

MARCH 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

**HIDDEN
VALLEY**



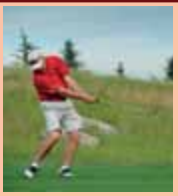
**HANSON
RANCH**

VOLUME 121

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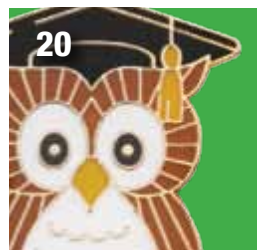
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17



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HIDDEN VALLEY / HANSON RANCH COMMUNITY ASSOCIATION

c/o 10504 Hidden Valley Dr. NW

Calgary, AB T3A 4Z2

Phone: 403-275-9394

president@hiddenhut.org | www.hiddenhut.org

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newsletter@hiddenhut.org

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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	
Weather Information	511
Gamblers Anonymous	403-237-0654



Hidden Valley Community Association

CONTACT LIST 2017

(serving Hidden Valley and Hanson Ranch in Hidden Valley)

Hidden Hut #10504 Hidden Valley Drive NW, T3A 4Z2 • 403-275-9394 (please leave a message)

website: www.hiddenhut.org • facebook: HVCA Hidden Valley Community Association

Executive Directors		
President	Marl Raffard	president@hiddenhut.org
1st Vice President	Marl Raffard	vp1@hiddenhut.org
2nd Vice President – Programs and Events	Michelle Baer	vp2@hiddenhut.org
Treasurer (Interim)	Brian Pearson	treasurer@hiddenhut.org
Secretary	Jennifer Jensen	secretary@hiddenhut.org
Board		
Membership	Aileen Griesser	membership@hiddenhut.org
Schools Liaison	Susan MacDonald	schools@hiddenhut.org
Programs and Events	Michelle Baer	events@hiddenhut.org
Sports	Rebecca Morissette	sports@hiddenhut.org
Rink and Facility	Marl Raffard	rink@hiddenhut.org
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Director at Large, Casino	Sandy Coad	casino@hiddenhut.org
Director at Large, Traffic Safety	Colleen Warrelow	trafficsafety@hiddenhut.org
Director at Large	Daniel Caine	director1@hiddenhut.org
Director at Large	Peter Lacombe	director@hiddenhut.org
Standing Committee Coordinators		
Website	Karla Williamson	website@hiddenhut.org
Indoor Soccer	Amanda Moores	indoorsoccer@hiddenhut.org
Hockey	Sean de Carle	hockey@hiddenhut.org
Newsletter	Kaila Burke	newsletter@hiddenhut.org



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FACEBOOK

- Guess what? Hidden Valley Community Association (HVCA) has a Facebook Page!

The Facebook “wall” is where it all happens. Conversations, events, important notifications, pictures,

sports registration and links to our community can all be found on our HVCA Facebook page. Have any questions about what is coming up in your community ask it on Facebook, looking for a neighbour check out Facebook, lost or found

something go to HVCA Facebook page. It's an awesome tool to keep in touch with your fellow neighbours and community members! HVCA is on Facebook spread the word!

HIDDENVALLEY HANSONRANCH



Area Schools

St. Elizabeth Seton School (K-9)

10845 Hidden Valley Dr. NW
Calgary, AB T3A 6K3
403-500-2105

Hidden Valley School

(K-3 Regular & French Immersion)

10959 Hidden Valley Dr. NW
Calgary, AB T3A 6J2
403-777-7236

Valley Creek School

(4-9 Regular & French Immersion)

10951 Hidden Valley Drive NW
Calgary, AB T3A 6J2
403-777-7995

Local Churches

North Point Community Church

Sunday 10:00am

Holy Trinity Anglican Church

Sunday 10:00am

Ascension Catholic Parish

Saturday Mass: 5:00pm and 7:00pm
Sunday Mass: 8:30am, 10:30am,
12:30pm and 5:00pm

Symons Valley United Church

Sunday: 10:30am

Valley Creek School

10951 Hidden Valley Drive NW

18 Hidden Creek Road NW

1100 Berkshire Blvd. NW.

38 Kincora Rise NW

Community Organizations

Simons Creek Scouts

simonscreekscouts@yahoo.com

Nitanisak Girl Guides

nitanisakdistrict@yahoo.ca



Community Resources

Community Rec Coordinator	Amanda Turvey	amanda.turvey@calgary.ca
Community Liaison Officer	VACANT	VACANT
Ward 4 Councillor	Sean Chu	ward04@calgary.ca
MLA Calgary - Northern Hills	Jamie Kleinsteinuber	calgary.northernhills@assembly.ab.ca
MLA Calgary - Foothills	Prasad Panda	calgary.foothills@assembly.ab.ca
MP Calgary - Nose Hill	Michelle Rempel	michelle.rempel@parl.gc.ca
Public School Trustee	Lynn Ferguson	lcferguson@cbe.ab.ca
Catholic School Trustee	Margaret Belcourt	margaret.belcourt@cssd.ab.ca
YYC Noise Concern Hotline		403-735-1408

MESSAGE FROM THE BOARD



We have received many positive comments regarding our recent Winterfest event, and have to send a “shout out” with our thanks to all of you from the community and beyond, who came out and participated in this wonderful day. It inspires us as a board to continually seek new and exciting events that attract people and their families to come out and share these types of experiences with each other and their neighbours.

With our letters to the editor segment being very successful in hearing what you have to say, or comment on things that are of interest to you, it is important to know that even if you wish information, or just want to express your opinion, or have an idea for something, we are here to hear your voice. Our role is to provide service to this community and we will go to great lengths to assist in gathering the information and pursuing a resolve. Please feel free to contact anyone on our board with any queries or comments. Our Facebook page is also a great place to get and share information.

Very soon we will be planning our Annual General Meeting and as always, seeking people who wish to help out in the community and provide a new and exciting perspective within our team of volunteers. If you go onto our webpage www.hiddenhut.org under “Home” and then to “About Us” and under “Board and Bylaws” you can find the position descriptions to assist you if you are interested in joining our volunteer board for the new term. If you require further clarification on any position, please contact us and we will assist.

