



Chatter

- IN THE WOODS -

Read the CHATTER online at

www.redwoodmeadows.ab.ca

Let's get social!

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@Redwood Meadows



Hello Redwooders and Neighbours,

We at the Chatter are refreshed from our summer break and excited to resume our monthly publication. We are grateful to everyone who stepped up to contribute last season and we even have a new contributor, Michael Dellebuur, starting this month. His articles will tackle urban legends and where they come from. We are confident our readers will find his insight fun and engaging.

As always, if you would like to contribute articles, photos, art, etc., we would love to hear from you at theredwoodchatter@gmail.com.

Warm Regards,

Rebecca Parzen



RMCA purchased outdoor movie equipment this summer and hosted a Movie in the Meadows event on Curtis Field

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A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



*A*nd just like that September is upon us! But what a summer it was... At the Perkins home, it feels like it just flew past us. It was a wonderful reprieve from lockdowns, and we made the very best of getting out and reconnecting with family, friends, and our loved ones. From my family, all of your fellow Councillors, and Townsite, I hope you had a memorable and most enjoyable summer.

Our wonderful staff has been very busy this summer making progress on the many initiatives underway. Starting with spruce budworm, I'm very pleased to update you that our initial reports show an efficacy rate of 95%!! If you have the opportunity, take a close look in your yards and there is a good chance you will see new growth already developing. As stewards of the land, I'm very happy this has proven so successful and look forward to the return of lush green trees in the forest we call home. A very special thank you to our Townsite Manager, Jamie Mitchell, for this accomplishment and his leadership.

For our sports enthusiasts, you will find our tennis courts have been resurfaced and pickleball was added. A new net is on order and will be installed very soon. Hats off to RMCA for helping to fund this initiative and especially the many volunteers that worked casinos in years past to make this, and projects like it, possible. Your spirit is the lifeblood of our community.

Curtis Field has undergone a facelift. The area was levelled and reseeded. Removable rugby goalposts are being sourced to make the field as multi-use as possible. Expect the fencing to be done in short order. The disc golf course has nine new baskets with each indicating the direction of the next hole. Our course now enjoys a 4.5/5 review on UDisk!

Construction has begun on a new addition to the Tate Shack. The new concession will have a covered area with views out to the field and skating oval. Multiple serving windows will make for shorter lines when hosting events (e.g., food at one window and movie tickets and popcorn at a second).

Construction has also started on a new Community Garden. Our old pump house is being repurposed to water the garden. Murals will soon adorn this new relaxing community space. Thank you to the Garden Committee for this and beautifying Redwood with flowers. I love your spirit and vision!

Our new Community Market has proven to be very popular. Our Sunday routine has been breakfast, coffee, and shopping for produce. Thank you to Steph and Rich Kilbride for all your hard work. If you have been away this summer, please go check it out and enjoy an ice cream! Great idea VanCamps.



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

Scott Winograd, our Treasurer, has been pivotal in keeping our Townsite in the black when other municipalities have not been as fortunate. Thanks for your leadership and guidance as we remain in a good financial position in spite of COVID.

Townsite is about to have our very own composter delivered and we will have a new waste program effective October 1st. This has been the culmination of four years of hard work led by Councillor Mike Decore. Thank you for your environmental stewardship.

Also, Redwood Meadows has seen a lot of internet improvements. We have been working with utility providers to repair and replace communication lines and boxes. We have built a link to the Alberta SuperNet and we are working hard to encourage companies to offer modern and competitive services. Thank you Councillor George Allen for continuing to champion this project.

