



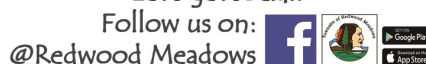
Chatter - IN THE WOODS -

Read the CHATTER online at

www.redwoodmeadows.ab.ca

Let's get social!

Follow us on:



Hello Redwooders and Neighbours,

We hope you had and continue to have a fantastic summer! Please join us for our first RMCA-sponsored Community Café on September 16th at 10:30am at Redwood House. It's a great chance to meet new neighbours and say hello to old friends.

At RMCA, we are all about volunteering. As such, we want to help our friends at Banded Peak School. We encourage everyone to volunteer for their upcoming casino fundraiser on September 16th & 17th. Casinos are an easy way for not-for-profits to earn lots of money, but they only work if we all volunteer. A few hours of your time translates into lots of money to support students, staff, and the school. Please sign up at <https://www.signupgenius.com/go/20f0d48abad28a3fb6-calling>

Alternatively, you can send an email to schoolcouncilbp@gmail.com and they will send you a link. Thank you!



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A MESSAGE FROM REDWOOD MEADOWS MAYOR & COUNCIL



Hello Redwood!

We hope you enjoyed a wonderful summer. As we head into the fall, I would like to tell you about all the work completed on our water systems over this summer.

As outlined in previous communications, the condition of Redwood Meadows water systems is beyond being a mere nuisance. To help understand the gravity of this situation, we have produced a series of videos that can be viewed at: <https://www.redwoodmeadows.ab.ca/videos>

Many Residents have been asking about the state of our water systems and if it is worth fixing after years of band-aid solutions. They are wondering if it would be better to just replace the water treatment plant and leaking pipes. The short answer is that we need to do both.

Water treatment is vital to the health of our community. With our current systems under extreme stress, we must and are acting now to ensure we continue providing clean drinking water and safe waste disposal.

Our immediate plan includes:

- **Improving Townsite Expertise:** By hiring an Operations Manager that is certified in water systems, we are quickly identifying and fixing issues that relieve pressure on our systems and reduce their operating costs.
- **Leak Mapping:** By using isolation techniques and engaging an acoustic leak detection company, we are mapping the locations and approximate size of all water leaks in Redwood Meadows.
- **Repairing Leaks:** The critical step of mapping leaks is enabling us to prioritize our limited budget for digs and focus on the biggest leaks.
- **Urgent Repairs & Maintenance:** Evaluation of our infrastructure has identified critical safety and reliability concerns like ineffective filter media, suspected electrical overheating, and a broken furnace that must be addressed quickly.
- **Optimizations and Cost Control:** By evaluating the operations of our water systems, we are identifying opportunities to reduce ongoing costs like chemical purchasing and after-hours callouts.

The time for band-aid solutions has come and gone. We must act to reduce the more than one million litres of water we are paying to treat and that leaks into the ground every day. We must address the urgent maintenance issues that have led to Boil Water Orders and sewage spills. We are taking action now.

Townsite's new Operations Manager, Mike Papuc, has already begun repairing leaks, evaluating our systems, and getting things done. After just nine days in his new role, Mike identified the first major leak. Within a week, the water line had been dug up and repaired. This one fix is saving the equivalent of 345,000 bottles of water a day and is starting to relieve pressure on our water systems. Mike has also identified another area with high water loss and at the time of writing was planning a second dig along Redwood Meadows Drive. You may have noticed that water pressure in Redwood Meadows has improved. Mike intends to continue increasing it as he makes progress with leaks and overdue maintenance. When you see Mike and Joey out working on our essential systems, please take a minute to thank them for their efforts.

While the Operations team continues to work hard at fixing leaks and easing the pressure on the aging water treatment plant, Council is working on funding a five-year, multi-million dollar plan to rebuild it. To this end,

we continue to move ahead with the following to improve, impart and influence:

- **Government Lobbying:** Though Redwood Meadows enjoys support from some government bodies, others choose not to support us. We are working hard to increase the departments that recognize our existing “Townsite” status and provide funding and access to grants (Societies typically cannot access some grants).
- **Targeted Communications Campaign:** There have been website improvements by adding historical reports, informative videos, and community resources related to our water systems and how we are addressing this major issue.
- **Improved Community Outreach:** To ensure all residents are kept informed and to address the lack of a current and up-to-date list of community members, we will implement a membership system.

