

MARCH 2016

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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Parkdale Community Association

3512 - 5 Avenue NW, Calgary AB T2N 0V7

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www.parkdalecommunity.com

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## NEWSLETTER AD SALES

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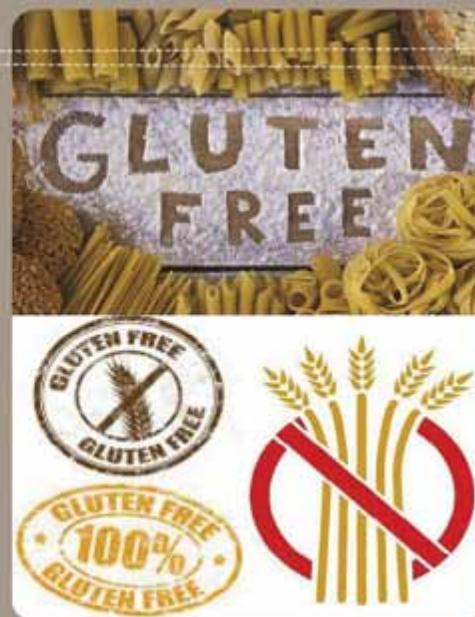
## Parkdale GLUTEN-FREE Market

Parkdale Community Centre  
3512 - 5 Avenue NW

Saturday March 19, 2016  
10:00 AM - 5:00 PM

Supported by: Calgary Celiac Association  
& Gluten Free Calgary

Vendor opportunities available!  
Please contact Brenda for more info at:  
brendalea7@yahoo.ca or call 403-837-3640.



GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING THE PARKDALE  
COMMUNITY FOR 1 YEAR!



# PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7 • 403-283-5767 • office@parkdalecommunity.com • www.parkdalecommunity.com

The PCA Office is usually open 7:30 a.m. to 3:00 p.m. Monday to Friday.  
Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

## BOARD OF DIRECTORS

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## ABOUT YOUR PARKDALE POST

Editor David Wing editor@parkdalecommunity.com  
Editor-in-Chief Colin Brandt communications@parkdalecommunity.com

If you would like to get your community article printed in next month's issue of your Parkdale Post, please submit it to communications@parkdalecommunity.com by the 10th of the month prior to publication. For details and a copy of the PCA Style and Editorial Guide, visit <http://parkdalecommunity.com/news/styleguide/>

## FOLLOW US ON SOCIAL MEDIA

### TWITTER

@ParkdaleYYC  
@ParkdaleMarket

### FACEBOOK

<https://www.facebook.com/parkdalecommunity>  
<https://www.facebook.com/pgcgs>

## Parkdale United Church Garage Sale

Spring is just around the corner!

Tired of having a garage sale, but want to clear out those never used items around the house?

We would appreciate your donations for the sale on April 30, from 9 am to 2 pm

You can drop off your items on April 27 and 28 anytime from 9 am—9 pm

Questions? Call Sheila Smith at 403-286-6800.

### Accepted donations:

- Items should be clean and in working order.
- Clothing should be clean and in "gently" used condition.

Bring the family!

Invite some friends and enjoy the fun

At 12:30 pm come fill a bag for \$5.00 (excluding jewelry and collectibles)

### Sorry, we are unable to accept the following items:

Hide-a-beds, car seats, mattresses, cribs, typewriters, National Geographic or other magazines, Reader's Digest books, encyclopaedias, golf clubs, large tube TVs.

**Parkdale United Church**  
**2919 - 8 Avenue NW**  
**Calgary, AB T2N 1C8**  
**403-283-3301**



## Got a hibernating car? May want to check your plates

For Parkdale residents who park their cars outdoors for the duration of the winter, you may want to check on your vehicle occasionally. Recently, a fellow resident had his plates taken from his vehicle sometime in the last month.

Stolen plates should be reported immediately to the Calgary Police non-emergency number at 403-266-1234 (don't bother going to the police station, they'll just hand you the phone). You should also report the missing plate at any registry office (otherwise they'll come looking for you with any photo-radar, red-light or stolen gas, etc. that have a photo of your plate). Finally, doesn't hurt to report to your insurance company as well.