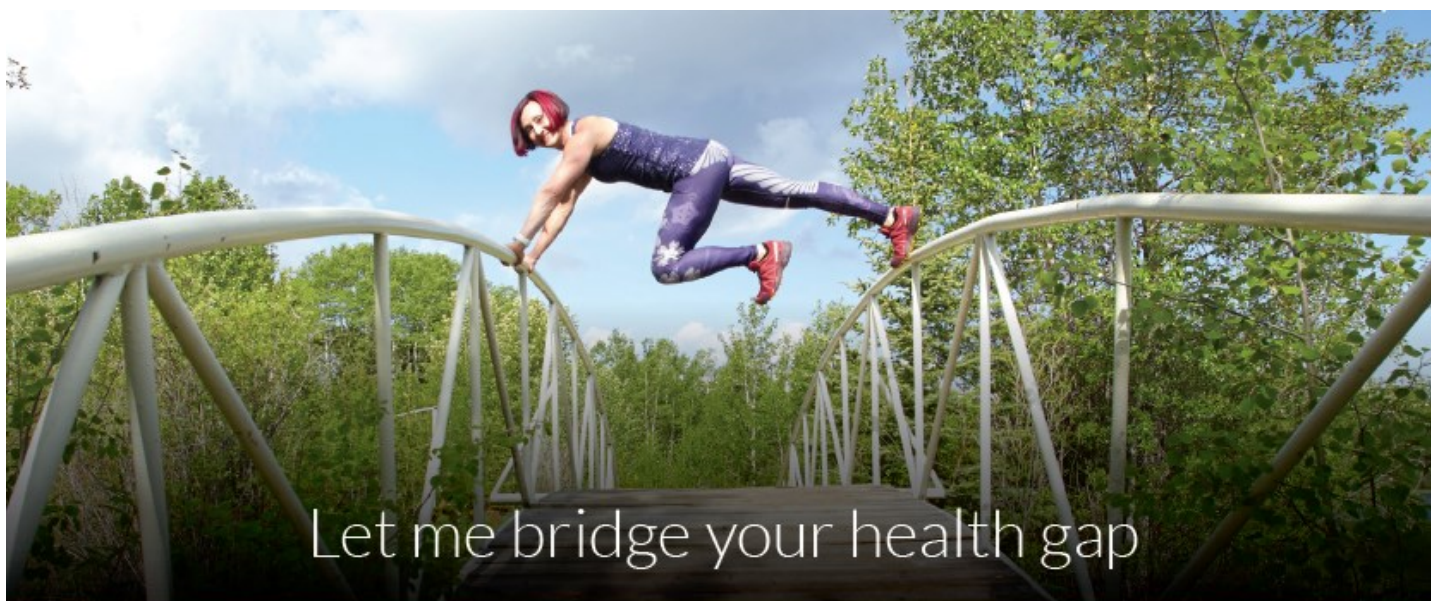
To our departed councillors, Paul Sawler and Scott Ackerman, a sincere thank you for your years of hard work. The time you invested into our community will pay dividends for generations of residents. I hope you now have time to enjoy what you have helped shape.

Remember Redwood Meadows will seek election for councillors this October. If you are interested in being part of the team, we would love to have you. Let's keep this momentum going and keep moving forward making Redwood the most desirable place in the woods to call home.

Oh, and look for the return of Community Social Nights. More to come...

In your service,

Mayor Ed Perkins, on behalf of Townsite and Council



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.

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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)

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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:
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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



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

REDWOOD MEADOWS TOWNSITE UPDATE

NOTICE OF NOMINATION DAY

Notice is hereby given that the Nomination Day deadline is September 17, 2021 and that Nominations for the election of candidates for the office of Townsite Councillor must be received at Redwood House prior to 3:00pm on Nomination Day.

Nomination Forms are available at the Townsite's office (#1 Manyhorses Drive), between 8:00am and 4:30pm from August 2, 2021 to September 17, 2021. Townsite Election of Councillors will be held on October 18, 2021 in conjunction with Provincial Municipal Elections. More details to follow.

COMPOSTING PROGRAM

Starting October 1, 2021

Townsite will be introducing curbside garbage, recycling, and organics collection through Bluplanet Recycling. Watch for your new wheeled totes and more details on waste diversion in the coming weeks. Townsite has procured an onsite in-vessel organics composter that will help our community engage in the waste stream life cycle.

REDWOOD MEADOWS COMMUNITY MARKET

Sundays, 9am-2pm, through October 3rd

Email: market@redwoodmeadows.ab.ca for vendor packages and information on sponsorship opportunities.

TENNIS AND PICKLEBALL COURTS

The second net has arrived and both courts are ready for play! Adjustable straps are ordered so both courts can be used for pickleball or tennis. Please remember that bikes, skateboards, and inline skates are not permitted.

TAE KWON DO

Mondays and Thursdays

Lil' Kickers (Ages 4-6): 6-6:30pm, Mondays only

Kids and Families: 6:30-7:30pm

Adults and Advanced: 7:30-8:30pm

redwoodtaekwondo.com.

PHASES YOGA, MOVEMENT, AND CRAFT COMING TO REDWOOD

Wednesdays, Sept. 8th-Dec. 8th (12-week session)

Creative Movement

Ages 4-6: 4:30-5:15pm, \$180

Ages 7-11: 5:15-6:15pm, \$240

Youth Yoga

12+: 6:15-7:30pm, \$300

Register at: www.phasesyoga.com

RUGBY IN REDWOOD

Starting Sept. 11th, Saturdays 10-11:30am

Peak Ambition Rugby is partnering with Redwood Meadows to bring rugby classes to people ages 8+.

