



Chatter

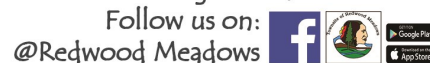
- IN THE WOODS -

Read the CHATTER online at

www.redwoodmeadows.ab.ca

Let's get social!

Follow us on:



*#*ello Redwooders and Neighbours,

The Chatter and RMCA would like to thank YOU, our readership, for your continued support of the Chatter. The amazing people in our community are what motivates us to keep this publication going.

We hate that we have to write this, but...

Please keep in mind that we are all volunteers and we invest a lot of our time and passion to produce a newsletter that we are proud of. That being said, we are a very small team with limited time and resources and there may be things that fall through the cracks. If you catch a mistake or you think we have published something untrue or defamatory, please contact us immediately as we would like to correct our mistakes and do better in the future. Please comment on specific content as we cannot address vague statements of displeasure. We do our best to keep the Chatter informative, positive, and light-hearted to appeal to our broad and diverse community. We are not political, and our goal is to put a smile on your face when you see the Chatter at the mailboxes or in your inbox.

The Chatter and RMCA have the right to refuse submitted content and that right must be respected. We are very willing to discuss our decision and hopefully come to an understanding that all parties can agree upon. However, we do insist that we are treated with courtesy and professionalism.

Lastly, the Chatter is a publication of the RMCA. We print content provided by Redwood Meadows Townsite and Redwood Meadows Council to keep our readership informed of pertinent information. These entities, however, have no say in what is published in the Chatter. Similarly, RMCA and the Chatter have no responsibility for what is published in the weekly email Updater distributed by Townsite and Council. We know this may be confusing (and not very interesting) to most people, yet needs to be said.

Thank you for your consideration.

~ *The Chatter Team*

INSIDE THIS ISSUE

RMCA Update	2
Council Update	4
RMCA Events	6
Townsite Updates	7
RMES	8
Business Listings	9
Community Garden – Garlic	12
Bragg Creek Performing Arts Society	13
Short Story Showcase – The Brother's Grim	14
Fitness with Ann Sullivan	16
Picapix Puzzle	17
Bragg Creek Wild	18
Mortgage Matters	19
Babysitter Listings	20

A MESSAGE FROM YOUR FRIENDLY RMCA



Hi Hello Redwood Meadows!

Another summer has come and gone and with it, the fiscal year end for your RMCA. As we enter a new year, the RMCA has a lot of great plans. We are looking to recruit more people to ensure we have representation from as many sectors of our community as possible.

RMCA is a small group, with just 6 directors (including executive positions) and a few key folks who carry out important volunteer roles. Over the past year, RMCA hosted some great events and programs which had a positive impact on our community. Each member has a reason they joined the RMCA, very often a person joins because they love a certain event or program and want to see it continue and/or improve or they have an idea for a program or event and would like to spearhead the project.

A couple of examples would be Kim Snow, a longtime Redwood Resident who wanted to see the return of events like dances, and Jess Smid who had a vision of the community garden. Both of these projects, as well as RMCA Wellness Programs, Spring Sports, Canada Day, Santa in the Woods and so much more would not be possible without the power of volunteers.

If you have ever had an idea for an event or program, or if you have attended one of our programs and have a way it can be improved...please reach out. The RMCA strives to be the heart of our community and we would love for you to be a part of it. Email me at info@rmca.ca if you are interested in joining the RMCA or one of our committees, or have any questions, thoughts, or comments.

Dean Svoboda
RMCA President

The Tsuut'ina Nation Police Service would like to notify residents of recent car prowlings that occurred in Redwood Meadows at approximately 3:00am on September 21, followed by additional prowlings on September 22.

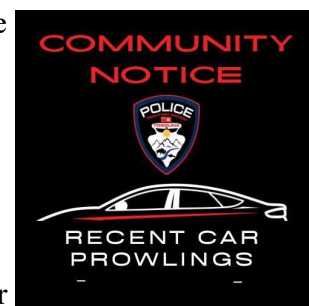
At this time, we are asking citizens to check home surveillance systems and to report anything they deemed suspicious between the hours of 2:00-3:00am on September 22, 2022.

We recommend everyone to create an evening routine for themselves. The routine should include:

- * Making sure all valuables are removed from vehicles
- * Ensuring vehicles are locked, windows are closed and, if possible, parked in a garage
- * Closing and securing garage doors and windows
- * Locking all doors, including those inside the garage that lead into the house
- * Turning on your exterior light

We encourage anyone who is a victim of a car prowling, break-and-enter or other crime to come forward and report the details.

Citizens can report crimes to the Tsuut'ina Nation Police Service at 403-271-3777. Tips can also be submitted anonymously to Crime Stoppers at 1-800-222-8477 or www.calgarycrimestoppers.org



CHATTER IN THE WOODS

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

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

ADVERTISING RATES

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

ADVERTISEMENT SIZES

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

PNG and JPG files reproduce best in print and online.