Also I have to mention the concern we have, and which has been expressed regarding the recent vandalism with the burning of the Ports – Potty’s (2 in 3 weeks). This is very disturbing from not only a financial perspective, but it has the potential to escalate into a more serious situation. We have requested increased Calgary Police Service presence, and have contacted the City of Calgary numerous times to install lighting in our parking lot as a deterrent for these criminals and are working with them to ensure they hear our concerns!

Also check out our website www.hiddenhut.org and our Facebook page for updated information regarding our community!

Sincerely,
Hidden Valley Community Association Board Members and Volunteers!

SOCCER HELP

It might seem far away, but we are already planning and preparing for the HVCA spring outdoor soccer season. Outdoor soccer is one of our most popular programs and really creates a sense of community as children and families gather together in recreational fun. The success of this program is something that our residents have come to anticipate and expect. Yet, year after year it seems like one individual ends up with the responsibility of running the entire program. Then, year after year, we “rediscover” how the management of outdoor soccer is too much for one individual to bear alone. To prevent further burnout, we would like to form a committee this year which would divide and conquer the role of outdoor soccer coordinator. If you think that you would be able to assist (or know someone who would), please email sports@hiddenhut.org



Winter Gala 2017 – A Wonderful Day

What a great event it was. Not too cold, lots of sunshine and over 400 adults and kids came out to have fun.

The first thing to greet people on arrival at the Hidden Hut grounds was a huge fire pit being fed by Rink Rat cum Woodsman, Dale Patton. The hay bales around the fire provided a welcome rustic atmosphere with a lot of heat for those of us feeling some chills.

The Hay Ride from Water Rock Holdings and sponsored by Servus Credit Union was a huge hit and the lineups on the street were long. Everyone got at least one ride.

One of our MLA's, Jamie Kleinstueber, was kind enough to bring hot chocolate for the event. I've never seen an MLA so engaged in grass roots community life. Thank you, Jamie.

There was a Craft being done in the Hut led by Aileen Griesser's Daughter Emelie Griesser. The kids were making some cute pine cone, lard and seed bird feeders. A lot of fun.

Aileen herself ran the Membership Table and managed to collect 35 Membership's. For a community association this is a great advantage since everything we do for the community is funded by that membership income and a few sponsors.

Warren from the Centre Street Church did our announcements and kept the party going. Thanks Warren.

Hot dog cooking and serving was done by Peter Lacombe, Brian Pearson, Daniel Caine, and Jennifer Jensen. They strove hard and barely managed to keep up with demand. In all, they cooked 400 hot dogs and ran out by 1:30pm. More next time for sure.

A Vivo (Cardel Place) team came to provide ice games for the young ones. This was greatly appreciated and all the kids using the free skate area had a lot of fun with those games. There was also lots of skating on the big rink, which had been entirely rebuilt by last September, thanks to the efforts of Marl Raffard (interim President) and Dale Patton to coordinate contractors. Good ice was available despite the warmer temperature we had the week before the Gala.

Unfortunately the person who organised this event, Michelle Baer, was sick on the day but Marl stepped up, along with the help of his grand-daughter Graysen and our youngest Rink Rat Weider, to get the show on the road.

Of course the toboggan hill was in full swing with a lot of families having a hoot of a time. I even saw one family using a full size air mattress. That was fun to watch.

Most importantly there were neighbours from all over Hidden Valley and Hansen Ranch who mingled and made friends.

Egg-cellent Time to be had at Annual Hidden Valley Easter Egg Hunt

You'll be "Hoppy" you came to this year's Easter Egg Hunt! The egg-stravaganza will take place on Saturday April 15 from 10:00am-12:00pm. There will be face painting, Agrium pot-a-plant, a petting zoo, and of course everyone's favorite activity...the Easter egg hunt itself. Who knows? You may even spot that white eared legend himself...the Easter Bunny!

Bring your favourite basket/bag or pouch as the event will start off with our "E-A-S-T-E-R" egg hunt. Participants will need to collect 6 eggs each with a letter on them to spell the word EASTER. After you have found all your eggs, bring them back to the Easter Bunny's Secret Workshop where he'll magically turn them into a special (nut free) Easter Treat.

While the Easter Bunny's busy working away, everyone will head outside to do another job for the Easter Bunny. Every participant will get to fill a little pot with soil and then plant some quick-growing seeds; then you can then take them home to water and watch them grow!

Also on site we will be joined by the Butterfield Acres Petting Zoo! There will be a variety of cute and furry critters for everyone to enjoy.

Be sure to dress for the weather and bring along the camera to catch the expressions of discovery and delight!

Plan for 90 - 120 minutes. Highly recommended for children 6 and under, but all ages welcome!

If you would like to volunteer for this event please contact Michelle at events@hiddenhut.org

Not a HVCA member yet? There will be a sign up table at this event and for just \$30 you can help our community become even more egg-cellent!



Coach Pitch Baseball Anyone?

Do you have an 8, 9 or 10 year old that would like to understand the rules of baseball and develop some basic skills? If so, please email secretary@hiddenhut.org. If enough interest is shown, we will organize a grass roots program reliant on parent/caregiver volunteers. It would potentially run on Mondays and Wednesdays from 6:30-7:45pm.

Decisions need to be made before the end of March, so please respond as soon as possible. Let's play ball!

Woof!



See spot run? Okay, this little guy does not look like spot but he definitely wants to go for a run!


Making a big call out to all dog owners who want to start a dog meetup here in our awesome community. We have a great off leash dogpark that is at the south west corner on the Hidden Valley Blvd (corner of Shaganappi and Country Hills) and many other pathways that meander through HV. Let's get to meet each other and our dogs and maybe get a bit of exercise ourselves!

DATE: Sunday, March 12th
TIME: 10:00 a.m.

Please feel free to contact me Aileen at Membership@hiddenhut.org with any questions.

Would like to see how many dog owners we get out there. Then we can discuss and maybe expand on our meetings and or look at other time and date options.