To register, email admin@redwoodmeadows.ab.ca.

BYLAW REMINDER—GARBAGE AND WILDLIFE

Please remember that the Golf Course is an on-leash only area. Golf Course Management has asked for enforcement of our Animal Control Bylaw for the course within Townsite.

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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@realestaterestwestofcalgary.com / realestaterestwestofcalgary.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 / realestaterestwestofcalgary.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

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CLASSIFIEDS

After 15-years, a respected local horse boarding business **needs** to relocate 30 horses, riders and barn manager within the area due to the sale of current lease property. This horse-loving, fun, kind group is looking for safe pasture, smaller fields or pastures for summer dieters, a barn with running water, tack and feed storage, equipment and hay storage, indoor and outdoor riding areas with good footing and access to riding trails. Herd boss is a seasoned barn manager actively involved in the day-to-day care of the horses and people; willing to sign a longer-term rental lease agreement and pay a competitive lease rate. Relocation date ASAP. Please contact the transition team at 403-931-2438 or cathomas44@gmail.com.

EMERGENCY MANAGEMENT AGENCY UPDATE

Dear Friends and Neighbours,

I hope that you all had a wonderful summer!

Your Emergency Management Agency (EMA) continues to meet on a regular basis to ensure the safety of our Townsite and residents. The loosening of pandemic restrictions gave us all a break from biweekly meeting--I hope you enjoyed the same reprieve. Recently, the province is seeing an increase in case counts commensurate with a fourth wave led by the delta variant. Our commitment to residents remains the same regardless of what happens, we stand ready to provide safe outdoor recreation as we did throughout last winter. We will have winter recreation, fire pits, and our beloved oval to look forward to. We will adapt where we must and build upon what we already have.

During the reprieve from COVID, EMA has still been hard at work. Having recently experienced many smoke-filled days, the risk of wildfire to Redwood remains high. The successful application of Btk will reduce tree losses and afford rejuvenation of our forests, significantly reducing our risk—this is an enormous win for Redwood! In addition to our Volunteer Fire Department, we have purchased a Townsite water truck that has the ancillary benefit of being a significant water source for various emergency scenarios.

Recently, Fire Chief Evans and I met with local MLA Miranda Rosin to assist Redwood in the acquisition of a wildfire mitigation sprinkler trailer to aid in the defense of Redwood and our neighbours should the worst happen. We will continue to advocate on your behalf ensuring we have the equipment needed to meet the challenge. We have a robust plan and continue training of our staff for all emergency scenarios. Part of being prepared as a community is ensuring residents take this risk seriously. We encourage residents to FireSmart their properties and be personally prepared. This includes proactive measures to reduce risk of residential fires by purchasing WASP (<https://waspwildfire.com/>) wildfire protection sprinklers designed for homes. Rest assured, we have built robust mutual aid agreements with neighbouring communities and plan and train to meet the challenge.

Sincerely,

Ed Perkins, Director of Emergency Management/Mayor

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REDWOOD MEADOWS EMERGENCY SERVICES

As summer turns to fall, it's a good idea for everyone in your home to refresh their memories on fall fire safety tips before the first cold snap of the season.

Family Fire Safety Tips

- Teach your kids how to respond in the event of a fire.
- Make sure young children know how to dial 911 – including their address. Cell phones don't give us this information!
- Establish and practice a fire escape plan with your family that includes a designated meeting area outside the home.
- Practice **Stop, Drop and Roll**.
- Teach everyone in your family multiple ways to escape from every room in the event of a fire. Be sure to practice crawling low under smoke!
- Do not place lit candles where they can be reached by children.
- Never leave burning candles unattended.
- Do not leave candles burning when you go to sleep.
- Make sure all flammable substances are properly stored in safe containers and out of reach of children.

Kitchen Fire Safety

- Don't leave cooking food unattended on the stove.
- Keep everything that might be flammable away from your stove.

Make Sure All Heating Sources Work Properly

- No matter what type of device you use to heat your home, making sure your heating devices and/or systems are in good working order.
- Verify that everything you need to keep your home warm throughout fall and winter is in good working condition.

Until next month, stay safe!



