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your BRENTWOOD bugle

THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER

ENVIRONEWS CELEBRATES BIODEVERSITY

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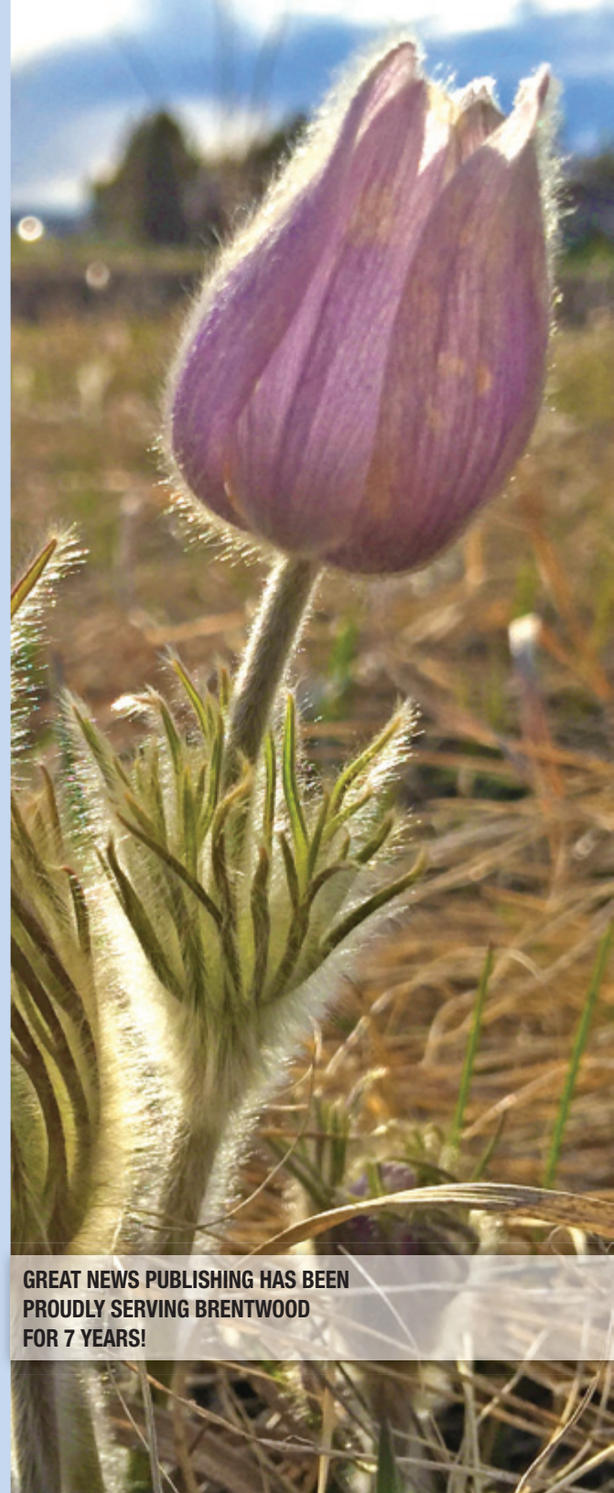

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Brentwood COMMUNITY ASSOCIATION

www.brentwoodcommunity.com
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Our neighbourhood contributors for this month include: Anne Burke, Stovel Ferguson, Angie Goldsmith, Dorothy Haeberle, Lee Hunt, Polly Lee Knowlton Cockett, Lindsey Rostoker, Devina Sharma and Cynthia Sim. Cover photo by Polly Lee Knowlton Cockett. Proofreader – Lee Hunt

Kelli Wreford, Editor

Here we are in the beautiful month of May, and so many things are happening in Brentwood!

Hockey has completed another very successful season – see the article inside to learn how some of our Westwood teams fared. Congratulations to all players, coaches and volunteers. Some other community programs will soon be winding down for a summer break, but be sure to connect with those you are interested in when September comes. These are the Bridge and Scrabble group, Seniors' Teas and Playgroup.

Planning for the new mural at the corner of Charleswood and Northmount Drives is continuing. If you or your children would like to get in on this exciting project, please see the information in this article. The Brentwood Community Garden Group is thriving and would like to let Brentwood residents know about a new program they are introducing called "Friends of the Garden". If you are interested in joining the vibrant and active Garden Group, check out the article.

Before you plant your own garden and flowerbeds this spring, be sure to read the Environews article about Biodiversity. There are some great tips on planting helpful native plants in the city that will even reduce your garden work!

Work will soon begin on the approved Blakiston Park redevelopment. This project has been many years in the planning and will result in an extensive project to beautify as well as increase park use and accessibility. A walk-through of the project prior to the start of work is planned for Sunday, May 8. Please join us!

Soccer season will be in full stride in May as well. The article in this issue will direct you to some important sources of information for your team schedules.

As if all that isn't enough, Santa Claus visited Brentwood in March! Now you know we are the best community in Calgary. See the reason for Santa's visit in Lee Hunt's article.

Kelli Wreford, Editor

We are Knitting for a Cause!

Your donations have helped us knit well over 500 sets of hats, mitts and scarves, as well as a variety of other items for young children in need. The group has donated to various causes including multiple schools throughout Calgary and Ronald McDonald House.