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

Send your advertisement to:
theredwoodchatter@gmail.com

Send your payment to:
E-transfer: payment@rmca.ca (subject: Chatter)
Cheque: Drop off at Redwood House

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

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

Robert Cordsen

Certified Master Electrician

President

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2022-2023

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Ages 3-4
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Mornings 8:45am-11:45am
Afternoon 12:30pm-3:30pm

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



A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



Hello Redwood!

Thank you to the many people who have reached out and asked if there is anything they can do to help with our drinking water and wastewater systems. With fall just around the corner, we ask residents to please be mindful of areas that may accumulate leaves or other debris near culverts and storm water drainage on your property. When water can't get to the system of ditches designed to take water out of Redwood, it may add to the stress on our sewer system. We all need to help prevent sewer overflows. We are discussing the potential of a community clean-up that would focus on drainage ditches and culverts. Please let us know if you are interested in participating.

Another way you can help is to ensure your sump pumps are draining outside. Our sewers were never designed to accept water from sump pumps and they also add to the stress on our lift station. This is why Townsite Bylaws require all sump pumps to drain outside. Please check your sump pump and if it's connected to the drain in your house, please call a plumber to correct it.

In one of our recent operational meetings, the topic of volunteerism was discussed. We recognize that volunteers have always played a big role in Redwood Meadows and are crucial to the community's success. If you are interested in volunteering in the future at community events, help on committees or have suggestions, please contact Townsite or RMCA.

We also want to remind community members that it's essential to keep dogs on leash, pick up after your pets, and please only put garbage out on garbage day. This reminder comes after an incident on August 28th in which a provincial fish and wildlife officer euthanized a mother bear and orphaned three cubs after repeated encounters with Bragg Creek residents. Garbage left out by residents had attracted the bears, said an official with Alberta Environment and Parks.

Redwood Meadows has offered to support Bragg Creek by sharing the rules and bylaws we have created to reduce wildlife-human interactions. In our continuing efforts to eliminate wildlife conflicts, we are working to reduce organics in our garbage. More to come on this topic.




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Rich Kilbride

587.830.2447
rkilbride@bigearls.ca
BigEarls.ca

Residential & Commercial Lawn Care and Property Maintenance

Lawn Maintenance | Spring & Fall Cleanup | Snow Removal |
Property Management

Keeping residents informed about Townsite projects is important to us. Here is a quick update on some of the work in progress:

Lift station - Clean-up continues and we are getting quotes for required work. Our goal is to restore the station to minimum operating standards and prevent future spills.

Electrical thermal inspection – A safety inspection of the electrical systems at the water treatment plant identified nine areas that are overheating and pose a potential fire risk. Corrective work is being expedited.

UV sterilizers – An inexpensive change to this system will enable us to improve reliability and reduce water treatment plant operating costs.

Water meters – We have successfully negotiated partial warranty coverage on the 250+ residential water meters that must be repaired. More to follow.

Water leaks - After completing the first major dig and repair, we are reviewing costs to help guide future spending. The next dig will proceed soon.

We must act to ensure the integrity of our drinking water and to safely dispose of waste. We can no longer defer maintenance. As stewards of this land, we must minimize the impact on the surrounding river and lands. Current spending on improving our water systems and services is necessary. Once these systems are restored to minimal operating levels, the creation of a maintenance regimen will be key in preventing future problems.

We can solve these issues if we focus on working together on solutions. Using creativity, we can address immediate concerns and continue to work towards funding for replacement and/or rehabilitation. With a solid and supportive community, your volunteer Council and committee members will work with Townsite staff to implement solutions. Now is the time to unite as a community and rally behind protecting our most valuable resource—our water.

Redwood Meadows Townsite Council



The advertisement for Cochrane Appliance Repair is set against a green background. On the left, a man and a woman in green polo shirts stand next to a toolbox. In the center is a logo featuring a white silhouette of a cowboy on a horse, with the text "Cochrane Appliance Repair" below it. On the right, a photo shows a modern outdoor kitchen with a stone wall and a stainless steel grill. Below these images, the text reads: "A family-run Appliance Repair company that provides honesty and trust (403) 899-5041 cochraneappliance.com".

RMCA EVENTS AND ACTIVITIES

MOVIE IN THE MEADOWS

7pm | *Curtis Field* | Admission is by donation

October 14: The Princess Bride

October 21: Encanto

GARLIC GROWING WORKSHOP

October 16 | 9:30 - 10:30am | *Community Garden*

Learn how to successfully plant, grow and harvest garlic in our challenging climate. Seed garlic will be available for purchase to plant in your own backyard gardens. This is a free event and everyone is welcome, you do not have to register or reserve a spot.

TEEN DANCE

October 28 | 7 - 11pm | *Redwood House* | \$5

Grades 6-10. Come dressed in your best Halloween costume. Prize awarded for best costume.