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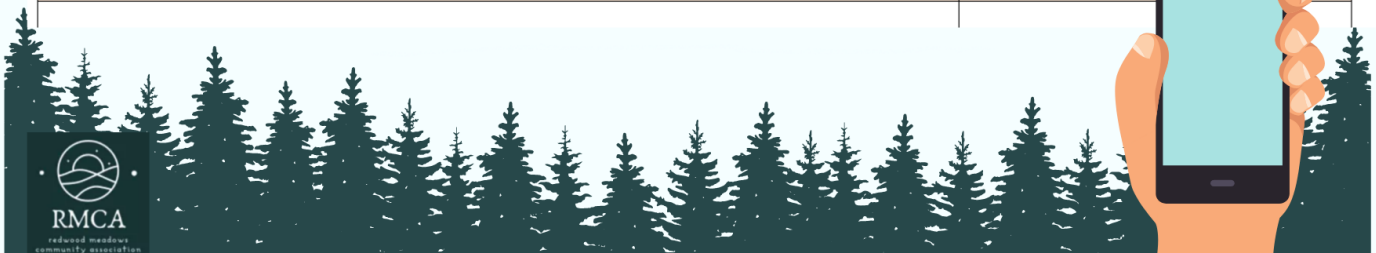


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NEED HELP?

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



BRAGG CREEK COMMUNITY ASSOCIATION

UPCOMING EVENTS

Bragg Creek Farmers Market

Sundays thru September 26 | 10 am – 3 pm

Comedy Night

Adam Blank of ABCComedy, along with his fellow comedians, will transform our auditorium into a stand-up comedy club. Purchase tickets online at www.eventbrite.ca or visit www.braggcreekca.com for the link.

Date: October 2 / Time: Doors open 7:00 pm / Show time 8:00 – 10:00 pm

Tickets: \$25/ticket, \$30 at the door / Cash bar | 18+ mature show

Gord Bamford's Kick COVID's A** Tour

Purchase tickets online at <https://www.showpass.com/kcita-braggcreek/> or visit www.braggcreekca.com

Date: November 13 / Time: Doors open 6:00 pm / Show time 7:00 pm

General Admission - \$50/ticket / VIP Tables - \$150/ticket, sold in multiples of 8 / VIP Table purchase will secure 8 guests a prime viewing table incl. one bottle of each, red and white wine, snacks, 8 special gift bags + a Meet and Greet for all 8 guests with Gord Bamford. *limited availability* / General Admission Ticket with Meet & Greet package - \$125/ticket / One (1) General Admission ticket and Meet & Greet with Gord Bamford as well as a gift bag / Cash bar | Licensed Event - Must be 18 years or over

PROGRAMMING

Adult Pickleball

NEW – Afternoons 12:00 – 2:00 PM / Date(s): Tuesdays (Drop-in) / Time(s): 12– 2pm, 7:30 – 9:30pm

Cost: Members \$5 | Non-Members \$8 / Racquets are limited – Please bring your own.

Yoga

All ages and abilities welcome. / Date(s): Saturdays / Time: 9:00 – 10:15 am / Cost: \$18/session or \$150 for a 10 pass / email: info@braggcreekca.com to register

MYC

Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children. MYC is excited to begin Fall 2021 Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes.

SERVICES

Co-Workspace

Working from home? We've got you covered! Shared workspaces with power and internet available daily, weekly and monthly. Call 403-949-4277 or email info@braggcreekca.com to book a space.

Bragg Creek Satellite Library

Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns. With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers.

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you need emergency food support please contact info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

We have resumed our regular hours, Monday – Friday 9:00 am – 4:30 pm. Call 403-949-4277, email: info@braggcreekca.com or visit us at www.braggcreekca.com for news and updates.

SUMMER HOLIDAYS: AN URBAN LEGEND

It's commonly believed that the practice of closing schools for the summer stems from society's agrarian roots; students were pulled from the classroom to help out on the farm. Thinking back to what life was like in the late 19th century (when schools first began to close for the summer months), this seems plausible: farm work was difficult, a healthy crop was vital to the family's survival, and school was mostly optional.

As it turns out, the truth is quite the opposite. The reason schools began to shutter their doors during the summer months was not for the students sweating it out in the fields, but rather those who were sweating it out in the city. Cities, at this time, were growing larger and more densely packed. Still a decade or two from the invention of air conditioning, highly populated urban landscapes of brick and concrete would become blistering hot during the summer months.

Looking to beat the heat, middle- and upper-class families would escape to the countryside. Since most schools at the time operated year-round, classrooms were often half-empty during the summer. As attendance dipped and fiscal limitations increased, schools and state legislatures looked to the summer months as an option for shortening the school year.

Coincidentally, the upcoming September long weekend holiday, often regarded as the end of summer, also played a role. Labour Day gained widespread recognition around the end of the 19th century, celebrating the working class, unionization, and better working conditions. The 8-hour workday, combined with shortened work weeks and fair wages, gave rise to a rapidly growing middleclass. Families now had the time and means to escape the city during the steamy summer months.

