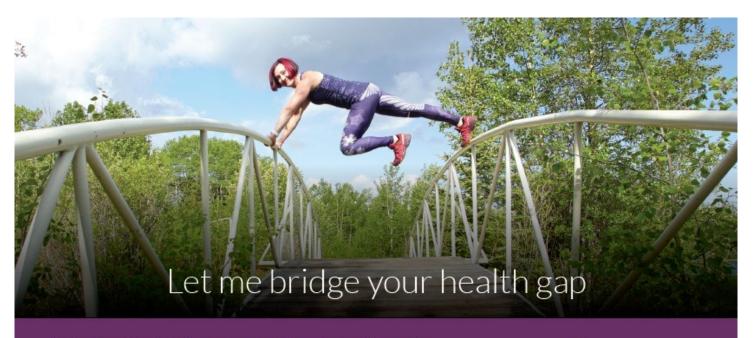
Animal Trivia

- 1. Is the Tasmanian Devil living, extinct, mythological or a folk tale?
- 2. What animal known for its colorful face and rump is the world's largest species of monkey?
- 3. The Iditarod is a dog sled race held in which US state?
- 4. Where does the common housefly typically lay her eggs?
- 5. When speaking of dogs, what exactly is a mutt?
- 6. The narwhal is one of only two species in the Monodontidae family. What is it?
- 7. What is a chiffchaff?
- 8. The name of this bird is an affliction that you don't really want to find on your horse.
- 9. What kind of animal is an addax?
- 10.A female donkey shares its name with Forrest Gump's girlfriend. What is it?
- 11. Why don't polar bears eat penguins?
- 12. What colour is octopus blood? (when it's oxygenated)
- 13. What might a 'woolly bear' become?
- 14. What type of animal is an ibex?
- 15. Which color eyes will you not find in cats?

Questions provided by FunTrivia

Answers on page 19





Hi, I'm Nancy Campbell. My mission is to help create a healthier world, person by person. By educating individuals about the value of health and fitness, including physical, nutritional and emotional fitness, whether in person or virtually, I'm able to provide the appropriate lifestyle program tailored for each client. Give me a shout and together let's be well.

Personal Training | Rehabilitation | Lifestyle Coaching | Nutrition Coaching



info@bwell.coach | www.bwell.coach

The noise in this house has become overwhelming. Although my home is large and masterfully crafted by the finest architects in the family, I feel as though I'm living within the large populous of a busy city. The young ones are all abuzz now, and it's getting on my nerves. I need to get out for a break.

Navigating my way through the hive of others and toward the exit to escape is a challenge, someone is always demanding my attention in some way. But soon, I'm greeted by the warm sun and fresh air. It feels good to move about freely as I glide about outside and away from the chaos of my house and family. Don't misunderstand, my babies are my pride and joy, and I would do anything to keep them all safe. Even if it meant stabbing anyone threatening to hurt them. Perhaps that might sound harsh to some, but I only have this one line of defence.

Once I'm a fair distance from home, my nerves settle. A robust spruce tree catches my attention, so I meander over and perch atop one of its branches. Although the view from here is fine, I haven't landed in this spot to take it in. This specific tree happens to host many ticks, and I'm keen to devour a couple. One haphazardly moves close to me. I dart in its direction and before it sees me, it's in my mouth and moving down toward my belly.

This would be a fine spot to hunker down for a bit and pick off more ticks, but something more enticing grips me. There's no mistaking my sense of smell, there's rotting meat nearby, and it's calling me to it. I pick myself up from the spruce tree's branch and follow the smell until its source is clear in my sights.

I'm not the first to discover the carcass, but that won't deter me. I'd guess this meat has been aging for several days, which means it'll be seasoned with rot to my liking. After hovering over the prize for a few seconds, I spot a place to move in which isn't crowded by others. The moment I land, I don't waste a moment before stuffing myself. I think I'll stay and eat until I'm too full, I deserve it. This is exactly what I needed.

It's fair to say that we all need a break from home from time to time. Especially for those like me - the queen of a hive of thousands of yellow-jacket wasps.

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

MORTGAGE MATTERS: ADDING A HOME EQUITY LINE OF CREDIT (HELOC) TO YOUR PROPERTY

A HELOC is a lending solution that turns your equity into opportunity. A HELOC is a line of credit secured by your home that gives you a revolving credit line. A HELOC often has a lower interest rate than many other types of loans due to its increased security of being registered to your property.