Many have asked how they can help. Our immediate request is that each homeowner ensures their sump pumps are draining outside. Please check your sump pump and if you find that it is connected to the drain in your house, please call a plumber to correct it. Our sewers were never designed to accept sump pump runoff. Our bylaws require all sump pumps to drain outside. This simple task will help reduce the burden on our lift station and help prevent sewer overflows.

Simple tasks of support and constructive feedback will help us move forward. We must not seek to lay blame but rather work together to solve problems creatively. With a strong and supportive community, your volunteer committee members and Council can work with Townsite staff to develop creative solutions. We must now unite as a community and rally behind protecting our most valuable resource: our water. Not just for safe drinking but the culture of our community. For our rink, our oval, our fire protections, and our property values.

Redwood Meadows Townsite Council



REDWOOD MEADOWS UPDATES

COMMUNITY CAFE

September 16 | 10:30am - 12pm | Redwood House | \$3

Come meet new neighbours and visit with old friends. Enjoy coffee, tea, and home-baked treats.

RECYCLING

We would like to remind residents that when putting out your recycling, please do not over pack your bin. Over packing results in items becoming stuck, and the bin will not empty when tipped. Please collapse any boxes before placing them in your bin.

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, saves paper and saves money. Email admin@redwoodmeadows.ab.ca to set up e-billing today!

WILDLIFE IN REDWOOD

There has been an increase in wildlife spotted in Redwood over the month. Please take the time to ensure your home is free of attractants. Visit the following websites for information on living with wildlife.

<https://www.redwoodmeadows.ab.ca/Community#ConservationandSustainability>

<https://www.biosphereinstitute.org/attractant-management-resources>

SOCIETY MEMBER REGISTRATION

Our membership list requires updating. We are obligated to maintain a Members Registry under The Alberta Societies Act. All residents over the age of 18 years are considered eligible members of the Townsite of Redwood Meadows Administration Society. We need each household to provide the names, addresses, and eligible dates of membership for all members in their household. Eligible dates would be the date of residency or the date a resident turned 18 years of age after becoming a resident. Please contact the Townsite office as soon as possible to update your household's information.

REMINDERS

Motorized vehicles are strictly prohibited on the berm and pathways.

Dogs are required to be on leash at all times off their property and under the control of the owner with the following exception only: Berm certified dogs may be off leash only on the designated river berm area as long as they are displaying identification and are under the control of the owner and not posing a threat to any other person or animal.

TOWNSITE OFFICE

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

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

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

RMCA CONTACT INFORMATION

1 Manyhorses Dr. | Redwood Meadows | T3Z1A4

info@rmca.ca

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

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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	\$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
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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

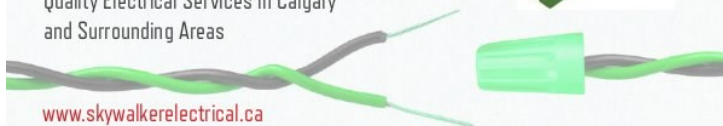
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Afternoon 12:30pm-3:30pm

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



REDWOOD MEADOWS—LOCAL BUSINESS LISTINGS

Angela Price, Price & Company Real Estate	403-923-3159	angela@priceandcompany.ca / priceandcompany.ca
Ann Sullivan, SafariWorks Fitness Classes	403-689-4835	anns@safari.ca / Fit.safari.ca
Big Earl's Dirt & Snow - Rich Kilbride	587-830-2447	rkilbride@bigearls.ca / BigEarls.ca
Bragg Creek Community Centre	403-949-4277	program@braggcreekca.com
Blinda Bilou - Interior Design & Renovation	403-461-9748	bdbilou@gmail.com / BlindaBilouInteriors.ca
Bragg Creek Community Church	403-949-2072	braggcreekcommunitychurch@gmail.com
Candace Perko, Countryside Financial	403-560-6016	cperko@countrysidefinancial.ca
Cochrane Public Library	403-709-0346	Andrea.Johnston@cochranepubliclibrary.ca
Deborah Clark, Century 21 Bamber Realty Ltd.	403-835-3385	dclark@realestaterestofcalgary.com / realestaterestofcalgary.com
Dieter Hendrickson, Re/Max Real Estate	403-612-7849	dieter@remaxbraggcreek.com / www.remaxbraggcreek.com
Docker Prime Design & Management Inc.	403-401-4141	info@dockerprime.com / dockerprime.com
Kamp Kiwanis	403-686-6325	general@kampkiwanis.ca / www.kampkiwanis.ca
Kathleen Burk, Rocky Mountain Real Estate	403-818-8049	kathleenburk@remax.net / braggcreekredwoodmeadows.com
Ken Barrie, Century 21 Bamber Realty Ltd.	403-975-0334	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.mountainsegerenovations.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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braggcreekredwoodmeadows.com