If you have any yarn, wool or knitting/crochet needles you would like to donate, please contact Erika, the Community Development Officer, at 403-452-5575. Thank you, Brentwood!

Carroll Place

JOIN US ON MAY 31 FOR BINGO

Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

Tuesday, May 31, 2016
6 pm – 8 pm
Carroll Place Lounge
Additional Info:
$0.25/card/game. *Bring your Quarters!*
Winner takes home the pot
We will play 10-11 games. Everyone has a chance to win!

Come out and join us for a great time!
Everyone is welcome!

Brentwood

Community Association Membership Application

Surname: _____

First Name: _____

Spouse: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

☐Family $35 ☐55 Plus (Couple) $25

☐Individual $12.50

Please return membership application with your cheque made payable to the Brentwood Community Association.

Mail or Drop Off to

Brentwood Community Association
5107, 33 Street NW, Calgary
Alberta T2L 1V3
brntwdca@telus.net
403-284-3477

Join us for a Blakiston Park sneak peek!

With work about to begin this season on an exciting transformation of Blakiston Park, community residents are invited to join us for a walk-and-talk preview of the exciting changes to come. Save the afternoon of Sunday, May 8 and join Park Designer Matt Williams, City Park Planner Patrick Wiley, and BCA Blakiston Park volunteer rep Cheri Macaulay for a stroll in the area in and around Blakiston Park. We'll talk about the importance of looking after our shared community spaces and provide details about the work that will unfold this construction season and next within the park. Because our meeting point, meeting time and walk duration will only be finalized after the deadline for this Bugle issue, please watch for updates via BCA email, Twitter and Facebook or visit Calgary.ca/BlakistonPark for updates after May 1.

This tour will be one of many citizen-led walking tours unfolding in Calgary for Jane's Walk weekend May 6-8, 2016.

Jane's Walks are free tours where neighbourhood volunteers share stories about their communities to honour the work of author and community organizer, Jane Jacobs. They take place worldwide on the first weekend of May every year. For more information about Jane's Walks, visit janeswalk.org.

Brentwood Development

Brentwood has seen a significant amount of development over the last several years and its desirable location within the City of Calgary will ensure many more changes will be discussed in the future. The Brentwood Community Association has hard working volunteer Directors and Special Representatives that represent the interests of all Brentwood residents. They need your help! This is a very busy job and is handled by committees for Development and Community Enhancement. If you are interested in helping or would like more information, please contact Linda at the BCA office: brntwdca@telus.net or 403-284-3477.

Brentwood STUFF... HAPPENS

Scrabble Group: Call 403-284-3477 for more information.

55 Plus Bridge Group: The last session this season for the Bridge Group will be May 25. Following a summer break, we resume playing on September 7. If you enjoy bridge, please join us in the fall! Contact Roman at 403-289-6244.

Brentwood Community Association Board Meeting: The next regular meeting will be Tuesday, May 31, 2016 at 7:15 pm in the upstairs Boardroom at the Sportsplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or brntwdca@telus.net.

BCA Hall Rentals: The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details www.brentwoodcommunity.com and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

Bugle Deadline for the July 2016 Bugle community articles and notices is May 26, 2016 and the deadline for the August Bugle is June 26, 2016.

NEW! Cloverdale Paint Discount: Cloverdale Paint is now offering wholesale pricing to Brentwood Community Association members. Present a Club Member card and you will receive more than 25% off paint and more than 15% off paint accessories! If you have a BCA membership and wish to take advantage of this offer, please see Linda at the BCA office to receive a Cloverdale Paint Club Member card.

Brentwood Community Association Clean-Up
Date: May 22, 2016
Place: Brentwood Arena
Time: 9:00 a.m. to 1:30 p.m.
Community membership is not required to dispose of items. Acceptable items are those organic items that are too big for your green bin (branches, etc) and those items that would generally be accepted at the City's Throw N Go locations.

We will also feature a "Free Store" where people can leave and/or take reusable household items (all must be in good condition). Please note that all unclaimed items will be disposed of at the end of the day (1:30 p.m.).
Items excluded from clean up: paint / chemicals / propane tanks, tires, metals (major appliances, BBQs).
Paint/chemicals/propane tanks can be disposed of at the Varsity Fire Station #17 (3740 – 32 Avenue NW)
Tires and Metals are best disposed of at the Waste Management Facility in NW Calgary.

This is one of 116 community clean-ups throughout the City of Calgary beginning April 23rd. If you are unable to dispose of items on May 22, you are welcome to go to any one of the other cleanups listed on the following website: www.calgary.ca/CSPS/ABS/Pages/Partnership-programs/Community-cleanups.aspx.

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Nose Hill Library
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Monday – Thursday: 10 a.m. – 9 p.m.
Friday & Saturday: 10 a.m. – 5 p.m.
Sundays (mid-Sept to mid-May): 12:00 noon – 5 p.m.

The Book Truck
Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Play!
Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:
- Reading & games with puzzles, books, quiet games
- Dramatic play & storytelling with puppets, costuming, play materials
- Large & small building activities with Duplo, blocks, shapes, mixed materials
- Writing & creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

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Brentwood Elementary

By Devina Sharma, Brentwood School Council Secretary
The staff and students of Brentwood school are looking forward to greener grass, spring flowers and more sunshine as we head into the second last month of the school year! This school year is really whizzing by!