PLAY GROUP

October 4, 11, 18, 25 | 9:30 - 11am | *Redwood House*

Come join this fun and friendly environment every Tuesday! Playdough, coloring, crafts, toys, books and most importantly, coffee and tea! If you are a new parent or caregiver, a grandparent, a senior that is looking for some company, or if you just want to enjoy a cup of coffee among community friends, please join us.

RMCA AGM

November 14 | *Redwood House*

If are interested in joining the board or committee, please email info@rmca.ca

KANANASKIS CHRISTMAS MARKET

November 19&20 (November 18: *RMCA members only*) | *Redwood House*

Come buy your holiday gifts (and splurge on yourself!) at this much anticipated event. We will have some of your favourite vendors from past years as well as new artisans.

RMCA CONTACT INFORMATION

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

info@rmca.ca

Facebook: <https://www.facebook.com/redwoodmeadowscommunityassociation>



LEARN TO GROW GARLIC

Presented by the RM Community Garden Committee

Sunday, Oct 16
09.30 am - 10.30 am
RM Community Garden

Join us for a coffee and an informal workshop on how to successfully plant, grow and harvest garlic in our challenging climate.

Seed garlic available for purchase at the workshop

FREE WORKSHOP!



[info @ communitygarden@rmca.ca](mailto:info@communitygarden@rmca.ca)

TOWNSITE UPDATES

BLEEDER VALVES

Some homes in Redwood Meadows have bleeder valves installed to prevent water lines from freezing in extreme cold temperatures. Townsite is asking residents who have bleeder valves, to please let Townsite know and check that they are turned off at this time.

ARE YOU A MEMBER OF THE ONE HUNDRED CLUB?

Are you one of the one hundred households still receiving a paper utility bill? Please consider switching to e-billing. It saves time, paper and money. Email admin@redwoodmeadows.ab.ca to set up e-billing today!

SCHOOL BUS SAFETY

School is back in session, and with that we have school buses in Redwood. Please be very aware that children are getting on and off the buses through out Townsite. We have had several reports of drivers speeding and not stopping for the flashing stop signs on the buses. Please obey the rules of the road and help keep our children safe.

DRONES

We have had some concerns raised about drones flying over private property in Redwood. Although drones can be fun, please be respectful of your neighbours and limit your flights to your own property.

Can you fly a drone over private houses?

According to the Public Spaces Protection Order 2020 (page 4), you can't fly without express prior consent. This means that you must have permission from the landowner or occupier before flying a drone in their area.

TOWNSITE OFFICE

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

403-949-3563 | admin@redwoodmeadows.ab.ca

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

Women and Investing - How to Build Your Wealth for the Future

Please join Angela Madeiros BSc, QAFP - for an evening of learning and laughing!
No investment knowledge needed to attend. All levels welcome!

October 19th @7pm at Redwood House
Please RSVP to angela.hancock@ig.ca - space is limited



REDWOOD MEADOWS EMERGENCY SERVICES



Getting to know the Redwood Meadows Emergency Services team better!

Summer is always a busy time in the greater Bragg Creek area and this year was no different. We thought we would take an opportunity to answer “commonly asked questions” we receive when we’re out and about.

Who is in the big red trucks we see around town or going to emergencies?

RMES is staffed by approximately 30 volunteer firefighters that live in the community or neighbouring communities such as Calgary and Cochrane.

How many calls do you do annually?

In a typical year, we respond to almost 400 calls. At time of writing, we have responded to over 270 calls for assistance in 2022—that’s more than one call a day! About 50% of our calls are medical, in partnership with AHS EMS; about 25% are rescue (motor vehicle collisions, recreational accidents, etc.); and less than 20% are fires.

How do you choose who works at RMES?

We have a Recruitment Strategy that we follow to ensure we have a suitable number of members to respond to calls in a certain amount of time and properly staff the trucks responding. It’s important that our department reflects the diverse community we serve, so we actively recruit to strengthen our team with members with different life/professional experience, culture, gender and orientations. Applicants must submit a detailed application and are invited to audit two of our training nights to get to know the team and the kind of work we do. From there, they may be asked to participate in an interview with our Recruitment Team and may be offered a place on the team.

What kind of hours do the volunteer staff at RMES put in?

In 2021, RMES members invested over 14,000 volunteer hours in the community. They’re on track to invest even more hours in 2022! We operate 24 hours a day, 7 days a week, 365 days a year. Each member is asked to attend a minimum of two Tuesday training nights each month (7:30pm – 10:30pm) plus additional external training opportunities, two weekend duty shifts a month (8am – 8pm), attend as many calls as possible, as well as community events (Canada Day parade, Bragg Creek Days parade and pancake breakfast, Burn Camp, Halloween haunted house, school visits, FireSmart Assessments, safety patrols etc.). Some members contribute additional volunteer hours to do administration work, newsletter submissions, vehicle maintenance, recruitment, radio programming/maintenance, etc.

Do RMES members get paid?

RMES members receive a small honorarium annually based on hours of service (number of calls attended, number of hours spent in training/attending community events). The greatest gift our members receive is the community’s thanks for a job well done.