REDWOOD MEADOWS EMERGENCY SERVICES



Your ability to get out of your home during a fire depends on advance warning from smoke alarms and advance planning. Pull together everyone to make a plan:

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- If any of your second exits are through an upstairs window, make sure you have an escape ladder in that room.
- Make sure your home has smoke and carbon monoxide alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home.
- Everyone will meet at the meeting place. Make sure your house or building number can be seen from the street (day or night).
- Once everyone is outside, make sure no one goes back inside for any reason.
- Talk about your plan with everyone in your home (especially babysitters and visitors).
- Make sure everyone in your home knows how to dial 911.
- Practice your home fire drill. Modern homes burn very quickly so you have a very short time to get out!
- Draw your Home Fire Escape Plan and post in on the fridge.

Until next month, stay safe!



SCIENCE TRIVIA

PROVIDED BY FUN TRIVIA

Answers on Page 21



1. Some people think there are only five senses, but we actually have more, such as our sense of balance. Where are the balance sensors in the human body?
2. Which British geneticist was credited with the development of the DNA profiling technique?
3. The surgical installation of a cochlear implant assists patients with what?
4. Tungsten: What alternate name for the metal tungsten may look like two animals joined together?
5. Referring to taxonomy, the biological arrangement of organisms uses the letters KPCOFGS to define the first letters of each division. What division would the letter "C" then represent?
6. If you have been unfortunate enough to contract malaria, what is the only thing that you know for certain about the mosquito that bit you?
7. In computer terminology, what do the initials P.D.F. stand for?
8. For all of Bill's life he has had rhotacism. Which of these doctors does he visit often?

FROM THE OFFICE OF MLA MIRANDA ROSIN: QEII JUBILEE MEDAL

I am seeking nominations for individuals from our community who you believe to be recognized for their public service at the highest level – from the Crown.

If you know me, you will know that I admire Her Majesty Queen Elizabeth II. So much so, that my mother and I recently flew to London, England to participate in the Platinum Jubilee celebrations. At 96 years old, Her Majesty has served as a mechanic in the war, trained and raced her own fleet of horses, personally driven around the Saudi King at a time when it was still a punishable offence for women to drive in his home country, and participated in high level tactical and political conversations with some of the most iconic leaders of our lifetime. She has held over 50 ranks in the British military, given assent to over 4000 acts of parliament, and served as a beacon of stability on the world stage. In 2022, much of this may seem ordinary, but when put in the context being a woman thrust into public service at just age 27 in the mid-1900s, it is all quite extraordinary.

That is why our government, and every other provincial government across the country, will be honouring Her Majesty's Jubilee through Platinum Jubilee Medals. These medals will be given to outstanding individuals who have, as she has done, dedicated their lives to family, community, and country. This is where I need your help: I am seeking nominations for the medals. If you know someone in our constituency who has led a life of service, please nominate them. We will need their:

- Full name
- Age, or your closest estimate
- Field of endeavour
- Home address
- Phone number and email, and
- 300 word maximum justification for nomination.


My office will then choose those most deserving candidates and submit them to the Jubilee Medal Office for validation. The medals will subsequently be awarded at a ceremony full of fanfare in true Crown style.

As Her Majesty is celebrating 70 years on the throne, making her the longest serving British Monarch in history, a total of 7,000 medals will be awarded to deserving Albertans.

To nominate someone, please email my office at Banff.Kananaskis@assembly.ab.ca. The deadline to submit nominations will be November 30, 2022.

Queen Elizabeth performed her first public engagement at age 16, and at age 21 recited her ever-famous quote that her whole life, whether it be long or short, shall be devoted to our service. In honour of her Platinum Jubilee, we are searching for other individuals in our community that have embodied that same mantra. I look forward to receiving your submissions, and eventually meeting the incredible individuals behind your nominations.