This month is full of exciting learning opportunities for our students as they continue to work on how to be independent and solve problems on their own, which has been our character focus this school year.

The last of our swimming lessons will be taking place the first week of May, so please continue to be aware of large groups of students walking to the Churchill Pool when you are driving in the community.

Our Kindergarten students will be showcasing their learning in their concert, which will take place on May 26. We will continue to encourage parents to park around the perimeter of the school playground to minimize parking on the residential streets.

May 20 is a non-instructional day for students, and May 27 is our Casual/Fun Lunch Day. Our next School Council meeting is on May 10 at 1:45pm.

Dr. E. W. Coffin Elementary

By Angie Goldsmith

April showers bring May flowers! There are many exciting things "blooming" at Dr. E. W. Coffin School this month. Our Kindergarten class will be excited to host treat day on the 3rd. This will be followed closely by the annual Volunteer Tea on May 5.

We invite all parents to join us for the monthly school council meeting on May 10 at 7pm in the school Learning Commons. Whether you choose to share your voice or simply listen in, your presence is valued!

Also this month… Students will enjoy a Celtic performance as well as another fun lunch. Grade 6 students will participate in Provincial Achievement Tests and Clay for Kids will be back to work with students in rooms 5 and 6. May will wind down with an assembly hosted by our Grade 1 and 2 classes, a PD day, and a week of swimming lessons for our Grades 1 to 4 classes.

And then we're into June… Where has the time gone?!

Have you lost a reindeer?
The reindeer pictured here was found near Northmount Drive and Brockington Road. To reclaim your reindeer, please call Linda at the Sportsplex. The number is 403-284-3477.

Did you know that there is a Facebook group and a Twitter account dedicated to bringing our community together? Use the Twitter profile @BrentwoodYYC to get connected.

Brentwood Facebook:
www.facebook.com/BrentwoodYYC.

Would you like to add to the Brentwood Bugle's Bulletin Board? Contact the Editor Kelli at bcabugle@telus.net.

Brentwood News

Calling All Ages – Help with Our New Community Mural

A new mural will be coming at Charleswood and Northmount – how could you help with this project? We'll need many volunteers of all ages to help this new mural come into existence. The actual painting will likely start in July, so we will need lots of youth to help out then. Starting right now, though, we could use your help no matter what your age is.

How could you help out?
- Sign up to paint (ages 8 to 18)
- Help with fundraising
- Offer to lend us a ladder or two (all different heights will be needed)
- Make a donation (All donors of $10 or more will have their names printed on the mural.)
- Help to prepare snacks for our young artists
- Lend us a garage near the site for overnight storage of ladders and paints.
- Other assistance? How would you like to help?

Please apply to help paint the mural by May 31, 2016.
To volunteer, to donate, or to ask questions, please contact Brentwood Community Association Office Manager Linda van Holst at 403-284-3477 or via email at brntwd@telus.net.

NEWSFLASH: On April 6, the Brentwood Mural Project was one of 10 finalists competing for five awards of $10,000 each through The Soul of the City Grants. The Grants are sponsored by The Calgary Foundation, The RBC Foundation, and Calgary Economic Development. Our group was one of the five winners! Congratulations to Brentwood presenters Lee Hunt, Terry Allen, Emma Hamel, and Melissa Neville!

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public *and working for all Calgary families.*

CUPE
Calgary's city employees

Making your city work for you

ENVIRONEWS

Happy International Day for Biological Diversity

Every May 22 is a time to acknowledge and celebrate biodiversity, including within our urban and suburban settings. This year we are right in the midst of the United Nations Decade on Biodiversity 2011-2020, and this year's theme is Mainstreaming Biodiversity: Sustaining People and their Livelihoods. www.cbd.int/idb/2016/

"Biodiversity is the foundation for life and for the essential services provided by ecosystems. It therefore underpins peoples' livelihoods and sustainable development in all areas of activity, including economic sectors such as agriculture, forestry, fisheries and tourism, among others. By halting biodiversity loss, we are investing in people, their lives and their well-being."

How might you promote biodiversity this season? Plant site sustainable native species in your gardens and yards, or in a planter on your porch or patio. Tuck native plants between your food crops at home or in community gardens. Replace lawn monocultures with plants that attract pollinators and use less water and require less maintenance. Support bees and friendly wasps with plants they thrive on. Remove alien ornamentals that spread and compromise native plants and escape into natural areas, such as yellow clematis and baby's breath. Check out both Alberta Native Plant Council www.ab.ca and the Alberta Invasive Species Council www.abinvasives.ca for ideas and action plans. Little by little, by rethinking and redoing within all sorts of nooks and crannies, Calgary can become an interconnected network of biological diversity that also supports "people, their lives and their well-being."

What's in a name?

One of Calgarians' favourite native plants is the prairie crocus, often still blooming in May – though perhaps not this year, as they were in exceptionally early and in their full glory by late March, thus earning their pasque flower association with Easter or the post-equinoctial paschal full moon. Early European settlers named this plant as it reminded them of crocuses back in their homelands, but it is actually in the buttercup family as Anemone patens or Pulsatilla patens. Whether from the Greek anemos for wind, or the pulsing opening and closing in response to the sun's warmth, this windflower is truly at home in our high prairie grasslands.

