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CALGARY woman's show

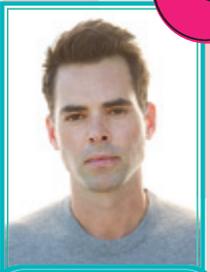
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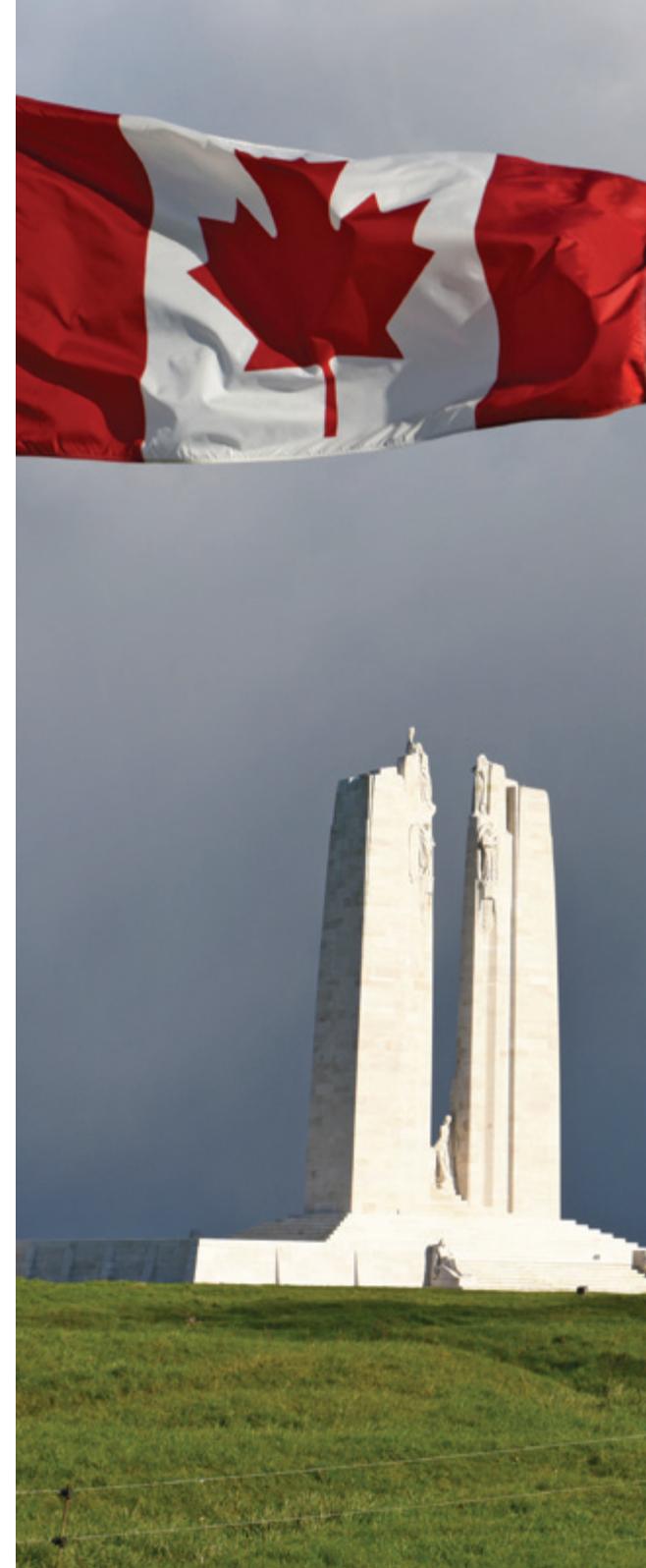
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YOUR BRENTWOOD COMMUNITY ASSOCIATION

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IMPORTANT NUMBERS

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



Kelli Wreford, Editor



Imagine living in Calgary in 1917, a city with a population of only 65,000, a mere 50 years after Canadian Confederation and 12 years after the creation of the Province of Alberta. The First World War was still grinding on through horrific trench fighting, while Canadians continued to support the war effort. More than 650,000 men and women from Canada and Newfoundland served—over 66,000 gave their lives and more than 172,000 were wounded. (1)

On April 9th of this year, Canada, as well as much of the world, will commemorate the centennial of the WWI Battle of Vimy Ridge. This battle, in which 100,000 Canadian soldiers fought, was not only a major Allied victory, but also the event which led to a new and stronger sense of Canadian identity.

The cover photo, generously provided by the Vimy Foundation, shows the Canadian National Vimy Memorial in France. The Memorial is inscribed with the names of 11,285 Canadians who were killed on French soil during the First World War and have no known graves. (2) France gifted the land at the Canadian National Vimy Memorial to Canada in perpetuity. The Canada Bereft statue, also known as Mother Canada, looks out from the Vimy Memorial, mourning her lost sons. At Vimy, the trenches and crater holes in the land are still visible, 100 years later. (Please see photos on page 12).

The mission of the Canadian charity—the Vimy Foundation—which was founded in 2006, is to spread awareness of Canada's First World War history and to commemorate Vimy Day across Canada. It is also raising funds to build the Vimy Visitors Education Centre at the site of the Vimy Memorial. Young Canadians aged 14 to 17 are eligible to apply for the annual Vimy Pilgrimage Award. This is called "a fully-funded immersive educational program in France and Belgium to study Canada's tremendous First World War effort." For more information please see the Foundation website: vimyfoundation.ca

1. Veterans Affairs Canada – veterans.gc.ca
2. The Vimy Foundation

Kelli Wreford, Editor



Carroll Place

Join us on April 25 for Bingo

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

Tuesday, April 25th, 2017

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!!!

We are Knitting for a Cause!!!

Your donations have helped us knit well over 1,000 sets of hats, mitts and scarves for those in need. The club has supported the Go Help Go Club organized by Sir Winston Churchill School students as well as Newcomers, high risk youth and John Paul II School. Winter donations from the club included knitting Calgary Police Service Sweaters for their teddy bears and contributing to the Scarf Bombing Project for homeless and vulnerable Calgarians in need of winter wear. If you have any yarn or wool you would like to donate please contact Lynne, Tenant Resource Person, at 403-282-6565.



Brentwood

COMMUNITY ASSOCIATION

www.brentwoodcommunity.com

Community Centre, 1520B Northmount Drive NW

Mailing Address: 5107 33 Street NW T2L 1V3 • Email: brntwdca@telus.net • 403-284-3477

Linda Van Holst – Office Manager • Steve Dietrich – Arena Manager

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Hockey & Outdoor Ice	Stovel Ferguson	403-289-9294	Soccer U4 to U8	Lindsey Rostoker	linz.rostoker@gmail.com
Director & Outdoor Ice	Graham Matheos	403-289-5945	Soccer U10 to U16/18	Vacant	
Director	Melanie Swailes	melenie.swailes@shaw.ca	Web Master	Office	403-284-3477
Director	Peter Johnson	403-289-9365	TOD Development	Eric Leme	emleme@hotmail.com
Director	Dorothy Haerberle	403-282-9719			403-283-5785



Our neighbourhood contributors for this month include: Anne Burke, Angie Goldsmith, Lee Hunt, Lindsey Rostoker, Devina Sharma, Cynthia Sim and Melanie Swailes. Cover photo courtesy of The Vimy Foundation (www.vimyfoundation.ca)



Playgroup:

The Brentwood Community Playgroup runs Wednesday mornings from 9:30 to 11:00 at the Sportsplex from September to June. The playgroup is also accepting the donation of clean and gently used toys. To donate or for more information, please contact Melissa at bcamelissa@gmail.com.

Scrabble Group:

Call 403-284-3477 for more information.