Until next month, stay safe!

REDWOOD MEADOWS—LOCAL BUSINESS LISTINGS

Angela Price, Price & Company Real Estate	403-923-3159	angela@priceandcompany.ca / priceandcompany.ca
Ann Sullivan, SafariWorks Fitness Classes	403-689-4835	anns@safari.ca / Fit.safari.ca
Big Earl's Dirt & Snow - Rich Kilbride	587-830-2447	rkilbride@bigearls.ca / BigEarls.ca
Bragg Creek Community Centre	403-949-4277	program@braggcreekca.com
Blinda Bilou - Interior Design & Renovation	403-461-9748	bdbilou@gmail.com / BlindaBilouInteriors.ca
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Candace Perko, Countryside Financial	403-560-6016	cperko@countrysidefinancial.ca
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Deborah Clark, Century 21 Bamber Realty Ltd.	403-835-3385	dclark@realestaterestofcalgary.com / realestaterestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Docker Prime Design & Management Inc.	403-401-4141	info@dockerprime.com / dockerprime.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Kathleen Burk, Rocky Mountain Real Estate	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-975-0334	ken@newdirectionrealestate.ca / realestaterestofcalgary.com
Leader Service and Renovations Ltd.	403-996-0192	chris@leaderservice.ca / 35 Sleigh Dr.
Linda Anderson Law	403-243-6400	linda@lindaandersonlaw.com / 403-949-4248
Maverick Law	403-949-3339	admin@mavericklaw.ca / www.mavericklaw.ca
Mountain's Edge Renovations	403-949-7727	4wolves@persona.ca / www.mountainsedgerenovations.com
Redwood Meadows Emergency Services	403-949-2012	www.rmesfire.org Call 911 in an Emergency
Redwood Meadows Tae Kwon Do School		redwoodtaekwondo@gmail.com / redwoodtaekwondo.com
Refining Fire Metalworks (comm & res welding)	403-589-6594	bdbilou@gmail.com
Resource & Support Services in Bragg Creek	403-851-2286	wendy.farnsworth@cochrane.ca
Skywalker Electrical Systems, Robert Cordsen	403-804-8072	info@skywalkerelectrical.ca / www.skywalkerelectrical.ca

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

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braggcreekredwoodmeadows.com




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:

Sherry Grund
403-851-2250 | sherry.grund@cochrane.ca

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FROM A KID'S POINT OF VIEW....

Today we are celebrating _____ dinner
at _____ 's house. When we arrived, my
_____ greeted us with a big, _____
kiss. Kisses are so _____! Now we're just
waiting for the _____ to come out of the oven.
My dad is watching _____ on TV. He always
shouts, " _____ " when his team scores
a _____. Yesss!! Only _____ more minutes
until the _____ will be ready to eat. I wonder
if my mom will let me try the _____ first. My
grandma makes the best _____ pie! It smells
like _____. {Much better than my _____,
He/she smells like _____!}
Happy _____!



WWW.SISTERSUITCASEBLOG.COM

UPCOMING EVENTS at BCCA

PICKLEBALL

Tuesdays | 7:30-9:00pm

RUMBLE & ROAR (MOM & TOT OPEN PLAYTIME)

Thursdays | 9:30-11:30am

ROLLING IN THE ROCKIES ROLLER SKATING

CLASSES

Thursdays: TBD

BRAGG CREEK RINK COMMITTEE FUNDRAISER

October 14 | 7:00pm

FELTING WORKSHOP

October 22 | 9:30am- 4:30pm

BRAGG CREEK COMMUNITY ASSOCIATION AGM

October 25 | 7:00 pm

CHRISTMAS IN THE CREEK MARKET

November 18, 19, 20

SPIRIT OF CHRISTMAS

December 3

Light up market, Santa photos, kids only store,
horse rides

Contact the Bragg Creek Community Centre for
prices and more information: info@braggcreek.ca
or 403-949-4277



REDWOOD MEADOWS COMMUNITY GARDEN

Garlic in the Redwood Meadows Community Garden



Let's talk about our favorite plants. They grow well despite our short seasons, they seem to stay alive and perky through the weeks of extreme summer heat, but they also are not fazed by a late spring visit from Jack Frost. Best of all, the insatiable deer turn their nose up at them! There are only a small handful of plants that make my list, and garlic sits right at the top.



I hadn't a clue that you could grow garlic in Alberta, never mind Redwood Meadows, until I met a wonderful gardening friend from Bragg Creek. She was growing beautiful, glorious garlic in her raised beds and offered me a crumpled paper bag with a few bulbs to try out.

I planted those garlic cloves in the late fall in my backyard under a generous and cozy blanket of mushroom and leaf compost. And I did as all gardeners do, went about my winter and forgot all about them. The following spring, the cloves awoke, and the keen shoots pushed their way above the soil. That year, I harvested at least 40 large, spicy, pungent red Russian garlic bulbs from my backyard garden in Redwood Meadows.