Benefits of a HELOC:

- A home equity line of credit generally allows a larger credit limit than a personal line of credit that is unsecured.
- You may use the credit for any purpose consolidate debt, invest, fund a child's education, renovate a home, take a vacation, anything!
- Get convenient and fast access to funds redraw funds when needed. Many lenders have debit cards or quick e-transfers.
- Take advantage of minimum monthly payments of interest only. Payments based on the funds used only, no minimums.
- Pay off the entire loan at any time without penalty a HELOC is fully open for prepayment.
- Depending on the lender, you may convert your HELOC to a fixed mortgage at any time without penalty (certain conditions may apply).

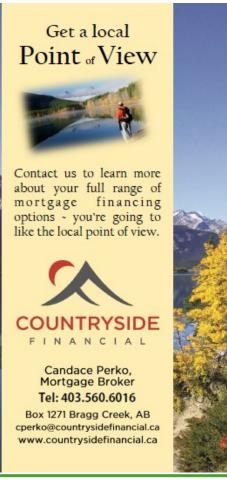
How a HELOC works: With a HELOC, you're borrowing against the available equity in your home and the house is used as collateral for the line of credit. As you repay your outstanding balance, the amount of available credit is replenished – much like a credit card.

Qualifying for a HELOC: To qualify for a HELOC, you need to have available equity in your home. You can typically borrow up to 65-80% of the value of your home (minus your existing mortgage, if applicable). Standard qualification criteria applies, your credit score and history, employment history, monthly income/debts, etc. will all be reviewed.

- * If you currently have no mortgage at all or are purchasing a new property and would like to set up a new HELOC only, the maximum limit available is 65% of your home's value. If your home is worth \$550,000 then the maximum available is \$357,500.
- * However, if at time of purchase or refinance a borrower can split their mortgage between variable rates, fixed rates, and a HELOC, giving you the freedom to build a plan that meets all your needs, the maximum limit available is 80% of your home's value. If your home is worth \$550,000 then the maximum financing available is \$440,000. In this scenario for example, if you want \$440,000 in financing then we can do a 5 year fixed for \$240,000 and a LOC for \$200,000. The combination of all products cannot exceed 80% of the property's value (and can be almost any combination). By "fixing" an amount this allows you to exceed the 65% limit and go up to 80%.

As with many major financial decisions, getting the right advice is key. Discuss your situation with a knowledgeable mortgage broker.

Candace Perko Area Mortgage Broker



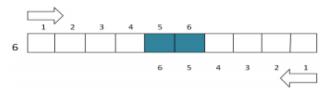
PICAPIX PUZZLE

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:

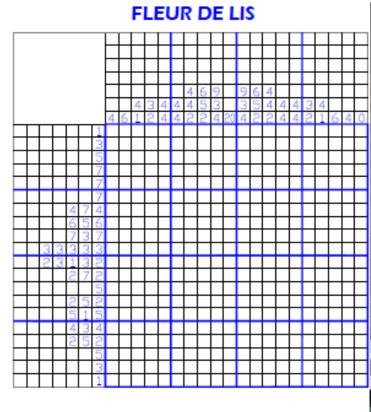
- 1. Numbers represent how many squares you colour in to form a group or block.
- 2. Leave at least one square between these blocks.
- 3. The sequential order of the numbers is the order of the blocks, i.e., top number for a column is the top, block, and left-most number for a row is the left-most block.

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





KIDS CRAFT—HALLOWEEN ROCK PAINTING

Materials you will need:

- Rocks
- Tablecloth or old newspaper
- Paper plate
- Various paints (white, orange, blue, black, optional: yellow, red)
- Brushes in varying sizes, larger ones for base colors, smaller ones for details



- Water in a cup (to clean brushes in between)
- Paper towel (to remove moisture from brushes in between colors)

Instructions:

- Set up your painting area by covering the work surface with a tablecloth or old newspaper.
- Choose your design and place a small amount of color options for the design on the plate.

Ghost – White base, let it completely dry. Add black oval eyes and oval mouth.

Pumpkin – Orange base, let it completely dry. Add black eyes, nose, mouth of your choice.

Bat – White base, let it dry. Outline the bat with pencil & paint it black. Add red eyes.

Mummy – Black base, let it dry. Add white tape on top and paint the eyes that peek through.