See you then!
HIDDEN VALLEY/HANSON RANCH | MARCH 2017 9



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practical tools

fantastic atmosphere

COST: \$175/COUPLE | Register online @ foothillsalliance.com

Hidden Valley Community Association Membership

Join YOUR Community Association TODAY!

Benefits

Successful, healthy communities are those with active and sustained membership and involvement of community residents. Your support today is important and ensures new energy to continually address community issues.

Regular Membership - \$30 (Voting)

- Voting Regular Memberships must reside within boundaries of Hidden Valley and Hanson Ranch. Includes two adults and children in the residence.
- Regular Membership must provide adult ID with current address at the Annual General Meeting to vote. Valid January through December

Associate Membership - \$30 (Non-voting)

- Non-voting Associate Memberships are available for residents living outside our boundaries. Valid January through December

For DETAILS and to JOIN, visit: www.hiddenhut.org TODAY!



Support from the Hidden Valley Community Association through:

- ✓ Liaison with City of Calgary representatives (Political Action)
- ✓ Voting rights at the Annual General Meeting (Regular Membership)
- ✓ Community Newsletter (Delivered through Canada Post)
- ✓ Community Activities (see Calendar of Activities)
- ✓ Sport Programs (Organized Teams, Field Rentals and Equipment)
- ✓ Hidden Hut and Outdoor Rink (Maintenance and Repair)
- ✓ Operating Costs (including Utilities, Inspections and Insurance)
- ✓ Community Sponsorship of #38 Simons Creek Scout Group
- ✓ Plus many upcoming projects as needed in our neighbourhood!

How Can You Support Your Community?

The Hidden Valley Community Association has many Volunteer Opportunities for you to choose from: (PLEASE CHECK BOXES)

- ☐ Community Activities (Winter Festival, Egg Hunt, Block Party)
- ☐ Sports (Indoor Soccer, Hockey, Outdoor Soccer and Baseball)
- ☐ Hidden Hut and Outdoor Rink (Maintenance, Repair, Ice Installation and Snow Removal)
- ☐ Fundraising (Bottle Drive, Run the Loop, Skate-a-thon, Casino 2014)
- ☐ Committees (Hidden Green Playground, Building Safer Communities, 'NeighbourWoods' Tree Planting Program, Community Clean-up)
- ☐ **Join our Board of Directors!** There are many volunteer Board positions to choose from.
- ☐ I consent to accepting emails from HVCA

Do you like helping and meeting people? Are you good with technology? Can you maintain equipment and machines? Do you enjoy sports? Want to keep Hidden Valley/Hanson Ranch a nice place to live in? VOLUNTEER AS A COMMUNITY BOARD MEMBER

To obtain your membership please visit www.hiddenhut.org OR MAIL this form with \$30.00 payment to:
10504 Hidden Valley Drive NW, Calgary AB, T3A 4Z2
Please make all cheques payable to: Hidden Valley Community Association (no abbreviation)

Family Name: _____
Applicant's Name: _____
Spouse's Name: _____
Address: _____
Postal Code: _____
Email Address: _____
Resident Phone #: _____
Current Membership #: _____

Once processed, you will received a membership EMAIL and Package (Mail) with a MEMBERSHIP CARD



Where Did The Potty “Go”?

You may have noticed by now that there is no longer a porta potty located at the Hut. At the January 23rd Community Association meeting, it was decided to have it removed.

We understand that it is a nice convenience but we are not required by the city to have facilities on site unless there is an event such as the Family Winter Festival or the spring sports wrap up party.

Just one porta potty costs us \$178 a month or \$2136 a year! This equal to 71 memberships just to put things into perspective...

Unfortunately, we had not one but TWO incidents of vandalism in which our porta potty was lit on fire. It costs another \$974 to replace and this was not the first or second time we have had to pay for a replacement. This brings us to \$4082 paid out during this fiscal year, equal to 136 memberships!

Is this really how you want your memberships dollars spent?

We are also aware of various “unsavoury” activities that tend to happen around the hut and are working hard to get the city of Calgary to install lighting in the parking lot. Having the porta potty on site, offers these folks yet another place to go about their business be it drug use or whatever.

We hope that our residents and visitors understand the tough position we have been put in and the reasons why we’ve made this decision. Of course, we always welcome your feedback and will continue to discuss this matter in the months ahead.

Kaila Burke

FISHING CLUB OFFICIALLY UNDER WAY

We had our first meeting with the “best fisherman” in the community and beyond, and it was a fun evening! We introduced ourselves, the type of fishing we have experienced, and why we wanted to attend this meeting!

The group is formed with a wide range of fishing enthusiasts. People who want to get involved in fishing, as they are relatively new to the sport and wish to learn, to the experienced people who can and want to share their knowledge and experience!

It was really an informative group of individuals and we shared some much on the first ever meeting! We will be meeting once a month to share experiences and stories and even plan a trip or two on the waters in and around Calgary (or possibly beyond).

In future meetings we will be looking to bringing in gear (or showing it off), pictures of our conquests (Mr. D has many albums overloaded with his fishing experiences), sharing certain techniques that seem to work, even bring in some fly rods and teaching some fly casting, plus much, much more!

It really was a night filled with education, experience and most of all, a lot of laughs while learning a little more about fishing! There is a passion for fishing with this group! So don't miss out!

Although the dates of our next meeting are yet to be set, we will soon decide on the days we will have our meetings so we can select the best day that will involve the majority of our group of fisherman and fisherwomen....and don't forget the children who have an interest!

All are welcome!

Drop me an e-mail and I will make sure you are communicated to as to the dates of our meetings!

Marl

VP1@hiddenhut.org

SPRING SPORTS REPORT

sports@hiddenhut.org

HVCA OUTDOOR SOCCER REGISTRATION IS OPEN! REGISTRATION CLOSES MARCH 31

It's that time of year again...time to register for HVCA's outdoor soccer program. We took a little extra time to get things up and running this year (thank you for your patience) but we are showing good numbers for the season already!

HVCA will be running programs for U4 (3 years old by May 1, 2017), U6 (Born 2011, 2012), U8 (Born 2009, 2010) and U10 (Born 2007, 2008) players this season.