Last fall we devoted a full 8x4 bed at the community garden to growing garlic. We mainly planted seed garlic, which is garlic grown especially for planting.

All of the seed garlic sprouted and turned into excellent sized bulbs. We also experimented with our own backyard garlic, which performed well. Lastly, we dedicated two square feet to testing grocery store bought garlic. We tested generic garlic from China and organic garlic from Ontario. All of the organic garlic sprouted and grew into decent sized bulbs, but only one of the generic cloves sprouted, and then died shortly afterwards from frost.

The reason the generic garlic did not sprout or grow is due to chemical sprout inhibitors that are sprayed on the garlic to keep it from sprouting after you've purchased it. This garlic is for cooking, not for planting! It has also been grown in China, which is a very different climate to our own.

I prefer to buy large seed garlic from a local supplier to get the best chance of a good harvest, but go ahead and experiment. Replant your own harvested garlic for free but be sure to pick your biggest bulbs or purchase organic garlic from the grocery store. This year, I purchased incredible garlic from a Hutterite Colony at the Calgary Farmer's Market that would be exciting to test out.

If you are interested in learning more, please join us October 16th from 9:30-10:30am at the community garden, where we are offering a free workshop on growing garlic. Seed garlic will be available for purchase.

If you are interested in getting involved in our garden, please send us an email at communitygarden@rmca.ca.

Jess Smid

RM Community Garden Coordinator



BRAGG CREEK PERFORMING ARTS PRESENTS THE ENNIS SISTERS

Newfoundland's-own Ennis Sisters are coming to Bragg Creek with their happy blend of sibling rivalry, humour, and beautiful tunes. They will leave you with a smile on your face and humming a song.

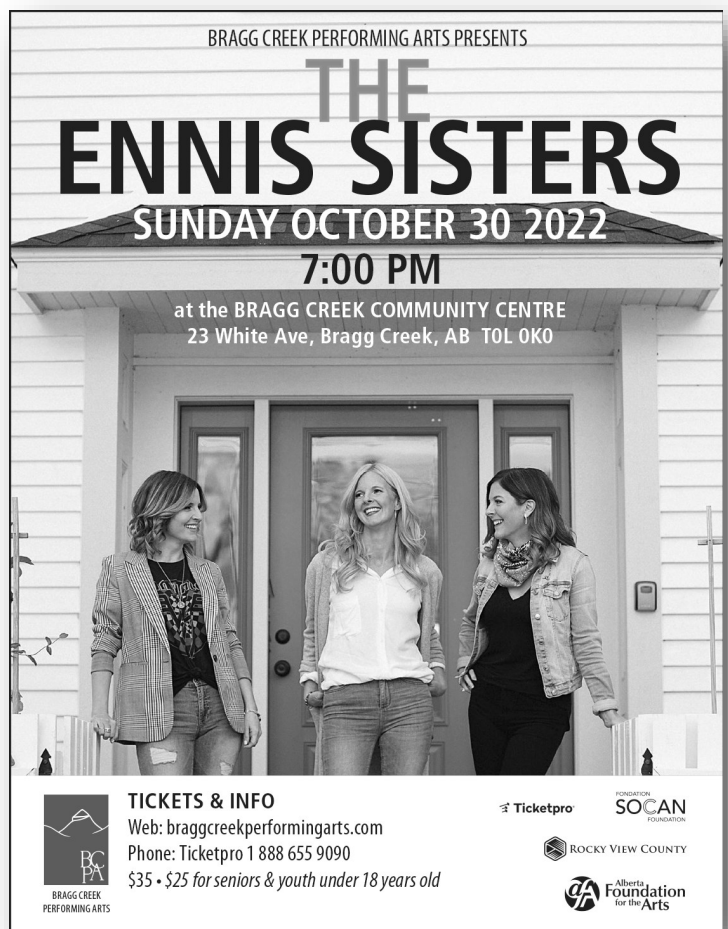
The Ennis Sisters is a folk group made up of three real sisters, Maureen, Karen, and Teresa Ennis—all gifted singers and musicians. Maureen is a guitarist and songwriter. The middle-born Karen plays the tin whistle and flute, and does step dancing. The youngest of the family trio, Teresa, step dances and plays the bodhran. This year we will be treated to some of their new collection of original songs, produced by Alan Doyle.

Join Bragg Creek Performing Arts in welcoming The Ennis Sisters to the Bragg Creek Community Centre on Sunday, October 30 at 7pm.

Tickets are available online for \$35 at bcpa.ca or call Ticketpro at 1 888 655 9090. \$25 for seniors and youth under 18 years old.

ABOUT THE BRAGG CREEK PERFORMING ARTS MUSIC SERIES: The Bragg Creek Performing Arts is delighted to be once again presenting live concerts. We plan to bring more artists to town for the 2022-23 season. Mark your calendar for our next event on February 25, 2023.