Dr. Karen Massey, REGISTERED PSYCHOLOGIST



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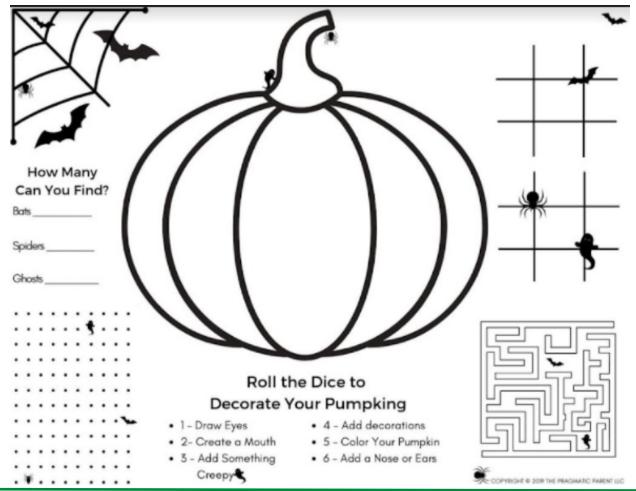
403- 390-1815 www.emergo.ca

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

Silhouette (haunted house, witch, cat, spider) — Choose your design, then choose your base color (yellow to red gradient / orange for a sunset; blue for a night scene, optional: white/yellow to blue gradient near the moon), let it dry. Layer black silhouettes on top. Optional: add details yellow eyes for a cat or white / yellow lit up windows in a haunted house.

Have fun creating magical rock paintings!

Provided by Sonja Allen



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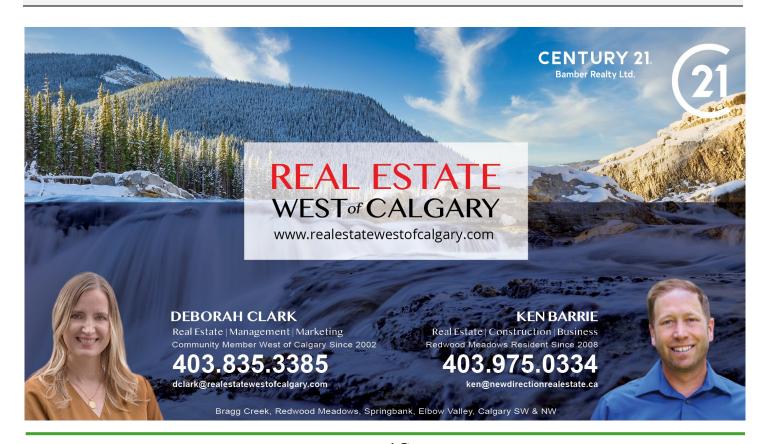
Member of Bragg Creek Chamber of Commerce, Cochrane & District Chamber of Commerce, Landscape Alberta

REDWOOD MEADOWS—BABYSITTERS LIST

| <u>Name</u> | <u>AGE</u> | 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 |

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<u>DISCLAIMER:</u> 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).





Animal Trivia Answers

- Living
- Mandrill
- 2. 3. Alaska
- On rotten meat
- A mixed breed
- Whale
- Bird
- 8. Thrush
- 9. Antelope
- 10. Jenny
- 11. They live in opposite hemispheres
- 12. Blue
- 13. A moth
- 14. Goat
- 15. Purple

DIETER HENDRICKSON

ALEGACY FOUNDED ON INTEGRITY & EXPERTISE

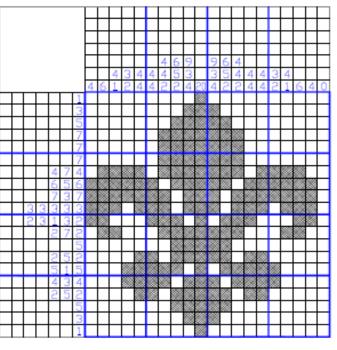
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PICAPIX SOLUTION

FLEUR DE LIS



THANK YOU, VOLUNTEERS!

We squeezed in one last community garden work session on September 18th. Community volunteers of all ages came out and helped us build and fill ten 8x4 foot garden beds. We hacked away at river rock to carve out 2 perennial planting areas at the entrance to the garden where we will be putting in hop vines, peonies and rhubarb. Thank you to all of our community friends who continue to support the efforts of bringing this special space to Redwood Meadows.

The garden has come together with the help from many sponsors, with Alberta Blue Cross being the largest single donor to the community garden. The Garden Committee was awarded the COVID Community Roots grant of \$5,000 earlier this year and we are so grateful to the Blue Cross for choosing our project to donate to.