The season will run from April 24 until June 16 (dates subject to change).

The U4 and U6 programs, sponsored by Timbits will be playing on the fields behind Valley Creek School on Mondays and Wednesdays from 6:30-7:20 pm. Timbit players will each receive a t-shirt which is theirs to keep. Good running shoes are mandatory and shin pads are highly recommended.

U8 teams will not be registered in CMSA this year in order to keep our costs down. U8 players will receive a jersey which will not need to be returned at the end of the season. Please make sure your player has good running shoes or soccer cleats and shin pads. Games and practices will be held on the fields beside St. Elizabeth Seton on Mondays and Wednesdays from 7:00-8:00 pm.

U10 teams will be registered with the Inter Community House League (ICHL) which will play against other community teams on various fields in the NW. ICHL is a boy's league but girls are welcome to play on the team. Our U10 players will receive shorts, socks and a jersey to keep. Good running shoes or cleats and shin pads are mandatory at this age. Days and times are TBD.

As we have struggled to secure enough registrations in recent years to provide teams for U12 and older players, we will not be running programs for those age groups. We encourage U12 and U14 players to register with Northern Hills Community Association (NHCA). NHCA has offered to try to put all Hidden Valley players on the same team(s).

The NHCA website is www.northernhills.ab.ca.

Please visit www.hiddenhut.org to register your players for our spring soccer program.

As always, our programs are 100% volunteer run so register early to get your choice of volunteer position. Positions will be removed from the list as they are filled. Volunteer roles and descriptions can be found on the outdoor soccer page on our website.

When registration closes, our volunteers kick into high gear getting teams and coaches sorted out, putting together equipment bags, ordering t-shirts and jerseys and planning schedules to set up a successful soccer season. Late registrants can put a huge strain on our volunteers (your friends and neighbors) as we plan everything by the numbers we receive at the end of March. Please make sure you register before the deadline of March 31.

Please note that a community membership is required to participate in HVCA sports programs. There are many benefits to registering for community soccer:

- Children play on teams with friends and classmates; each participant can request to be on a team with up to two friends
- Your children play close to home
- You can get to know your neighbors
- It is affordable
- Games are not competitive – the focus is on learning new skills, friendship and FUN!

See you on the field!!



We need YOU!

As you know, the Hidden Valley Community Association (a.k.a Hidden Valley Hansen Ranch Community Association) is made up of kind people who enjoy giving back to their community. The number of Board members, subcommittee members and regular volunteers is far from infinite and there's a lot to do at times. There are a couple of areas in which your Hidden Valley Community Association needs more volunteer help:

Sponsorship Development

This is an area that we don't do well in historically. For every community event we run the cost comes out of the HVCA income from selling memberships and rarely from business sponsors. We know many businesses actually keep a fund for local sponsorship and it's a great way for them to get some advertising.

We really need a volunteer or two to step forward to make calls in advance of Events so that your HVCA bank balance doesn't take such a great hit. This will also allow our HVCA to build on events and make them even more fun to attend.

You will also keep track of those we have received from and hopefully not wear them out from our requests.

Volunteer Coordination

Your Community Association has many volunteers but sometimes we lose track of them all and then don't know who to call to help at events or on sub-committees. We need a volunteer to keep a database of the volunteers we know about, keep records of their contact information, and, most importantly, keep a record of their preferences for volunteer activities.

When an event is being planned for its final touches we need to call around the list of volunteers, according to interests they have expressed, to find help on the day. The events co-ordinator, Michelle Baer, would love to have someone do this task for her so that she can concentrate on the event planning, as well as her other position on the board as Second Vice President.

PLEASE, if you feel you may be able to help in some way, contact Brian at treasurer@hiddenhut.org or Marl at President@hiddenhut.org.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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

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

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is good for the soul

My Community Association Journey

When I moved to Calgary 22 years ago I heard a call to from a volunteer community association in Citadel. Curious about what a Community Association was about, I answered the call, and I've been hooked ever since. I started as Secretary, started producing our own newsletter, and went on to take every role such as President, Treasurer, Memberships, Development Reviewer, Communications, Rink Rat, and my favourite, as cook lead at Stampede Breakfasts. In fact Citadel still call me back from wherever I live to do their Stampede Breakfast. I also lead the effort to vote in a special tax that allowed Citadel CA to beautify their streets and entrance ways.

I was with that association for 13 years. My wife and I brought up our 3 kids with volunteering in their hearts and they helped whenever a few more hands were needed. Now they are adults and have caring in their souls.

I then moved to Royal Oak where I started as development reviewer and handled a number of development issues keeping developers in line with what the community would want. I eventually was President for a short period

of time after the then president, Ward Sutherland, stepped down to become councillor.

Then when early retirement came and all but one of the kids had moved out (that last one moved out a few months ago) we decided to really downsize to a bungalow and move nearer to the kids and good friends. Within a year I had decided I needed to get to know my new community and what better way than to volunteer for the Hidden Valley (and Hansen Ranch) Community Association. I attended the AGM last June and here I am again meeting really nice new people and giving back to my community.

I love it and you will too. You can be a member even if you don't have kids in sports. You can volunteer in any capacity; board member, events volunteer, casino volunteer etc. etc. I feel I must also mention a huge thanks to Marl Raffard and Dale Patton who put many hours into getting the rink rebuilt last year. In my 22 years of experience a rink is the best community focal point you can have. I doubt, though, if I'll ever learn to skate.

Brian Pearson

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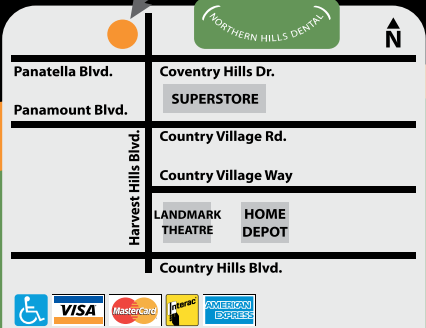
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Here is some of what we were up to November and December, and some upcoming events in January.