Stay safe out there!



## W-T COUNSELLING SERVICES

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www.agroundedlife.ca

# What's Happening at Morpheus Theatre

Spring is on the horizon and Morpheus Theatre is working towards the final show of our 21st Season. January and February saw our third show of the season presented at the Pumphouse Theatre. This year we presented the comedy *The Dinner Party*, by Neil Simon. The show delighted audiences with a stellar cast and went from laugh out loud funny to dramatic tension.

## Upcoming: Our Annual Gilbert & Sullivan Offering

Coming up next for Morpheus Theatre is our spring production – *Sullivan & Gilbert* – a play with music by Ken Ludwig, Arthur Sullivan, and William Gilbert, which will be running at the Pumphouse Theatre from April 29 to May 14, 2016.

From the playwright who brought us *Lend Me A Tenor* comes a playful twist on our mandate to bring the best of Gilbert and Sullivan to Calgary audiences. In this delightful behind-the-scenes romp we get the best of the duo musically and in the flesh, when we meet the famous partners themselves! The story opens on a time when things were not all roses, in 1890 when they had been feuding for years. They are forced to work together one more time to bring their greatest works to life for Queen Victoria and so, we are treated to treasured pieces from *The Mikado*, *Ruddigore*, *Iolanthe* and *The Pirates of Penzance*, among others. Fans of Gilbert and Sullivan will be thrilled by Sullivan and Gilbert, for we have a song to sing, *O!* – several of them, in fact and we do hope you'll join us for the joy! (And the rapture!).

Along with the main stage production, the kids in our G&S Theatre School program will be presenting their take on the show with G&S Juniors Presents. The junior class performs on Monday May 2, and the senior class performs on Tuesday May 3. Come check out the future stars of tomorrow.

## In the Wings

Morpheus Theatre is reviewing scripts and directorial proposals in advance of announcing our 22nd season of Shows Worth Seeing. Next season will be announced during our production of *Sullivan & Gilbert*. Auditions for our October production will take place in either May or June.

**For those looking to volunteer with the theatre, here are a few opportunities:**

- **Backstage** – From finding properties, to sewing cos-

tumes, and from styling hair and make-up, to moving sets, we are always looking for new volunteers. Give the theatre a call to find out where you can help out.

- **Ushering** – Want to see a show for FREE? Morpheus Theatre recruits volunteer ushers for each of our productions. No experience necessary. Have a little extra time? Volunteer for four or more shows during a run as a lead usher.

## Morpheus G&S Singers are back

If you enjoy singing, and would like to try out the wonderful music and lyrics of those comic masters of the Victorian operetta, this is for you. The G&S Singers are a non-auditioned choir that meets on Sunday evenings from 7:00 to 8:30 PM to learn, sing and present the musical comedy of Gilbert and Sullivan.

The plan is to end our season in March or April with a concert, though we hope to have a few other outings during the season as we perfect our skills. All this for a mere 5 bucks a week. If you are interested in joining us, come by for a visit on this, or any, Sunday evening. Your first week is free, so give us a try.

For more information, contact Tim Elliott at [telliott2013@gmail.com](mailto:telliott2013@gmail.com) or 403-274-8293.

## Educational Opportunities

Morpheus Theatre is pleased to present a number of one-day workshops that give individuals of all ages and experience an opportunity to learn more about theatre.

- Singing Basics for Actors with Kim Mattice-Wanat – Saturday February 27
- How to Handle Heightened Text with Iam Coulter – Saturday March 19
- Stage Movement: Physical Techniques for Telling the Story with Alice Nelson - Saturday April 23

## How to Reach Us

Remember, all of our shows are produced, directed, designed and performed entirely by volunteers. If you are interested in getting involved in community theatre, where each show is a new experience and an opportunity to make new friends, we would love it if you contacted us.

Contact Morpheus Theatre by calling 403-246-2999; emailing [tickets@morpheustheatre.ca](mailto:tickets@morpheustheatre.ca); or by stopping by the lower level of the Community Centre.