55 Plus Bridge Group:

If you enjoy playing bridge, please join us on Wednesday afternoons. We meet at 1 pm upstairs in the Banquet Room of the Sportsplex. Contact Roman at 403-289-6244.

Brentwood Community Association Board Meeting:

The next regular meeting will be Tuesday, April 25, 2017 at 7:15 pm in the upstairs Boardroom of 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:

The deadline for the June 2017 Bugle community articles and notices is April 26, 2017 and the deadline for the July 2017 Bugle is May 26, 2017.

IN & AROUND CALGARY

April 23-29 is National Volunteer Week

April 23 - 29 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 151 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 23 - 29, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**

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A Brentwood resident has a small request for organizations holding bottle drives in the community. If the group distributes flyers asking for donations of refundable containers to be left out on Saturday or Sunday mornings, please do NOT ring the doorbell. People will leave the bottles out if they choose, but do not wish to be disturbed if they do not have bottles out. Thank you.

Collection Dates:

- Mon, April 17th – Fri April 28th. Calgary Food Bank (5000 11 St SE). Follow signs to the drop-off location.
 - Monday – Thursday 8:00 a.m. – 7:30 p.m
 - Fridays 8:00 a.m. – 3:00 p.m.
- Tuesday, May 2nd – Sunday, May 7th – Calgary Curling Club (720 3 St NW). Drop-off located at rear door in the parking lot.
 - Tuesday – Thursday 9:00 a.m. – 8:00 p.m.
 - Friday – Sunday 9:00 a.m. – 5:00 p.m.

We cannot accept dictionaries, encyclopedias, Readers Digest, Harlequin, Avon or Signet romances, magazines, or textbooks.

Servants Anonymous Society's Used Book Sale

LOCATION: Outpost Tent at the Crossroads Market (junction of Blackfoot Trail & Ogden Rd SE)

BOOK DONATIONS: April 10 to May 1; daily 10 to 5
 BOOK SALES: May 4 to 7 & May 12 to 14; daily 10 – 5
 NOT ACCEPTED: textbooks, encyclopedia, Reader's Digest Condensed Books
 ADDITIONAL INFORMATION: sasbookdrive@gmail.com

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

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Learn more about your Calgary Catholic School District Board of Trustees!

School blessing and dedication ceremonies are an important way for our new school communities to come together and celebrate after the end of one long journey and the beginning of another.

In addition to a religious blessing by the parish priests, the ceremonies help us recognize the contributions of the city, provincial and community dignitaries in the building of the new facilities, as well as the time and effort of the district's administrative team who oversees the planning, design and construction of the modern, new buildings.

The ceremonies are also a great opportunity to celebrate the distinctiveness of Calgary Catholic schools – who each school is named for, the faith symbols that have been incorporated into the building and how faith will permeate the new school community.

As Calgary Catholic opened four new schools this year, we are celebrating at four ceremonies: Our Lady of Grace School in Evanston took place on November 9, 2016 and Prince of Peace School in Auburn Bay on February 22, 2017. Ceremonies are planned for St. Marguerite School in New Brighton on March 24, 2017 and at Our Lady of the Rosary School in Cranston on April 26, 2017.

As the Board of Trustees, we are always planning for the future of the district - ensuring that there are enough schools where students can have safe learning environments with exceptional teachers and staff. We work to ensure that new schools which support quality Catholic education are built in the communities where our students live. We then work with the provincial government to receive funding for these schools.

We also reach out to the community about their needs through the district's public participation process, "Help Plan our Future," which provides parents and communities the opportunity to give input into education in their communities.

Many students and families in new communities wait patiently for schools to be built, so it is always exciting for everyone in the district to come together at the end of the process to recognize and celebrate what we have all achieved.



Brentwood News

CALGARY CONCUSSION AWARENESS & SUPPORT

We meet on the last Thursday of every month at the Brentwood Community Association Boardroom (upper level of the Brentwood Sportsplex) 1520B Northmount Drive NW Calgary T2L 1V3 (behind Churchill Pool)
 Next meeting scheduled for
 Thurs April 27, 2017
 7:00-8:30 p.m.

For further information, please visit & like our Facebook page: <https://www.facebook.com/Calgary-Concussion-Awareness-Support-1202581439802468/>

FREE TAX RETURN PREPARATION

We are a Tax Preparation Clinic that participates in Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP) to provide FREE tax returns to eligible individuals. Are you a senior, student, newcomer or have a low income? You would be eligible for this FREE service!

We are volunteers, not employees of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you. You must be present to file.

We are now booking appointments for Monday afternoons April 3rd, 10th and 25th between 1pm and 4pm. Appointments will be held at the Brentwood Sportsplex. **Call us directly to book your appointment.**

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 Website: www.flexaccountingtoday.ca
 For more information on the volunteer program contact: <http://www.cra-arc.gc.ca/volunteer>



Name	Age	Contact	Course
Ariel	18	587-968-3526	No
Camryn	15	587-439-1472	Yes
Dylan	16	587-891-5694	Yes
Elaina	17	403-808-1328	No
Eli	17	403-808-1328	No
Eric	15	587-439-2875	No
Megan	15	403-969-6336	Yes
Nicole	16	403-279-2765	Yes
Sholeh	44	587-707-6816	Yes
Sihana (See-Ana)	15	403-228-5339	Yes
Tamara	26	403-689-8140	Yes

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

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Development and Transportation Committee

Submitted by Melanie Swailes

On behalf of the BCA Development and Transportation Committee

As part of the Brentwood Community Association (BCA), the Development and Transportation Committee (DTC) was formed to serve as the "eyes and ears" for the many development and construction projects happening in our area. We plan to meet monthly to review and evaluate proposed developments. We will also try to keep community residents informed on happenings in regards to development and transportation.

In February, we submitted comments on numerous development permit (DP) applications. Many members of the group spent time reviewing and writing summaries, and I'd like to especially thank Keith Lee, Marilyn McLean, Steve Randall, Peter Johnson and Kirk Osadetz for their work in that regard.

Northland Village

The redevelopment of Northland Village Mall will take place in numerous phases over the coming years. The recent DP application was for "Building 11", located on the north side of the mall on the site of the current parkade structure. This building is a 2-storey commercial and retail building with tenants yet to be determined.

The existing mall structure will remain in place throughout the initial phases of redevelopment as a number of smaller buildings are built around the perimeter of the mall. There are some renderings and diagrams of the overall plans for the site on view in the mall on the north end (next to the escalator near the former FutureShop store).

Brentwood Village Mall

RioCan / Boardwalk rental apartments

1. This DP is for a new building to be situated on the site of the current Brentwood carwash, directly adjacent to the red tower at University City. The DP is for an 11-storey tower with 165 one- and two-bedroom rental units.
2. Longer term, the Safeway / London Drugs site will be redeveloped as higher-density retail, commercial and

residential towers. With the current economic downturn, it appears likely that developments will move at a slower pace. We have not yet seen any further development permit applications for the site nor an overall site plan.

Co-op redevelopment

The proposal for this site will include a number of buildings including retail, commercial and residential units. The initial plans included a 40-storey tower as well additional buildings of 23 and 12 storeys, but that proposal has been temporarily put on hold. When a revised plan is brought forth, we will be looking for community feedback. We will let you know when more information is available and when a public meeting date is set. The existing Co-op store and gas bar will continue to operate until a new Co-op store and gas bar are built.

Northmount Drive N.W. Improvement Project

The information gathered from online and workshop feedback should be posted online in early 2017. We are not aware of any new information or timelines for the project as of this February Bugle submission deadline. For further details and a look at what is planned, go to the City of Calgary website at calgary.ca, then enter "Northmount Drive N.W. Improvement Project".

