

MARCH 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

MARLBOROUGH

— MESSENGER —

THE OFFICIAL CALGARY MARLBOROUGH COMMUNITY ASSOCIATION NEWSLETTER





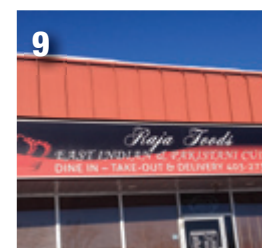
September 8 – 10, 2017
3 Unbelievable Days • 100 KM
From K-Country to Calgary

Each day 15 Canadians get the devastating news that their kidneys have failed.
Join us in a movement that is changing the face of kidney disease.

Come to our Expo April 23
kidneymarch.ca
1.866.956.2724

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CALGARY MARLBOROUGH COMMUNITY ASSOCIATION

636 Marlborough Way NE • Calgary AB | T2A 2V9
Phone: 403 273-5894

www.marlboroughca.com • calmarca@telus.net

Delivered monthly to 4,200 households and businesses!

Editorial Submissions

news@marlboroughca.com

All editorial content must be submitted by the 5th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca

All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years

91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:

www.great-news.ca

GREAT NEWS
PUBLISHING 

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Calgary Marlborough Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Calgary Marlborough Community Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

Calgary Marlborough Community Association Board Of Directors

www.marlboroughca.com

President	Steve Hurley
Vice President	Donna O'Connor
Secretary	Celia Long
Treasurer	Heather Carling

DIRECTORS

Bingo	Margaret Berger
Newsletter Reporter	HELP WANTED
Social Media	HELP WANTED
Casino	Cathy Ashton
Membership	Dawn Svenningsen
Children's Events	Susan Cook
Community Pride	Carlos Arceabrego
Lounge / Event	Laura Greenwood
Newsletter Coordinator	Alex Penney
Elder Resource Liaison	Richard Crowe
Sports	HELP WANTED
Directors @ Large	Dora Loucks (Snow and mow)

LIAISONS

Scholarship Coordinator	Diana Tokalic
Chris Akkerman	Celia Long
St Mark's	Susan Cook
Marlborough Elementary	Cindy Cavanagh
Bob Edwards Jr High	HELP WANTED
Neighbourhood Services	Brenda Jay
Calgary Police Service	Cst. Chris Langham
50 plus club	Marilyn Hackett
Special Events Coordinator	TBA

Always looking for people interested in joining the board.

Please contact the office.

Office 403-273-5894 (Tom Campbell – Hall Manager)

Fax number 403-248-1366

Hall Rental Rates: Call: 273-5894 for information & booking
E-Mail – calmarca@telus.net.

Main Hall capacity 400 Upper Hall capacity 60 Lounge capacity 80
Activity Room capacity 35 Meeting Room capacity 20
Main and Upper hall comes with kitchen facilities

Mark Your Calendar

COMMUNITY MEETINGS are held the **FIRST SUNDAY** of the month at 7:00 p.m. at 636 Marlborough Way N.E. (Upstairs in The Activity Room). Everyone is welcome! Still some vacancies on the Board – get involved! Our next meeting will be on March 5th at 7:00PM.

UPCOMING EVENTS

March 5 Board Meeting - Upstairs Activity Room

March 10 Jelly Bean Dance - Main Gym

March 17 St. Patrick's Day Game Night - Upstairs

March 25 Open Stage Nights - Upstairs Lounge

April 2 Board Meeting - Upstairs Activity Room

April 21 Jelly Bean Dance - Main Gym

April 22 Volunteer Appreciation Night - Upstairs

April 29 Open Stage Nights - Upstairs Lounge



*Did you know?
Winter is a great time to prune your trees.*

*Call for a free estimate today at
403-804-4265*

*Problems or diseases are easy to spot
without leaves. Elm trees are only allowed
to be pruned between October 1 and March 31*



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

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PRESIDENT'S MESSAGE

As Steve had noted in the last newsletter, there is going to be a change to the President Report and it will now be written by one of our directors.

My name is Alex Penney and I look after putting the content together and working with the board and our publisher to put out a newsletter every month. I enjoy the interactions with community residents and meeting new people with very different backgrounds.

As a message to the community, I would say if you have any community related events or if you want to recognize someone within your community that has made a difference, please contact the hall. They will be able to pass on your information to get it into the newsletter.

The board is always looking for more volunteers to ensure that Marlborough remains a Community on the Move.

COMMUNITY PRIDE



Out to Lunch with Laura & Donna

March's lunch brought us to the Raja Foods & Sheesha Lounge at 4100 Marlborough Drive where the family run business has been serving up East Indian & Pakistani food for 8 years. Since we were too early for the 3pm opening we ordered from their take out lunch menu. Their veggie shawarma wrap & veggie & chicken samosa were delicious! We were told we have to come back for the dinner menu as they are well known for their beef ribs & butter chicken.

Dine in or pick up a menu as there are a lot of different dishes to try and they do offer delivery.

Another great restaurant in Marlborough!

Promoting local businesses one lunch at a time! Laura & Donna



Want to make Marlborough a safer community?

If you are, keep closed attention, as your Community Board and the Calgary Federation of Communities will launch this spring a project to ensure we build a safer and better community. Check our newsletter and social media (CMCA website, twitter, and Facebook) for upcoming details, and make sure you get involved to make your Marlborough Community safer and better.

Spring Safety Tips!

Spring is around the corner (at least for the optimistic ones), so be safe and watch out for the following:

- Dangerous weather changes between melting and freezing can occur overnight;
- Do not take off your winter tire; those should be left on until the ambient temperatures stay above 7 degrees Celsius;
- As the weather warms, it will bring out more pedestrian and cyclists;
- Also, more children will be outside;
- The melting and freezing cycle can produce a lot of dangerous icy places and black ice. **BE SAFE!**

Jelly Bean Dance

CMCA
Calgary Marlborough Community Association
636 Marlborough Way NE

\$3 / Child (Age 12 & Under)
- Chaperones are FREE
- Canteen and Prizes

6:30 pm - 9:30 pm

2016/17 Schedule

March 10
April 21
June 9

PLEASE NOTE:
Children must be signed in
AND out of the JB Dance!!!

Remember children must be signed in and out of the Jelly Bean Dance.

Keep an eye in the newsletter for updates on our next Jelly Bean Dance.

If you would like to volunteer for future Jelly Bean Dances please call Susan at 403-614-7858

Community Arts & Activities Centre

Fun stuff for the whole family!

Check out what's on at:

ecspaces.com

Mayland Heights
1709 8th Ave NE
403-228-1384

evergreen
community
SPACES
arts, activities & events



by Elizabeth Walsh, Licensed Property Manager
Real Estate Council of Alberta

Evolving Condominium Management

Condominium management is about to undergo a change in the near future as new regulations come into place requiring specific licensing and training, but is your Board or Property Manager forward focused? Are they evolving with these changes? These new regulations of mandatory licensing, the implementation of educational standards and the development of new higher educational opportunities, the Condominium Management profession is coming of age.

Those companies currently managing condominium properties will need to reach these higher professional standards and become compliant with mandatory licensing requirements, in order to provide best service within the condominium industry, for condominium homeowners, board members and their tenants.

Condominium owners and board members need relevant, practical and timely advice so it's important your Property Manager has a strategy to embrace these upcoming changes. Seek partnerships with a property management firm that provides the knowledge you will need to successfully transition through the change. Follow the Property Manager who embraces and incorporates change strategies into a property management plan that launches your condominium and its board forward.

The New Year is already underway! Get started by asking your condo board members and Property Manager what their forward-focused plan has in store for 2017!

Marlborough Community Association Membership



What is the purpose of a Community Association?

A Community Association is a volunteer organization that represents the interests and meets the needs of the residents within the Community. Join Now, Be Represented!

Membership cost - Family Memberships - \$20/year, Single Memberships - \$10/year.

Become a part of your Community! Be heard! Enjoy new programs and make new friends!

Reasons to join the Community Association

The Community Association is your voice in planning decisions, environmental issues and recreational issues that affect YOUR Community! The Community Centre is a place where you and your children can spend quality time in a safe environment. Your Community is what you make it. Your membership can make a difference!

Your Community Association membership

Carries the benefit to you and your family by providing programs, activities and events on a weekly or monthly basis at a small cost or no cost. Members may use certain volunteer hours towards the cost of yoga, sports, and other programs. Volunteer and make new friends! Calgary Marlborough Community Association - also offers an active 50+ group, youth activities, lounge with a big screen TV, pool table, shuffleboard, darts & sports facilities and rental facilities available for booking by residents. **Residents who have been members for 60 days prior to booking are given a 10% discount on a room rental.**

Memberships are now available on-line! Go to www.marlboroughca.com and click on the membership tab or call the office at 403-273-5894

Memberships can also be purchased at the office - open Monday to Friday from 8:00am to 4:00 pm.

LOUNGE EVENTS



The Fireside Lounge is currently open the last Saturday of the month 7:00 pm for open stage night and drop-in euchre. All community members, residents and their guests are invited to join us for the evening. Lounge facilities include HDTV, fireplace, dart boards, pool table and shuffleboard. All the games are free! Note that while the lounge is open for families until 9:00 pm, we do ask that the kids be supervised, and they are only allowed to play the games with an adult in attendance.

The Fireside Lounge is also available for rent for private parties (call the office at 273-5894 for more information)

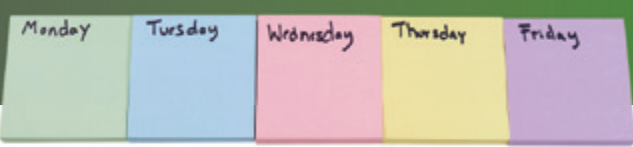


Name	Age	Contact	Course
Antonia	16	587-435-4346	Yes
Emilee	14	403-827-9334	No
Kimberly	49	403-512-2628	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



Weekly Hall Programs

Monday

Yoga -- Fireside Lounge - 7:30 -- 9:00 PM

Tuesday

Seniors Social walking - main hall-8:30 - 10:30 am (Drop-in)

Wednesday

Drop In Sports Night - Main Hall - See newsletter for age groups and times.

Thursday

Seniors Social walking - main hall - 8:30 - 10:30am (Drop-in)

The 50+ Club - 1:00 p.m. The Alpine Loft (New lift available!)

Whist and Bridge are every Thursday at 1:00 p.m. in the Alpine Loft (second level). Elevator is available. New Members always welcome. Pot-luck lunch every third Thursday

Yoga - Fireside Lounge- 1:30 -- 3:00 p.m.

Friday Be Fit & Age Well Exercise class - main hall - 9:00 -10:00 am

Saturday

Fireside Lounge open **last Saturday** of the month at 7:00 pm
Open Stage and Euchre everyone welcome.

Help Wanted Bingo at the Barn

We are always looking for amazing volunteers to participate in Bingo at the Barn.

To volunteer call Marg at 403-273-7952 or email margaretberger@shaw.ca



SENIORS IN ACTION

Volunteers Wanted For The Mow And Snow Program

NO EXPERIENCE NEEDED

Be Proud of Yourself!

Work well done Calgary Marlborough residents as this winter our sidewalks have been clear of snow and ice (with a few exceptions); keep up the good work and make your community better!

Let me introduce myself, my name is Dora Loucks, I am the Coordinator of the Mow and Snow Program for Calgary Marlborough. The community needs your assistance. If you are able to give of your valuable time for yard clean up, odd jobs and snow shoveling, please call or text me at 403-554-3679. My email address is dloucks@shaw.ca. In return for your hard work and selfless contributions to the community that we all live in, you will receive heartwarming satisfaction and a feeling of pride in your neighborhood.

It is truly Neighbor Helping Neighbor!

Senior Safety Tips When Walking

Walk in well-lit areas located away from bushes and doorways;

Keep your wallet in your front pocket;

Avoid walking in alleys;

Be aware of subtle pedestrian hazards such as skateboarders and runners; and if you think you are being followed, cross the street and walk in the opposite direction or walk to the nearest public place.

Marlborough 50+ Club

Whist and Bridge every Thursday at 1:00 on the second level - elevator available - new members always welcome.

Potluck lunch every third Thursday of the month.

For further information contact me (Elaine Card) at spiritquest@shaw.ca or phone # 403-275-1128.

Befit & Age Well Exercise Class

Be Fit & Age Well will be running classes on Fridays from 9 - 10 am. Cost is \$10 for 10 classes plus a community membership. This program is run by a certified Alberta fitness leader specializing in arthritis and aging well exercises. Call 403-273-5894 for more info.

Certified Alberta Fitness Leader specializing in
Arthritis & aging well exercises



Yoga Classes

Yoga classes will run until the end of July. Monday evenings from 7:30 - 9:00PM or Thursday afternoons from 1:30 - 3:00PM. For more information contact Marg at 403-273-7952.

Walking Program

Tues. & Thurs. mornings starting at 8:30 Call 403-273-5894 for more info.

Senior's Resources

Calgary Seniors' Resource Society provides programs & services that help seniors remain living independently in their own homes as long as possible. In addition to assisting with critical needs like housing, pension & benefit applications, CSRS also provides transportation to medical appointments and, companionship and social support through programs like Escorted Transportation and Friendly Visiting.

To access CSRS programs and services, you simply need to call our office at **(403) 266-6200** and speak with our receptionist. Eligibility criteria and wait times will vary between programs. If for some reason we are not able to help you, we will do our best to find out who can and connect you with them.

If you suspect a senior is at risk, please call the 24/7 Seniors Help Line (run in partnership with the Distress Centre) at **(403) 264-7700**. Trained volunteers are standing by to answer your call and will ensure your personal information remains confidential. Your concerns will be forwarded to the CSRS Senior Connect Outreach Social Worker, who meets with seniors and helps connect them to the community support services they need.

Senior Connect

Free education sessions teach groups, businesses and individuals to recognize the signs and symptoms that a

SENIORS IN ACTION

senior may be at risk and how to report their concerns via a 24 hour seniors help line. The Senior Connect Outreach Worker, who is a registered social worker, then follows up with the senior and connects them to community resources. To book a Senior Connect training session or for additional information, please contact CSRS at **(403) 266-6200**.

Wednesday Community Night

Wednesday Sports Night Keeps on! - Don't forget to bring valid ID or Token to sign up new equipment, and bring your water bottle!

We need more volunteers for our Wednesday Sports Nights to ensure our kids have a healthy place to relax and exercise on these nights; if you are a CMCA member and want to help our young ones: **Call us!**



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AFFORDABLE DENTAL CARE: Cut through the noise. Message received loud and clear from Albertans. We follow Alberta Blue Cross fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Thank you all!

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

FLAMINGO MUSIC: accepting students for Piano, Guitar, Violin, Bass, Drums, Voice, RCM, and Band. Ages 4 to adult. Open 7 days per week. Special needs welcome. Band nights, field trips, and performance opportunities. Starts at \$70-75 per month. Phone 587-470-7988 or e-mail info@flamingomusic.ca.

ADT SECURITY ALWAYS THERE: Secure your home with ADT, Canada's #1 Home Security Company. Bring your home into today's Smart Home Technology check the pulse of your home no matter where you are with "ADT Pulse" interactive home solution-control lights, garage, thermostat, and door locks. Contact your total security expert Ludlow Rodney 403-585-6399 or email Lrodney@adt.ca.

Help Wanted (Volunteers Needed)

Limited hours per month required!



Volunteer Coordinator

- Coordinate volunteers for different events and programs



Social Media Director

- Work with our event coordinators and board members to promote the hall and events through various social media outlets. Facebook, Twitter, Instagram etc.



School Liaisons

- Communicate news and activities between the community association and the local school.
- Looking to fill position for Bob Edwards Jr High.

“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”

- Oscar Wilde



Are you looking for other events going on throughout the city? Take a look at the <http://calgaryarea.com/index.php?p=communitylist> for all upcoming events at different communities around the city.

Safety Tip!

There is nothing like taking a nice walk in winter to appreciate the beauty of the season, but a bad fall can have serious consequences, especially if you are a senior. To enjoy your winter walk take some precautions:

- Choose a good pair of winter shoes
- Use a cane, or even a pair of ski poles or walking sticks to help with balance
- Wear a hip protector
- Wear bright colors or clothing with reflective material
- Wear a warm hat, scarf, and mittens or gloves
- Dress in layers
- Report hazards on sidewalks or pathways to the City
- Carry a small bag of grit, sand or cat litter in your jacket to sprinkle on icy surfaces
- And above, slow down and enjoy your walk.

Safety Update

January 2017

- Break and Enter – residence; 3
- Break and Enter – commercial; 0
- Break and Enter – shed/detached garages; 7
- Thefts – general property; 5
- Theft of motor vehicle – 12 (includes recovery)
- Theft from motor vehicle – 13
- Vandalism & Mischief – 3

The Calgary Joint Graffiti Investigative Team has put together a presentation pertaining to graffiti awareness and abatement within the communities. This is a free and open presentation to the members of the community designed to provide a better understanding of the effects of graffiti vandalism on homeowners, businesses and the overall community.

Learn how, and when, to report graffiti appropriately when an incident does occur and then see some insight into how graffiti is dealt with by the City. The presentation will be held in the early months of Spring, so this will be posted once everything is finalized.

Are you sick of the amount of shopping carts left abandon in our parks and back alleys? If so phone 311 and the store owners of the carts and maybe they

will get the message! Phone numbers of the stores are under FREQUENTLY REQUESTED NUMBERS.

Frequently Requested Phone Numbers

Alderman -Ward 10 Andre Chabot	403-268-5262
Calgary Police Service- Chris Langham	403-428-6400
M.L.A. Robyn Luff	403-216-5450
M.P. Deepak Obhrai	403-207-3030
Neighborhood Services Brenda Jay	403-366-3957.
City Information	311
City Police, Fire, Ambulance Emergency	911
Bylaw Enforcement	311
(animals, unsightly property, weeds, abandoned vehicles, unshovelled walks)	
Parking Control	403-537-7100
(illegally parked cars, unlicensed/expired licenses)	
Development Inspections	403-268-5415
Planning & Development	403-268-5351
Police (party noise)	403-266-1234
Roads Maintenance/Traffic Assessment	403-268-1636
Sewer Backup – 24 hours	403-268-1155
Shopping Cart pick up – Walmart	403-235-2352
Northgate Safeway	403-248-0848
Shopper's Drug Mart	403-248-2166





The Indoor Gardener

by Cindy DeJager

Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern

Microsorium musifolium 'Crocodyllus'

Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern

Nephrolepis cordifolia 'Lemon Button'

Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern

Adiantum raddianum 'Fritz Luth'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot

Humata tyermanii

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

Platycerium bifurcatum

Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern

Asplenium nidus

Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern

Pteris cretica 'Mayi'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern

Microsorium diversifolium

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern

Most common indoor fern.

Nephrolepis exaltata 'Fluffy Ruffles'

Medium to bright light and high humidity
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).



One of the biggest challenges of mental illness is feeling alone.

With SupportWorks, it doesn't have to be.

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit SupportWorks.ca

WINTER OPERATIONS AT YYC

Meet the Fleet

YYC is no stranger to snow and with over 3 million square metres of paved surface on the airfield, a 5 cm snowfall is the equivalent of 26,000 tonnes of snow!

Below are the steps our hard working crew takes to clear the runways on typical winter days ensuring safe and efficient operations:



Runway Sweepers begin the process by pushing snow to the edge of the runway. This sweeps the pavement clean and removes the bulk of the snow.



Plows push the piled snow from the edge of the runways to clear the side lighting.



Blowers blow the piled snow back towards the grassy areas.



Pavement De-icing Trucks are called into action during severe winter conditions as a preventative measure. They stop ice from sticking or forming on the pavement.

To learn more about operations at YYC visit yyc.com



YYC CALGARY INTERNATIONAL AIRPORT

CALGARY COMMUNITY EVENTS

Have no fear.... Cookies are here!

The month of March brings Girl Guide cookies that lead into April showers and hopefully result in May flowers. Watch at local venue locations or even your door step for our Girl Guide(s) and units with Spring Cookies. If we miss you or you would like to order cookies please contact Joanna Quinn at crystalpalacedistrict@gmail.com or 403-390-6949.



Also, a huge thank you to the community for your continued support. The community is so valuable in many ways. From providing girls to fill units, leaders to run those units and residents to help in various fundraisers and other activities. Without a working relationship with the community none of this would be possible. For that- a HUGE THANK YOU TO YOU!

Consider joining Girl Guides of Canada TODAY.... We are actively searching for girl members and leaders. Contact Joanna (above) or www.girlguides.ca for more details.

Blue Cart recycling Tip of the Month

Bag your bags!

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.

YES! Bundle all stretchy plastic bags together in one bag and tie the handles closed. Acceptable plastic bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags

~continued next page~

CALGARY woman's show

APRIL 8 & 9, 2017
BMO CENTRE, STAMPEDE PARK

OVER 300 EXHIBITS / SAMPLES / FREE SWAG
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calgarywomansshow.com

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ENTERTAINMENT STAGE

FASHION TO THE RESCUE
Presented by VetsToGo

WINE Garden

ENTER TO WIN! \$500 SHOPPING SPREE!



CLIMB FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB 1188 STAIRS

SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION

climbforwilderness.ca

CALGARY COMMUNITY EVENTS

- Plastic stretch wrap
- Bubble wrap

NO. Do not recycle these types of bags:

- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches

Suggested Tweet:

Did you know you need to bag your plastic bags before recycling in your blue cart? Make this easy change and recycle right! #yyc

March is Community Association Awareness Month! How Will You Be Part of It?

As proclaimed by Mayor Nenshi, March is Community Association Awareness Month!

Did you know that there are 151 community associations in Calgary providing you with endless opportunities right in your backyard, events that bring you together as neighbours, and a voice on behalf of your community on issues that affect you.

Did you also know that these community associations are run by volunteers? Your neighbours, your friends, and maybe even your family. In fact, there are over 20,000 volunteers involved, making it the largest collective volunteer movement here in Calgary!

How Will You Be Part of It?

Do you know what your community association offers you? Find out! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

This very community newsletter is just one of the many ways your community association works to keep you informed on events, topics, and issues of interest close to home - written and compiled by your neighbours.

So take a minute during March Community Association Awareness Month to be part of it and find out more

about your community association and how you can get involved!

Want to follow along with the action all month long? Keep an eye on the hashtag #HowWillYOUBePartOfIt on Twitter!

My Neighbour Card

A message from the Federation of Calgary Communities Building Safe Communities Program

The Federation of Calgary Communities, in partnership with the Calgary Police Service, have a friendly resource to encourage neighbours getting to know one another. The My Neighbour Card gives you space to write down the names and contact information for all of your neighbours, in case of an emergency. Do you have one? If not, they can be picked up through your community association.

Get to know your neighbours!



Are you looking for other events going on throughout the city? Take a look at the <http://calgaryarea.com/index.php?p=communitylist> for all upcoming events at different communities around the city.



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Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the concept

was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light mawny Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.

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