My favourite name is the poetic aboriginal moniker Ears of the Earth, which evokes both a close listening for early signs of spring and the lovely fuzzy ears of many mammals. How the Prairie Anemone Got its Fur Coat, a Blackfoot legend, can be found at the bottom of the page at: www.plantwatch.naturealberta.ca/choose-your-plants/prairie-crocus/.

Whatever its name, this early bloomer beckons the first pollinators of the season, and is a treasured species of our urban native biodiversity.

Happy Biodiversity Day 2016.

Environmentally yours,

Polly Lee Knowlton Cockett
naturegroundnews@gmail.com

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 33

by Cynthia Sim

Springtime in Alberta – unpredictable weather with bright, sunny days, then wild winds and snow showers - sees gardeners looking at the skies and guessing when and what to plant outdoors. While late May is the usual recommended time for planting out seedlings, with our unusually warm winter this year, earlier planting may be possible. In the meantime, spring bulbs (including the small blue Muscari or grape hyacinth) provide bright patches of colour in our largely empty gardens.

Grape Hyacinth. Photo by Cynthia Sim

At the time of writing this article, most of the garden beds in the community garden have been rented and we are very pleased to welcome several new members, a few of whom are new, not only to Calgary, but also to Canada. We look forward to introducing them to the urban gardening possibilities in our city and some of our experienced gardeners have already offered to assist them in selecting plants and seeds suitable for our climate. The senior high school students from Sir Winston Churchill's Earth Club will be rejoining us and the elementary school children from Captain John Palliser are also expected to return.

Several individuals, including many experienced gardeners, have expressed an interest in remaining involved with the gardening community in Brentwood, but do not wish to rent a garden bed this season. For this group, we have established a new category of membership called "Friends of the Garden". This group will be encouraged to participate in all of the garden activities, including the meetings, other social gatherings, garden grooming days and the year-end potluck dinner. If you have been considering joining the Brentwood Community Garden, but are not yet committed to renting a garden bed, becoming a "Friend" might be a consideration for you. It could be a very rewarding experience as the gardeners are a very enthusiastic and welcoming group. Contact our membership coordinator, Cheryl Moller at cm.checky@gmail.com if you think you might be interested in becoming a "Friend".

IN & AROUND CALGARY

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

THESE are the PEOPLE in your NEIGHBOURHOOD

Santa Makes March Trip to Brentwood

By Lee Hunt

Twas the week before St. Pat's
And all through Brentwood
Many creatures were stirring
All up to some good.
The shamrocks were hung by the shillelagh with care
When I discovered St. Nicholas… Getting out of a car!

WHAT? As you can imagine, I did quite a double take in March as I drove past The Village (formerly Rocky Mountain College) and there was Santa Claus! He was accompanied by a 10 person film crew from SAIT. Needless to say, I stopped to tell Santa that I had been a good girl!

While there, I also spoke with Kristen Muncy who wrote the script for a 20 minute film entitled, "Joy to the World". This movie was being made as part of the SAIT Film and Video Production Course. The film's producer, Joseph Wright, explained that at the same time that the SAIT students were searching out their cast, Santa was looking for a new adventure. Things at the North Pole are always a bit slow and dull in March, plus his rent at the North Pole had just been increased. His generous spirit had flagged. So Santa set off on a new adventure in Calgary hoping to earn some extra cash and enthusiasm. Fortunately for both the SAIT filming crew and for Santa, they found one another.

In the film, Santa meets a young woman named Catherine who had always loved Santa. Catherine's enthusiasm helps Santa to regain his hope, his faith, and his joie de vive! Once the film was finished, Santa returned to the North Pole – re-invigorated and set to get working on Christmas 2016 – especially for all of the good girls and boys of Brentwood!

Producer Wright wanted to especially thank Santa for his participation in the film. He wanted as well to thank The Village for its welcoming staff and accommodating spaces – "we were able to use so many spaces – offices, hallways, parking lot etc. We spent four full days filming here at The Village." The cast and crew were also impressed with Brentwood as a location since there are great nearby options for food.

So keep your eyes open because you just never know when Santa might make another trip to Brentwood since he enjoyed the one in March so much!

Insects and Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine

Brentwood Hockey

By Stovel Ferguson

Another great season of minor hockey has wrapped up. Our Northwest Warriors put in a great showing this year with seven teams winning silver or gold in City Championships. Congratulations to all of the players, coaches and volunteers!

Midget 6 (div 6) Gold Medal winner
PeeWee 2 (div 2) Silver Medal winner; also won the gold medal game at the provincial championship
PeeWee 4 (div 4) Silver Medal winner
PeeWee 6 (div 6) Gold Medal winner
Atom 5 (div 7) Gold Medal winner
Atom 6 (div 8) Silver Medal winner
Atom 8 (div 11) Gold Medal winner

Brentwood is in need of a volunteer Hockey Representative
The position consists of attending Westwood hockey meetings and reporting at the Brentwood Community Association Board meetings. You would be a liaison between the two boards, keeping both boards informed. Please contact Linda at brntwdca@telus.net if you are interested in helping out your community. Westwood Hockey meets every other month and the Brentwood Board meets the last Tuesday of every month except for July and December.