Neighbour Notification

Adjacent residents need to be aware of small-scale development permit (DP) applications (such as secondary suites, additions or new buildings), if they wish to comment on them. As mentioned in a previous Bugle article, the small notice boards placed by the City of Calgary on the project site serve as notification for nearby residents.

The DTC has created a Neighbour Notification sheet that will also serve to inform residents about a new DP. This will be a single page notice with basic information such as the type of DP, file number, deadlines for feedback and contact information. We will try to leave such a sheet in the mailboxes of homes adjacent to a proposed development. It will then be up to these neighbours to comment on their own behalf since small-scale developments generally affect relatively few homes rather than the entire community.

Further reports from the DTC will appear in following issues of the Bugle. You can also check the BCA website or contact the BCA office at brntwdca@telus.net or 403-284-3477 for more timely updates.

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**



BCA Volunteers

The BCA is seeking a volunteer for the position of **Seniors' Representative**. The Brentwood Community began hosting the teas so that seniors could stay connected with community friends and enjoy an afternoon of conversation and refreshments.

The duties of this position include:

- Planning and co-ordinating the Seniors' Tea on the 3rd Thursday of each month from 1:00 pm to 2:30 pm in the hall at the Brentwood Sportsplex, excluding the months of July and August.
- Co-ordinating volunteers to assist with the tea, shopping for food and refreshments, setting up the hall, socializing, taking a few photos for the Bugle and then cleaning up afterwards. The day of the tea usually requires about 5 hours of the representative's time.
- Occasionally inviting guest speakers to attend if they have a topic of interest to seniors.
- Organizing entertainment in December with a music class from one of the surrounding schools.
- Writing an article summarizing the monthly tea and submitting photos for the Bugle.
- Attending monthly Board Meetings and the AGM. Board meetings are held the last Tuesday of the month at 7:15 pm and are approximately 2 hours long. There are no meetings in July or December.

For more information please contact Linda, Office Manager at the BCA, brntwdca@telus.net.





Canada Bereft Statue.
Photo: The Vimy Foundation

100TH ANNIVERSARY OF VIMY

At Vimy, the trenches and crater holes in the land are still visible, 100 years later. Photo: The Vimy Foundation



Kim Kelln



Robert Peddle

“BICICLES” in the ICICLES

By Lee Hunt

Photos provided by Kim Kelln

Brentwood has direct links to the hour long documentary, “Bicicles”, which premiered at The Globe Theatre on February 4. Film Director, Kim Kelln, has lived in Brentwood since 1988. Film Producer, Robert Peddle, is married to Associate Producer Betty Purcell who grew up in Brentwood and whose parents (Eileen and Garry) still reside here.

As you may have discerned from the pun in the film’s title, the documentary focusses on bike commuting in Calgary in the winter. Centred on four cyclists, the film illustrates the daily ride to work and back. The four commuters – Ellen Hadley, Fa-Linn Woollings, Mike Scullen, and Scott Walton – speak of their winter cycling as being, “an easy and fun adventure in the snow” and “a calming activity which brings peace and happiness”. Produced by Bull and Ship Films, the documentary interviews cyclists, City Councillors, U of C engineers, plus local bike shop owners.

An interview with one long time winter cyclist received considerable audience laughter when he told the story of having written to the City a number of years ago asking that winter streets be cleared more effectively so that cyclists could still ride. He received a polite reply suggesting that, “it is not safe to ride in snow. You should join Lindsay Park.”

The initial springboard for the film came from a photo journalism course which Kim took in 2014. His project for the course was winter cycling and he interviewed nine cyclists for that project. Kim eventually decided to expand that topic into a one hour documentary. It would focus on four of the original nine cyclists – each living in a different quadrant of Calgary. Robert, who described himself as “a Newfoundlander who loves telling stories” and whose “passion is film-making” was immediately on board. Both men are greatly appreciative of the support and assistance which they received over the past three years from Executive Producer David Chernoff, trailer maker Kevin Kirkpatrick, score composer Andrew Spencer, and Past President of Bike Calgary Kimberley Nelson.

The film provides practical tips for those considering winter commuting – appropriate clothing, equipment, tires (studded or knobby are best). It also mentions that with a call to 311 cyclists can arrange for an outdoor bike lock up.

At the time of writing, the film was booked to be shown in Lethbridge, Canmore, and at the U of C. It is also available for rent and/or purchase at biciclesyyc.com. In addition, Kim and Robert plan to enter their film in some upcoming film festivals.

Congratulations to film-makers Kim, Robert, and Betty. And all the best to you winter cyclists!

Bow Cliff Centre 50+ Spring Art Show and Sale

Bow Cliff Centre (Spruce Cliff Centre)
3375 Spruce Drive SW, Calgary, T3C 3A3

Saturday, April 22, 2017

10:00 – 3:00 PM

View local artists’ work, learn about our classes, meet our art teachers. Free admission.

Dinner is on the Table

By Melissa Neville

I love looking for new recipes and only the really good ones make "THE LIST". I find recipes and ideas from blogs, websites, cookbooks and even when we eat out. I want my family to look forward to all of our meals and they need to be delicious and healthy which I feel is tough without a little planning. "THE LIST" (which is found on my phone) contains every recipe we have ever made and loved. If we do not love it, it does not make "THE LIST".

I use this list every Friday when I plan my dinners for the coming week and to create my shopping list. I plan my dinners, lunches and snacks for the week and I know people think it is insane (you may very well be thinking that now), but I find knowing what I am making for dinner ahead of time makes for more efficient days during the week. Having dinner figured out allows me to focus on other daily chores or on simply playing with my sons stress free. I do not have to think about what I am making for dinner during the day and it has also eliminated those unnecessary trips to the store because I am short an ingredient or two. To me, my list grants me peace or at least a little sanity which is hard to come by in a house with a 6-year-old and a busy 2 1/2 year old.

I recently started a separate recipe list for my boys because, let's face it, finding recipes that please everyone is hard. I let the boys pick one or two of the weekly dinners and we make them together. I find it's a good way to get them involved in dinner preparation and to get them to try new things. I had to create a list because it seemed tacos and sloppy joes were the only requests I was getting. Now we have about 15 options (some of them salads) that we go through together and they pick whatever they want from the list.

This month I have decided to share a salmon burger

recipe which is a new addition to the list. I have to admit that salmon is not a favourite in my house, however when I saw and read this recipe I had to try it. The combination of spices and the tortilla chip crust just seemed perfect and boy was I right! The salmon is tender, flaky, moist and the burger has a great flavour and a crunchy bite. If you like your burger spicy as I do, add a few extra chipotle peppers to the mayo. Serve with salad or fries and dinner is on the table.

Tortilla Crusted Chipotle Salmon Burger

(makes 4 to 5 burgers) adapted from www.howsweeteats.com

Ingredients:

- 1 cup tortilla chip crumbs (crush them in a freezer bag or between paper towels)
- 1-pound boneless salmon filet (I buy frozen filets)
- 1 shallot, minced
- 2 garlic cloves, minced
- 1 large egg
- 1/3 cup bread crumbs
- 1 tablespoon adobo sauce from a can of chipotle peppers in adobo
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped fresh parsley
- 3 to 4 tablespoons olive oil
- 4 to 5 buns
- 6 ounces goat cheese
- 2 cups spring greens or your favourite lettuce
- 2 avocados, sliced
- sriracha, for topping if desired

Chipotle mayo

- 1/2 cup mayonnaise
- 1 chipotle pepper
- 1 teaspoon adobo sauce

Directions:

Chipotle mayo

Add the ingredients to a blender or food processor and puree until smooth. You can totally do this in advance!