So, if summer break is a relic from a different era, why do we still do it? It has been well documented that during the summer months, students experience a loss of knowledge. A 2020 study by the NWEA showed third to fifth graders lost 20% of their school-gains in reading and 27% of their school-gains in math over the summer break. The effect of the 'summer slide' is considerably worse for students from low-income families.

On the other hand, some experts suggest that the summer break is beneficial for managing students' stress levels. Studies from both Psychology Today and the American Psychological Association have shown that rest during vacation results in a decrease of depression and anxiety in students. Another case in the argument for summer vacation is that it contributes to a healthy economy. Shortening the summer break would have a major effect on the tourism industry. In fact, as schools began to open their doors earlier in summer, the Texas state legislature mandated that school begin no earlier than the fourth Monday in August, ensuring a long (and prosperous) summer holiday season.

Perhaps most interesting about these arguments is that none of them were there from the start; they were adopted along the way. The impacts on learning or benefits to the mental health of students were not considered at the time. And the economic impact of the summer holiday is simply a result of industry adapting to the long-standing tradition. And so, while the legend turns out to be more *urban* than *rural*, it looks like summer break is here to stay. It's legacy - for better or worse - remains deeply rooted in school calendars around the world.

Michael Dellebuur
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PLAYING THE GAME – by Amber Zierath

The late summer air is still warm beyond the cool confines of my home. This tells me the sun is still high in the sky; the day is still young. Typically, I'd wait until closer to evening before venturing out, but I'm bored.

I've tried to fill my day by napping and grooming my glorious fur. At this point, I don't see the need for more beauty sleep nor adding more shine to my coat. Since I'm all dolled up and ready to go, I suppose I'll head out early and strut through the woods.

Once I'm out and visible, an eerie silence grips all that surrounds me. Birds stop singing and critters stop skittering; all eyes are on me. I know I look good, but that's not the cause for such dramatic pause. As I continue to move forward, I slow my walk to barely make a sound. This seems to ease the few birds and critters brave enough to make noise again. They're foolish for drawing attention to themselves in my presence, but I'll let it go and carry on.

Keeping my movements stealthy and quiet, I move farther from my home, and the activities of my surroundings normalize. I could pluck off a few easy targets from their perches atop low branches or their hiding spots within the tall grass, but I'm interested in tackling something that'll offer a bit more fun. Before long, I leave the trees and arrive within a small meadow which is covered only by short spikes of brown grass. This is the place to cure my boredom.

I hunker down low and work to blend myself into the colours of the earth. Then, I wait. Within the meadow, my keen ears pick up on the sound of tiny claws gripping at the dirt below the ground's surface. This is a good sign; it means they're unaware of my presence. My heart quickens and my eyes widen as I stare at the meadow and wait to see what I came here for. Before too long, much to my delight, I see one.

A small head covered in soft, beige fur emerges from a dirt hole within the meadow. Beady eyes scan the perimeter expanding beyond the small hole, but they don't see me. My back-end wiggles and my legs shake as I prepare to launch myself onto the unaware gopher.

Before I take off, another small head with identical features pops up from the ground not far from the first, and then another. A rush of adrenaline surges through my body – the game is afoot.

Jumping twelve feet into the air, I land atop the first hole, my foot grazing the head of the gopher as it barks at me while retreating into its hole. I could stay, dig up the hole and conquer the little pest, but that's too easy. I see another brazen gopher look up and out of its hole, so I run at top speed toward it and pounce, missing again, before launching my body onto another hole, and then another.

The bold gophers continue to pop their heads out from below the ground, one by one as I pounce, like they're taunting me, assuming they have the upper hand when I keep missing them with my claws. Little do they know, however, that we bobcats enjoy playing with our food before eating it.

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

Grandpa's Garden Zucchini Soup

My grandpa had a garden plot at the Unitarian Church in Calgary and then at his retirement home at the Colonel Belcher where the only vegetable he grew was zucchini for his famous soup. He would cook pots and pots of this soup and freeze it to enjoy throughout the winter months. I've shared many bowls with him!

I've tried and tried to grow zucchini in my little shaded garden in Redwood but I've never been successful until this year when I grew it in a large pot on my sunny deck. My grandpa passed away at the beginning of the year so it seemed fitting to make his favourite soup with my first successful zucchini harvest.

The story goes that this soup originated with Audrey Hepburn. My grandpa's recipe card even name's it - Hepburn's Zucchini Soup. I always add fresh lemon juice and yogurt to my soup. You can easily make this vegan by using olive oil or coconut oil instead of butter and vegetable broth instead of chicken. If you have a chance to make the soup, please let me know how you like it!