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill. We have units for all age groups – Sparks (ages 5-6), Brownies (ages 7-8), Guides (ages 9-12), Pathfinders (ages 12-15) and Rangers (ages 15-17).

***I had someone recently ask me when registration starts for next year. You can register online through www.girlguides.ca - open registration starts the first week of June (re-registration for current members starts in April/May).*

Sparks

The 70th, 145th and 165th Spark units and our 37 girls have already had a busy 2017 with our Sparks and have a lot of fun meetings planned for the upcoming months.

The Sparks worked on their "Being Healthy" keeper by learning about Canada's food guide, eating healthy and being active. We had a fun jammie night and conducted our meeting in a tent singing campfire songs around our indoor campfire! Our "Unbirthday Party" at Superstore was so much fun making and eating our own pizza and birthday cupcakes.

We have a visit to the Sage Hill firehall coming up with the firefighters, a night of Zumba dancing our feet off, and then our sleepover at the Telus Spark Science Center.

Sparks is so much fun!!

Brownies

229th Brownies (Monday nights) - had a trip to Loblaw's City Market for their Healthy Aisles program. We are having a career night, Valentine's Day party and a sleepover with the 4th Brownies at Flip Factory!!

151st Brownies (Thursday nights) - For January - We had Zumba this month and learnt some new moves. We invited Michelle Head from training centre who taught us lots of new songs on our bridging night with the 170th sparks. Everyone had a blast!

We celebrated Chinese New Year, east coast facts and wrote valentines cards for vets. Our first meeting we assembled lots of donations for Inn from the Cold.

In February we have brownie academy and will have valentines celebrations and thinking day (Feb 22, where Girl Guides and Scouts celebrate Lord and Lady Baden-Powell's birthday, founders of Guiding and Scouting).

85th Brownies (Monday nights) are busy working on the Key to I Can. We have been learning how to stay safe indoors and out-

doors, how to call for help in an emergency and some basic first aid. We are having fun planning a special party for Valentines Day and we are looking forward to our upcoming sleepover at the Flip Factory.

4th Brownies (Tuesday nights) – in January, we also had a Zumba trainer come in to our unit -whew, what a workout, a lot of fun! We also attended the Brownie STEM day at the Guide Centre, and went snowshoeing – while we still had snow! In February, we are attending the Brownie Camp Academy, where the girls will start learning camping skills, and also going to Flip Factory (trampolines) for a sleepover.

Guides

110th Guides (Monday nights) started the New Year off with a family skate night at the Olympic Oval where we worked on earning the skating badge and doing more community service work by supporting the Calgary Food Bank. We also taught a Brownie Unit some traditional and modern campfire songs and participated in a sing along with them as we continue to be involved in our community. Our unit will be participating in a Virtual 5K walk and we will also be celebrating Canada's 150 Birthday by holding a Canada Night to highlight what makes Canada a great Country. We are very excited about having visits from a Pathfinder and Trex Unit where the older girls will mentor us as we learn the importance of Thinking Day and World Association of Girl Guides and Girl Scouts (WAGGGS), and discover what exciting adventures a Trex unit plans and how these girls continue to challenge themselves. We are also gearing up to start selling our Spring Cookies next month.

Pathfinders

91st Pathfinders (Thursday nights) had a fun fall and have been busy in the new year! In December we participated in a service project, donating items a Christmas hamper that went to a family in need through a Calgary school, and also tested our teamwork and problem-solving skills at the Locked Room with the Ranger unit. In January, we enjoyed our Amazing Race sleepover where our girls spent the night at the Guide Center and the next day solving clues to explore landmarks and hidden gems in our beautiful downtown Calgary. In February we will be spending a weekend at the Banff Scout-Guide Hall and exploring around Banff. We have also been busy planning activities to lead for two of our Guide groups, and planning international and environmental service projects for the upcoming months.

The 90th Pathfinders (Monday nights) started off this year with a great challenge. We attended the Calgary Fire Department Training Center where we learned about fire safety, recruiting and the cadet program. The girls and the leaders were then put through the paces of the combat challenge, which consisted of a four-story climb with fire hose, a crawl through a long pipe, a 6 foot wall, 100 m. fire hose pull and then a 100 m. dummy carry. What a great night and a big thanks to the Calgary Fire Department for the opportunity. In the next month or so, we will be celebrating Thinking Day by bridging with the Guides and the Brownies. We have a sleepover for the girls to let their hair down and to have some fun together, and then a Mexican Madness cooking class.



WHAT "STICKS" IN SCOUTING

When I think back to my times in scouting as a youth, I remember some very specific things. Sleeping in a canvas 6 person tent in the Winter and waking up to a tent that is frozen solid with the icy condensation, canoeing down the Rideau Canal as part of a flotilla, camping with my fellow cubs at a camp that had this awesome log cabin, only there was only half a log cabin and the rest was just kitchen space.

However, the most vivid memory I have was one time at a Cub Scout camp. We were out for the weekend and had some free time on the Saturday afternoon. Being the adventurous Cub that I was, I thought it would be cool to try and snare one of the many raccoons that frequented the campsite, but being the young boy that I was, I didn't think my plan through, so when I actually managed to snare one around the neck, I had no idea what to do. For those of you wondering, I didn't actually use snare wire, just some rope and the loop acted more like a collar and leash than a snare. The next hour was quite crazy as the raccoon lost it and was screaming around the camp crazily with me in tow. We couldn't get close enough to the raccoon to release it as it was snarling at everyone that tried to.

Finally one of the leaders did manage to grab it with some thick leather gloves and get the rope off of it.

The raccoon incident didn't have much to do with any of my scouting knowledge, well maybe a better respect for wildlife, planning through to the end and discussing my plans with my leaders, but it has stuck with me for all these years as a vivid cub camp memory.



My scouting knowledge on the other hand is ingrained into my brain like it was second nature. I can visualize all my knots, how to start a fire from scratch, compass work and so on, but the odd part is that I don't recall actually ever really working on those things!

I know for a fact that we did do a lot of work on Scout skills in my Cub Pack and Sea Scout Troop; I just don't recall the times we did them.