Salmon Burgers

Place the tortilla chip crumbs on a large plate. Add the salmon filet (I cut mine into 4 pieces) to the food processor. Pulse the salmon until it is in small pieces but not completely ground up. Remove the salmon from the food processor and put it in a large bowl. Add the shallot, garlic, egg, bread crumbs, adobo sauce, spices, salt and pepper and parsley to the bowl. Stir the ingredients with a large spoon to combine then bring the mixture together with your hands. Form the mixture into 4 to 5 burgers. Press each burger into the tortilla crumbs on the plate. Coat the entire burger, flip and repeat. Heat a large skillet over medium heat and add 2 tablespoons of the olive oil. Add the burgers (I do it in two batches) and cook on both sides until golden brown--about 2 to 3 minutes per side. Turn the heat down to low and cover the skillet for another minute or two to ensure that the burgers are cooked through.

To assemble the burgers, add 1 tablespoon of goat cheese on the bottom bun. Place the burger on top, followed by the chipotle mayo, the avocado, lettuce and sriracha if you want some extra heat. Serve immediately!



Brentwood Real Estate Update

Last 12 Months Brentwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$524,400	\$513,500
January 2017	\$544,900	\$530,000
December 2016	\$544,850	\$537,500
November 2016	\$549,000	\$528,000
October 2016	\$539,900	\$521,000
September 2016	\$619,900	\$614,750
August 2016	\$534,900	\$508,000
July 2016	\$554,950	\$536,000
June 2016	\$549,900	\$549,000
May 2016	\$549,900	\$547,000
April 2016	\$559,900	\$545,000
March 2016	\$514,900	\$514,900

Last 12 Months Brentwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	8	4
January 2017	6	7
December 2016	2	4
November 2016	1	5
October 2016	6	3
September 2016	8	8
August 2016	8	7
July 2016	9	6
June 2016	11	7
May 2016	3	9
April 2016	11	9
March 2016	13	7

To view more detailed information that comprise the above
MLS averages please visit brentwood.great-news.ca



CONTEST – calling all students in grades 4 TO 9

You and your teacher could win prizes in the Alberta Champions Writing Competition. The deadline is April 20, 2017, so act quickly!

For more information, go to: Albertachampions.org. Then to Calgary History and Historical Figures. Next to contest.

Good luck!

Dr. E. W. Coffin School

By Angie Goldsmith

It's always hard to believe at this point in the school year that we have only three months left until summer holidays!

A big thank you goes out to the community members who have stepped up to help out with our Grade 1 and 2 Home Reading program. It has been wonderful to see so many new faces in the school and your time is greatly appreciated by all.

This month students in each grade will enjoy creating something special through our 'Clay for Kids' residency. The Calgary Youth Science Fair will take place on April 21st at the Olympic Oval on the U of C campus and the Calgary Young Writers' Conference will be held on the 22nd. It is exciting to have students represent our school out in the community and we know you will make us proud! After a busy month, April will wrap up with teacher parent conferences on the 27th and 28th.

Happy puddle jumping from our little school on the hill!

Brentwood School

By Devina Sharma, School Council Member

Spring greetings from the staff and students of Brentwood School! We will return to school from a restful Spring Break on Monday, April 3rd and look forward to the last few months of the 2016-2017 school year.

Our students will begin their swimming lessons on April 4th, so please be aware that large groups of students

will be walking to and from Sir Winston Churchill Aquatic Centre during school hours. Let's help keep everyone safe in our community by adhering to the posted playground zone speeds along Northmount Drive, especially during school hours. Thank you!

Our Kindergarten students have been working hard preparing a concert showcasing their learning for their families. This concert will be held on the evening of Thursday, April 27th. As always, we encourage our parents to be respectful of our Brentwood Community neighbours by parking in appropriate areas around the school.

Our School Council Casino will be taking place on April 21 and 22 at the Elbow River Casino. If you would like to volunteer for the Casino, please contact brentwood-schoolcouncilinfo@gmail.com to add your name to the list. A police clearance is not required to volunteer for the casino, which raises funds for extra student activities such as in-school residencies and for purchasing of technology. This is the largest fundraising event for the school, so please help us if you can!

If you have any concerns or inquiries, please contact the school office at 403-777-6130 or visit our school website.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 20



by Cynthia Sim

The racket coming from my back yard drew me to the kitchen window where I was a spectator to a noisy dispute between a very aggressive black squirrel and two very large red-shafted flickers. The cause of the argument appeared to be possession of one of my ancient birch trees. The nuthatches had nested there a few times in the past and had left large holes in the trunk and larger branches. I assumed the flickers were after the insects in the wood. The squirrel's actions were a bit puzzling, although perhaps he/she was planning to move into the nests which the nuthatches had vacated. Needless to say, the squirrel won the argument and the flickers retreated to the top of an adjacent weeping birch to reassess their strategy.

As this cold, gray February comes to a close, we find ourselves looking hopefully for signs of new growth in our gardens. Last winter was so mild that spring bulbs were popping out of the ground quite early, but this winter has not been so kind, with colder temperatures, less sunshine and seemingly more snow. Some of us may look with longing, and some envy perhaps, at roses blooming on Vancouver Island (Victoria) in February (see photo).

Our community garden is still largely buried in snow, so we gardeners must remain patient. However, we are particularly anxious to see how well our perennials, especially the newly planted apple trees, the small currant bushes, the Saskatoon bushes, the strawberries and the cherry bushes, survived through the winter. We had a bumper crop of cherries last year and anyone who attended our harvest potluck dinner had an opportunity



to sample the delicious black forest cake made with our garden cherries.

Most of the garden beds for this season have been rented, but there are several still available. We have a few new gardeners joining us this year so if you are interested in becoming involved, please contact Debra Hamilton, our Bed Rental Coordinator, at hamiltndl@shaw.ca for more information about the garden.

A service to the community from
The Church of Jesus Christ of Latter-day Saints

FREE ESL CLASSES

- CONVERSATION •
- VOCABULARY •
- PRONUNCIATION •

1.5 hour weekly classes with native-English speaking volunteers

Wednesday morning 10 am
Thursday evening 7 pm
Sunday evening 7 pm

Register at www.calgaryesl.ca



2017 Spring Soccer

By Lindsey Rostoker

Season - The Brentwood Community Outdoor Soccer season for the U4 to U16/18 age groups commences on April 17 and continues until the second half of June (dates vary depending on the age group). Super Soccer Saturday will be on June 24 this year. The U12 Tournament will take place over the same weekend. Please look at the 2017 Soccer Newsletter, as well as other informational documents, on our website (<http://www.brentwoodcommunity.com/soccer.html>) for further details.

Coaches -The Brentwood Community Association will hold a coaches' clinic on Sunday, April 9: U4 from 2:00 to 3:00 pm, U6 from 3:00-4:30 pm, U8 from 4:30-6:00 pm, and U10 from 6:00 to 7:00 pm at the Brentwood Sportsplex Arena. All coaches should attend team selections on Wednesday, April 12 at 6:30 pm at the old Skate Shack.

Evaluations - Evaluations will be held on Tuesday, April 11 at the Brentwood Sportsplex Arena for the U8 and U10 age groups as follows: U8 from 6:30 to 7:15 pm and U10 mixed from 7:30 to 8:45 pm, provided U10 registration numbers are high enough.

Referees - If you have previously been a referee for Brentwood Community Soccer, you will be contacted by the referee coordinator. Free Referee Clinics will be provided on Sunday, April 8th from 6:00 to 8:00 pm at the Brentwood Sportsplex arena. For further information, please contact Daniel Edelshaim at daniel@edelshaim.com.

Questions? - If you have any questions regarding Brentwood Community Soccer, please contact Lindsey Rostoker at linz.rostoker@gmail.com.