## Follow us online:

[www.morpheustheatre.ca](http://www.morpheustheatre.ca)  
[www.facebook.com/MorpheusTheatre](https://www.facebook.com/MorpheusTheatre)  
[www.twitter.com/MorpheusTheatre](https://www.twitter.com/MorpheusTheatre)

# IN & AROUND CALGARY

## South Shaganappi Study: Get Involved

The City of Calgary is conducting a transportation corridor study for the south end of Shaganappi Trail. The study area includes the Shaganappi Tr. and 16 Ave. interchange, the Shaganappi Tr. and Bowness Rd. intersection and the Bowness Rd. and Memorial Dr. interchange.

### Your Input is Important!

Shaganappi Trail has always been identified as a vital link in Calgary's transportation network. Attend one of the below workshops to share ideas about possible changes and different ways to achieve the study's goals and objectives.

### Phase Two: Concept Development and Analysis Engagement Opportunities in April/May 2016

#### Invite-only Idea Workshop for Adjacent Communities: Montgomery, Parkdale and Point McKay

Saturday, April 9, 10 a.m. to noon  
Foothills Academy, Wellness Centre - 745 37th St. N.W.  
RSVP by Thursday, March 24 at <https://sss-community-workshop.eventbrite.ca> or call 311.

This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same workshop with others who may share similar perspectives.

#### Public Idea Workshop

Saturday, April 9, 1 p.m. to 3 p.m.  
Foothills Academy, Wellness Centre - 745 37th St. N.W.,  
RSVP by Thursday, March 24 at <https://sss-public-workshop.eventbrite.ca> or call 311.

#### Online Engagement Opportunities

If you're unable to attend a workshop, there will also be an opportunity to provide feedback online in May.

The design ideas developed during the workshops will be refined and posted on [calgary.ca/southshaganappi](http://calgary.ca/southshaganappi) for feedback.

To learn more about the study, visit [calgary.ca/southshaganappi](http://calgary.ca/southshaganappi) or call 311.

# Memorial Rose Garden Parkdale Nifty Fifties and PCA

At the end of the summer of 2015, the west wall of the PCA was greatly improved by the addition of beautiful planters and landscaping that will soon begin their first full year of growth. The work was generously donated by a local family in tribute to their parents' passing, and their long-time commitment to this community.

As part of an ongoing effort to value Parkdale's historic residents and to honour their contributions to the community, the PCA and the Parkdale Nifty Fifties Seniors Association are engaging in the development of an accompanying memorial rose garden in the space that connects the two organizations.

For those who have lost family members and wish to acknowledge them as part of this project, please contact Bill Biccum at [bill.biccum@parkdalecommunity.com](mailto:bill.biccum@parkdalecommunity.com).



## CALGARY COIN SHOW

**March 19 & 20, 2016**  
**10 am to 5 pm each day**

**Clarion Hotel**  
**2120 16<sup>th</sup> Ave. NE**

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

**ADMISSION \$5,**  
bring this ad and get \$2 off.  
Children under 16 free  
[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)



# News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary's natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

a) Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.

b) City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.

c) Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.

d) Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.



## PARKDALE COMMUNITY ASSOCIATION (PCA)

3512 - 5th Avenue NW, Calgary AB, T2N 0V7  
Tel: (403) 283-5767 E-mail: office@parkdalecommunity.com