This leads me to my present Scout troop and the approach I try to follow, although I am not always successful.

In January, our Scout troop enjoyed a beautiful day in the foothills, nice weather, a bit of snow on the ground and a good turnout. We spent this day working on some Scout skills, but not just sitting around in a circle tying knots. The Scouts were on their own in patrols of 4 and 5 scouts and they were running through the forest from station to station, pulling a dog sled and completing various challenges. The challenges were designed to test them, but before we started I told all the people manning the stations that this was more of a teaching opportunity.

I wanted the Scouts to remember the day and the activities, the nice weather, the fact that they were essentially leaderless for a few hours, even the chili meal at the end. They still learned Scout skills and got a ton of good exercise, but I am hoping that they are like me as a youth and what they learned will stick with them and they will be left wondering when exactly they learnt those skills.

There are many ways to learn things and I can't say which are better as we are all different. I can say though that some of the best lessons learnt are the ones that you don't even know you are learning.

Scouter Sean



News from the Friends of Nose Hill

by Anne Burke

We are often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking, and cycling, I thought of wildlife sighting and plant studies, especially in the spring. However, there are butterfly enthusiasts too. Nose Hill has been the subject of photography, for decades, and there are paintings of the park in different seasons.

The Citizens for Nose Hill was an early preservationist group. Two other Calgary parks (which had been recognized as property of City-wide significance) were recently re-designated as municipal historical resources, under Section 26 of the Alberta Historical Resources Act. The aim is to protect each site in perpetuity, since they are eligible for provincial grant funds, in order to support on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee. This Park was added to Calgary's inventory of evaluated historic resources, in 2010, based on the community effort to establish the park, on the centennial of Canadian Confederation. Harry Boothman, a Superintendent of Parks, and Eric Musgreave, founder of the Centennial Ravine Park

Society in 1965, were influential in its 18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name.

William Reader, a garden designer, was a City Parks Superintendent from 1913 – 1942. Reader Rock Garden, established in 1914, was added to the inventory in 2007, with native plants, local materials, gardens and rock pathways. It reflects the optimism in our city's early 1900s. It was the first Legacy Park to open. (www.readerrock.com)

This bylaw protection is intended to prevent demolition but will pertain to the parks by ensuring any future changes or conservation work follow best practices in handling historical resources. The change has no impact on City operating or capital budgets.

However, the conservation of cultural landscapes can often have significant environmental benefits, as many have biodiversity being conserved as part of the landscape. In turn, their conservation contributes to biodiversity in Calgary.

There were letter of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.



LETTERS TO THE EDITOR

Our family attended the Winterfest day at the Hidden Hut and was very impressed with the amount of people that were there, and how enjoyable it was. Our entire family enjoyed the friendly spirit that was present with everyone. The group running the event was very outgoing and interacted with everyone. It brought me back in time to when communities got together and really talked to each other! Great job folks! That was a fun day!

Cindy A.

Appreciate your comments Cindy! Michelle (Director of Events) worked very hard organizing the Winterfest to ensure there was something for everyone! Plus all the community volunteers, sponsors and helpers made this day the success it was. Thanks to a collaborative effort! Another great interaction day for our community.

The HVCA Board

Are there any plans for any summer activities within the community?

Cecil K.

Hello Cecil and yes there are some plans. We will be having our annual June event (we call this our Sports Wind Up) however it is much more than that! We have the Skate Park returning (watch future Newsletters or our website and Facebook for updated information). We are considering a Park & Play for the children, there has been some interest expressed for the return of baseball/softball or even an adult slow pitch (drop in) team being formed. We are also looking into "Pickle Ball". Yes there are plans! Watch for future updates!

The HVCA Board

I attended the first Fishing Club meeting and was impressed with this meeting as it had an experience level from new to very experienced people. I was excited to meet Mr. D, and he did not disappoint. What a storyteller he is as he shared his words of wisdom and his experiences. I could just listen to him for hours. Very knowledgeable with all aspects of fishing from gear, locations, techniques, etc.! This is a very fun group who got together and I look forward to the next meeting!

Steve S.

Thanks Steve. Yes it was a great night and was very interesting. For being our first meeting, and the level of interest shown, I am sure this club will continue to grow! It was interesting to share experiences and the reason we all came to the first meeting. There is definitely a passion for fishing with this group! Mr. D can really bring out the passion and expertise for the group!

Marl vp1@hiddenhut.org

Appreciate all that happens in the community. I have volunteered a few times (through soccer) and have always had a great time with the teams that work so hard to put on the events and activities. Just recently at the Winterfest where you even brought in a horse & wagon and gave free rides to everyone!!! What a blast! My girls were so happy to ride the wagon!

Laramine T.

Glad you enjoyed the day and it is only a success if we have volunteers like yourself who help out. Appreciate everyone's help at all our events. The more volunteers we have the more events we have. Plus it increases our success rate for providing everyone with a great time!

The HVCA Board

Should you have a comment, question or concern that you wish in the Letters to the Editor please forward to newsletter@hiddenhut.org with your first name and we will make every effort to publish in our next newsletter

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HV March 2017

Riddles of the Month

Please send your e-mail with your riddles to
newsletter@hiddenhut.org



We ask for a riddle from all children. If your child's riddle is selected, we will publish the riddle in our monthly newsletter along with just their first name and their age.

We hope to have multiple entries and will publish as many as we can each month. Please encourage your children to submit their riddle, along with the answer! Following are this month's "ridiculous riddles":

Riddle: How can a person go 8 days without sleep?

Answer: "They sleep at night"

Author: Robyn – age 9

Riddle: Name 3 consecutive days without using Wednesday, Friday and Sunday?

Answer: "Yesterday, Today and Tomorrow"

Author: Jason – age 11

Riddle: What can you catch, but not throw?

Answer: "A Cold"

Author: Brandon – age 5

Riddle: What type of cheese is made backwards?

Answer: "Edam"

Author: Lou – age 13

Riddle: What needs an answer but doesn't ask a question?