Parent Awareness Information Session



If you have a child in Junior High or High School, he or she could be exposed to legal or illicit drugs such as fentanyl. Fentanyl is a deadly opiate drug that is in our city, causing growing concern among law enforcement, health care and educational professionals.

The Calgary Police Service, along with a panel of guest speakers, is bringing an evening of awareness about this deadly drug to all Calgary residents. The presentation will provide parents with professional advice in what to look for in your child if you suspect he or she is using marijuana or other drugs. The event will also provide tips and tools to prevent children from trying drugs.

Location: Arbour Lake School, 27 Arbour Crest Drive, NW

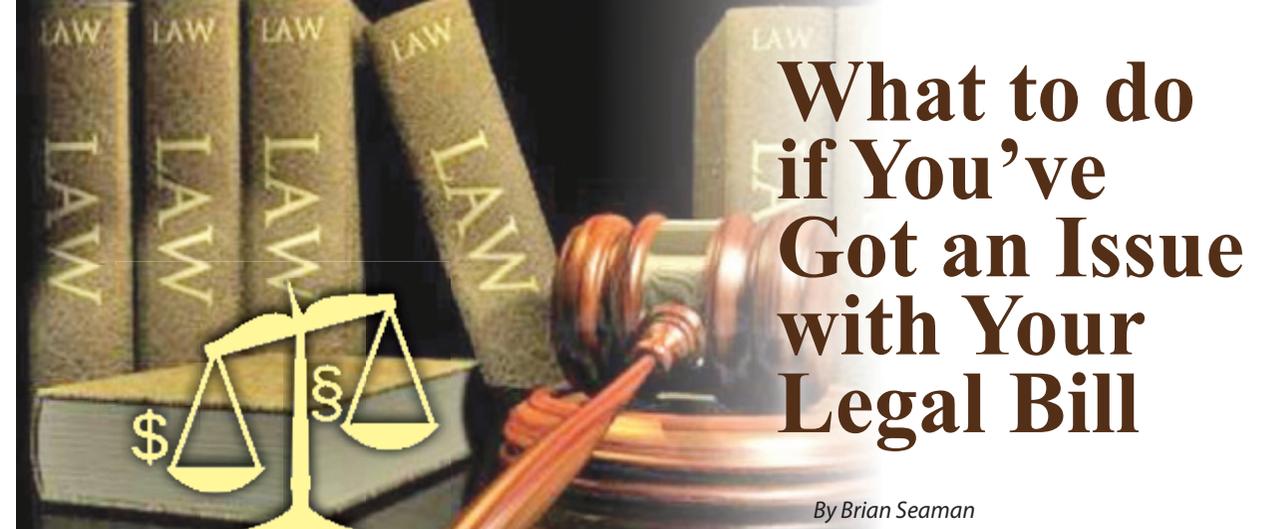
Date: April 5th, beginning at 6:30 pm

Register: Please email yvonneclark123@shaw.ca by April 3rd with number of people attending.

The Seniors' Teas

will continue at the Sportsplex on the third Thursday of every month at 1:00 p.m. The next Tea will be held on April 20. Please join us for tea, goodies and conversation.

As former coordinators Kristine and Dorothy have moved on to other endeavours, the BCA is seeking a volunteer to coordinate seniors' activities in the community. Please see the article on page 11.



What to do if You've Got an Issue with Your Legal Bill

By Brian Seaman

If you've got a legal bill that seems too high for the work that was done on your behalf, did you know that you have an option to possibly get it reduced? This process is unique to the legal profession and is set out in the *Alberta Rules of Court*. The review process applies not only to a legal bill and disbursements but also applies to retainer agreements.

The process is relatively straightforward. The provincial department of Justice and Solicitor-General has Queen's Bench Review Officers at its' 11 judicial centres located around the Province; in Calgary, the centre is located at 601 5th Street SW. These Review Officers hold law degrees, have practiced law, and act as important gatekeepers of the integrity of the legal profession by ensuring fairness.

If you have not received a satisfactory explanation as to the charges and disbursements from your lawyer, you may apply for a review of your bill. You have six months from the date that the bill was sent to file what's called a Notice of Appointment of Service; this Form, along with the various other forms you'll need including the Affidavit of Service, can be found online at <https://albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer's-bill-sample-forms-november-2010.pdf?sfvrsn=0>. The cost for filing is \$100.00 and is payable by cash, credit, debit or cheque or money order payable to the "Minister of Finance and Enterprise of Alberta." Court orderlies at the judicial centre can direct you to the proper counter to file your

documents. You need to file the original document, plus three copies, and you'll need to include the account(s) that you want reviewed.

Once you've filed your documents, you must serve the Notice and supporting Affidavit on the lawyer whose account you're challenging. This can be done by personally attending the lawyer's office and serving the documents, by recorded mail through Canada Post, or by hiring a process server. In any case, unless the lawyer or an assistant has acknowledged service in writing, you will need to file an Affidavit of Service.

You should note that neither Court clerks nor Review Officers can give any assessment as to whether you have an arguable bill for review and what the outcome might be. You should also note that though you may have an agent or proxy to act/speak on your behalf, it is important to attend the Review hearing. If the Review Officer determines that the bill was justified, an award of costs may be made against you. Both you or your former lawyer may appeal a finding of the Review Officer. Finally, there are two exceptions to the rule regarding review of legal charges: i) the beneficiary of a Will can't get the Estate lawyer's charges reviewed; and ii) a Legal Aid account can't be reviewed.

This commentary provides general information about the legal account review process, reflects the author's opinion and is not legal advice. Brian Seaman is a freelance writer/legal researcher.



Earth Day in Brentwood and up the Bow

In looking beyond the vernal equinox on March 20, 2017 at 4:29 a.m. MDT, our lengthening days will bring 14 hours and 18 minutes of daylight on Earth Day on April 22 in Calgary. On a Saturday this year, there will be an abundance of activities to partake in around the city, many of them free. Check out Earth Day Canada <https://earthday.ca/>, amongst other resources.

Climb the Bow Building!

After 25 years of hosting their annual Climb for the Wilderness in the Calgary Tower, this year the Alberta Wilderness Association event will be in the Bow Building. With 54 floors over 236 metres, it will be 1,188 steps up to gain the magnificent views of our city and surrounds. According to the AWA, that's the same number of kilometres as it is from Peace River to the Canada-USA border south of Milk River.

Will our intrepid Brentwood neighbour, Richard Guy, climb the Bow Building at the amazing age of 100? Yes, ONE HUNDRED years old; and yes, he did climb the 802 steps of the Calgary Tower TWICE last year. Many neighbours notice Richard still going off to work at the University of Calgary, walking and/or taking the bus in all weather – so why wouldn't he be headed up the Bow... I will be giving it a go, and you can join in and/or sponsor someone, too: <http://www.climbforwilderness.ca/>. As usual, all proceeds go to conservation efforts for our glorious province's special spaces and species, and there will still be the wonderful free Environment Fair at the base of the Tower, with all sorts of activities, displays, and music, along with ideas for ways to get involved in promoting Earth-friendly activities right in our homes, neighbourhoods, and wider city.

Calgary Youth Science Fair

Someone from AWA will have to nip up toward Brent-

wood that day to hand out another of their annual awards, as the Calgary Youth Science Fair will also be taking place on Earth Day this year, at the University of Calgary Olympic Oval. Will our local Sir Winston Churchill High School again win the BP High School Aggregate Award by sending the most senior projects to the fair – often cleaning up in a variety of awards categories, with many students then going on to the Nationals? There will be many other students from Brentwood there, representing schools all over Calgary. This year's projects will no doubt feature science in a variety of environmental contexts, and the Fair will be free and open to the public from 9:00 a.m. to noon, followed by the awards ceremony.