### TIME BLOCK RENTALS AND BASE RENTAL RATES

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
<b>Weekday Time Blocks</b>			
Mon; Tue; Wed; and/or Thur.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 11:30 pm*)		\$350	
All day (8:00 am to 1:00 am*)		\$550	
* Extra late charges of \$60 per hour apply beyond these closing hours			
<b>Weekend Time Blocks:</b>			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$350	
Afternoon ( 1 pm to 5 pm)		\$350	
Evening ( 6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$850	
* Extra late charges of \$60 per hour apply beyond these rental hours			
<b>EXTRA SERVICES</b>			
Kitchen Use: -For Storage Only		\$80	
-Full Use of Kitchen		\$175	
PCA to Set Up - (Tables and Chairs, etc)		\$150	
PCA to Take Down (Tables and Chairs, etc)		\$150	
PCA to Open and/or Lock Up (Fee also charged if PCA responds to alarm)		\$100	
Sound Equipment – Basic System		\$100	
Sound Equipment – Enhanced System		\$250	
Rehearsal Hall A or B			
SOCAN Music Fee (any function playing music)		\$26.63	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$30.00/hr	
Cleaning Fee (If Rentee hires PCA to clean)		\$250	
<b>Total</b>			
<b>5% GST – Reg# 10781 4949</b>			
<b>TOTAL FEES FOR RENTAL</b>			<b>\$ XXX</b>
<b>Damage Deposit</b>		\$500.00	<b>\$XXX</b>
<b>TOTAL INCLUDING DAMAGE DEPOSIT</b>			<b>\$XXX</b>



**2016-17**

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# MARCH MOON CALENDAR



Last  
Quarter  
March  
1 & 2



New  
Moon  
March 8



First  
Quarter  
March 15



Full  
Moon  
March 23



Last  
Quarter  
March 31



# Move 'n Mingle

In partnership with; Parkdale Community Association, Alberta Health Services and the City of Calgary

Parkdale Nifty 50's is considering bringing this program to your neighbourhood.

### Exercise focus:

Balance, posture and muscle strengthening, Movement, flexibility and endurance

### Individuals need to be:

- Over 65
- At risk for falling and losing their independence
- On a fixed income.

If you are interested and for more information please join us for:

### Tea and Treats

**March 17, 2016**

**1 – 3:30 p.m.**

**Parkdale Community Association**

**3512 5 Ave NW**



# Protecting your Property

Over the last several months thieves have targeted detached garages throughout northwest communities. They didn't have to do much more than just walk right in; as the majority of the pedestrian doors were left unlocked. Once inside, they focused on stealing high end bicycles, sporting goods, power tools as well as personal items left in unlocked vehicles parked inside.

Protecting your Property is quite easy and inexpensive. First, lock your doors to your detached garage or shed with good quality locks. Remove personal valuables from within your vehicle and lock the doors which in most cases also activates an alarm, or use an anti-theft device. It is important to put valuables out of sight and securing them in hard to access areas. I also recommend that a record be kept of valuable items with pertinent information such as: make, model, serial numbers along with photographs.

The Calgary Police Service would like to remind you to be vigilant and to report any suspicious individuals or activities through the non-emergency line 403-266-1234. Always call 9-1-1 to report a crime in progress.

If possible, obtain a physical description, including clothing, along with a direction of travel of any suspicious individuals, as this information is crucial to responding police officers.

You may also report crime anonymously by calling CrimeStoppers at 1-800-222-8477.

*Prepared by Constable Kastamonitis  
Community Resource Office, District #3*

## IN & AROUND CALGARY

### City of Calgary Update: Bow River bank restoration project (Parkdale Blvd at 3 Ave. N.W.)

While construction of the Bow River bank stabilization in Parkdale was completed late in 2015, The City was unable to complete the landscaping and repairs to the pedestrian pathway before frost arrived.

As a result, the pedestrian pathway remains closed as it is unsafe for public use. As soon as the frost is out of the ground in the spring, we will complete the remaining landscaping and pathway repairs. Our goal is to have the pedestrian pathway re-opened in spring 2016. The temporary shared pathway will remain open until repairs are complete. We apologize for any inconvenience this may have caused.

For more information about the project please visit [calgary.ca](http://calgary.ca).

## BRAIN GAMES SUDOKU

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	6		5			3	1	

FIND SOLUTION ON PAGE 17

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[calgary@shop-task.com](mailto:calgary@shop-task.com)

SHOP/TASK



*Art of the world*

### Las Meninas, 1656 By: Diego Velazquez

Diego was a Spanish painter who was the leading artist in the court of King Philip IV and one of the most important painters of the Spanish Golden Age. Las Meninas, or The Maids of Honor, depicts a room in the Madrid palace of Spain's King Philip IV. The painting is famous for its complexities regarding reality and illusion. Uncertainty is played out in the relations between the viewers and the figures, as well as between the figures themselves. These complex uncertainties have welcomed much discussion and analysis among critics and scholars.