Answer: "A Telephone"

Author: Saskia – age 14

Riddle: What does December have that other months don't have?

Answer: "The letter D!"

Author: Gaby P. – age 12

Riddle: What letter of the alphabet has the most water?

Answer: "Your Name"

Author: Derrick – age - 7

Riddle: How much dirt is in a hole 2 feet deep and 3 feet wide?

Answer: "None, it wouldn't be a hole if there was dirt in it"

Author: Simran – age - 8

Please send your e-mail with your riddles to
newsletter@hiddenhut.org

Recipes of the Month



Butternut Squash and Coconut Soup

Savour this Thai-inspired soup, with a base of creamy coconut milk.

2 tsp. Canola Oil

1 small yellow onion, chopped

1 clove garlic, finely chopped

2 tsp. finely chopped fresh ginger

1 tsp. red curry paste, or more to taste

2 tsp. brown sugar

½ teaspoon sea salt

1 medium butternut squash, peeled and cut into 1 inch pcs, about 4 cups

2 cups low-sodium gluten-free chicken broth

1 (14 oz) can coconut milk

1 pound medium shrimp, peeled and deveined

¼ cup chopped fresh Cilantro

¼ cup shredded coconut, toasted

Lime wedges

Heat oil in a large soup pot over medium-high heat. Add onion, garlic and ginger. Cook, stirring frequently, until fragrant and onion is translucent, about 5 minutes. Stir in curry paste, sugar and salt and cook 1 minute longer. Stir in squash, broth and coconut milk and bring to a boil. Reduce heat and simmer until squash is tender. 20 – 25 minutes.

Stir in shrimp and simmer just until cooked through, about 2 minutes. Stir in cilantro, sprinkle with coconut and serve with lime wedges on the side. Enjoy.

Submitted by Aileen

Hot Cross Buns Recipe

Preparation: 20 minutes

Cooking Time: 20 minutes

Ready to Eat In: 3 hours 30 minutes

Ingredients

3/4 cup warm water (110 degrees F/45 degrees C)

3 tablespoons butter

1 tablespoon instant powdered milk

1/4 cup white sugar

3/8 teaspoon salt

1 egg

1 egg white

3 cups all-purpose flour

1 tablespoon active dry yeast

3/4 cup dried currants

1 teaspoon ground cinnamon

1 egg yolk

2 tablespoons water

1/2 cup confectioners' sugar

1/4 teaspoon vanilla extract

2 teaspoons milk

Directions

1. Put warm water, butter, skim milk powder, 1/4 cup sugar, salt, egg, egg white, flour, and yeast in bowl and mix until doughy.
2. Add currants and cinnamon. Leave in bowl to rise until double size.
3. Punch down on floured surface, cover, and let rest 10 minutes.
4. Shape into 12 balls and place in a greased 9 x 12 inch pan. Cover and let rise in a warm place till double, about 35-40 minutes.

5. Mix egg yolk and 2 tablespoons water. Brush on balls.

6. Bake at 375 degrees F (190 degrees C) for 20 minutes. Remove from pan immediately and cool on wire rack.

To make crosses: mix together confectioners' sugar, vanilla, and milk. Brush an X on each cooled bun.

Submitted by Michelle Baer

Do you have a great recipe you want to share with us? Email us at newsletter@hiddenhut.org with your submissions today!



Calgary Nose Hill
Hon. Michelle Rempel, MP
 201-1318 Centre Street NE, Calgary,
 AB, T2E 2R7
 Phone: 403-216-7777
 Email: michelle.rempel@parl.gc.ca
 Website at www.michellerempel.ca

Last month my colleagues and I presented the government with our Alberta Jobs Taskforce report. The report was a result of our collective effort to consult with Albertans who have been affected by the jobs crisis here at home. For those of you who have not yet read the report, you can read it here: www.michellerempel.ca/alberta_jobs_report.

I would like to thank the many of you who have taken the time to write me and share your personal stories about how you, your families, and businesses have been impacted by various economic and financial stresses. I am continuing to work hard on your behalf to advocate for our community and its needs.

Unfortunately, there are many in our community who are still hurting due to the jobs crisis. That's why I will once again be hosting a "Career Services event" next month. For more details and to sign up please visit my website: www.MichelleRempel.ca.

A positive piece of news I received for our community, earlier this year, was Huntington Hill's successful application to the Canada 150 Infrastructure Program. The Huntington Hills Community Centre has been undergoing a large capital project to expand and renovate a portion of the facility that adds some much needed recreation space to our community. Congratulations to all the association volunteers and staff who have undertaken a great deal of work in order to make this project and application a success.

As always you can contact me at my office, about issues important to you, using the contact information above.



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Casey	14	403-313-3978	Yes
Chloe	17	403-805-4180	Yes
Emelie	13	403-613-2703	Yes
Jocelyn	14	403-295-9592	Yes
Julia	16	403-618-0842	Yes
Kaiya	13	403-805-1446	Yes
Katelyn	13	403-374-0415	Yes
Katelyn	14	587-315-7090	No
Katherine	14	587-580-9075	Yes
Lindsay	30	403-383-1474	No
Madison	14	403-850-6001	Yes
Mariah	17	403-973-3008	Yes
Maya	15	403-226-7023	Yes
Phaedra	15	587-229-2692	Yes
Ty	15	403-295-6065	Yes


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Off the Menu

The tall chef's hat is called a toque





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On March 2nd, the Alberta Legislature will resume sitting after a long 12 week recess. The Lieutenant Governor will deliver this government's third throne speech. That will be followed by a budget some days later. Given the dynamics of Alberta politics these days, I expect it to be a very interesting session.

I take my role as Shadow Minister for Economic Development and Trade very seriously. As the official opposition's critic on matters relating to major industries, economic & market diversification, market access (including pipelines) and international trade, I find this position very challenging yet quite intriguing. As a proud 28-year veteran of the petroleum industry, I am convinced that not only Oil and Gas but also Petrochemicals will continue to drive a significant portion of our economy and job creation for decades to come. I also believe that diversification into other industries is a good thing, as this can only help soften the inevitable blows of the downward side of the commodity cycle.