Miranda Rosin
MLA, Banff-Kananaskis



Rich Kilbride
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NEED HELP?



FOR ALL EMERGENCIES:	911
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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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REDWOOD MEADOWS COMMUNITY GARDEN



Year 1 in the Redwood Meadows Community Garden

“A garden is always a series of losses set against a few triumphs, like life itself” – May Sarton

This is my favorite gardening quote and I can't think of a better way to sum up our first season at our community garden.

We begun the season with 10 beds, and thanks to our friends from the Bragg Creek and Redwood Meadows Wellness Network, we were able to add five more through a special grant they applied for on our behalf. The beds were quickly allocated to keen gardeners and the season begun! Well... the season stalled. We had a late season frost that killed about 20 tomato plants and a dozen peppers, not to mention many tender annual flowers. Then came monsoon June, which the lettuce, peas and cool season veggies loved, but our heat lovers stalled. We noticed our kale and our second planting of radishes begin to wilt, and when they were pulled, they had been devoured by root maggots. Flea beetles quickly located our brassica and moved in for the season, covering cauliflowers, arugula, broccoli and cabbage with tiny holes.

We were feeling a little down in the dumps by the end of June. But then, like magic, summer arrived! The garlic was thriving, the lettuce tasted of butter and everything finally began to show some growth. The August heat has brought us tomatoes, beans galore and a thriving bed of carrots and beets. A glorious pollinator garden, planted by our friend, Sharon Pegg, brings colour and an abundance of beneficial insects.

When I visit the garden, the minutes slip away—weeding a bed, pulling a carrot for my small garden helper, harvesting the magic purple beans, smelling the curry plant in the sensory garden... Our community has put so much work into this space but the garden has paid us back tenfold, perhaps not with perfect bountiful produce, but a peaceful productive space that we get to share with our community of friends.

Many hands have helped build this space, and we thank everyone who has been a part of it. We have a lot of ideas and plans for next year and we can't wait to share them with you!

If you are interested in gardening with us please email us out at communitygarden@rmca.ca.



BRAGG CREEK PERFORMING ARTS SOCIETY

JUNO-nominated Alberta singer-songwriter John Wort Hannam is bringing his band and genuine stories of Canadiana to the Redwood Meadows Community Centre on Saturday, September 17th at 7:30pm.

This respected Alberta musician has released seven full-length recordings and has a few feathers in his lucky hat; feathers include a JUNO nomination, a Canadian Folk Music Award for Best Album of the Year, a CBC Galaxie Rising Star Award, a Kerrville Texas New Folk win, and numerous Western Canadian Music Award and Canadian Folk Music Award nominations.

These days, John Wort Hannam has the same lucky hat but a new sound, a new band, a new confidence, and a ton of new songs. And it's coming across loud and clear in his live show.

Please join us in welcoming John and his band to the Redwood Meadows Community Centre. For information and to preview music visit bcpa.ca

Tickets are available online for \$35 at bcpa.ca or call Ticketpro at 1 888 655 9090.

Youth under 18 years old \$25 - Maximum 120 seats


Doors open at 7 PM - Performance at 7:30 PM

REDWOOD HOUSE

1 Manyhorses Drive, Redwood Meadows, Alberta T3Z 1A4




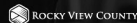

ABOUT THE BRAGG CREEK PERFORMING ARTS MUSIC SERIES: The Bragg Creek Performing Arts is delighted to be once again presenting live concerts. We plan to bring more artists to town for the 2022-23 season. Mark your calendar for our next event on October 30, 2022.

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



BRAGG CREEK PERFORMING ARTS PRESENTS
JOHN WORT HANNAM
SATURDAY
SEPTEMBER 17 2022
7:30 PM
REDWOOD MEADOWS COMMUNITY CENTRE
1 Manyhorses Drive, Redwood Meadows, Alberta T3Z 1A4

TICKETS & INFO
Web: braggcreekperformingarts.com
Phone: Ticketpro 1 888 655 9090
\$35 • Max 120 tickets
Youth under 18 years old \$25

ORIGIN STORIES: A FAIR TRADE—A BRIEF HISTORY OF COFFEE (PART III)

Cooler weather and shorter days can only mean one thing: autumn is coming. It's the beginning of cozy season. The time of year when we stop drinking our coffee iced, and start drinking it pumpkin spiced.

But about a decade before Starbucks popularized that now-ubiquitous holiday drink, the coffee industry was starting off the new millennium in a hard way. While Y2K didn't result in computers exploding and planes falling out of the sky, it did see a crash in the global price of coffee — the second in less than a decade. The introduction of Vietnam to the coffee scene saw a spike in market supply.

Between 1990 and 2000, Vietnam would increase production from 1.3 million bags to almost 15 million, as they began to capitalize on a nearby emerging coffee market with an expanding population of about 1.25 billion people: the People's Republic of China.

With the market oversaturated, coffee farmers around the world were struggling. And while today's coffee landscape is far from perfect, two simultaneous circumstances beginning just before the turn of the millennium helped revive the global coffee industry: certifications and specialty coffee.

You may be familiar with certain certifications found on your coffee packaging; the Rain Forest Alliance frog and the Fair Trade icons are two of the most recognizable. These certifications gained popularity in the early 90s, as consumers became more aware of the global supply chain. Fair Trade coffee, for example, must be purchased at the set price of \$1.40(USD)/pound, a livable wage for coffee farmers.

These certifications, though, aren't without flaws. For example, coffee farmers must pay to acquire them, and even those who can afford to do so may not be able to find buyers. Most major coffee companies will purchase some Fair Trade coffee, but this generally makes up only a small percent. For example, Starbucks' Fair Trade coffee purchases peaked in 2014 at only 8.6% of their beans.

CRABAPPLE COTTAGE

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feel something special

Other certifications like the Rain Forest Alliance require growers to adhere to strict environmental production systems, but do not include a guaranteed minimum price for the beans. Additionally, coffee companies can include the frog logo on their packaging with as little as 30% of the beans actually coming from certified Alliance farmers.

On top of that, major coffee producers Starbucks and Nespresso have opted to create their own certification bodies that oversee their supply chain. While Starbucks's C.A.F.E. (Coffee and Farmer Equity) Practices and Nespresso's AAA Sustainable Quality Program do have high levels of transparency and an undeniable positive impact, as recently as 2020 both coffee brands were connected to a child-labour investigation in Guatemala where children as young as 13 were working 40-hour weeks in grueling conditions, for meager wages.

Of course, Starbucks is an easy target for criticizing the operations of multinational corporations, but they also played a key role in revitalizing and revolutionizing the industry through the rise of specialty coffee. Originally founded to sell high-quality, roasted beans, Starbucks would experience colossal growth in the 90s by popularizing espresso based drinks, such as the cafe latte.

For the first time in over a century, coffee was once again becoming a luxury, with customers more willing to pay premium prices for better quality beans. And while the rise of specialty coffee may not help the small farmer who can't afford to grow the specialty beans in the first place, it has helped curb the 'race-to-the-bottom' trend in coffee production.

So what can you do to help the global coffee market? Why not learn a little about where your coffee comes from? In most supermarkets the coffee aisle offers an array of options for you to explore. Check for certifications, compare prices, and try something new. You might just find a new favorite brew to start your morning.

Michael Dellebuur
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BAKING WITH ANN: TRY THIS EASY SWEET TREAT FOR THE FAMILY

A few weeks ago, I had the urge to bake at 9:30 at night. I started going through recipes that I'd been meaning to try, looking for something quick and tasty. The first recipe – buckwheat cardamom chocolate cookies – looked good but called for browned butter. And not only did you have to brown the butter, you also had to let it cool for 20 minutes. Next.

Tahini cookies – vegan and gluten-free. Well, I didn't have enough tahini, and who would eat them anyway, besides me? Fig bars? The dough needed to chill. Gingersnaps? Same.

And so it was time to whip up the old crowd-pleasing standby: chocolate chip bars. I may already have shared this recipe, but it's so simple, I'm going to do it again.

These treats were a family favourite, and likely a favourite of my mom's too since she baked most sweets from scratch for our family of six. I can see why they appealed to her (easy!) and to us as kids (sweet!) (Scotch teas were also in regular rotation, but never my first choice since they somehow managed to be both buttery and dry at the same time. Ugh.)

Anyway, the recipe calls for butter, brown sugar, vanilla, flour, salt and chocolate chips. Unless you truly don't ever bake, you likely have all the ingredients on hand. Actually, it also calls for nuts, but my mother would never have defiled this recipe by adding them. While she may have liked nuts, she knew her audience. We kids would never have tolerated such an abomination. So, no nuts. Unless of course you like them. I also like nuts in baking these days, but strangely, I've never tried them in these bars. I just add more chocolate chips. (I never said these were healthy!)

P.S. In case you need an even easier sweet recipe, Google wacky cake. Easy, chocolatey, delicious and vegan.

Chocolate Chip Bars

- 1 cup butter
- 1 cup brown sugar, packed
- 1 tsp. vanilla
- 1/8 tsp. salt
- 2 cups flour
- 1 6-oz package chocolate chips
- 1 cup chopped nuts (optional)

Beat butter with sugar till mixture is light and fluffy. Beat in vanilla. Blend salt with flour and stir into beaten mixture, mixing well. Fold in chocolate chips and nuts. Press into an ungreased 15½" x 10½" x 1" jelly roll pan. Bake at 350F for about 16 minutes. Cut in bars while still warm. Cool in pan.

Ann Sullivan

Redwood resident and former Chatter editor



The advertisement for Cochran Appliance Repair is set against a green background. On the left, a man and a woman in green polo shirts stand next to a service van. 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 stainless steel appliances. Below these images, the text reads: 'A family-run Appliance Repair company that provides honesty and trust (403) 899-5041 cochraneappliance.com'.

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:

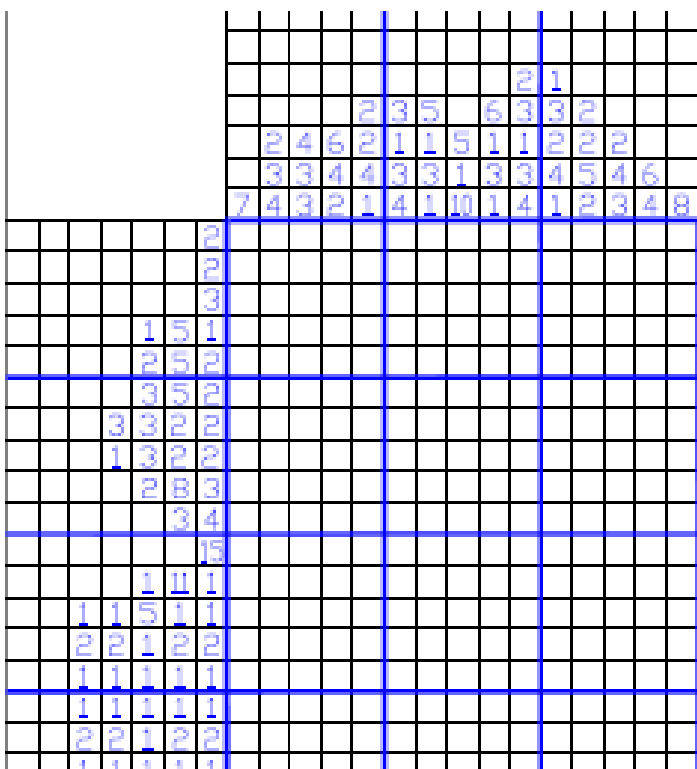
1. Numbers represent how many squares you colour in to form a group or block.
2. Leave at least one square between these blocks.
3. The sequential order of the numbers is the order of the blocks, i.e., top number for a column is the top, block, and left-most number for a row is the left-most block.

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





Disney

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BRAGG CREEK BEARS

Seeing sparkly snowflakes falling and being surrounded by beautiful trees. Smelling the firepit keeping everyone warm, hearing the skates and sticks on the ice and the cheering of the crowd, tasting the yummy hot chocolate and seeing the kids laughing and doing what they love together as a team. This is what the Bragg Creek Bears is all about!