## IN & AROUND CALGARY

### EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

**1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

**2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

**3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.

## CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, [www.cbe.ab.ca](http://www.cbe.ab.ca) under About Us, School Culture & Environment.



### Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

#### Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

#### Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

#### Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words

and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

**If you are bilingual, talk to your child mostly in your first language** – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

**Embrace baby-talk** – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

**Read aloud to your child.** Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: [www.thirtymillionwords.org](http://www.thirtymillionwords.org)

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: [www.calgaryreads.com](http://www.calgaryreads.com).

www.calgaryartistsociety.com

Calgary Artists' Society

Spring Art Show & Sale

Saturday, April 9th  
10 am to 4 pm

Parkdale United Church  
2919-8 Ave NW, Calgary

ORIGINAL Work by Local Artists, Paintings, Drawings + Doorprize, Refreshments

**APRIL 8 TO 9  
DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)



**APRIL 10 TO 11  
EXTREME PLANET  
WITH PHOTOGRAPHER  
CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. [www.artsccommons.ca](http://www.artsccommons.ca)



**APRIL 14  
THE VIEW FROM BEHIND  
BARS – AN EVENING WITH  
PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of *Orange is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. [www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/](http://www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/)



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

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- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca)
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. [www.calgaryphil.com](http://www.calgaryphil.com)
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. [www.tourismcanmore.com](http://www.tourismcanmore.com)
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! [www.musicandplay.ca](http://www.musicandplay.ca)
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. [www.vertigotheatre.com](http://www.vertigotheatre.com)
- **April 26 to 29 – Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. [www.calgary.broadway.com](http://www.calgary.broadway.com)
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. [www.calgaryexpo.com](http://www.calgaryexpo.com)



**COUNCILLOR, WARD 7  
DRUH FARRELL**

[ward07@calgary.ca](mailto:ward07@calgary.ca) - [www.druhfarrell.ca](http://www.druhfarrell.ca)  
Twitter: @DruhFarrell • Facebook: Druh Farrell

I have long been an advocate for managing the cost of Calgary's growth. After a decade of debate and billions of dollars added to The City's debt, City Council unanimously agreed to end the "sprawl subsidy" to ensure that growth pays for itself. I am extremely proud of this work.

Over the last year, The City worked closely with the urban and suburban development industries to establish an off-site levy to apply to all new developments. An important partnership emerged, one in which the industry agreed to become an enhanced steward of a growing City. The new rates took effect on February 1st of this year and will provide the City with a lot more financial flexibility.

As a result, levies paid by developers to The City will now cover the cost of infrastructure needed for new communities, as well as upgrades to infrastructure for established communities. Those costs have to be paid one way or another. With the new levy, the cost of necessary infrastructure is included in the purchase price, rather than hidden through property taxes or utility fees.

The key elements of the new off-site levy are:  
Developers will pay for water and wastewater treatment in new and established communities city-wide;

Developer levies will cover the full cost of water distribution, wastewater collection, drainage, transportation (roads, intersections, traffic signals, bridges), and community services (libraries, police stations, fire halls) in new communities;

With this important policy established, the stage is set for the next steps. New development in established communities means real change for the residents who live there, and added wear and tear on public amenities. Increased density can also mean a dramatic increase in property tax revenue. As part of the levy discussion, The City agreed to work with the urban developers, and the communities experiencing redevelopment, to find ways to reinvest in aging infrastructure. Communities experiencing significant change will see a direct benefit, with improvements to valued amenities like parks, sidewalks, recreation centres, and libraries.

Over the next year, I will be meeting with Ward 7 communities to talk more about community improvements resulting from redevelopment.

**CALGARY CATHOLIC SCHOOL DISTRICT  
BOARD OF TRUSTEES**

Website: [www.cssd.ab.ca/board-of-trustees/](http://www.cssd.ab.ca/board-of-trustees/), Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.ab.ca)

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

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to [thoughtexchange@cssd.ab.ca](mailto:thoughtexchange@cssd.ab.ca).
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.