This past January, at my own expense, I was able to meet some key government and industry leaders in India and Japan. These included numerous federal Cabinet Ministers and MPs, a state Premier (Chief Minister), Legislature Speakers, as well as Cabinet Ministers and Legislators of Andhra Pradesh and Telangana states. I also met the Canadian Trade Commissioners and Alberta's international trade representatives in Delhi, Mumbai, Hong Kong and Tokyo.

I once worked for India's largest company, Reliance Industries. I had a chance to converse with former colleagues who are now rolling out a \$20 billion 5G wireless network across India as well

as commissioning over \$30 billion in petrochemical projects. I also met with the Executive Officer of Tirumala Tirupati Devasthanam, the most visited religious centre in the world, and discussed the opportunity to build a temple here in Calgary.

In India, the value of higher education is held in high esteem, yet seems almost unattainable for much of the population due to scarcity of funds and availability of seats in schools. Here in Alberta, many of us take it for granted that we can go to university, college or learn a trade if that's our ambition. Much work is taking place in India to give opportunities to more people to attain their educational dreams.

Indian leaders in higher education related to me that, although there are some very good schools in India, they could really use help from institutions in Alberta as they expand their programs into areas that they are not traditionally strong. I see these opportunities as a win-win, as Alberta creates new linkages into a 1.3 billion person economy, and India gains from our unique strengths and perspectives.

Japan is another promising and rich market for Alberta's energy, agriculture and forestry products.

Watch for details about my upcoming spring town hall. I am eager to share many thoughts and ideas with you about the best course of action over the next few exciting years in Alberta's development.



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>



剛搬到這個社區？或是社區裡的元老住戶但從沒跟我們聯絡過？若是不善於用英語與我們聯絡也沒有關係，就用您最熟悉的語言寫電子郵件給我們。社區協會裡的義工會想辦法讓您的聲音被聽見。不論是對社區的意見、希望看到社區裡有哪些活動、或是需要改進的地方，我們希望聽到您的聲音。別遲疑，今天就寄個電子郵件或在臉書上留言給我們，就算只是一句鼓勵的話。我們要讓您看見我們為尊重每一位社區居民所做的努力。

newsletter@hiddenhut.org

Are you new to our community? Or are a long time resident but just haven't gotten around to writing that email. Language barrier? We've got you covered and are able to respond in many languages. Improvements, event suggestions ? We value your input, so let us know what YOU would like to see in our community. Send us your feedback today via Email or Facebook and let us show we that we are a community that cares!

newsletter@hiddenhut.org



**Councillor, Ward 4
Sean Chu**
403-268-3727
ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Greetings Residents,

City crews ready for spring street sweeping program

Spring is just around the corner! That means The City's annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews

will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

Once the program begins, visit Calgary.ca/sweep to:

- Find answers to all of your questions on our FAQ
- Track sweeper progress across the city on a live map
- Learn if there will be a parking ban in your neighbourhood, and
- Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood once the program begins.

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Year-Round Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

Cheers,
Councillor Sean Chu, Ward 4.



**MLA Calgary - Northern Hills
Jamie Kleinsteuber**
104, 200 Country Hills Landing NW
Calgary, AB, Canada T3K 5P3
Phone: 403.274.1931 • Fax: 403.275.8421
calgary.northernhills@assembly.ab.ca

Hello Residents of Northern Hills,

Seniors have told us that having the choice to remain in their home for as long as they wish is vital to their sense of independence and quality of life. Home means comfort, security and a greater sense of well-being.

Did you know our government has a program that can assist seniors in staying at home for as long as possible? The Seniors Home Adaptation and Repair Program (SHARP) aims at helping seniors be self-sufficient in their homes for as long as possible, while addressing the needs and priorities of an aging population. We've chosen to take action through SHARP and offer a low-interest home equity loan, so seniors can age in their community.

The previous Special Needs Assistance (SNA) for seniors program only offered about 53,000 senior households eligibility for home repair loans. In July 2016, SHARP was introduced to service up to 145,000 senior households. With it, seniors will be eligible to access more funds for a much broader scope of work than what was available under the SNA Program, such as adaptations to enhance physical safety, mobility, independence and health. The new program also includes a grant component for low-income seniors who don't qualify for a loan.

SHARP provides a maximum home equity loan of \$40,000 per household to seniors with a qualifying income threshold (maximum \$75,000 per household). Under the program, seniors will not be required to make monthly payments as they would with traditional loans. The simple interest loan would be repaid upon the sale of the property, if the senior moves, at end of life, or earlier if the applicant chooses to do so.

Since its launch, the Alberta Government has received over 800 applications. This accounts for approximately \$5 million in loans and \$230,000 in grants. The response from our senior community shows there was a strong need for this kind of program and that we are on the right track. After all, seniors should be able to age comfortably and with dignity – close to friends and family.

The average income of single applicants is \$26,600, receiving an average loan of \$13,100. For couples, the average income is \$45,400 with an average loan of \$16,000. This program will also help to generate new work for contractors and help stimulate Alberta's economy.

To apply or learn more please call 1-877-644-9992 or visit <http://www.seniors-housing.alberta.ca/seniors/home-adaptation-repair.html>.



Gardening by the phases of the moon

<p>March 5</p> <p>First Quarter (waxing)</p> <p>Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.</p>	<p>March 12</p> <p>Full Moon (waning)</p> <p>As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.</p>
<p>March 20</p> <p>Last Quarter (waning)</p> <p>Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.</p>	<p>March 27</p> <p>New Moon (waxing)</p> <p>Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.</p>

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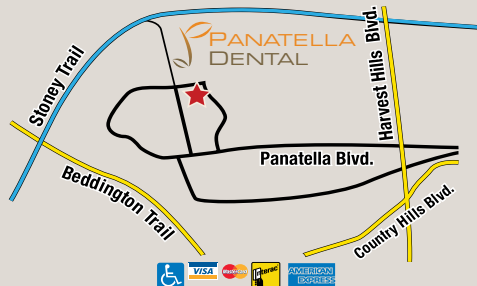
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