Community Program

As part of the ongoing ReTree initiative, Calgary Parks hired Diamond Head Consulting, an environmental consulting firm specializing in urban forestry, planning and landscape design to assess, recommend and create a tree and landscape vision of city owned trees along primary routes within and bordering 75 communities over the next three years.

Calgary Parks will be engaging citizens from each 2016 ReTree Community in person and/or online regarding the tree characteristics of their neighbourhoods and providing opportunities for evening or weekend learning sessions through Community Associations. This is a part of how Calgary Parks plans to create tree stewardship and plant trees within each community, while building tree stewardship in citizens throughout our city.

Take the ReTree survey: www.fluidsurveys.com/surveys/calgary-engage/retree-community-program/.

Stretch Your Roots Walk -- FREE!
May 28th, 2016, 9:00 am, commencing at the Brentwood Sportsplex (1520B Northmount Dr NW).
This tour consists of three parts that intertwine throughout the walk. The tree ID and facts portion of the walk is where you learn how to identify native and non-native trees along with learning interesting facts about their biology and life cycles. Learn about Calgary's tree history and their benefits in Calgary's urban forest. The walk is fun and interactive along the way with tree bingo for the little munchkins and a tree hugging exercise that gives you the opportunity to experience trees using all your senses. Age Group: all ages (children must be accompanied by an adult). The walk will be about 1.5 hours. To register, go to the Program Registration page at www.brentwoodcommunity.com

If you have questions about the ReTree Community Program, please contact 311 or visit Calgary.ca/trees.

UNIVERSITY OF CALGARY

Help shape the future of the University of Calgary's main campus

The University of Calgary invites public feedback on the final draft of its **long range development plan for the main campus.**

Join us at our second open house:

- **May 26, 2016**
  5:30 p.m. to 8 p.m.
  Foothills Mennonite Church
  2115 Urbana Rd. N.W.

Visit **ucalgary.ca/campusforward**, and to view feedback on the first open house held in February 2016.

CampusForward
MAIN CAMPUS LONG RANGE DEVELOPMENT PLAN

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from $500 to $5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety.** Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowsafety.ca.

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- The **roll number** on your letter
- The **access code** on your letter

Go to **calgary.ca/assessmentsearch** to get started.

For more information: **Telephone:** 403-268-2888
(Monday to Friday; 8 a.m. - 4:30 p.m.)
Web: calgary.ca/assessment

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Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

Planters are NOT Ashtrays!

A May safety tip from your Calgary Fire Department:

Today's potting soils contain large volumes of peat moss. When peat moss gets too dry, it becomes highly flammable. On top of that, you'll often find shredded wood, bark, Styrofoam, vermiculite, and fertilizer in potting mix. Like peat moss, all of these ingredients ignite easily under dry conditions.

Over the past number of years we have received numerous 911 calls from citizens who have witnessed potting soil fires on the exterior of homes. These fires are typically attributed the careless disposal of smoking materials.

If any of your friends or family smoke, ensure that you have an appropriate, non-combustible container to place the cigarette butt in. Cigarette butts that have been disposed of in a planter can smoulder for hours and may cause a fire when you least expect it...possibly when you're asleep!

A few simple precautions will help to keep your home safe:
- Do not butt out cigarettes in **any** potted planters
- Make sure smokers have a safe place to dispose of their butts, indoors and outdoors, so they aren't tempted to use your pot of geraniums instead.
- Keep potting soil and potted plants away from other combustible materials such as firewood, stacks of old newspapers, aerosols, paint solvents, gasoline and cleaning products.
- Make sure the soil around your potted plants stays moist. Keep in mind that the soil in pots dries out more quickly than soil in garden beds, so plan on more frequent watering.

Did you know? Our engines carry 550 gallons of water for immediate fire attack, as well as 30 gallons of foam for flammable liquid fires.

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Article by J. Turner
Photo by Andrea S. H. Hunt

Muskrats
Hardy Little Creatures

The muskrat (*Ondatra zibehticus)* is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to chew on stems and roots under water "with its mouth closed." Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

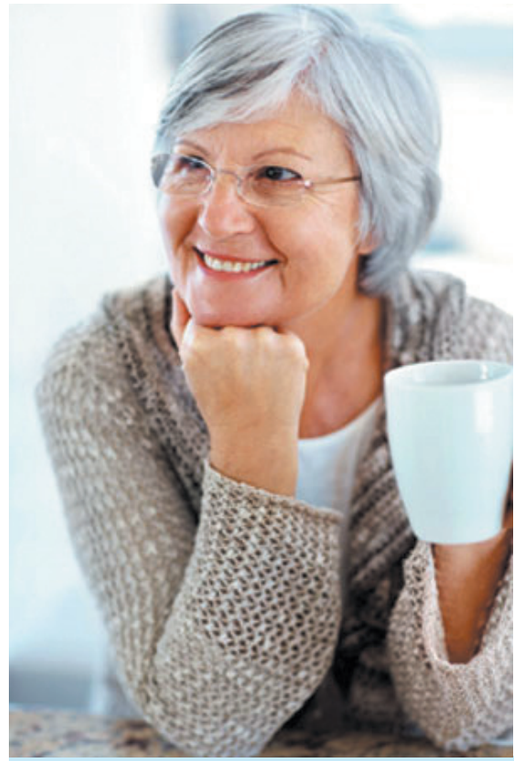
Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What's unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren't they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