The Bragg Creek Performing Arts Society is a registered not-for-profit charity run entirely by volunteers. Come and join the fun! Contact Clint at cgd@docken.com



SHORT STORY SHOWCASE: THE BROTHER'S GRIM

He awoke to his mother's beckoning call and made his way downstairs for breakfast. Still in his pajamas he sat down in front of the TV for his normal Saturday routine of cartoons and a bowl of cereal. Only, it wasn't just any normal Saturday morning, it was Halloween.

"Are you excited for trick-or-treating tonight, Jakey?" his mother asked from the kitchen.

"I guess so," Jake replied with a mouth full of Fruit Loops.

"You guess so?" his father asked, coming down the stairs. "How are you going to break last year's candy record with an attitude like that?"

The truth was, he wasn't excited for trick-or-treating this year. At least, not as much as he usually was. For as long as he could remember, Jake had gone trick-or-treating with his brother, Kyle, who was eight years older. They would go door-to-door all night, or until Jake got too tired to go on. On more than one occasion Kyle could be seen at the end of the night, a bag of candy in one arm and a sleeping Power Ranger in the other.

The next morning they'd discuss who gave the best candy, make changes to their future route, and start planning next year's costume. For the next week or so, Jake would play a game of hiding his Halloween candy to see if Kyle could find it.

The downside of a much older brother was that eventually they moved off to college. And while Jake didn't know what a midterm was, apparently they happened around Halloween and required a great deal of studying.

"Great, we'll see you soon," his mom said into the phone, as she walked into the living room. Hey Jakey," she said, "guess who decided at the last minute to come home this weekend?"

"That's great, mom," he replied coolly. But on the inside, he was beaming.

Jake spent the rest of the morning watching cartoons. In the afternoon, he helped his dad finish setting up the haunted graveyard on the front lawn, before retreating to his bedroom to put on his Iron Man costume.

"Hey, champ," said a familiar voice as Jake made his way down the stairs.

"Kyle!" Jake yelled, running to give him a hug, his Iron Man helmet crashing into Kyle stomach.

"Oof," Kyle said, with a smile. "Let's have a look at this costume."

"He's been working on it for a month," his father said.

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“Well, I’m glad I got a look at it before you guys head out,” said Kyle.

Jake looked puzzled. “Aren’t you coming with us?”

Kyle and his parent’s exchanged a brief look, knowing this moment was coming.

“Your brother’s going to visit some of his old friends,” his mom finally said.

“Oh,” said Jake, trying to hide his disappointment. “But, where’s your costume?”

“Well, it’s not really a dress-up thing. Just a few friends hanging out, catching up.”

“Oh,” Jake said, feeling foolish.

“I better get going, though. You have fun tonight, champ,” Kyle said on his way to the door. “Try not to tire Dad out too much!”

“You sure you don’t want to hit a few more places?” his dad asked as the two of them walked through the door later that night. “It’s still early.”

“No, that’s ok,” Jake replied, removing his helmet and making his way to the stairs. He paused halfway up and looked down at his father. “Thanks for taking me, Dad. But I think this might be my last year trick-or-treating,” he added, and continued up to his room.

Out of habit, he stashed his bag of candy inside an old gym bag, buried it in the back of his closet under a pile of dirty clothes, and climbed into bed.

“Is Kyle up yet?” Jake asked his mom as he poured his morning cereal. He was eager to fill him in on this year’s best candy spots.

“He left early this morning,” she replied. “He’s got those midterm exams coming up and wanted to get in a full day studying. I’m sorry, Jakey,” she added.

Quietly, he finished breakfast, returned to his room, and retrieved his bag of candy from the closet. Peering in, he noticed a note sitting atop the pile of treats.

“You’ll have to do better than that, champ. Thanks for the study snacks!”

With a smile, Jake jumped up on his bed, unwrapped a mini Kit-Kat and began planning next year’s costume.

Michael Dellebuur

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FITNESS WITH ANN: YOU'RE NEVER TOO LATE TO TRY "SPEED FITNESS"

A long time ago—and I mean close to 40 years ago—I read something in one of my mom's magazines that has stayed with me ever since. A reader wrote in to describe her fitness strategy, which involved parking her car as far as possible from the entrance to work. When someone asked her why she did that, since she was always running late, she replied, "Some people get up early so they can run. I get up late so I have to."

Consciously or not, I've been living by those words ever since. I've sprinted through airport terminals, leapt onto ferries, bolted down bike paths with a jogging stroller and a desperate expression, and arrived at many a work site sweaty and breathless. You could call this method of inadvertent exercise "speed fitness." (Punctual people might just call it "foolish.")

My favourite example of speed fitness was a hike I did with a friend years ago. As we meandered along, it slowly dawned on us that we had grossly underestimated the length of the loop. My children were at school all day, but my friend's daughter finished at noon. She'd be waiting at the school door with a sad face—and a sadder teacher.

A trail sign confirmed our suspicions, so we made the decision to backtrack. In the process of rushing to make it back for noon, we cut our return time by almost 20 minutes. Twenty minutes off our time! Isn't that great?! What's that? Uh, yes, we were still late for pickup. But did we learn a valuable lesson? Maybe, but you'd never know it since I still often arrive with seconds to spare (which, in my husband's opinion, is already 10 minutes late.)

On the positive side, my friend and I got a double cardio workout that day: Our hearts were pumping both from the physical exertion and from the stress-fuelled adrenaline coursing through our bodies. Now that I think of it, that's probably not great either. Too much adrenaline likely negated any of exercise's stress-busting benefits.

Okay, so maybe speed fitness will never appeal to most people, especially those who are always on time, but I still believe in the value of quick bursts of exercise. You can do a lot in 10 minutes, or 15 or 30, whether or not you're running late.

Not sure what to do? Well, a one-minute plank takes only one minute. A traditional Tabata comes in at 11 minutes. Push-ups, a few crunches, a brisk walk with the dog – all are good for you and will leave you feeling energized. Of course, they might also make you late.

Gotta run.

Ann Sullivan

Ann leads fitness classes at Redwood House MWF mornings from 9 to 10. 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.

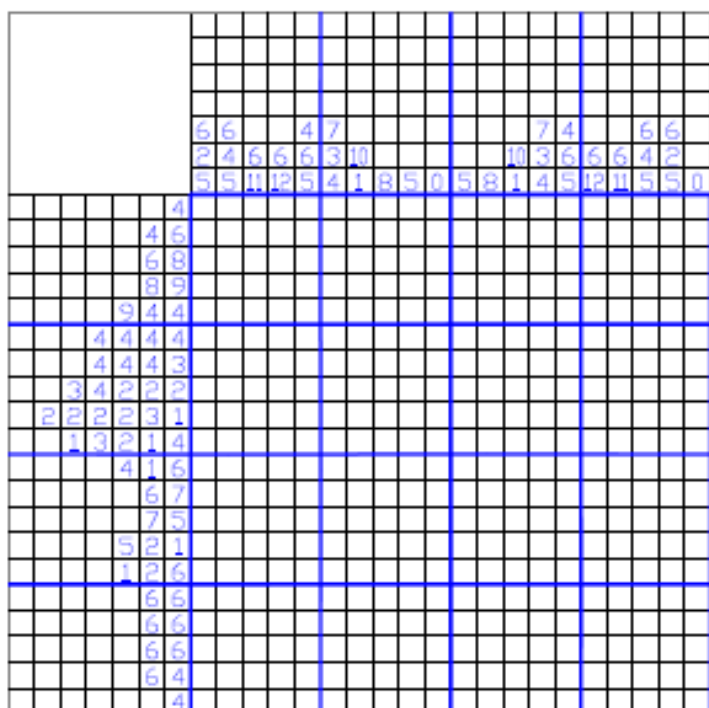
The “logic count method” shown below is very useful: The clue at the left of the row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares.



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

SUMMER SHOES



BRAGG CREEK WILD: ALL CHANGE!

In this part of the world, fall seems to come upon us suddenly. The colours change swiftly, temperatures start to dip, and the leaves can disappear from the trees within a weekend—or at least it feels like they do!

This is a time of year when we all shift focus: kiddos go back to school, we put away our summer gear and look forward to things like Halloween, and the whole holiday season. Swap our sunhats for toques.

Fawns are losing their spots, birds are starting to migrate, and around now, bears are in the midst of their hyperphagia phase. That's when they stuff in as many calories as they possibly can in order to survive their winter sleep. This year the buffaloberry harvest hasn't been good, so bears are on the lookout for *any* source of calories they can find. This is a time of year when it's essential for us to be vigilant about not leaving them any easy pickings—we don't want them to become habituated. We can help by making sure they don't have access to waste or compost, bird feeders, pet food and so forth.

Of course, while we're out and about on the trails, too, we're more likely to surprise distracted bears who are paying more attention to finding food than to looking out for us. So, it's important to keep dogs on leash, and to carry bear spray and know how to use it. Check out this video if you aren't sure.

<https://www.youtube.com/watch?v=aIvpLzHiCrg>

We're soon coming up to the season when the deer are mating, too, and that means they are also distracted. Road safety is a specific concern at this time. Rocky View County have once again promised to supply road signs to remind us of the rutting season. It's good to remember to drive with care, respect the speed limit and look out for who's in the ditch paying more attention to the opposite sex than to traffic!

As always, if you see any wildlife in the area, please contribute to our mapping project. All data are used for research purposes so that we know what wildlife neighbours we have and where they are. Your data always remains confidential.

https://docs.google.com/forms/d/e/1FAIpQLSenFMWo4q1Y0uyycEQQ12eFvNGnmQF2uUzw3_yaQoMOqSHI-g/viewform

What a wonderful time of year to spend time in nature, slowing down to observe all the changes happening around us, and to marvel at how our wild neighbors adapt with the cycles of the seasons. Let's make the most of it, short though it is! www.braggcreekwild.ca

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MORTGAGE MATTERS: SWITCHING LENDERS IF NECESSARY

There is potential for security and/or savings for those who are proactive in managing their mortgage. You may think renewing or transferring your mortgage is reserved for the end of your term—at your maturity date or term-end is a great time—but you can do it anytime.

Furthermore, most borrowers often look to change their mortgage during times of financial struggles. However, it is actually when you're in a good place that is the ideal time to consider renewing or switching your mortgage.

In times of increasing rates and/or financial uncertainty, consider taking charge now!

Fixed rates are predicted to keep increasing. If you have a maturity date in the next 120 days you can lock-in now for the term end. If your maturity date exceeds 120 days (but not long enough to ride-out the possible increases over the next few years), switching soon and locking in a new 5-yr may provide protection against further increases.

Option 1. You can leave your mortgage at your term end/maturity date. Your mortgage contract has ended and you're free to stay, switch to a new lender, or even pay it off if you have the means.

Option 2. You can renew or switch your mortgage while you are still within your contract. If you are breaking your mortgage within term you may be charged a prepayment penalty by your current lender. That penalty (*up to \$3000) may be rolled into the new mortgage. A prepayment penalty is a fee that your lender may charge if you break your mortgage contract.

The way your prepayment penalty is calculated varies from lender to lender. The prepayment penalty will usually be the higher of:

- an amount equal to 3 months' interest on what you still owe
- the interest rate differential (IRD). The interest rate differential is the difference between the interest rate on your current mortgage term and today's interest rate for a term that is the same length as the remaining time left on your current term

Depending on the rate you're leaving, the new rate today, and/or the potential new rate imposed upon maturity, incurring the penalty now may still save you money in the long run. Or, if you wait until your mortgage term ends, everything can be redone and you can easily transfer your mortgage to any lender which saves you paying any penalty. *A new lender under a "switch" program will also pay your legal costs to switch, so there is no cost to you.

Application requirements differ from lender to lender but you will need a copy of your latest mortgage statement, proof of homeowners insurance, plus standard income verification and credit worthiness. OAC.

** Lenders allow up to \$3000 under a "switch" program whereby they pick up all transaction costs (admin, legal, etc.); a "refinance" program allows any penalty amount to be included without limit, but lenders may not pick up the transaction costs. OAC.*

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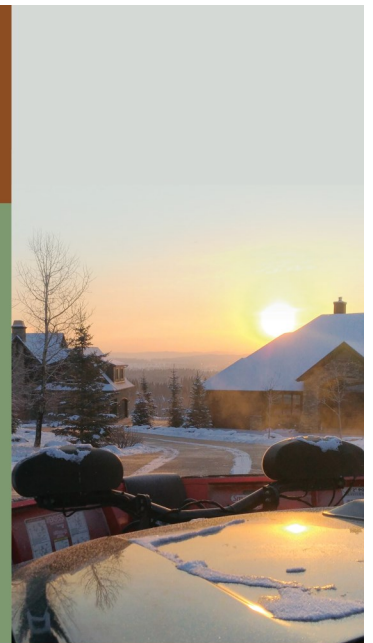
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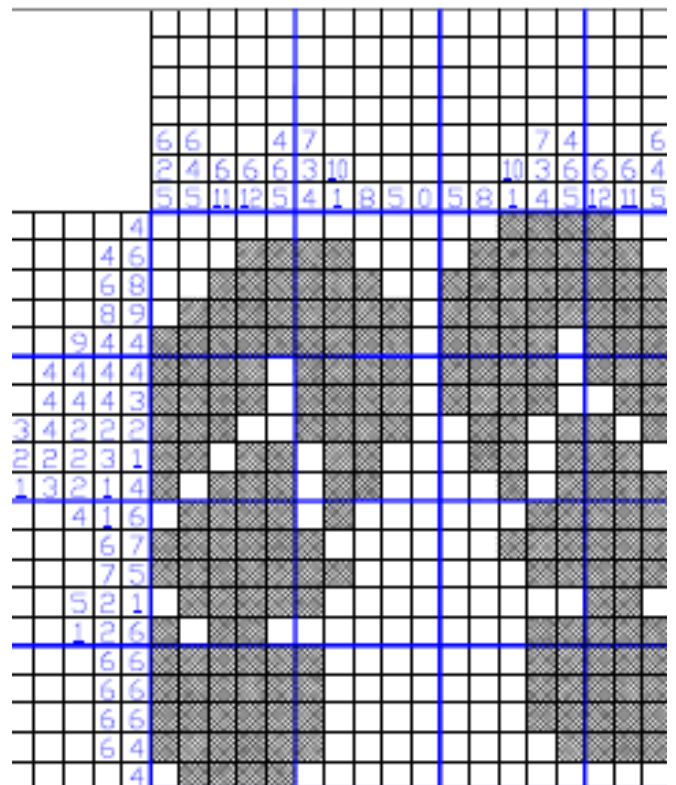
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