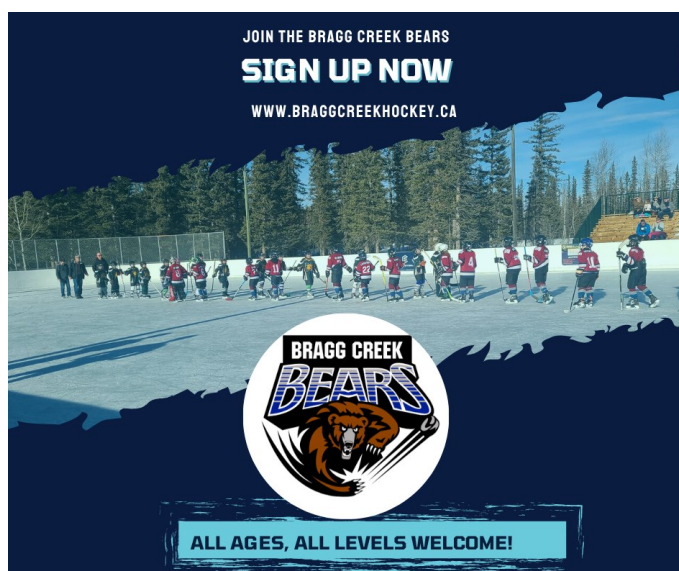
The local Recreational Hockey team, the Bragg Creek Bears are back with a bang this season. With a little reorganization and a brand-new team of Division Managers, we are set to have our best season yet!

The Bragg Creek Bears is a Recreational League based out of Bragg Creek and Redwood Meadows. The League welcomes all abilities and newcomers, even on the older teams! Registration is open to anyone aged 4-18. We typically have 1-2 practices a week depending on division and one game on the weekend. Our home rink is based in Redwood Meadows and we also play at the Bragg Creek Community Centre, both being beautiful outdoor rinks. For years we've played games against surrounding small towns including Priddis, Black Diamond, Millarville and Cochrane. The towns' work together to create an awesome season of camaraderie and sportsmanship while ending it with a super fun tournament together! The focus of the Bears is on having a blast while making new friends and learning the game.

We'd love to have you join us! Early Bird registration ends September 20th. We will be hosting a Welcome Bears BBQ and Equipment Swap on September 9th, 2022 in Redwood Meadows. See website for more details.

Please visit www.braggcreekhockey.ca for more information about the League, or to contact us with any questions. Go Bears Go!

Cynthia Brocklebank,
Bragg Creek Bears League Manager



A NEW MILESTONE FOR BRAGG CREEK WILD

Just over two years ago, a group of concerned residents connected over Zoom in the midst of COVID lockdown to discuss common concerns about wildlife-vehicle collisions and other wildlife-human conflicts. The concerns were as much for our wild neighbours as for local residents and visitors, who were inadvertently putting their safety and that of wildlife at risk. Luckily for us, many wildlife and land experts joined in and informed us on the issues and helped us find a way forward. That's how **Bragg Creek Wild** came to be.

In mid-August this year we became officially incorporated as a not-for-profit Society with a clear mission and structure. We've structured our grassroots organization to be simple, nimble and effective.

Our vision is *"to create a space where wildlife and people can co-exist in community."*

To achieve this, we advocate for the protection of wildlife and their habitats by:

- preserving connectivity;
- promoting safe wildlife routes; and
- providing public education to reduce human-wildlife conflict.

We do this through awareness-raising, advocacy and solution-focused activities. We are also committed to being evidence-based in our approaches.

We now have two levels of membership:

"Contributors" are those who volunteer on the Society's committees or working groups and generally are active members. *"Fans"* are those who follow and support the work of the Society and on occasion may volunteer on projects or attend events. Both levels of membership can include individuals, organizations, or businesses, and we welcome new members in both categories.

We've been very busy in the past year reaching out to the community. We currently have more than 400 followers on our Facebook Page, 100 people on our e-list and had the pleasure of collaborating with many organizations including Alberta Environment and Parks (on hosted expert Zoom presentations), with Redwood Meadows, Bragg Creek Ladies' Auxiliary, Banded Peak School, Rockyview County and Experience Journeys. We're also very grateful for corporate and private sponsorships and donations that we've received since we started our activities.

Find out more by visiting our website www.braggcreekwild.ca and by following us on social media. Keep abreast of the latest by signing up for our Newsletter or reading our monthly article in the *High Country News* or *Chatter in the Woods*. We also would welcome opportunities to present to organizations and groups who wish to learn more about us.

To become a fan or contributor please email braggcreekwild@gmail.ca or connect with us on our Facebook page.

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KIDNEY FOUNDATION KIDNEY MARCH: SEPTEMBER 10TH

Show your support for Kidney Marchers walking in Redwood Meadows on Saturday, September 10

Kidney March, the 3-day, 100KM walk from Kananaskis to Calgary, will pass through the community of Redwood Meadows on Saturday, September 10, as marchers complete the second day of their epic journey. In support of The Kidney Foundation of Canada, this is the 13th year for Kidney March, the only event of its kind to make the boldest statement possible in the fight against kidney disease and for organ donation.

This year, Kidney March will return to an in-person event after two years of being virtual. Marchers will reunite in the foothills of the Rocky Mountains and make their way to Calgary, walking an average of 33KM a day to make the biggest difference they can in the lives of all those affected by kidney disease. Kidney March is made up of everyday individuals doing the extraordinary. Family, friends, patients, doctors, and nurses walk side-by-side supporting the kidney cause and one another.



This transformational weekend raises needed awareness and vital funds for kidney disease prevention, life-saving research, patient programs and organ donation initiatives. 1 in 10 Canadians has kidney disease.

There is no cure for kidney disease, and 46% of new patients are under 65. Thanks to the determination of dedicated Kidney Marchers and Crew, Kidney March has raised over \$11.5 million to reduce these numbers.

Kidney Marchers will be walking through Redwood Meadows on Saturday, September 10, 2022. Please be cautious of Marchers on the roads, look out for the Kidney March signs, and cheer them on!

Thank you for helping to keep the Kidney March community safe. For more information, to donate or become involved, please visit KidneyMarch.ca or call 403.255.6139.

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CMHC HOUSING MARKET OUTLOOK SPRING 2022

The traditional approach to obtaining a mortgage, whether it be purchasing, switching or refinancing your home, is to go to a bank. But did you know there are several other options available to you? Especially with rising interest rates and large rate differences between lenders, it is important to know you have options.

“A” lenders

Lenders or traditional/prime lenders, generally refer to banks and approve customers with credit scores in the minimum acceptable ranges, debt servicing within allowable ratios, verifiable income, and meet all the standard “tick-boxes”. To deal with these lenders, you must be considered an “A” client. These lenders are subject to OSFI federal regulation which means that you’ll be stress tested when you apply for a mortgage. When you are an A client meeting the criteria as above there is a wide variety of A lenders. The big banks are not the only option, rarely the most competitive, nor do they offer the unique products & conditions you may need. **Mono-Line Lenders** are an excellent alternative to any bank. Mono-line refers to the practice of specializing in a single discipline of the financial services business, such as mortgages in this case. Because of this defined focus, they offer more variety of products and routinely lower interest rates.

“B” or “Alternative” lenders

B lenders are lending institutions that provide options for clientele that do not fit the A mold. These institutions offer modified criteria to qualify for their products. Some B lenders have rates very similar to A lenders; some not as they offset additional risk with higher interest rates (+ fees). B lenders accommodate applicants who may not qualify for an “A” mortgage for any number of reasons.

Private Lenders

Private or unregulated lenders is anything from individual lenders like the seller of a property, a friend, or most often a business that specializes in providing private mortgages. These lenders are not subject to the same federal regulations that A lenders are. Their lack of regulation mean that they can close a file quickly and with very little qualification standards being met. Private lenders aren’t overly interested in debt servicing ratios, your credit score or verifiable income, and they are not required to stress test mortgage applicants. Your property value & equity is most important with them, but you pay the highest interest costs & fees. Getting approved for a mortgage with a private lender is much easier than getting approved at an A or B lender.

Always Reach Out To A Mortgage Broker

The best way to find mortgage options that may provide lower interest rates and a wider variety of mortgage products is to reach out to a mortgage broker. A knowledgeable mortgage broker will know the market and the financial solutions available to you. Mortgage brokers are independent and work for you, and as such their goal is to find you the best possible rate & terms for your mortgage. Dealing with each lender individually is time consuming and difficult to navigate. A broker will do the research and shopping for you, so it’s the best way to save both money and time.

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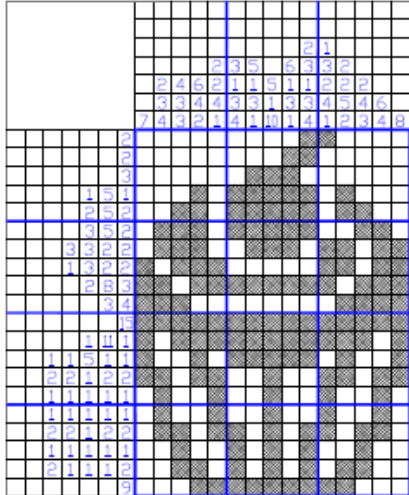
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