

MAY 2019

DELIVERED MONTHLY TO 4,700 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



SCOTCH, WINE & CHEESE EVENT
MAY 25TH

**PICKLE BALL COMING
TO ARBOUR LAKE**



REJOICE. LIFE'S SMALL VICTORIES.

If you're without employer-sponsored benefits, we have a plan that fits your needs and your budget—so you can spend time enjoying the little things.



1-800-AB-CROSS | ab.bluecross.ca

®*The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. ®*Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. IP18-021 2019/04



**FOR
LEASE**



- Free client surface parking (2 HOUR MAXIMUM)
- Underground parking – \$195/month (DON'T WAIT, LIMITED AVAILABILITY)
- LRT station stop directly across from business centre

EXECUTIVE CENTRE SERVICES INCLUDE:

- Common waiting/reception area with shared Office Receptionist (INCLUDES: SERVICES OF GREETING & ANNOUNCING CLIENTS, PHONE SWITCHBOARD, MAIL DELIVERY / COURIER SERVICES)
- 2 furnished boardrooms for client meetings
- Shared kitchen with fridge, microwave, dishwasher
- Coffee, tea & filtered water provided to Tenants, and their clients
- Daily office janitorial service
- Photocopier with B&W, colour copies, and fax option; copies charged on a per item basis (LOCAL FAXING & SCANNING IS FREE)

AVAILABLE for LEASE in VARSITY EXECUTIVE OFFICES in a BRAND NEW Building!

8 Varsity Estates Circle NW

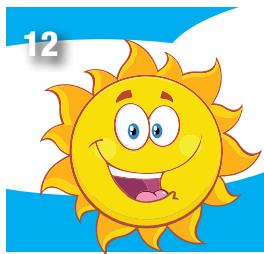
Prices range from \$864/month to \$2148/month

**For more information and/or to schedule a private viewing,
PLEASE CONTACT JANICE AT 403-686-8378**



CONTENTS

- 5 ALRA BOARD REPORT
- 6 UPCOMING EVENTS
- 8 HALL PROGRAMS
- 10 KIDS PAGES
- 12 SUMMER PROGRAMS
- 15 COUNCILLOR JOE MAGLIOCCA'S REPORT
- 16 GUIDES: WICHEWAKN DISTRICT
- 17 MP PAT KELLY'S REPORT
- 17 BUSINESS CLASSIFIEDS



Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Arbour Lake Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Arbour Lake Community and/or Residents' 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.

Your Arbour Lake - Designed, manufactured, and delivered monthly to 4,700 Households by:

GREAT NEWS MEDIA 
LEADERS IN COMMUNITY FOCUSED MARKETING

Magazine Editors

Vanessa Gillard
Alexa Takayama
news@greatnewsmedia.ca

Design | Graphics

Rosemarie Bartschak
Joanne Bergen
Marina Litvak
Freddy Meynard
Carolina Tatar

Advertising Sales

Sam Brown
Susan Lavoie
Kay Petryk
sales@greatnewsmedia.ca | 403 720 0762

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:



To Advertise Call 403 720 0762
Email sales@greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

ALRA BOARD REPORT

Hello Arbour Lake Residents!

There has been a lot going on at the lake in preparation for the 2018 Spring / Summer season!

The lake closed on March 15th for skating.

The summer program registration opened March 4th. Make sure you register; you don't want you to miss out on the summer fun! Camps are for children ages 5 – 12. The 5-year-olds must be finished Kindergarten and entering grade 1 in the fall of 2019.

Many residents have requested that we have pickle ball at Arbour Lake Tennis courts. We are so excited to announce that the City of Calgary will be adding Pickle Ball Line to the Arbour Lake Tennis courts very soon! This has been a long time coming and should add an exciting element to our summer fun. As soon as we hear a firm date, we will let everyone know.

The ALRA Hall is booking up quickly for the summer season. If you are needing a rental, please don't wait! Come down to the office to reserve. Rentals must be done in person.

Do you have an idea for an event or program at Arbour Lake? The ALRA is always looking for new and exciting ideas. Come down to the lake for a coffee or contact us at communications@arbourlake.com We would love to hear from you!

This is from an Arbour Lake Resident that ran into this issue!

TO POLY B HOMEOWNERS, you may want to get an insurance rider that covers the main water line from the city. If you have poly B pipes in your house, then most likely your main water feed from the city is poly B also. The feed to my home failed. Indicators of this failure are loss of water pressure, water present on your property and water on or under your basement pad. In most cases you are responsible for repairs about one foot or so past the water shutoff valve. The city runs copper to this point. However, if you have electricity or gas lines (right of way) running between the shutoff valve and your home, the city usually runs the copper past these utilities. You can call 1-800-242-3447 for utilities locations. The city copper line ended two feet from my garage. The city thought the

leak was at this point. The backhoe operator said that 90% of leaks are at the coupling. The city water man said that it was a matter of time before the ploy B would fail. Due to the utilities they could not dig parallel to the line but had to dig at 90-degree angle to get to it. After the hole was dug so far, we had to call in a hydro vac truck (\$250 - \$300 per hour) to excavate the rest of the way as we did not want to snag the line and break it. The line was 11 ½ feet down. The line was cut, and a cable ran through it with an expander on it that split the old line. The new line was attached to the cable. This cable is then pulled through the old line. After it was installed the new line could be moved by hand. They did not have to breakup my basement floor. There is an insurance rider that will cover part or all of the cost of repairs for \$40 to \$120 a year. Not all companies have this rider, INTRA, Wawamesa, Economical and Aleve are four. If your insurance does not offer this rider. Then Epcore through Homeserve 1-855-336-2465 offers a separate rider for \$5.99 a month for 7K and \$9.99 a month for 10K. The cost of repair runs from 8K to 20K plus depending on how much digging and concrete replacement you have. This is an option you may wish to look into.



vecova 50 years

Skip the Trip!



Vecova's Bottle Pick-Up Service will bring your bottles to our depot.

Together, we create a social impact by employing persons with disabilities in an inclusive work force.

- 1. Sign-up:** Create a free account online.
- 2. Set-up:** We drop off your collection supplies.
- 3. Pick-up:** We pick up your bottles.
- 4. Tax receipt:** You receive an annual tax receipt.

It's free, it's simple, sign up today!
recyclewithvecova.ca

3304 33 Street NW, Calgary AB | vecova.ca | (403) 284-1121

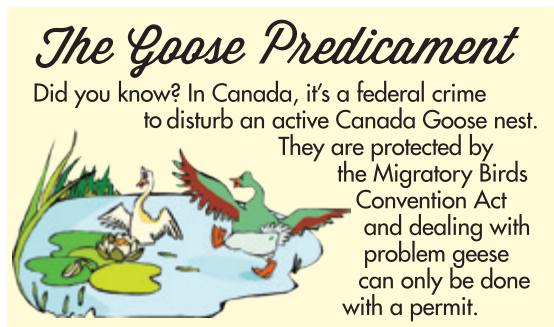
UPCOMING EVENTS

Scotch, Wine & Cheese Event – Saturday May 25th

In the Arbour Lake Residents Hall, 6:30-9:00pm

Mingle with your neighbours or meet someone new while sampling some fine wine, scotch and cheese. This is a great opportunity to learn more about wine, cheese and the people in your community!

*Must be an Arbour Lake Resident and have your lake card to enter. 18+ Event



COMMUNICATION

We are coming in to the digital age at Arbour Lake Residents Association. Please stop by the lake office or send an email to info@arbourslake.com to let us know what your email address is. All future AGM information and billing invoices will be sent to registered members via email so please confirm your information with us.

The Arbour Lake Residents Association is always looking for volunteers. If you are interested in volunteering to help make Arbour Lake great, please email communications@arbourslake.com

Do you have ideas for new seniors' programs you would like to see? We are always looking for new ideas and extra hands! Keep up to date on all of the lake news at www.arbourslake.com Board transparency is of the utmost importance to us. Please feel free to email us if you have any questions.

The Arbour Lake Residents Association AGM will be held on Wednesday, September 25th, 2019 in the Residents Hall. The AGM Package will be sent electronically. Please contact the lake office as soon as possible with your email address. info@arbourslake.com

WHAT'S UP AT THE LAKE

Spring is here!

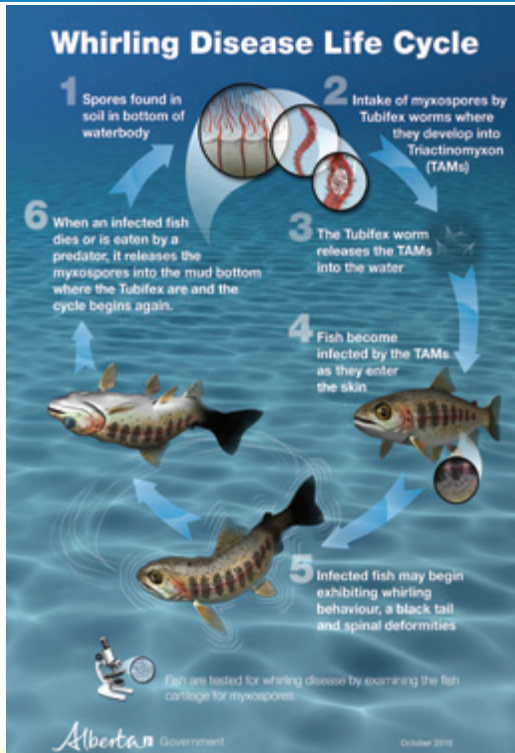
The lake is now open for fishing! Boats will not be allowed on the lake until the water temperature is consistently above 10°C. See our website for information on the lake status or call the office if you have any questions. A reminder that flagpoles are located around the lake and at the Front Entrance.

RED: full closure (stay off and far away from the water).

YELLOW: partial closure (contact the lake office or check the website for updates).

GREEN: the lake is open for all activities

Check www.arbourslake.com, Arbour Lake Residents Association on Facebook or [@arbourslakekeyc](https://twitter.com/arbourslakekeyc) on Twitter for updates on lake conditions



NOTICE

You CANNOT use live bait, corn, bread, minnows, smelts, fish or nets to catch fish.

You CANNOT use barbed hooks, triple hooks or egg hooks!!!

CATCH AND RELEASE ONLY

THIS IS FOR ALL FISH OF ALL SIZES AND KINDS!

Injured fish that cannot be returned to the water, MUST be handed over to a staff member for disposal.



Arbour Lake Residents Hall Rentals:

Please see our website at www.arbourlake.com for rental information or visit the lake office

Monday – Friday 9am –4pm.

E: hallrentals@arbourlake.com, Ph: 403-241-2628

Fishing is Catch & Release ONLY!

At this time, only catch and release fishing will be permitted at Arbour Lake, until further notice. THERE WILL BE NO KEEPING OF ANY FISH OF ANY SIZE OR KIND! This is a result of Alberta Environment and Parks shutting down all fish stocking within the bow river drainage area, of which Arbour Lake is included. Due to whirling disease found in the Bow River and commercial fish culture operations no fish may be kept. Any fish that cannot be returned to the water, must be surrendered to a staff member.

More information regarding whirling disease can be found at <http://aep.alberta.ca/fish-wildlife/wildlife-diseases/whirling-disease/default.aspx>

Fishing

- May only be done from the designated fishing docks.
- Hooks must be Barbless and egg hooks are not permitted. No Triple hooks are to be used. This ensures the survival of released fish.
- No live bait, corn, bread, minnows, smelts, fish or nets may be used to catch fish.
- Only one rod per resident may be cast at any one time and fishing lines must be attended to at all times.
- Random tackle box, bag and hook checks will be performed to ensure all Rules & Regulations are being followed.

THE WRIGHT HANDYMAN
specializes in small scale construction (sheds, decks, and fences) as well as fixing or replacing old or worn out parts of your home.
Licensed and Insured for your peace of mind.
☎ 403-681-5641
✉ wrighthandyman@telus.net
🌐 wrighthandyman.ca

HALL PROGRAMS

The Arbour Lake Residents Hall hosts various programs through the Arbour Lake Residents Association as well as independent groups. Keep busy and connect with others through our various programs!

Arbour Lake Seniors Group: Tuesdays

Seniors come and enjoy a coffee, play games and socialize with other residents, they meet Tuesdays from 12:30 – 3:30pm in the Arbour Lake Residents Hall. Feel free to contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Arbour Lake Book Club: Second Monday of each month

This group meets on the second Monday of each month in the Arbour Lake Residents Hall from 1:00 – 2:30pm. This voluntary group of reading enthusiasts meets to chat about the book the group has read for the month, while getting to know members of Arbour Lake. The book club will be discussing "The Boat People- Sharon Bala" on May 6th and on June 3rd "The 19th wife by David Ebershoff"

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. Programs are offered throughout the year and include "Strangers & Dangers", "Don't Touch! It's my Body", "Home Alone Safety", and "Red Cross Babysitter Program". For more information or to register, please visit www.childsafecanada.com.

Foxy Kickboxing: This Fitness Class is for Women and run by Women. It is sure to turn you into a "Knockout"! Program runs Mondays 7:15pm – 8:15pm throughout the entire year in the Arbour Lake Residents Hall. For program information, please call 1-888-974-3699 or visit www.foxykickboxing.ca.

Tabata Boot Camp: Get results fast in a fun 6-week Bootcamp. Boot Camp sessions run Tuesdays & Thursdays 6:30-7:30pm, and Mind Body Seated Fitness runs Wednesday's from 1:20-2:30PM in the Arbour Lake Residents Hall. For details and to register visit www.tabatawithjudi.com or email tabatawithjudi@shaw.ca.

Zumba

Zumba class is finally here! Come and join the party for 1 hour of exciting music and fun dance moves Saturday's from 10:15-11:15AM in the Arbour Lake Residents Hall. No experience required and all levels welcome. Drop in is \$15 a class. For details and to register email Maritzia at, maritzalvarez2003@yahoo.com

SportBall

Parent & child multisport activities Monday's two class times 9:30am-10:15am (2-3YRS) and 10:15am-11:45am (3-5 YRS.). Visit sportball.ca to register or call 403-700-7994.



It's Spring Cleaning Time

A message from the Federation of Calgary Communities

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free, and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

Acceptable items include:

- Furniture
- Yard waste (organic trucks will be available)
- Broken/unusable products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!

Happy Spring Cleaning!

Volunteering
is good for the soul

ALRA VISION & MISSION STATEMENT

VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.



MISSION STATEMENT

The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

ARBOUR LAKE RESIDENTS ASSOCIATION

403-241-2628

www.arbourlake.com. info@arbourlake.com

ARBOUR LAKE RESIDENTS HALL RENTALS:

Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Friday 9am-4pm. Email: hallrentals@arbourlake.com. Phone: 403-241-2628

ARBOUR LAKE PARTY ROOM RENTALS

Party Room Rentals:
Rentals are run in 3hr intervals
10am-1pm, 1:30pm-4:30pm, 5pm-8pm
No rentals before opening or after closing time.
16 people MAXIMUM, guest list needed 1 week before rental.

Rates:
\$45/3 hour interval

Bookings:
Party room bookings can be made Monday-Friday 9am-4pm **IN PERSON** at ALRA lake office.

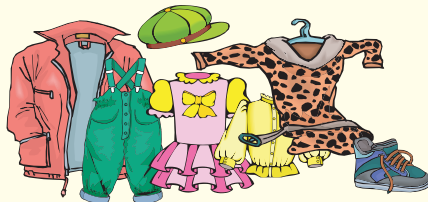
12 Arbour Lake Drive NW
Phone: 403-241-2628
E-mail: hallrentals@arbourlake.com
Website: arbourlake.com/rentals

Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Friday 9am – 4pm. **Party room can only be rented by registered members of the Arbour Lake Residents Association.** Maximum capacity is 16 people. Cost is \$45 for a 3-hour block (10am – 1pm, 1:30pm – 4:30pm or 5pm – 8pm).

Clothing Donation Bin

Have your kids grown out of their new clothes before actually wearing them? Do you have clothes in your closet taking up space that you don't really wear? Arbour Lake Residents Association has a clothing donation bin in front of the lake office, close to the fire lane. Drop off your gently used clothing to help clear up the clutter in your closet. Clothing will only be accepted in bags, dropped inside the container. Bags or items left next to the donation bin will be sent to the landfill. **No household goods please!**

Did you know that over 10,000 tons of textiles was dumped into the City of Calgary landfill in 2014? That pile of clothes would be as tall as the Calgary Tower.

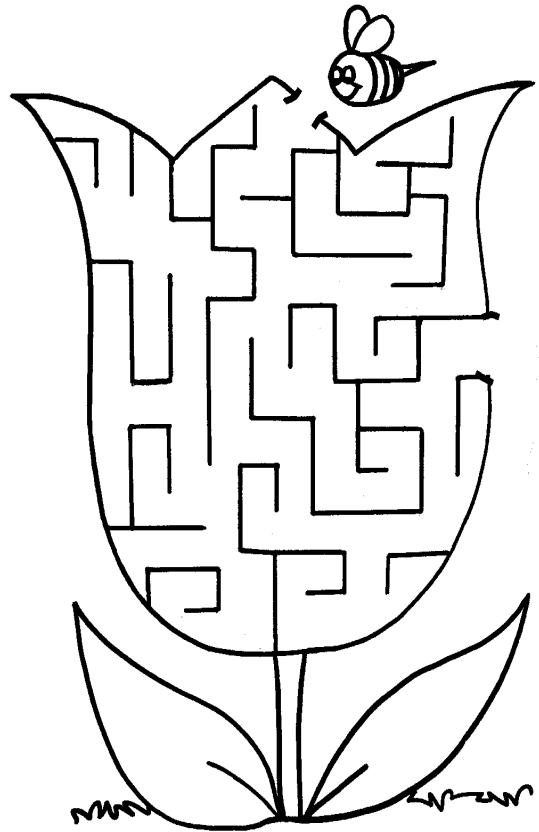


May Word Search Puzzle

I T H T W O R G I S U N C C H
 E R S Y A D E N O Y T R I H T
 Y A D Y A M T S A I N H N O N
 A W T H I E U M N O N T C H O
 D O F N Y R G M R A Y G O O M
 A T I Y U L N I O T S N D A H
 I E L A G N I T H G I N E M T
 R S T D E B M L T N A U M W F
 O T P S I T O S W I P R A O I
 T B A R B L O Y A N N R Y A F
 C M E E I D L M H E M A O F T
 I E R H M N B A I D A R O M A
 V N G T O D G D S R E W O L F
 M E M O R I A L D A Y E S S O
 F S E M E R A L D G P R I N G

BLOOMING
 CINCO DE MAYO
 EMERALD
 FIFTH MONTH
 FLOWERS
 GARDENING
 GEMINI
 GROWTH
 HAWTHORN
 LILY

MAIA
 MAY DAY
 MEMORIAL DAY
 MOTHER'S DAY
 NIGHTINGALE
 SPRING
 TAURUS
 THIRTY-ONE DAYS
 VICTORIA DAY
 WARM





Name: _____

Phone #: _____

Address: _____

*Colour the picture
and drop it off at
the lake office for a
chance to win a
great prize!*

**The winner for March 2019 are Emily and Sofia.
Please stop by the lake office to pick up your prize!**



SUMMER PROGRAMS 2019

Registration for Summer Programs is now open! Register early as programs fill up quickly and there is limited space available. Classes are subject to change or cancellation. For more information on Summer Programs, visit the Programs & Events tab at www.arbourlake.com.

Beginner Tennis

Beginner lessons available for ages 6-8, 9-12, and adult (13+).

Water Safety

The basics of water safety made for Arbour Lake! Perfect for young children or children soon receiving their first lake card.

Youth Rod and Reel

Learn basic fishing techniques, what equipment to use and what bait will catch you the biggest fish in the lake!

Kayaking

Classes on the kayaking basics available for ages 8-12 and adult (13+).

Canoeing

Classes on the canoeing basics available for ages 8-12 and adult (13+).

Stand up Paddleboard

Classes on paddle boarding basics available for ages 8-12 and adult (13+).

Summer Camps 2019

This year Arbour Lake Residents Association is proud to offer 7 weeks of children's summer camps! All camps run Monday – Friday from 9:00am – 3:00pm. Activities are subject to change. Children must be ages 5*-12 to participate in summer camps and be current residents of Arbour Lake. *(5 year old must be finished kindergarten and entering grade 1)* Visit our website for program information and registration forms www.arbourlake.com

All registrations must be done in person at the lake office.

There is "Early Bird pricing" for camp registrations until May 31st so don't delay!

Finding Summer! (July 2nd-5th)

Kick off another amazing summer at the lake with swimming at Riley Park Outdoor pool and jumping at Injanarion!

Make a Splash! (July 8th-12th)

This week is for all you little fish at Arbour Lake! We'll be checking out the new Rocky Ridge YMCA pool, Stanley Park Outdoor Pool and swimming at Southland Leisure Centre.

Animal Kingdom! (July 15th-19th)

This week is all about the animal kingdom, we'll visit the lions at the Calgary zoo, Paddle Board at the lake, and pet some cute and fluffies at Butterfield Acres.

Adventure Time! (July 22nd-26th)

Are you ready for an adventure? Join us at Calgary corn maze, Calaway park and for our 2nd Annual Cabela's fishing Derby.

Time Hop (July 29th-August 2nd)

This week we are going way back in time to Heritage Park, Paddle boarding around Arbour Lake and soaring to new heights at Extreme Air Park.

Sea 2 Sky! (August 6th-9th)

Get ready to splash around at Southland Leisure Centre and climb sky high at Calgary Climbing Centre.

Hop, Skip & Jump! (August 12th-16th)

We'll be hopping down to Telus Spark, skipping over

Spring & Summer Program
Registration

Programs include:

- Tennis, Canoeing, Kayaking, Youth Rod & Reel, Tai Chi on the beach, Stand up paddle boarding, Water safety, Fly casting

8 Weeks of Summer camp and MORE!!

Download 2019 Spring/Summer programs brochure at www.arbourlake.com for more details on the programs

Registration is **NOW OPEN** at the Lake Office
In person registration only!
Payment method accepted: Cash, Cheque, Debit, Visa, Mastercard

Finding Summer! July 2 -5*

Riley Park Outdoor Pool & Injanation

Make a Splash! July 8-12

Rocky Ridge YMCA Pool, Stanley Park Outdoor Pool & Southland Leisure

Animal Kingdom! July 15-19

Butterfield Acres, Paddle Boarding & Calgary Zoo

Adventure Time! July 22-26

Calgary Corn Maze, Cabela's Fishing Derby & Calaway Park

Time Hop! July 29-Aug 2

Heritage Park, Paddle Boarding & Extreme Air Park

EARLY BIRD PRICING
ONLY \$175/WEEK
BEFORE JUNE 1ST

*\$140 FOR SHORT WEEKS

Sea 2 Sky! Aug 6-9*

Southland Leisure & Calgary Climbing Centre

Hop, Ship & Jump! Aug 12-16

Telus Spark, Riley Park Outdoor Pool & Injanation

Aloha Summer! Aug 19-23

Glow Bowling, Paddle Boarding & Calaway Park

ARBOUR LAKE ADVENTURE CAMP

8 WEEKS AVAILABLE
JULY 2
-to-
AUG 23
Weekdays
9am-3pm

FOR KIDS
AGES 5+ -12
*5 YEAR OLD'S
MUST BE
ENTERING CC-1



Register at the ALRA office 12 Arbour Lake Dr. NW
Email: camps@arburlake.com Call: 403-241-2628

to Riley Park Outdoor Pool and jumping around at Injanation.

Aloha Summer (August 19th-23rd)

It's time to say "Aloha, Summer" but we're not going out without a bang. We'll be doing some intergalactic glow in the dark bowling. Paddle Boarding and best of all visiting Calaway Park.

Before and After Care (All Camp Dates)

This program is for children already registered in Daycamp(s). Before and After Care supervision runs one hour before camp and two hours after camp.

REGISTRATION FOR BEFORE AND AFTER CARE CLOSES AT 5PM ON THE FRIDAY BEFORE THE APPLICABLE CAMP START DATE.

Summer Volunteer Opportunity!

Arbour Lake Adventure Camp is seeking energetic and motivated volunteers for this upcoming summer. Volunteers should be entering grade 11 or 12, enjoy working with kids, and looking to gain experience and have fun this summer! Please contact Hayley at camps@arburlake.com for more information.

HALL RENTALS BASICS

Can I rent the hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations and personal events such as birthday parties.

When can I book hall rentals?

Hall rentals must be booked at the Lake office Monday - Friday from 9am - 4pm. You must come into the lake office to book your rental as we must go through a rental contract and necessary information with you.

What do I need to rent the hall?

You need your photo ID, payment for the hall rental, and a damage deposit cheque for \$400.00 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

Where is more rental information?

Website: www.arbourlake.com

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

Lake Office: Monday - Friday (9am - 4pm)



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit Calgary.ca/publicnotices to see detailed information on development activity in your neighbourhood.



19-00317417



first2000days
Early Childhood Development Network
North West Coalitions




**Councillor, Ward 2
Joe Magliocca**
☎ 403-268-2430
✉ Joe.Magliocca@calgary.ca
🌐 Calgary.ca/ward2
📘 Joe Magliocca
📱 @Joe_Magliocca

Play With Me, Please!

As grandparents or seniors, when we hear a child ask us to play, do we think about how we played as children? Or do we think that we don't know how to play in today's fast-paced, electronic world? Exploring outside, making up games and stories with friends, spending afternoons building elaborate structures with sofa cushions and blankets or making mud pies in the back yard; these are all still wonderful ways to play. We know that spending time outside and in natural settings builds better brains and that positively connecting with other people helps children learn social and emotional skills. Having sensory experiences encourages connections in the brain and helps children with more complex learning later in life, (like reading and writing). Using imagination to transform pillows and blankets into a pirate hideaway or a princess castle promotes problem solving, language development and cooperation.

So, the next time a young child in your life asks you to play, think back to your childhood and jump right in! You can make a difference in a child's life just by taking the time to play; the most important thing is to be available and enjoy the experience!

For more information on children's brain development watch the video *The Core Story of Brain Development* at <https://www.albertafamilywellness.org/resources/watch/how-brains-are-built-core-story-of-brain-development/> *if you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.*



Simply Divine!

The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).

As the weather warms up, more potholes develop along our city's 16,000 kilometres of paved streets and 2,900 km of back lanes. Repairing potholes is a priority when maintaining Calgary's roads. Work begins as soon as temperatures reach seasonal averages and continues through the summer. Dry pavement and warm weather are needed for a lasting fix. In residential areas, we rely on citizens and City crews to report concerns. Please submit an online service request to report potholes in your community at calgary.ca/potholes.

The City is in the process of street sweeping the material left behind from winter. A parking ban is in effect when Street Sweeping community signs with "No Parking" symbols are placed around a community during Spring Clean-up. Any vehicle that has not been removed from the street in the area is subject to ticketing. Vehicles are also subject to be towed if the "No Parking" signs are placed along the road. These signs will be placed at least 12 hours prior to street sweeping. For more information, visit calgary.ca/sweep.

Neighbour Day is quickly approaching. Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year, Neighbour Day falls on Saturday, June 15. The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019, The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019. For more information on Neighbour Day, visit calgary.ca/NeighbourDay. You may also inform my office of planned Neighbour Day events at ward02@calgary.ca.



TNC PLUMBING

- All your household plumbing & gas fitting needs
- Northwest residence
 - Quick response
- Renovations & additions
 - Hot water tanks
- Free quotes & same day service

Call Tye the Plumber 403-399-8640



WICHEWAKN DISTRICT



by Sue Collins, a.k.a. "Queen Bee"

10th Trex

Yes! Girl Guides camp all year. The 10th Trex Unit hosted a camp for Guide aged girls (ages 9-11) to learn some camping skills using a Harry Potter theme. The Guides learnt knife skills in a fun way by making their own wands. The cold didn't stop them when they were running about playing Dementor Tag. They got some camp cooking tips using herbs in herbology and made their own "Mandrake". A full turkey dinner feast (with all the fixings) rounded out the weekend. A great time was had by all. Girls Guides accepts new registrations on an ongoing basis. You can find a unit near you using the following link: <https://www.girlguides.ca/web/join-us>

If you have been considering getting your daughter involved in Girl Guides but you are not sure what it is all about or where to start, contact Laurie: Laurie Lin, District Commissioner Wichewakn District. wichewakn@hotmail.com



**REVOLUTION
MEDICAL CLINIC**
FAMILY PRACTICE + WALK-IN

MEDICAL CANNABIS PHARMACY ON-SITE
ACCEPTING NEW PATIENTS
Walk-Ins seen Promptly

REVOLUTION MEDICAL CLINIC ROYAL VISTA

587-355-9383

#1122, 12 ROYAL VISTA WAY NW

www.revmedical.ca



MP Calgary Rocky Ridge
Pat Kelly
 202, 400 Crowfoot Crescent NW
 Calgary, Alberta T3G 5H6
 📞 403-282-7980
 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

In March, the federal government tabled its fourth consecutive deficit budget, during a time when the national economy (outside Alberta) has been relatively strong. This is particularly concerning now because of the ominous economic storm clouds ahead, including American tariffs on steel and aluminum, a growing trade war with China who is blocking Canadian agricultural imports, slumping real estate sales, increasing debt servicing costs and especially the continuing lack of pipeline capacity.

The most recent budget included some \$41 billion in new spending commitments without a plan to return to surplus, but the entire budget has been largely overshadowed by accusations that the federal government tried to interfere in the criminal prosecution of Montreal-based construction and engineering company SNC-Lavalin.

The separation of politicians from the power to prosecute is an important safeguard to ensure the rule of law prevails even when wealthy or well-connected individuals or corporations are accused of crimes. Revelations about senior members of the government putting pressure on the Attorney General are disturbing and must be thoroughly investigated to ensure that justice in Canada has not, and in future will not, be compromised by political interference.

This Parliament is now into what are expected to be its final few sitting weeks before the summer break and will not likely resume prior to an election. Bill C-69, a bill that experts predict will make it impossible for future pipeline projects to receive regulatory approval, is being studied in the Senate. While it has passed the House of Commons, if it fails to pass the Senate before this Parliament ends, it will not become law. If it does become law, it will be up to a future government to repeal. Along with its deficits and accusations of improper interference in criminal prosecutions, Bill C-69 will be important factors for Canadians to consider when it is time to choose the next government.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Arbour Lake. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

SPRING SPECIAL: Power rake, aerate, cut, free fertilizer \$170. Weekly cuts \$40. Calgary owned and operated since 1995. Call the father-son team now. 403-247-2292 or 403-796-9377.

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.

HANDYMAN SERVICES: Stucco patching, small additions, re-stuccos, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. For free estimates, please call Wes 403-809-3644.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.



got digital?



ACQUIRE AND RETAIN NEW CUSTOMERS.
 Your Ad Geofenced Precisely in Your Target Market
 on our Carefully Selected Network of Premium Sites.
 Call 403-720-0762 | sales@greatnewsmedia.ca

IDIOMATIC 慣用句
 NYELVI 관용적인 IDIOMATIQUE
 IDIOMÁTICO IDIOMATISCH
 ז'אידומטי ИДИОМА IDIOMATYCZNY
 XƏLJƏŦ MUNDRET
 ΙΔΙΩΜΑΤΙΚΟΣ THÀNH NGỮ

“ Cat got your tongue? ”



Meaning: A question posed when someone is silent in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and fed them to their cats. None of these theories are substantiated, however.

TAKE ADVANTAGE OF OUR *Spring*
PROMOTION
 AND STEP INTO A NEW LIFESTYLE




INSPIRED SENIOR LIVING WITH 

LIMITED TIME OFFER - MOVE IN BY JULY 31, 2019

403 286 4414 | 11479 VALLEY RIDGE DR. NW, CALGARY | verveseniorliving.com




2 MONTHS RENT FREE
 LIMITED SUITES AVAILABLE
 *CONDITIONS APPLY

mountainview
PAINTERS

403-607-0316
info@mvpcanada.ca



we specialize in

Stucco Coatings

Stucco Repair

hassle-free exterior
restorations.

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
 - Interior Painting
 - Powerwashing
 - Colour Consultation
- ...and much more

mvp

Calgary Owned
and Operated!

find us on



houzz

mvpcanada.ca



tuscany dental centre

**Dr. Cam Brauer DMD &
Dr. Scott Townsend DDS**

Mon: 7am - 5pm

Tues: 7am - 7pm

Wed: 7am - 7pm

Thurs: 7am - 7pm

Fri: 7am - 5pm



Located Next to the Tuscany Sobeys
#2078, 11300 Tuscany Blvd. N.W.

403-239-0010

tuscanydental.com

**INVISALIGN
HYGIENE
KOIS
SEDATION
FAMILY
DENTISTRY**

THERE'S MORE TO
**DENTAL
HEALTH
THAN MEETS
THE EYE**

FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

HEALTHY
ENAMEL

PLAQUE

BACTERIA
TRAP

STRONG
ROOT

Your Worry-Free Lifestyle Starts Here
So Elegant. So Warm.

Experience Vibrant Seniors Living



RSVP for these upcoming events

May 9 at 6:30pm

Join us and Destination Seniors Downsizing in a **Free seminar** to learn how to downsize successfully and with ease.

After the seminar our Sales and Marketing Manager Kim Smith will be available to offer all visitors to tour Rocky Ridge Retirement Community.

May 16 at 3:30pm

Join us for an **Open House** Tour of our Retirement Community followed by a Complimentary Buffet

May 27 at 10:45am

Slideshow presentation on White Water Rafting in **Patagonia** (Southern Chile)



10715 Rocky Ridge Blvd. NW
Calgary, AB T3G 4G1

info@rockyridgeretirement.com

403-930-4848

www.RockyRidgeRetirement.com