It's not too late to sign up to be a judge as well; I've been doing it for nearly twenty years, and truly love the opportunity to talk one-on-one with students who are enthusiastically giving you their undivided attention about a science project they have been fully immersed in and often become deeply passionate about. For further information about all aspects of the Fair, see: <http://www.cysf.org/>.

Inside or outside, going up the Bow or down to campus: **Happy Earth Day 2017!**

Environmentally yours, Polly Lee Knowlton Cockett, Grassroots Ethnoecological Association, naturegroundnews@gmail.com

BRAIN GAMES SUDOKU

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



News from the Friends of Nose Hill

by Anne Burke

The City of Calgary invests in annual infrastructure upgrades to ensure levels of service and address both capacity and lifecycle needs. One part of this is the storm water quality retrofit program which adds more wet ponds to long-established areas of the city. Wet ponds protect the quality of river water by slowing the flow, allowing sediment to settle. Added plants help to remove pollutants.

Secondly, there are 200-flood related projects requiring repairs or restoration. There are riverbank stabilization and erosion sites, the storm drainage system, and lift or pump stations. Construction projects include water main and pipe repairs, as well as new projects and upgrades to improve water and wastewater systems.

One such project, the North Calgary Water Servicing Project is currently underway. This is part of a long-term plan to sustain the water supply system. A new water supply line (feeder main) is required to service future area development. A consultant will design and construct a new water main from Big Hill Pump Station to the Beddington Reservoir. The preferred alignment will cross Nose Hill Park, using geotechnical tunnelling up to 90 metres or 300 feet deep. A survey of rare plants and birds will be done before phase 1 soil sampling to test the proposed route to ensure conservation of protected species. The optimum time to drill 21 test holes (each 6 inches in diameter) is mid-winter when the ground is frozen, as this minimizes the impact on the surface envi-

ronment. However, the areas adjacent to these test locations will be rehabilitated prior to crews leaving the site.

The City promises that there will be only minor surface disruption in the SW and NE corners of Nose Hill at the entrance and exit of the proposed tunnel. Drilling and survey equipment as well as personnel will be visible on the hill but away from the paths. No other surface work will be required in the park. Phase 2 construction will occur from summer 2017 to summer 2018. In addition, there will be signs at Nose Hill parking lots and an information brochure at www.calgary.ca/nosehill.

For general water construction inquiries or a list of road closures due to other construction projects, call 3-1-1.

TRIVIA Measurements

The wristwatch was invented in 1904 by Louis Cartier.

Ask Charles

I just spent \$50,000 to finish my basement with high-end finishings. Now, I'm listing my house for sale, and my real estate representative says she can't include the basement square footage in the total size. Why not?

You developed your basement and it's beautiful. You're sure any potential buyer would agree that it looks great, and is definitely livable space. But, your real estate professional is correct, the square footage of your basement cannot be included in the size of your home for listing purposes.

In Alberta, real estate professionals are required to follow the Residential Measurement Standard (RMS) when listing a residential property for sale. The RMS contains nine principles that enable real estate professionals, as well as buyers and sellers, to determine and compare the size of residential properties. The RMS sets out the specific parts of a residential property that can be included in its size for listing purposes.

Above grade levels are the levels of a residence that are entirely above grade. Below grade levels are the floor levels of a residence that are partly or fully below grade. If any portion of a level is below grade, the entire level is considered below grade. Below grade spaces include lower levels and basements. The RMS size of a property is, essentially, the sum of its above grade levels. Below grade levels are not included in the RMS area.

Without the RMS in place, there would be little consistency in how real estate professionals, and their sellers,

measure and describe their property. Some may want to include their basement (unfinished or not), some may include an enclosed sunroom, while others may include the space created by a bow or bay window.

The RMS provides a consistent means of measuring, and describing, residential property size in Alberta.

Sellers, and their real estate representatives, are welcome to include additional measurement information in their listings, but the primary size listed in the listing must be the size according to the RMS.

Sellers need to remember that size isn't the only factor that will affect a property's list or selling price. Other factors include location, condition, quality of finishing, layout, and even type of ownership. You may not be able to include the square footage of your basement in the total square footage of your home, but the features of your home will set it apart from other properties. Size matters, but it's not the only thing that matters.

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



Time to Replace your Home-Turf?

Take the Quiz

1. Does your yard need a landscaping facelift?
2. Would you like to add splashes of colour, texture, and interesting shapes to your yard?
3. Would you like to add year-round interest with rocks, stone work or dormant plants?
4. Are you considering installing landscape lighting for security or aesthetics?
5. Would you like to attract natural pollinators and birds?
6. Do you have low wet spots in your lawn?
7. Is your lawn bare in places from walking or dryness?
8. Have your trees matured, causing shady patches and drawing moisture from your lawn?
9. Are dandelions a menace?
10. Are you concerned with your children or pets playing on lawns treated with chemical fertilizers or herbicides?
11. Is fairy ring a problem?
12. Are you getting tired of mowing, especially on slopes and around tight spots?
13. Is your summer water bill getting out of hand because of lawn watering?
14. Do you want to cut back on your expenses for lawn care services and products?
15. Are you concerned with looming water shortages and City watering bans?
16. Do you have an underutilized rain barrel or composting bin or would you like to install them?

17. Does your yard slope toward the street, causing rain and sprinkler water to run-off?
18. Would you like to contribute to habitat and biodiversity near the Elbow River?
19. Would you like to help protect water quality in the Elbow River?

If you answered yes any of these questions, then why not plan to replace some of your boring old lawn this spring?

An impressive selection of drought and shade tolerant plants, some selected from native species, is available in Calgary. Consider the slope of your lot, capture drainage, and install permeable surface materials to minimize sediment and pollutant runoff into the river through our storm water system.

Visit calgary.ca and search "yardsmart" for more information, tips and videos. The Calgary Horticultural Society, (calhort.org) is a great source of information for gardening success in Calgary. Their annual Garden Show is at Spruce Meadows on April 29 & 30, 2017 from 9 AM to 5 PM.

Photo credits: The Calgary Horticultural Society

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.

YOUR COMMUNITY BUSINESS OF THE MONTH



Evoolution

Are you a foodie or looking for a unique tasting experience? Evoolution is a newly opened store and tasting bar in Market Mall, offering extra virgin olive oils crushed from the freshest olive harvests all around the world, and an amazing variety of delicious, aged balsamic vinegars from Modena.

Locally-owned, Evoolution is your gateway to an amazing tasting experience. With staff experts on hand, Evoolution prides itself on providing an outing that focuses on both education and taste so that customers get the most enjoyment out of their products.

Evoolution's olive oils come in both flavoured and unflavoured varieties. Their flavoured olive oils are either fused or infused with flavour. Fused olive oil is made by crushing olives with ripe, in-season fresh fruits or herbs - be it blood oranges, lemons, rosemary, or chili peppers. The result is an intermingling of fresh olive oil with the bright and tasteful essential oil of the fused fruit or herb. Infused olive oils are all-naturally flavoured herbal infusions that blend olive oil with essential oil and include varieties such as Tuscan herb, herbs de Provence, and mushroom and wild sage.

Evoolution's unflavoured varieties of olive oil are sourced using a two-hemisphere solution. Northern hemisphere olive oils are sourced after the fall crush in late-October and November around the Mediterranean and Califor-

nia. Southern hemisphere olive oils, which come from countries as diverse as Australia, Chile and South Africa, are sourced after the spring crush in May. Freshness is key when it comes to olive-oil-quality, and the two-hemisphere solution ensures that Evoolution is always carrying the freshest olive oils available in the world.

Whether flavoured or unflavoured, all of Evoolution's olive oils are extra virgin so that customers get the best of both worlds: amazing taste, and all of the important health benefits that come with consuming extra virgin olive oil.