A vintage-style 'WANTED' poster for Maverick Law. The word 'WANTED' is at the top in large, bold, black letters. Below it is a circular logo with 'MAVERICK LAW' around the top, a large 'M' in the center, and 'BRAGG CREEK ALBERTA' around the bottom. Under the logo, the text reads: 'CRIME Legal advice without attitude', 'ACCOMPLICES Honesty, humour, approachability', 'REWARD Quality legal services', 'LAST SEEN Bragg Creek, Redwood Meadows, Priddis, Cochrane, and The Alberta Foothills', and at the bottom, the phone number '403-949-3339' and website 'www.mavericklaw.ca'.

Hepburn's Zucchini Soup

Ingredients:

¼ cup butter
2 lbs Zucchini, thinly sliced
5 tbsp green onions finely chopped (onions or shallot work well here too)
4 cups chicken broth
1 1/2 tsp curry powder
1/8 tsp cayenne pepper (optional)
1 tsp. salt or to taste

Garnish:

Croutons if served hot, chives or chopped green onions if served cold
Sour Cream or yogurt (optional)

Directions:

Sautee onions in butter until tender, add zucchini and cook until soft (not browned). Add curry powder, cayenne pepper and salt. Add broth, bring to a boil and cook for a few minutes. Allow to cool, blend in batches in a high-speed blender for a smooth soup or use a hand blender if you prefer a chunkier soup. Serve hot or cold.

Jessica Smid

Redwood Meadows Community Garden Coordinator

Sci/Tech Trivia



1. We've heard the term, but what does 20/20 or 6/6 vision actually mean?
2. Phobias and panic disorders are classified under what kind of disorder?
3. In the medical term arthritis, what does the suffix -itis mean?
4. A fair coin is flipped 3 times. What is the probability that the last flip came up heads?
5. Which disease is caused by a species of rhabdovirus and leads to the inability to drink water?
6. The bar is a unit of...
7. Which stone can float on water?
8. We all have one but do you know where on your body you would find a septum?
9. What is another name for the lingual bone?
10. Pi, the mathematical constant equal to approx. 3.14159, is what kind of number?
11. In order to pasteurize food, you need to...
12. What is anaphylactic shock?
13. What does 'E' represent in $E=MC^2$?
14. The stapedius is the smallest skeletal muscle in the human body. Where is it located?
15. Anaglyph 3D imaging commonly uses glasses with lenses of what two colors to produce a 3D image?

Questions provided by FunTrivia



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GREEN GRIPE—BUCK UP

Summer brings all manner of lovely moments from walks in the sunshine, laughter over an outdoor dinner, to watching green grass spring back underfoot. Vibes are something we all like to share in, and the better the ‘feel’ of the moment the more we want to participate. Yet, griping is a vibe in itself; an opportunity to express the ‘feel’ of an opinion and find others who share it.

There are many ecological gripes to be heard. I for one, have an affinity for trees. These great, silent sentinels that watch over us all are in danger in our own backyards. Beetles keep infesting, and while freezing winters are a gripe of their own, the lower the temperature the better the chance of destroying the beetle. Clearcutting is also considered a method to remove infested trees, though in Kananaskis clear cutting is done to remove healthy timber for sale. It’s even said that clear cutting lowers the threat of wildfires. Herein is this Green Gripe; does clear cutting stand up to environmental wellness?

To traverse the trails means that you have experienced the living, thriving forest as well as dying, patchy woods. Clearcutting leaves large patches of fallen timber along with a shifted ecosystem and missing topsoil. But despite the disparities on clear cutting, the real gripe might best be directed to what is actually left behind.

“Why don’t they cleanup the mess they leave? ‘Clear’ cutting nothing! More like ravage the landscape and leave tree-bodies laying everywhere for folks to see and nothing to grow!” We all see it, those trees left after clearcutting are undesirable timber. Environmentalists should be having a hay day with this, particularly since dead wood burns about as well as hay does.

There are excellent awareness programs out there that remind us all to be fire safe. One such program, ‘FireSmart Canada’, states that it “leads the development of resources and programs designed to...increase neighbourhood resilience to wildfire across Canada.” Yet for all who hike, bike or hoof it along the great Kananaskis trails, the neglected state of our woods is apparent. Natural deadfall often hangs askew on other trees and can be quite dangerous. Who is responsible? Though we all love to be a part of the great outdoors, it seems that folks tend to overlook responsibility as quickly as they leave their ‘doggie bags’ by the side of the trail. Peer further into the woods where felled trees are scattered like matchsticks across meadows, and you see the remnants of clearcutting. One might well wonder, *“why is it there’s no ‘clean up, buck up and stack up’ of dead fall timber during clear cutting?”* Where’s the vibe of accountability to nature?