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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.

**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.

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## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

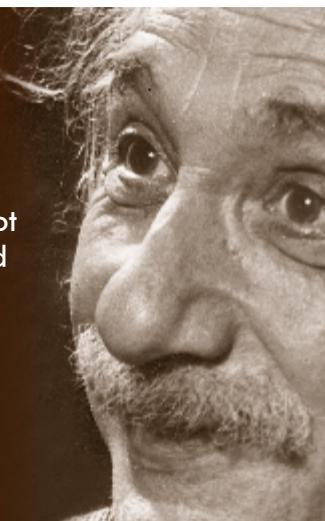
## Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



## 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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

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

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

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

## BRAIN GAMES

## SUDOKU

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

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# your **COMMUNITY** business of the month

## Montgomery Chiropractic

Parkdale Community

**D**r. Joseph Kelly was a 17-year-old playing junior hockey when he sustained a hockey injury that was not resolved until he finally tried Chiropractic. This experience changed his life. Early positive experiences for both Dr. Oseen and Dr. Watt motivated them to also become Chiropractors.

We chose to open our office in Montgomery as it is a vibrant, established, accessible community that did not have a Chiropractor. We also saw the opportunity to be part of the revitalization. With the purchase of the old 7/11 and subsequent addition we are able to offer additional services.

Our Chiropractic Doctors work to correct the underlying problem so that symptoms, including pain, are alleviated. The techniques we use will improve your mobility, correct your posture and stabilize and strengthen your body. This comprehensive approach will result in enhanced health and help prevent injury recurrence of future problems.

With our treatments, we work to achieve the necessary structural corrections without the torque, force and the "sound production" that are often seen as being part of traditional chiropractic care. Our Chiropractic Doctors use hand-held instruments to correct spinal misalignment, joint dysfunction and nerve irritation with gentle adjustments. We care for women during pregnancy, people who have been injured in sports or in Motor Vehicle Accidents, and people of all ages.

When you call for an appointment or walk into our office you will be greeted by our experienced chiropractic assistants. Andrea has worked with Dr. Kelly for 15 years, while Molly and Kristie have begun more recently. Our Chiropractic assistants are knowledgeable about all facets of Montgomery Chiropractic Plus.

Our mission at Montgomery Chiropractic is to improve people's health through services offered. We also provide massage therapy, counseling services, nutritional advice and yoga.

Dr. Watt has spent years studying the effects of stress on the brain, and the adverse symptoms that arise from it. He uses state of the art technology to determine the effects that stress has on your brain, and what needs to be done to

correct it. Through chiropractic adjustments, bio and neuro feedback, brain entrainment and relaxation exercises, he is able to coax the brain waves back into balance. This treatment has proven very effective in people with concussions or chronic stress.

Massage Therapists, Justyna and Erin specialize in therapeutic massage and both have the required 2200 education hours.

Our holistic Nutritionist Carolyn, She will review your dietary habits, concerns and conditions and then make a plan you can follow

Our counsellor, Monica Dragosz is an independent private practitioner that specializes in individual counselling.

Yoga instructors, Amber, Maria, Christine, and Rachel teach Foundation Yoga, Restorative Yoga, Gentle/Hatha Yoga and Yoga for the Healthy Spine available Monday through Thursday evenings.

Montgomery Chiropractic plus is located in the heart of Montgomery at 4704 Bowness Rd. NW.

Our friendly staff would be happy to assist you and can be reached at 403-247-3231.

Please check out our website [www.mcplus.ca](http://www.mcplus.ca) for additional information.

## Montgomery Chiropractic Plus



"We want to help you feel better, and enjoy an improved state of health."

Services:  
Chiropractic Care | Counseling  
Therapeutic Massage | Nutrition  
Yoga Class

4704 Bowness Rd NW Calgary, AB  
403-247-3231

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

# CELEBRATE EARTH DAY AT THE CALGARY TOWER

## CLIMB 802 STAIRS

## OR RACE 1KM & CLIMB 802 STAIRS

IN SUPPORT OF APRIL 23, 2016

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

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