Evoolution carries a broad selection of all-natural balsamic vinegars to pair with their olive oils. Evoolution balsamic vinegar is made in the traditional Solera method in Modena, Italy. This means the vinegar is naturally aged in a series of different fruitwood barrels for up to 18 years until it has reached a wonderful richness and complexity that is the signature of good balsamic.

Evoolution's balsamics include an organic variety, and a selection of all-natural flavours. A favourite Evoolution vinaigrette mixes two parts Basil Olive Oil with one part Strawberry Balsamic. It's delicious on salads, berries and desserts as simple as vanilla ice cream.

Complementing their oils and vinegars, Evoolution carries a line of spices, herbs and blends supplied exclusively by The Silk Road Spice Merchant in Calgary's Inglewood. Evoolution also has an eye-catching salt bar featuring smoked, gourmet and fused salts that add a kick to any dish.

With all it has to offer in quality and flavour, it's no wonder that some of Calgary's best dining establishments incorporate Evoolution olive oils and vinegars into their menus. You can find Evoolution olive oils and vinegars in dishes and cocktails at The Coup and Pampa Brazilian Steakhouse.

As many Calgarians enjoy an active lifestyle and look for healthier food choices, Evoolution has fit nicely into the Calgary community. Extra virgin olive oil is the cornerstone of the Mediterranean diet and well-known for its myriad health benefits. It is rich in powerful natural antioxidants and comprised mainly of oleic acid, a monounsaturated omega-9 fatty acid that contributes to the heart-healthy effects of olive oil.

Evoolution is located in Market Mall near the Moxie's entrance. Evolution.ca / 587-383-3866

Set your taste buds on an adventure at **evoolution**.

evoolution.ca | **evoolution**
olive oils • vinegars • tasting bar

Market Mall - Calgary, AB



Lost Pets

Happy Spring!

Spring is always an exciting season at Calgary Humane Society. At the shelter our dog walkers are thrilled to say 'goodbye' to all the snow and our dogs are even more thrilled to say 'hello' to all the mud! Thankfully we have some top notch volunteer groomers who keep all our furry friends spic and span. Spring also marks a rush of activity for our animal admissions staff. Spring is our busiest season at Calgary Humane Society, in part due to an increase in lost and stray animals.

Having a cherished family pet go missing is extremely stressful, but there are a number of steps you can take to bring Fido or Fluffy home safe and sound.

- 1. Start making lost reports.** When you call, provide as much information as you can about where and when your pet was lost and provide a good description of your pet. The following organizations are a good starting point for lost reports. Make sure to check the lost and found section of the City of Calgary and CHS website as well!
 - Calgary Humane Society Animal Admissions: 403-205-4455
 - City of Calgary Animal Services – 311
 - Post a lost listing on Kijiji/YC Pet Recovery/Local Buy/Sell websites
- 2. Check with local veterinary clinics.** Many lost pets are found by Good Samaritans and brought to local veterinary clinics.
- 3. Put out your pet's things to entice your pet home.** Put food, a favorite bed, litterbox and other familiar objects out to help tempt your pet back home.
- 4. Arrange a search party.** Call friends, relatives and neighbours to help search for your pet. Choose the people that your pet is *most familiar and friendly with* to go out and search.
- 5. Create lost posters and hang them up.** Create lost posters with a picture of your pet. Include a number that you can always be reached at (like a cell phone) on the sign. Hang up the posters in the areas that you think your pet might be, concentrating on areas where lots of people will see the signs.
- 6. Above all, never lose hope.** At Calgary Humane Society we have seen some amazing reunions. We have reunited pets with their family years, and even a decade after they went missing.

Wishing you all a safe and happy spring!

SPRING YARD WASTE LANDFILL DROP-OFF



Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for **free** composting.

Before you leave for the landfill:

- ✓ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
- ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
- ✓ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit calgary.ca/yardwaste

Landfill hours have changed

Landfills are open from 7:30 a.m. to 5 p.m. on the following days:

	Spyhill Landfill 69 th St. and 112 th Ave. N.W.	East Calgary Landfill 17 th Ave. and 68 th St. S.E.	Shepard Landfill 114 th Ave. and 68 th St. S.E.
SUN		●	
MON		●	
TUE		●	●
WED	●		●
THURS	●		●
FRI	●		●
SAT	●	●	

Visit during the week or before 9 a.m. to avoid line-ups.

Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

FREE MULCH FOR RESIDENTS AND BUSINESSES

Pick up free mulch at all three City landfills while supplies last.

Bring your own shovel to load mulch.

For more information visit calgary.ca/yardwaste



Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the

body, which in the joints leads to reduced mobility and in the blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care.

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RELIABLE CHILDCARE IN NW: We provide a loving, caring fun family environment for children to learn and grow. Games, puzzles, learning activities, free play, outside time, healthy lunches and snacks provided. Pick-up / drop-off by foot to Banff Trail School. Care for all ages newborn-12yrs, M-F, 7am-6pm. Call 403-282-6915.

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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.

SPANISH AND FRENCH TUTORING: for kids, teenagers and adults via Skype. First trial lesson for free. Contact us at: spanishincalgary2012@gmail.com or at http://themiscrisostomo.wixsite.com/spanishinlima.

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LOOKING FOR A NEW FAMILY DOCTOR? Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

JOANNA'S BOOKKEEPING: Accepting new clients and specializing in bookkeeping for small business. Experienced in QuickBooks and providing services for Accounts Payable, Accounts Receivable, Payroll, ROE, T4s, GST and WCB filing. \$35.00/hour + GST. Call/text Joanna at 403-604-4053 or email joannasbookkeeping@gmail.com.

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IN & AROUND CALGARY

Calgary Fire Department

Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lakeshores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
- For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx>

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please <http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx>

Stay Safe!

CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Message from the Calgary Board of Education Board of Trustees

As Trustees, we are passionate about public education, student success and the lasting impact education has in our community and on society.

We continue to welcome and support each and every student because it is the right thing to do. Every child is entitled to a great education and we know Albertans agree with us. We also know that this is a tough time for Alberta, and the economic struggles faced by our province are challenging. We do believe, however, that education is the best investment we can make in our future, our province and our children.

Protecting education means more than providing funding for student enrolment growth. Our system continues to grow, and with our students' learning needs as our focus, our school board simply does not have the capacity to absorb additional costs without directly impacting learning.

If you are interested in sharing your perspectives with your Trustee, please contact us at boardoftrustees@cbe.ab.ca. To learn more about our ongoing advocacy efforts, please visit our website.

Traffic Safety

Ensuring our students get to school safely is everyone's responsibility. Please be mindful of crosswalks, parking rules and speed limits when you are driving near our schools, especially during the morning drop-off and afternoon dismissal times. Our students' safety is at stake!

Chinook Learning Services

Did you know that the CBE offers classes for adults?

If you're interested in improving your English, discovering a new hobby or high school upgrading, visit chinooklearning-services.com

CBE Website

Check cbe.ab.ca for updates and stories about the great work being done every day by our students and staff. We're proud to share these stories with you!

Follow the Calgary Board of Education on Twitter @yycedu



Councillor, Ward 7
Druh Farrell
ward07@calgary.ca
www.druhfarrell.ca
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Downtown Economic Summit

I have witnessed many boom and bust cycles over the years in Calgary. Each time, we wait out the downturn and carry on with business as usual.

Although there are positive signs of recovery, this recession is different. Rather than a regular downturn in the business cycle that will fix itself, financial experts agree Calgary is experiencing a 'structural recession'. This more serious type of recession exposes the risks of relying heavily on a single industry. We cannot treat a structural recession with tools meant for a cyclical one. In other words, we cannot wait this one out.

Evidence of the downturn is obvious in all areas of Calgary, but particularly in the downtown core. Downtown historically generated around 40% of The City's non-residential tax revenue and 25% of City-wide employment. With record vacancy rates and declining property values in the downtown, 2016 saw a sharp decline in property tax, parking, and transit revenues. Because Calgary's economic health is heavily reliant on the health of our downtown, this resulted in a dramatic tax burden shift to businesses outside the core.

Having been a small business owner for 17 years, and the manager of the Kensington Business Revitalization Zone, I understand the challenges businesses face. That is why I supported \$45 million in one-time relief for businesses experiencing large increases in property taxes. While The City is able to afford short-term assistance, we need long-term solutions to address the root cause of the tax shift – a struggling downtown core. Businesses across Calgary, both small and large, depend on a strong downtown.

Calgary's downtown worked well for 1980, but will it work for 2025 and beyond? The problem is complex with no easy solutions. Earlier this year, Council supported my motion to host a Downtown Economic Summit to bring together the best minds to create recommendations for a more resilient, creative, and diversified downtown. Work from the private sector, social organisations, and all three orders of government is required to fundamentally shift the downtown economy and emerge from the recession better than ever.

All is not doom and gloom. We have a tremendous opportunity to create conditions for businesses to thrive and to get Calgaryans back to work.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. You can also follow us on Twitter at @DruhFarrell and on Facebook at @DruhFarrellCalgary.



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Birth of a Nation

It was 100 years ago on April 9th that Canada won Vimy Ridge in France at enormous cost and made their mark on history.

Vimy Ridge was seven kilometers of strategic high ground in France. Allies had previously lost 150,000 soldiers trying to capture the commanding view without success.

Our allies fought along side us in this key battle, but it was Canada's key contributions and subsequent victory that changed the course of history.

The preparation plans were extensive and the attack had been rehearsed many times beforehand. Canada knew it would be a big fight and they came prepared.

At dawn on April 9th, 1917, close to 100,000 Canadians rose from their trenches, tunnels and dugouts to take on the enemy in a battle many thought could not be won. We fought as one, but there were English, French, recent immigrants and First Nations that joined together to fight as Canadians.

The battle, fought uphill, was a surprising quick attack with much of the fighting over by noon.

At the end of that morning, 10,000 Canadians lay dead or wounded. It would be the bloodiest day in Canadian military history, but it would cement Canada as a fighting force to be reckoned with. Over the months that followed, Canadian troops became more independent instead of fighting under British command.

The battle of Vimy Ridge is credited with being the first time Canada was seen as its own fighting force and not simply a British colony. Some have said that on April 9th, 1917, a nation was born in the eyes of the world.

As Brigadier General Alexander Ross said, "I thought then...that in those few minutes I witnessed the birth of a nation."

This victory is thought by some to be the key reason Canada got its own seat at the Treaty of Versailles.

In 1922, France gave Vimy Ridge and the surrounding land to Canada in perpetuity and a magnificent monu-



ment was built to honour all Canadians who died in France. The stark, gleaming white marble towers are a powerful and imposing testament to the historic battle.

Every year, young Canadians work at the visitors centre and thousands of Canadians make the pilgrimage to this historic place in Canadian history. If you want to visit Vimy Ridge or learn more about the battle, please visit www.veterans.gc.ca.



CBC Calgary Reads Big Book Sale

Calgary Reads needs your used books please!

We're getting ready for our 15th annual **CBC Calgary Reads Big Book Sale** happening **May 12-14, 2017** at the Calgary Curling Club.

Please will you, your colleagues, family, friends, neighbours or sports team hold a book drive for us? Funds raised support Calgary Reads' literacy programs in schools and the community.

One of the easiest ways is to set up a **Central Collection Point**. This donation spot can be in your office, home or your club venue. Place boxes to collect the books. Let people know why and when you are collecting. For the book sale we collect pre-owned adult and children's books (*fiction and non-fiction*).

WHERE and WHEN to drop off your book donations:
Calgary Food Bank, 5000-11th St. SE • Monday April 17th to Friday, April 28th (Monday to Thursday 8am - 7:30pm; Friday 8am - 3pm)

Calgary Curling Club, 720-3rd St. NW • Tuesday, May 2 to Sunday, May 7 (Tuesday - Thursday 9am - 8pm; Friday, Saturday, Sunday 9am - 5pm)

We cannot accept dictionaries, encyclopedias, Readers Digest, Harlequin, Avon or Signet romances, magazines, or textbooks. Learn more: calgaryreads.com

Thank you!



MLA Calgary-Varsity
Stephanie Mclean
 #101, 5403 Crowchild Trail NW
 Calgary, AB, Canada T3B 4Z1
 Ph: (403) 216-5436; F: (403) 216-5438
 calgary.varsity@assembly.ab.ca

Friends,

With April, the weather warms up, the grass greens, and the leaves start to appear on the trees. My colleagues and I at the Alberta Legislature have been in session for a month now, working on legislation that matters to Albertans.

In the Throne Speech, the government announced Bill 1 will significantly reduce school fees for families. Across the province, this will save families hundreds of dollars. If passed, this law will be implemented this spring, so that when your kids go back to school in September, your fees will be reduced. This law reduces instructional and bussing fees by an average of 25% across Alberta, with more work to do in the future.

In Calgary, for instance, parents with three kids will save an average of \$419. I know that the downturn in the economy has taken its toll on many families. That's exactly why we support reducing school fees, starting with the instructional supply and material fees that school boards have charged. These will be eliminated. As well, we support eliminating busing fees for the children that are travelling to their designated school.

We attended the University Heights annual general meeting on March 2. We learned about the important issues the University Heights Community Association has been engaging with over the past year. As well, it was a chance for the board to renew its commitment to the community, and celebrate the 50th anniversary of the community association.

We also attended the Triwood Spring Craft Market on March 25, which showcased all the amazing creative and entrepreneurial talent of the community. Triwood hosts craft and farmer's markets throughout the year, so there will be more chances for all of us to support local businesses.

Looking ahead through April, we have the Easter holiday weekend to look forward to and I would like to wish everyone a Happy Easter. On the Easter Monday, April 17, Triwood Community Association is hosting a children's Easter Egg Hunt at the Triwood Community Hall.

On Sunday, April 30 the Banff Trail Community Association is hosting a potluck from 4:30-6:30 for residents at the Banff Trail Community Hall. With the warmer weather, many communities are holding local cleanups. Montgomery has a cleanup day on May 6.

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you, or to find out where we might be out-and-about in the community!



Helping Pre-School Children with Social and Emotional Skills

Here are some tips on how to foster social emotional development in a preschool child:

1. Model proper interactions and self control.
2. Listen to what the child is saying instead of judging.
3. Give reasons for the behaviour you want and make goals to achieve that behaviour.
4. Teach a child empathy instead of being sympathetic all the time. It never hurts to try and see something from another's point of view.

The Calgary NW Early Childhood Development (ECD) Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, plus Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

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: nwecdc coalitions@gmail.com.

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2532 CHEROKEE DRIVE NW (CHARLESWOOD)

Bungalow with over 1,050 sq.ft. 3 bedrooms, 2 bathrooms. Lot size: 60 ft x 100 ft. Hardwood flooring in all 3 bedrooms. Hardwood under the carpet in living room. Close to U of C, shopping and public transportation. Asking \$577,900.



3912-40 AVENUE NW (VARSITY)

Solid built bungalow over 1,170 sq.ft. facing the green space. Laminate flooring in living, dining rooms & hallway. Total of 5 bedrooms. 2.5 bathrooms. Brand new carpet in basement. Short walk to U of C, bus stop, schools, Market Mall Asking \$514,800.



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