Whether crown or private land, it makes no difference to the real threat - when a wildfire rages it’s notoriously impartial. This is a ‘how-to’ project waiting to be born. Whether it’s a new grant from the Alberta Government to hire locals to clear deadfall, or new laws that require lumber companies to clean up after themselves and a full area around the site this Green Gripe hopes for good change in the air. As we all venture out in the sunshine maskless and happy, may good times roll from this season to the next with shared laughter, new vibes, and a good bucking up.

Christianne L. Klaudt

Writer, gnathologist, and avid horsewoman with a passion for land sustainability and stewardship. To learn more about the writer, please visit her website at: www.contemplative.ca



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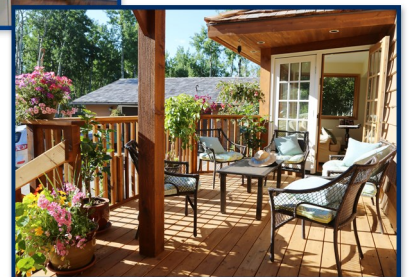
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MORTGAGE MATTERS: 2021 MORTGAGE CONSUMER SURVEY RESULTS

/love consumer surveys! They offer excellent insight and the fact that we've experienced a massive home-buying boom during a pandemic ... the stats are very interesting on what drove buyers' decisions earlier this year. Between February and March 2021, CMHC contacted 3,502 recent mortgage consumers across Canada. CMHC asked housing related questions of all kinds including consumer behaviour, attitudes and expectations.

Homebuyers Were Asked to Select Their 3 Main Reasons for Buying:

- 42% indicated that a home is a safe and secure investment
- 37% thought a home offered greater stability
- 34% wanted to take advantage of the low interest rates

Here's the Breakdown of What People Said Were the Reasons for Refinancing (top 3):

- 26% to reconcile debt
- 24% to fund home improvements / renovations
- 7% to fund financial investments

Impact of COVID-19 on Mortgage Consumers

- 25% purchased a home sooner than expected
- 31% were involved in a bidding war in the search for homes
- 46% of buyers had concerns or felt uncertainty during the home buying process

Impact of COVID-19 on Purchasing Decisions

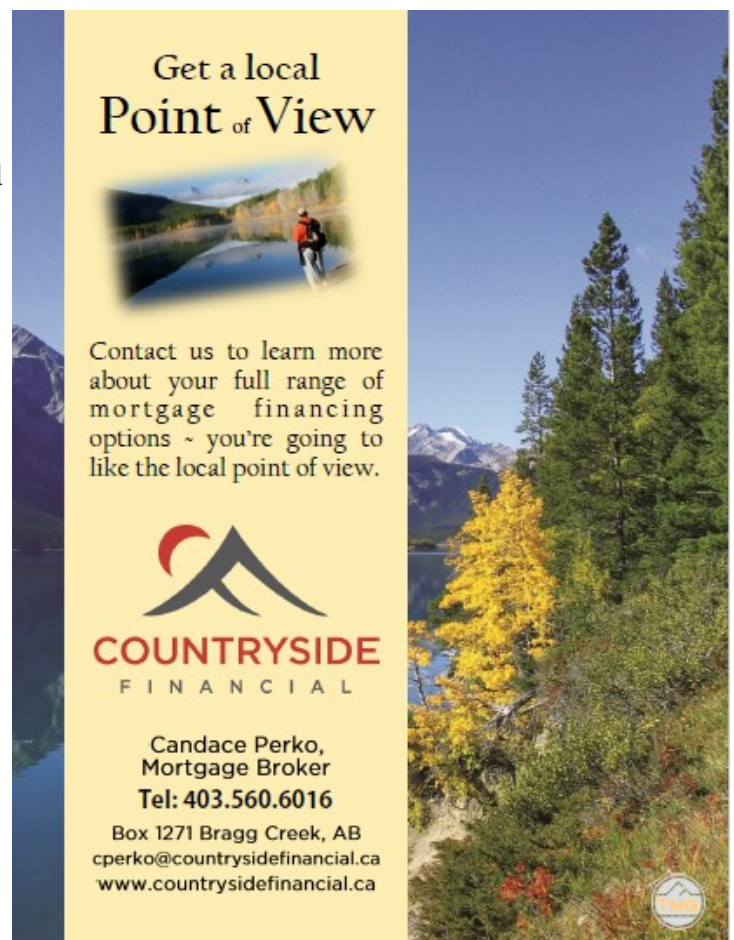
- 37% responded the location of the home
- 32% indicated the type of home
- 30% said the physical space/surface required
- 15% cited outdoor amenities