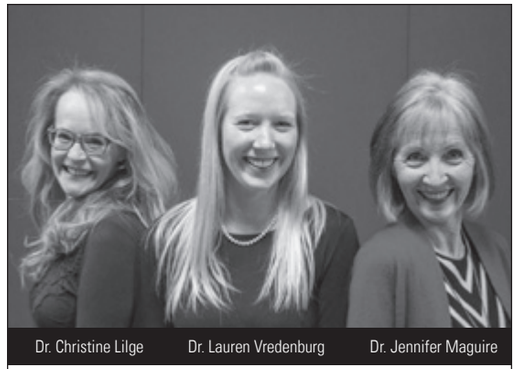


BCA Seniors' Tea News

By Dorothy Haeberle

At our March 24, 2016 Seniors' Tea, we had a good visit with each other and Kristine was able to bring baby Holden as well. He was 6 months old on April 11th already!

Our Seniors' Tea in May is going to be on the fourth Thursday once again as the Captain John Palliser Grade 5 and 6 class has invited us to the school for tea and their final music concert for the year which happens to be on May 26, 2016. The time is from 1:00 to 2:30 pm. Hope to see you there!



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Managing Urban Stormwater in Established Areas”

So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

The Answer – capture all that precious rainfall and keep it on your lot!

Rain barrels are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See www.shop.greencalgary.org

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: www.alidp.org/uploads/files/s2s_rain_garden_blitz_story_annotated.pdf

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

Limit the amount of impervious surfaces on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus

Book Trivia

The highest paid author is James Patterson at $94 million. He published 14 novels in 2011. -Forbes

IN & AROUND CALGARY

Crowchild Tr. Study - Mark your calendar for June events!

See the preliminary concepts and evaluate them against the project goals established in Phase 2 of the study by attending one of the public workshops below. RSVP to open Saturday, May 21. These events are part of **Phase 4: Concept Evaluation** of the study process.

Workshop #1: Monday, June 13
Time: 6 to 8:30 p.m.
Location: West Hillhurst Community Association - 1940 6 Ave. N.W.

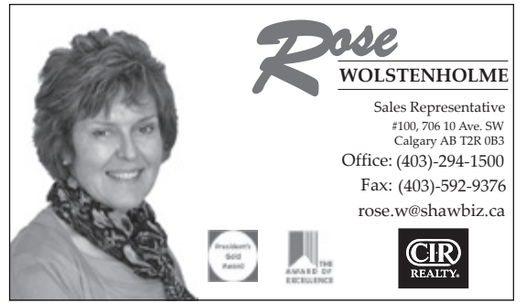
Workshop #2: Saturday, June 18
Time: 9:30 a.m. to noon
Location: Sunalta School – 536 Sonora Ave. S.W.

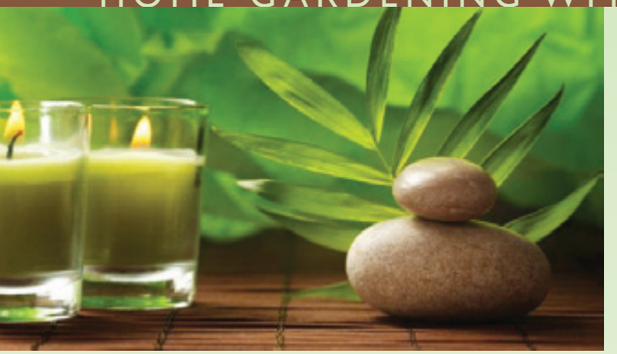
Workshop #3: Wednesday, June 22
Time: 6 to 8:30 p.m.
Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Workshops for residents, businesses and homeowners located within one block of Crowchild Trail are also scheduled in June. These invite-only events provide the opportunity for them to share their unique concerns and perspectives before the broader community.

The project team will use the evaluation to identity a set of recommendations for Calgarians to provide feedback on in Phase 5: Concept Selection and Recommendation in the fall.

If you’re unable to attend one of the workshops, other engagement events are scheduled throughout June. There will also be an opportunity to provide your feedback online. For a complete list of engagement opportunities or to RSVP, go to calgary.ca/crowchild





FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the "clutter" thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let's focus on just a couple.

We'll get the **"clutter"** thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other "stuff". If you don't love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn't as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said "Rest in Peace". The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, "Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying "Congratulations on your new home".

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

JUNE

JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com

JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net

JUNE 24 TEDXYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyyc.ca

Healthy Posture Improves Brain Function

Dr. Alma Nenshi, Family Chiropractor

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity, ie. posture.

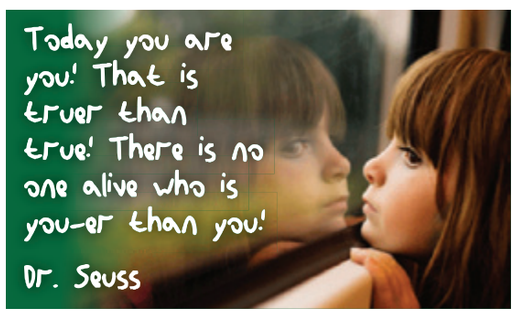
How is the spine the motor of the brain?
The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry's work are far reaching. It supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, forward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It's like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren't able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

You have the power within you to re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking, being in nature, belly laughter, deep delta sleep and of course, proper chiropractic care.



Outdoor Soccer

By Lindsey Rostoker

- **Did you know?** – We have 237 players registered this year, resulting in 23 teams! A lot of organizing, coordinating, scheduling, coaching, cheering, and just overall volunteering goes on to ensure our kids are able to participate in the great community sport of soccer. Thanks to all of those people who make a difference!
- **Team Lists and Game Schedules** – Go to the Brentwood Community website (www.brentwoodcommunity.com/soccer.html) to view this year's team lists and soccer schedules.
- **Photos** – Team photos will take place on Sunday, May 29 at the Brentwood Community Sportsplex, with retakes on the 30. If the sun is shining the photos will be outside, otherwise, if Mother Nature does not cooperate, photos will take place in the upstairs hall. A notice advising you of the photo time for each team will be provided by your coach; as well, the time will be posted on the Brentwood website (same location as the game schedules).
- **Super Soccer Saturday** – Mark your calendars for Saturday, June 18. The highly anticipated U4, U6, U8, and U10 season finale will take place from approximately 8:30 a.m. until 1:30 p.m. Also, the U12 Tournament will occur from Friday, June 17th to Sunday, June 19th. Volunteers are needed to help volunteer at the food tables, prepare fields, and clean up. Please contact Saya Sanyal (sayantani.sanyal@gmail.com) to volunteer.

CHOCOLATE TRIVIA

From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another $4 billion, or 19%. That growth is being driven by consumers' preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. "People are now saying I eat chocolate" because of the health benefits, he said.

- http://www.ecolechocolat.com/en/news.html

News from the

Friends of Nose Hill

by Anne Burke

International Migratory Bird Day is on May 8. Continual monitoring is required to maintain accurate, current information on their status around the world. Go to www.naturealberta.ca for Alberta birds at risk.

Ordinary people with an interest in wildlife, plants or species can help. Citizen science programs combine learning, field work, and volunteer research. Projects can be about insects, frogs and toads, birds, mammals, plants, water, and more.

There are local clubs and annual count events, such as the species count of birds during May at various locations around Alberta. The flower blooming count is the last week of May. Everyone is welcome to participate. For botany details, email svisser@ucalgary.ca.

Our Facebook group is busy reporting on wildlife sightings, identifying plants, and how early the crocus appeared on the John Laurie side, off the 64 Avenue entrance, and near the top above Charleswood Drive. Alberta Plant Watch is part of the national Canada Watch program. By reporting when certain plants bloom, volunteers contribute vital information for climate change studies. We now have almost 3 decades of information.

Go to www. plantwatch.naturealberta.ca.

Participation can be as easy as just looking for flowers in bloom and recording information about it on a data sheet and taking a picture; or go online to identify unusual or difficult plants.

Full colour photos are on our website. You can now report your observations and locations easily online. You can also use your smart phone to report data by your phone's GPS, and/or to send a photo of your plant. Please submit count results by June 30, 2016 for the May Flower Count -May 25-31.

Mark your calendars now for Nose Hill clean-ups on Saturday, June 18 and July 30 at the Edgemont parking lot (Edgemont Blvd. & Shaganappi Tr.) 11 a.m. to 2 p.m. where pick-up bags are given out to park users. Parks staff and Bylaw officers will be on hand. Individuals and groups are welcome for this PUPPY program.

You can volunteer to be a Park Interpreter for Nose Hill from June to October if you love to tell a story and have an interest in environment, natural history, local plants, and wildlife. Must be 18 years of age or older. Training provided. Call 311 or apply online at www.calgary.ca.

Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad
Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won't notice if I only brush before my dental appointment
Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better
Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating
While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.

IN & AROUND CALGARY

Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency … through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.
2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada

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In a growing and maturing city, change is constant. Change, in the form of City-led public projects and private developments, is important to building a resilient city. The inclusion of local wisdom improves these projects to better address the hopes and needs of current and future Calgarians.

On significant projects, sufficient public consultation is considered an essential public right, as well as a key responsibility of government. Over the years, I have seen both good and bad examples of public engagement. I firmly believe that progress happens at the speed of trust.

In 2011, I introduced a motion to City Council requiring The City to improve the quality and consistency of public consultation. While some progress has been made, Council further discussed public engagement at a recent strategic planning session to learn how we can do better.

For public engagement to achieve its objectives, it is important for everyone involved to understand the rights and responsibilities associated with their roles. Organizers should start by providing notification to affected stakeholders to solicit as much feedback as possible. The terms of engagement should be established up-front. Whether the engagement is led by The City, community or developer, organizers must facilitate an open, objective and respectful dialogue where all participants feel safe to express their views. Two great examples are the Crowchild Trail Corridor Study and the Bow to Bluff project.

The organizer must outline the decision-making process, including the current status, the scope of the project, and answers to commonly asked questions: What is on the table? What decisions have already been made? What is the background of previous decisions? How will future decisions be made? Feedback should be documented, carefully considered, and included in a report back to the public. Offering this level of transparency produces credibility for the project and builds trust.

Organizers should also structure engagement to fit the scope of the project. More opportunities and multiple ways to provide feedback are needed on large city-shaping projects like a new CTrain line, as compared to smaller projects like local traffic calming.

Public participants share in some important responsibilities. The first is to understand and respect the terms of engagement, as well as the subject matter. Participants also have a responsibility to listen and contribute respectfully. Intimidation at public meetings may discourage earnest participation, with disenchanted participants leaving the process. We need to ensure the quiet voices are heard too.

At Council's recent strategy session, we talked about the number of large projects on the go and the risk of consultation fatigue. City staff agreed to work on a more co-ordinated approach, combining engagement on several related projects.

It is clear to me that City Council and staff still have more work to do on improving the public engagement process, but I am confident that we can learn from our best examples to ensure all voices are heard in a respectful manner.

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The Feline Mystique

I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything – including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

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Deadline – 1st of each month for the next month's publication

Contact 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

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

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your COMMUNITY business of the month

Karma Salon

Brentwood Community

Karma was founded with intention of assembling the best and the brightest stylists Calgary has to offer, and with the understanding that taking care of our staff results in happy, long term employees as well as happy, long term guests. We started with a team of eight, and have grown to a staff of 21 (and growing!) We are also in the process of opening a second location in Mahogany in 2017.

At Karma, you will experience serenity in the hands of our highly skilled team. Relax while you sip on a complimentary beverage from our coffee bar and our knowledgeable staff will know just how to get you the results you're looking for.

We are committed to creating a warm and inviting environment for guests and team members alike. We are always striving to seek out innovative ways to exceed the expectations and needs of those around us. It is Karma's aim to offer ongoing education and inspiration coupled with honesty and integrity.

We believe that your hair should not only compliment your lifestyle, but also become the very focal point of your personal style. Shimmering blondes... Sultry reds... Lustrous browns... Whatever your hue, our colour experts understand that your hair colour is an expression of who you are as an individual.

Karma has assembled a team of talented stylists for the purpose of sharing our collective knowledge and experience with our guests. In our stylists' chairs is where passion meets creativity. At Karma we are dedicated to an ongoing pursuit of education for our stylists. This pursuit means that your stylist is always current in this fast paced industry. The salon is where we chose to come together to show our guests just how much we love what we do - that's the real reason for our success.

At Karma we are dedicated to giving back to our community with ongoing initiatives for various charities in the Calgary area. We have been involved in a number of incredible projects, including fundraising for organizations such as local women's shelters, Toys for Teens, Calgary's Haven's Way, Cochrane and Area Humane Society, Alberta Animal Rescue Crew Society (AARCS), Ronald McDonald House and prostate cancer research.

Located in Brentwood Village Shopping Centre, we are located in the heart of the Brentwood community. Our hours of operation are: Monday- 9:00 am-5:00 pm, Tuesday-Friday- 9:00 am-8:00 pm, and Saturday- 8:00 am-4:00 pm.

Book today! 403-282-2485, or online at www.karmasalonandspa.ca.

Karma Salon was voted as one of the Top Ten Salons in Canada at the 2014 Contessa Awards in Toronto

Unit 820 3630 Brentwood Road NW
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403.282.2485
www.karmasalonandspa.ca

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SOLD ! SOLD ! SOLD !

2912 BRENTWOOD BLVD. NW (BRENTWOOD)
Bungalow with 1,140 sq.ft. Total of 4 bedrooms. Very open floor plan. Double detached garage. Close to all amenities. Asking $505,900
SOLD

44 CASTLEGLEN ROAD NE (CASTLERIDGE)
Half duplex in quiet location. 3 bedrooms. 2.5 bathrooms. Shingles 1.5 years old. Close to all amenities, schools and LRT station. Asking $266,900
SOLD

ON THE MARKET

464 HAMPSHIRE COURT NW (HAMPTONS)
Facing the park. Gleaming hardwood floors throughout on main level. Two storey home with over 2,500 sq.ft. Total of 4 bedrooms, 3.5 bathrooms. Double attached Garage. Asking $699,000

3943 BROOKLYN CRESCENT NW (BRENTWOOD)
Bungalow with over 1,040 sq.ft. Total of 4 bedrooms. 2 full bathrooms. Double detached garage(tandem parking) Long driveway for extra parking. Close to all amenities. U of C and public transit. Asking $512,900

4928 BRISEBOIS DRIVE NW (CHARLESWOOD)
Bungalow with over 1,280 sq.ft. South facing. Total of 5 bedrooms. 2.5 bathrooms. Hardwood floors in living, dining rooms & 3 bedrooms. Close to all amenities. Asking $498,800

ON THE MARKET

4624 BROCKINGTON ROAD NW (BRENTWOOD)
Renovated bungalow. Total of 4 bedrooms. 2.5 bathrooms. Upgraded kitchen, flooring, light fixtures….. Double detached garage +RV parking. Asking $597,800

43 BAKER CRESCENT NW (BRENTWOOD)
Bungalow with over 1,070 sq.ft. 3+1 bedrooms. Upgraded Bathroom, fence, shingles, doors….Double detached garage. $549,900.

5674 BRENNER CRESCENT NW (BRENTWOOD)
Bi-Level, 1,300 sq.ft. Total of 4 bedrooms, 2 full bathrooms. Gleaming hardwood floors throughout. Double attached garage. Asking $527,500

1702, 650-10 STREET SW (DOWNTOWN WEST END)
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4211 BRISEBOIS DRIVE NW (BRENTWOOD)
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