

FEBRUARY 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

# RUNDLE RUMBLES

THE OFFICIAL RUNDLE COMMUNITY NEWSLETTER







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Life.

We don't want you to miss it.™



Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)

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## RUNDLE COMMUNITY ASSOCIATION

2409-50 St NE Calgary, AB | T1Y 1Z5  
Phone: 403.280.4752 • [www.rundlecommunity.ca](http://www.rundlecommunity.ca)  
[rundlecommunity@shaw.ca](mailto:rundlecommunity@shaw.ca)

Delivered monthly to 4,200 households and businesses!

### Editorial Submissions

[rumbles@shaw.ca](mailto:rumbles@shaw.ca)  
All editorial content must be submitted by the 10<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

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### Published by Great News Publishing

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*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 Rundle 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 Rundle Community Association and Great News Publishing 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

## PRESIDENT'S MESSAGE

I am still waiting to hear back from Jill Sonego, the consultant with the City, regarding the next meeting date for resident engagement on the Rundle Station Master Plan. Once I hear back and dates are confirmed, there will be a posting on the Rundle Community Association Face Book page. Also, there will be signs in the community with the information.

Last month – January – I wrote about some activities that would be happening in the Summit Pub. Occasionally, plans change for unexpected reasons, and this is what happened to the Mixed Media and the Prairie's Edge events. Even though I try to be as accurate as possible in any information printed in the Rundle Rumbles, when things change after I send the article to print there is no way to change what was printed.

The best way to keep current about what is happening at the Community Association and the Summit Pub is to look on our Face Book page.

The **Mixed Media** event will be on **Friday February 10 starting at 7:00 pm ending at 9:00 pm. The cost is \$25.00/ person.** This will get you all the art supplies you will need (you are welcome to bring items from home as well) and 1 complimentary beverage from the bar. The maximum number of people for this event is 10. To register please contact Sue Holt 403-852-3952 or [sueholt93@gmail.com](mailto:sueholt93@gmail.com).

**Prairie's Edge** will be playing at the Summit Pub on **Friday March 3, 2017 starting at 8 pm until 11 pm.** I encourage all to come out, enjoy some good music, food and beverages. **AND Support your Community Association!**

The seniors group will be getting off the ground soon. Once I have contacted to people interested, a meeting will be set up to discuss the idea. I would like to welcome Steve Charles and Stu Bruce to the Rundle Board as reps for the Broncos Football club.

The **Family Day Skate** will be on **Monday February 20, from 11 am – 2 pm.** Come out and enjoy skating, hot chocolate, hot dogs, maybe some sledding on the hill and spend some time with your neighbors. This is a **FREE EVENT** sponsored by the Rundle Community Association Board of Directors. Please check Face Book for updates if the weather does not cooperate.

Respectfully Submitted

*Sue Holt, President, Rundle Community Association*

## EDITOR'S MESSAGE

A fantastic February to everyone! Gosh, I sure am glad that the long month of January is over and it will be a quick hop into March, where I usually begin to start seedlings ... optimistic I know!

Our Community centre continues to be a vibrant meeting place for families and functions. You haven't been yet? It is a hub of activity in the Summit Pub during the week, where you can play various games, have something delicious to eat, watch sports, mingle... c'mon down! The newsletter has lots of information on these events.

Family Day Skate - weather permitting, there should be ice, so bring your skates and sleds/helmets, etc. Join us behind the Community centre between 11am – 2pm for hot dogs, hot chocolate and a cookie... Families welcome FREE. Keep warm by the fire pit.



## Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

# RUNDLE Community Association



2409-50 St NE  
Calgary, AB | T1Y 1Z5  
Phone: 403.280.4752  
www.rundlecommunity.ca  
rundlecommunity@shaw.ca

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Bronco's Football	Stu Bruce	587-226-1270
Police-District 5		403-268-6500
MLA	Ricardo Miranda	403-280-4022
MP	Davinder Shorey	403-291-0018
Ward Councillor	Ray Jones	403-268-2430

## HALL RENTALS

We offer a bright and clean facility, whether it is for a wedding, anniversary, reception or meetings, etc., let us help you plan your event. The hall has the capacity for 225 persons, but can always be sectioned off to accommodate any size of gathering.

Rental of the hall is \$550.00, with a \$550.00 damage deposit. Please call us for further information – leave me a detailed message and your contact information. You may also message us on Facebook. Contact Wendy 403-280-4752.







BEAVERS – (aged 5-7) meet Thursdays at Rundle Community Association Bldg.  
CUBS – (aged 8-10) meet Mondays at Temple Community Association Bldg.  
SCOUTS – meet Tuesdays at Temple Community Association Bldg.  
VENTURERS/ROVERS – Meet as required  
For more information, contact Jacky Yasman 403-285-6682.

Celebrating 150 years of Canadian Wildlife!

## Alberta




**Who Am I?**




**Mountain Goat**

Eyes down, ready to fight,  
High in the Rocky Mountains.  
Head to head, like charging knights,  
We crash in the towering mountains.

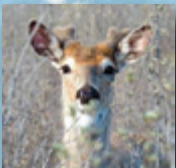


**Grizzly Bear**



**Bighorn Sheep**

Curled horns, sprightly legs,  
Scaling the rugged mountains.  
A battering ram is what I am,  
At home in the Rocky Mountains!



**White-tailed Deer**

**Turn Page Upside-down for Answer**

*I'm a Bighorn Sheep*

© Rosemary Gell, 2016

Compliments of the Friends of the Bowmont Natural Environment Park Area



## Community Membership Application

Family membership is only \$10 per year  
Please make your cheque out to: Rundle Community Association  
and mail to: 2409 – 50 St. NE Calgary, Ab T1Y 1Z5

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Spouse/Family Members Names \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Consent requested. You request permission to receive emails from the Rundle Community Assoc.

YES \_\_\_\_\_ NO \_\_\_\_\_

You may withdraw your consent anytime by emailing rundlecommunity@shaw.ca and placing  
"Please unsubscribe me" in the subject line.



## IN & AROUND CALGARY



### Women's English and Social Group

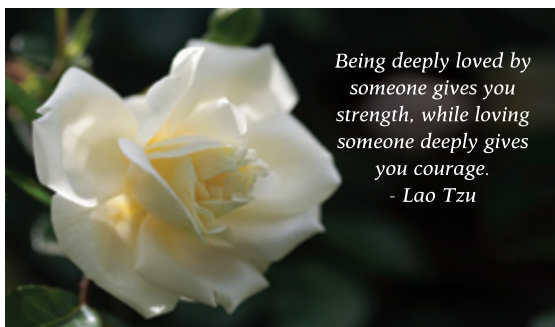
Meet your neighbours & practice English!

The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community.

Registration is FREE and there are no minimal English requirements. Groups meet once a week for 2 hours to practice English, make new friends and have fun! Free childcare is also provided (6 months – 6 years). JOIN ANYTIME!

**Village Square Library 2623 56th Street NE**  
**Thursdays 10:00am -12:00pm**

Debra Colley, Program Coordinator  
Calgary Immigrant Women's Association  
Email: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)  
Phone: 403-444-1752  
Website: [www.ciwa-online.com](http://www.ciwa-online.com)



*Being deeply loved by  
someone gives you  
strength, while loving  
someone deeply gives  
you courage.*  
- Lao Tzu

## Suggestion Box

We are always open to suggestions and improvements that are helpful, and if you just want to give our staff/management any praise, we're open to that too. Let us know how we are doing!

### Summit Pub

Open Tuesday to Saturday from 4pm – 10pm  
(sometimes later)

Monday - Closed  
Tuesday - Crib Night - everyone welcome  
Wednesday - Wing Night  
Thursdays - Euchre - bring a partner  
Friday - every 2<sup>nd</sup> is karaoke night  
Saturday - sometimes there's a movie!  
Sunday - Closed

**Prairie's Edge will be back at the pub**  
Friday, March 3, 8 – 11 pm



### Bingo and Fundraising

If you can volunteer for this fund-raising event, please call Mary at 403-280-3976. If you have never 'done bingo' before, no worry! Training is provided – just show up 10 minutes early. Refreshments are provided for workers.

Volunteering your time can help you pay for school and youth activities, as they provide you with a VOUCHER you can use to offset these fees. A few hours can make a HUGE difference!

### Yoga

Monday Nights at Rundle Community Hall 2409 – 50 St NE  
Thursday Nights at Prince of Faith church - 2523 – 56 St NE  
Contact Val - 403-809-2170 email [perizad3@gmail.com](mailto:perizad3@gmail.com)

## Winter/Spring 2017 New Friends & Neighbourhood Groups Calgary Immigrant Women's Association



- Practice English and make new friends
- Sessions run from September to December and January to June
- Join anytime
- Free childcare (6 months - 6 years)

**Contact:**  
**Debra Colley at (403-444-1752) or [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)**

#### Thornhill Group (Judith Umbach Library)

6617 Centre Street N (Judith Umbach Library)  
Mondays 10AM - Noon (Jan 9 - June 19)

#### Manchester Group

5717 2nd Street SW (2nd Floor Program Room)  
Tuesdays 10AM - Noon (Jan 10 - June 20)

#### Beddington Group

16 Bermuda Drive N.W (Agape Language Centre)  
Tuesdays 1-3PM (Jan 10 - June 20)

#### Westbrook Group (Nicholls Family Library)

1421 33 Street SW (Program Room)  
Tuesdays 1-3 PM (Jan 10 - June 20)

#### Edgemont Group

224 Edgeburn Lane N.W  
Wednesdays 10AM - Noon (Jan 11 - June 21)

#### Saddletowne Library Group

7556 Falconridge Blvd N.E (Program Room)  
Wednesdays 1-3PM (Jan 11 - June 21)

#### Ranchlands Group

7750 Ranchview Dr NW, Unit #23 (NW Islamic Centre)  
Thursdays 10AM - Noon (Jan 12 - June 22)

#### Forest Lawn Library Group

4807 8th Avenue S.E (Program Room)  
Thursdays 1-3 PM (Jan 12 - June 22)

#### Shawnessy Library Group

333 Shawville Blvd S.E (Program Room)  
Mondays 1-3 PM (Jan 9 - June 19)

#### Varsity Group

4612 Varsity Drive N.W (Varsity Acres Church Cafe)  
Tuesdays 10AM - Noon (Jan 10 - June 20)

#### Fish Creek Library Group

11161 Bonaventure Drive S.E (Program Room)  
Tuesdays 1-3 PM (Jan 10 - June 20)

#### Bowness Group

4712 21st Avenue N.W (New Life Church Basement)  
Wednesdays 10AM - Noon (Jan 11 - June 21)

#### Marda Loop Group

3818 14A Street S.W (River Park Church - Room 110)  
Wednesdays 10AM - Noon (Jan 11 - June 21)

**CIWA Evening Group** - Ongoing all year round  
*Free Childcare (19 months - 6 years)*  
138 - 4th Avenue S.E (Room 232)  
Wednesdays 5-7 PM

#### Village Square Library Group

2623 56th Street N.E (Library Program Room)  
Thursdays 10AM - Noon (Jan 12 - June 22)

#### Chinatown Group

114 - 3rd Avenue S.E (Room 208)  
Fridays 1-3 PM (Jan 13 - June 23)

**Calgary Immigrant Women's Association**  
**#200, 138 - 4th Ave SE | (403) 263-4414 | [www.ciwa-online.com](http://www.ciwa-online.com)**



# Ask Charles

*I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?*

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).*

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**403-285-4855**

email: [info@kingskidsfoundation.ca](mailto:info@kingskidsfoundation.ca)

[www.kingskidsfoundation.ca](http://www.kingskidsfoundation.ca)







# Plantar Fasciitis

## Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneus) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

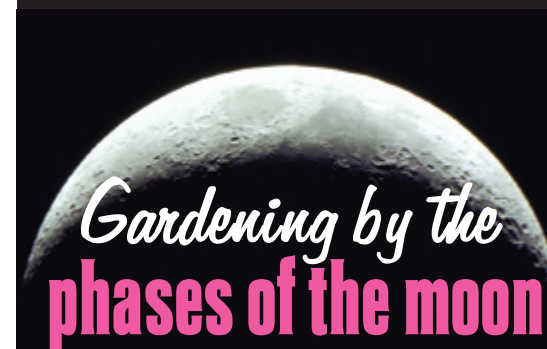
The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)



## Gardening by the phases of the moon

### February 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

### February 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

### February 18 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

### February 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



## Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



# The Common Redpoll A Winter Migrant to Alberta

Article by J.G.Turner  
Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

## Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into

the lower Canadian provinces in late autumn.

- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up, then find a sheltered and safe spot to shell and eat the seeds at their leisure.
- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

## BRAIN GAMES

## SUDOKU

		1		6		3		9
					4	1	7	5
							6	
7							1	4
	4		2		6		8	
1	5							2
	3							
5	1	4	8					
6		8		7		2		

FIND SOLUTION ON PAGE 18

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre**

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

**Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre**

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at [www.storybooktheatre.org](http://www.storybooktheatre.org)

**Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre**

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at [www.pumphousetheatre.ca](http://www.pumphousetheatre.ca)

**Mar. 16, Hodgetwins at the Laugh Shop**

These American identical twins have some the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at [www.thelaughshopcalgary.com](http://www.thelaughshopcalgary.com)

**Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre**

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

**Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome**

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at [www.scotiabank.saddledomecalgary.com](http://www.scotiabank.saddledomecalgary.com)

MAR. 3 – 12

**THE BIG TASTE FOODIE FESTIVAL**

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at [www.calgarydowntown.com/the-big-taste](http://www.calgarydowntown.com/the-big-taste)



MAR. 7

**AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL**

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at [www.artsccommons.ca/WhatsOn/](http://www.artsccommons.ca/WhatsOn/)



MAR. 23

**GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN**

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at [www.poppyinnovations.ca](http://www.poppyinnovations.ca)







# Succulents & Cacti

Barbara Shorrock

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word “succulent” comes from the Latin word “sucus”, meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as *Schlumbergera*/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *Sedum Morganianum*, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *Sempervivum*, among others. The “hen” is the main parent plant, and the “chicks” are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climates, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willowy stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When repotting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?



**Sharing books and loving feelings!**  
In February, with the celebration of Valentine’s Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

- Three ways you might celebrate International Book Giving Day:**
- Gift a book to a child in your life
  - Leave a book in a waiting room or at a bus stop for children to read (and keep)
  - Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

**Our Favourite Book of the Month**  
This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

**In My Heart: A Book of Feelings** by Jo Witek (Author), Christine Roussey (Illustrator)



*Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You’ll also find resources to help your child develop critical literacy skills and the joy of reading: [calgaryreads.com](http://calgaryreads.com)

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**CALGARY JAZZ DANCE:** Kids Dance Classes! Meet new friends and stay active. Winter session for acro/jazz (ages 4+) on Mondays. Certified and professional instruction. We are located in Mayland Heights at the Evergreen Community Spaces. Acro, Jazz, Tap, Ballet and Hip Hop classes coming soon! Visit our website at [calgaryjazzdance.com](http://calgaryjazzdance.com) to register or call Arlene at 403-835-4535. New students welcome.

**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](http://www.communitymediation.ca), 403-269-2707.



Name	Age	Contact	Course
Mona	15	403-401-2459	Yes
Sherry	50	587-889-6203	Yes

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**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



# Happy February Everyone!

The end of winter is almost in sight! At Calgary Humane Society our dogs and dedicated dog walking volunteers are hoping for an early spring, but they have been keeping busy and enjoying plenty of time outside despite the snow and cold this winter.

This month, we wanted to share with you three of the great projects our kids clubs and winter camps have been working on! If the cold weather or snow has you staying closer to home, these projects will hopefully be a hit with the whole family! Not only will the humans have some creative fun, your fluffy friend will also enjoy your finished project!

**1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!

**2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'.

**3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

From all of us at Calgary Humane Society, have a happy and safe February!

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**BRAIN GAMES**

## SUDOKU

4	7	1	5	6	8	3	2	9
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