Mortgage Consumers

- 65% of buyers paid the maximum price they could afford on the purchase of their home
- 43% of mortgage consumers solely researched online for information about mortgage options
- 84% of mortgage consumers are confident that they will be able to make future mortgage payments
- 61% of first-time buyers took out their current mortgage with their existing financial institution
- 85% of mortgage consumers agree that homeownership is a good long-term financial investment
- 70% of mortgage consumers plan to renovate in the next five years
- 85% felt that a mortgage broker would get them the best mortgage rate or deal

There are many more questions and some interesting responses. See the full findings at cmhc.ca/2021MCS

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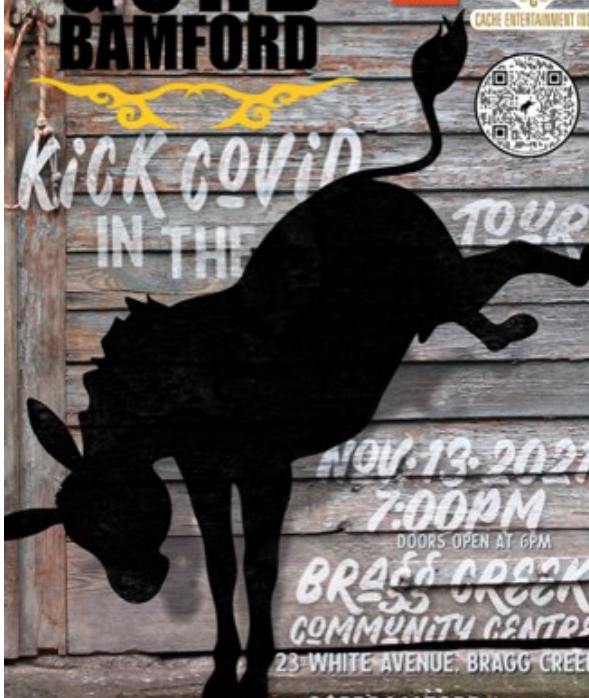


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KIDS CRAFT—CRAFTS WITH LEAVES

Before you start, collect all kinds of leaves, various shapes and colors by going for a walk or in your yard. For Craft 2, press all kinds of leaves ahead of time in an old book, then weigh it down for a few days.

Craft 1 - Leaf prints

- Step 1: place newspaper or a plastic tablecloth on a table
- Step 2: choose paint colors and squirt a small amount on a cardboard plate or paint tray
- Step 3: cover the back side of a leaf with a sponge or brush in color
- Step 4: press the leaf onto a white sheet

Materials: leaves, newspaper / tablecloth, (acrylic) paint, cardboard plate / paint tray, sponges or brushes, white paper

Time: 15-30 minutes



Craft 2 - Leafy animal friends and funny faces

- Step 1: glue pressed leaves on a white paper
- Step 2: use white paint for the white eyes, let it dry
- Step 3: decorate your creations with sharpies or other paint to add features like beaks, tails, legs, etc.

Materials: pressed leaves, glue, white paper, white (acrylic) paint, sharpies / other paint colors, brush

Time: 15-30 minutes



Craft 3 – Leaf Rubbing

- Step 1: place an old newspaper or tablecloth on the table
- Step 2: place a leaf on the table covering, with the ridges (backside) facing upward

- Step 3: place a white paper over top
- Step 4: gently rub a crayon across the white paper (ridges will show!)

Materials: leaves, newspaper / tablecloth, white paper, crayons

Time: less than 15 minutes

Thank you to “Meaningful Mama,” “Your DIY Family,” and “First Palette” for the picture samples.

Provided by Sonja Allen

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Sci/Tech Trivia Answers

1. Standard vision at 20 feet or 6 metres
2. Anxiety Disorder
3. Infection or inflammation
4. ½
5. Rabies
6. Pressure
7. Pumice
8. Your nose
9. Hyoid
10. Irrational
11. Raise its temperature
12. A sudden, severe allergic reaction
13. Energy
14. The middle ear
15. Red and blue/cyan

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Build Party - August 28th

A huge thank you for our community volunteers who spent their Saturday morning helping us build the framework for our garden. Together, we spread twenty-one yards of gravel and put up the base for our fence.



Thank you to those who supplied food, and the Biz Dojo, would supplied the delicious coffee. The garden wouldn't be possible without the generous donations from our sponsors:

