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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





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SATURDAY, APRIL 22, 2017

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STEP INTO SPRING



Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
 perryr@ucalgary.ca



Ethics ID: REB15-2944
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

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PARKDALE COMMUNITY ASSOCIATION

3512 – 5 Avenue NW, Calgary AB T2N 0V7
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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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

PRESIDENT'S MESSAGE

By Colin Brandt

This January marked my fifth year serving on the PCA Board of Directors. I first joined the board to help out a community that I loved by building them a website – something I knew I could do reasonably well and give back to a community that had been my home for more than half of my life. Flash forward five years, and the website's up – and I have a lot more on my plate than just updating it!

When people ask me why I joined the CA, and why I serve, I usually joke and tell them that it's due to an abiding passion for bad coffee and folding tables. But the fact is that the community association is the entry-level point for democracy in Canada. As your representatives to City Council, it is our responsibility to serve in this community's and Calgary's best interests.

When I read the news or watch online conversations regarding politics, I am routinely disappointed by the ways that rhetoric has replaced reason in the service of argument. It can be disheartening to see the overwhelming vanity and grandstanding on display by our representatives, and the vicious language used by their partisans to support them. Self-interest is both the prime motivator and the cudgel by which you beat your opponents, a feat of cognitive dissonance that would be remarkable if it wasn't so dispiriting.

I love sports, but politics is *not* sports. It's not a clean narrative with clear winners and losers. It is, like most things between people, a negotiation; and, like most negotiations, the only way forward is for both sides to compromise. The zero-sum expectation – the idea that by engaging in a dialog with the opposition, politicians or citizens are somehow giving in or giving up – is, in my estimation, the most corrosive force on civic life today.

The members of the PCA Board come from many

walks of life, with differing perspectives, incomes, genders and orientations. While it is by no means a representative sample of the entire community, these people bring their identities and politics with them into that boardroom. Yet somehow, we sit around those folding chairs, drinking that coffee and find ways to work together to try and make Parkdale a better place for everyone.

This – more than anything else – is what makes me proud to serve as your President. We have had many difficult choices over the last five years, but we have found ways to make this community better. From transforming the PCA campus with a new Garden, to a rink that has been upgraded and is now used in all seasons, to new measures that have beautified the space inside and out, making it more welcoming for new programs like our Parents and Tots program and Farmer's Market, the PCA's staff and volunteers has done incredible work, side by side with our community partners in our building and in the city, through tough times and great times.

The work is by no means finished – we struggle more than ever to act as your voice on council on planning matters, as the contextual approvals process has undermined our ability to develop a community whose aesthetic character is as welcoming as its residents. While our ability to self-fund has greatly improved over the last two years, we still struggle with a municipal funding model that is both inconsistent and opaque to all but the people who administer it. And we still struggle to meet the volunteer commitments that our programs – and residents – require, as we lean too hard on a core of dedicated people who risk burning out.

Regardless, I know that Parkdale will continue to thrive, because there are good, decent people at its core – people who are genuinely interested in making things better. Having the chance to get around those tables with those folks – to drink that bad coffee, debate the issues and come to those compromises that knit us together as a community – is something I wouldn't turn down for anything. Thanks for letting me do so.



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.

EXECUTIVE		
President	Colin Brandt	communications@parkdalecommunity.com
Vice-President	Jon Balkwill	jonbalkwill@gmail.com
Treasurer	Terry Allardyce	tallardyce@shaw.ca
Secretary	Traci Nayeri	traci@tracinayeri.com
Past President	Darcy Morgan	darcyhmorgan@gmail.com
BOARD MEMBERS		
Director	Ruby Miller	r.e.miller@shaw.ca
Director, Communications	Colin Brandt	communications@parkdalecommunity.com
Director, Community Garden	Jason Tauber	jason.brianne@gmail.com
Director, Events	Tammy German	events@parkdalecommunity.com
Director-At-Large	Steve Lemp	s.lemp@shaw.ca
Director, Soccer	Traci Nayeri	soccer@parkdalecommunity.com
Director, SSASDC/SSASPG	Vince Walker	vnwalker@telusplanet.net
Director, Rink	John Butterwick	johnbutterwick@yahoo.com
Director, Rentals	Jon Balkwill	jonbalkwill@gmail.com
Director, Fundraising	Marek Hejduk	marek.hejduk@gmail.com
Director, Parents and Tots	Anita Thomson	anitagthomson@gmail.com
NON-VOTING MEMBERS		
Executive Director	Bill Biccum	bill.biccum@parkdalecommunity.com
City Representative	Gini Clark	virginia.clark@calgary.ca

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/>

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FACEBOOK

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

Farmers' Market Vendor Spotlight

How Two Friends are Helping Calgarians Make Their Dinner Time Easier

Although Voke Boghean and Rosemary Etim, owners of The Jolly Table Meals Inc., met in Calgary a little over 3 years ago, the young moms and fast friends share a lifelong experience of growing up in their native Nigeria with endless opportunities to try different foods from the country's 500 ethnic groups.

"Food is a big deal to Nigerians. It is not uncommon for the question 'can you cook?' to come up on a first date," says Boghean, CEO of The Jolly Table Meals Inc. "In fact, in some ethnicities, brides-to-be are sent away to learn how to cook prior to marriage."

It was only natural then that the two friends began to trade dinner tips and information on where to find fresh or new ingredients. However, although they both enjoyed home cooked meals, they often admitted to each other that finding the time to plan a meal and hunt the grocery aisles for various ingredients was a big hassle especially now that they had little kids in tow.

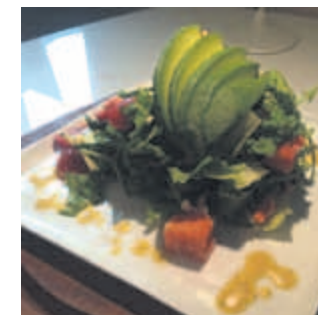
They also shared with one another how wasteful managing meals for the household could be. Like many households, they would eventually get to their produce crispers only to empty some or all of it in the garbage - all because they had purchased the produce without specific recipes in mind.

It wasn't long before Boghean, a graduate of Harvard University and former management consultant in Oil and Gas, began to urge Etim and another friend to start helping busy or novice cooks to take the hassles out of cooking. She figured that there were people like them who would enjoy the pleasure of cooking once everything they needed for a meal was put in front of them.



So, put everything needed to make delicious gourmet dinners at home is what the Jolly Table Meal began to do in June 2015. The company sends happy cooks original, easy-

to-prepare recipes to their door fronts each week, along with pre-measured ingredients sourced at their peak of freshness from local sources. The company prides itself as the only Albertan company in the meal ingredients delivery space and operates its kitchen right in Parkdale!



The company is aware of the potential to expand into other markets but says that Calgary is its primary focus for now. Etim explained, "We are Calgarians and are focused on getting it right with our neighbours first. Once we are comfortable with what we have done in our neighbourhood, we will look to be ambassadors of Calgary in other places."

Recipes and ingredients

The recipes received are carefully developed to be easy. Almost all 100+ recipes can be prepared in about 35 minutes using six steps or fewer. Some examples include pan-seared pork chops, chicken carbonara, brandy peppercorn tenderloins, crispy beef stir-fry, and mushroom risotto, and accommodate requirements for gluten-free, vegetarian or ethnic diets.

Each recipe includes caloric details, nutritional facts, and directions with photographs that illustrate each step of the process. The Jolly Table packages arrive in a 100% recyclable, insulated box that keeps ingredients fresh, and clients don't need to be home to receive deliveries.

Flexibility and Delivery

Boghean and Etim designed The Jolly Table service to also be as hassle-free as possible. Customers are not bound by contracts, and are free to choose whether they want to try a recipe once or on a more regular basis. Meal plans are available for singles, couples and families and meals start at \$10.99 per person. Anyone can subscribe to begin managing their meal delivery schedule, or choose a 'Starter Pack' to first try the service out without subscribing. Orders placed by 9pm Tuesday are delivered in the same week on Friday or the Monday after.

Deliveries are made to Calgary (\$6 per delivery) and surrounding areas—Airdrie, Cochrane, Okotoks, etc for \$8. Starting in March 2017, Parkdale neighbours will have the option to pick their meals up at the Parkdale Community Centre at no cost, during the Farmers' Market.

For more information go to jollytable.ca or, call 403-879-8572



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
Weekday Time Blocks			
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			
Weekend Time Blocks:			
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			
EXTRA SERVICES			
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	
Total			
5% GST – Reg# 10781 4949			
TOTAL FEES FOR RENTAL			\$ XXX
Damage Deposit		\$500.00	\$XXX
TOTAL INCLUDING DAMAGE DEPOSIT			\$XXX

CBE BOARD OF TRUSTEES

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

Managing space for our students

When the provincial government announced several years ago that they would be building more than 20 new CBE schools in Calgary, we were very pleased. Many of our existing schools were operating at or beyond capacity, and we simply needed more learning space for students.

With 15 of those new schools opening in the 2016-17 school year, we knew thousands of students would be able to attend school in their own communities, and that many of our existing schools would be impacted.

A year ago, we started planning how we could make the best use of student learning space across our system. We connected with employees, parents and community members to gather feedback on possibilities for use of available school space. Feedback was gathered through meetings, open houses and an online survey. What we heard helped us develop possible scenarios for impacted schools in several areas of our city.

Students, parents and community members came out to

numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student accommodation regulations, shaped the proposed plans that were made available to communities last month.

While we have always strived to involve students, staff, parents and community members in decisions that affect them, this past year has seen an unprecedented level of involvement with our communities. The plans presented at open houses and on our website in January reflect what was most important to our students, staff, parents and communities overall, and demonstrate what we can achieve when we work together in the best interests of students.

We would like to thank everyone who contributed time and effort over the past year to help us plan how to best use our schools for the benefit of our students. Your voices matter, and contribute significantly to the choices we make.

We've heard positive feedback about the process and know that we have difficult choices to make. Please visit cbe.ab.ca/dialogue to keep up to date on current community engagement projects and learn more about how you can share your perspectives with us.

You can contact the Board of Trustees at

boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycedu.

CONNECTING DOESN'T ALWAYS REQUIRE A PASSWORD.

NORTHWEST of NORMAL.
Discovery Centre open
March 2017.

MYUNIVERSITYDISTRICT.CA

UNIVERSITY
DISTRICT
—CALGARY—



Blue Cart recycling Tip of the Month

Bag your bags!

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.

 **YES.** Bundle all stretchy plastic bags together in one bag and tie the handles closed. Put in your blue cart for recycling:



- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap



NO. Do not recycle these items:



- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches

CANADIAN

EH?

Macaroni and cheese is the most purchased packaged item in our country.



Parkdale Nifty Fifties Seniors Association

In accordance with our mission statement, we here at Nifty Fifties seek “to provide community based programming for seniors aged 50+, to enhance their physical, social, and emotional wellbeing”. Part of this community based programming includes a variety of art classes taught by well-known and sophisticated instructors, which prove to be very popular among our members. Whether you are novice or experienced, we have the right class for you! In addition to Art, Nifty Fifties also hosts Duplicate Bridge, Yoga classes, Board Games, Mah Jong, Qi Gong, Floor Curling, Book Club, and Move N’ Mingle. We offer frozen meals and are now taking requests for all our members baking needs! Be sure to also watch out for our Christmas baking platters arriving in December. Nifty Fifties puts great importance on community and we are proud to have hosted annual garage sales, fashion shows, and barbecues for members and those apart of our community. One of the most successful events was of course our first Stampede Breakfast on July 16, 2016, where we teamed up with the Parkdale Community Association. This was a wonderful event where members of our association joined with members of the Parkdale Community Association to help serve pancakes, setup tables and chairs, and overall provide Parkdale with an entertaining Stampede tradition. Whether you volunteered or just came to indulge in some yummy grub we want to say thank you for attending, and we look forward to next year’s Stampede Breakfast! Nifty Fifties is a longstanding community association that has a program suitable for everyone, and we are always looking for new members to join our community.

For more information we welcome people to check out our webpage: pdfn.org or stop by the office and say hello!

Is it Time for a Retirement Residence?

Telling signs it may be time to consider a retirement residence.

Choosing to move to a retirement residence is an important decision; one that takes a lot of research, preparation and decision making. If you are currently weighing whether to make the move to a senior living community, it’s important to first evaluate your current living situation. Asking yourself the following questions can help you make the decision:

- Would I benefit from living with others near my age?
- Do I want better access to social activities?
- Am I lonely living on my own?
- Have I been neglecting to keep up with my house-work?
- Do I often wish someone could cook my meals for me?
- If I fall, will I be able to take care of myself?

If you answered yes to any of these questions, or relate to any of the following signs, moving to a senior living community might be a good option for you.

1. Mobility and health care concerns

Have you noticed a sudden decrease in your mobility? If you can’t get around in your home as easily as you used to—struggling with things like stairs, sloped driveways, deep bath tubs, or even accommodating your walker in a bathroom or kitchen—it may be time to consider moving into a retirement residence with an accessible layout and design. Additionally, are you nervous that if you experience a fall, or encounter complications with your medication, that no one will be around to assist you? Relocating provides many seniors with peace of mind, knowing help is close by if they come to need it.

2. Social isolation

On average, how often do you feel you’re being social? If your friends aren’t nearby, it may be hard to spend time with them, especially if neither of you drive. As you age, it’s important to stay socially active to reduce feelings

of loneliness and isolation. By moving to a retirement community, you’ll be surrounded by peers and staff, and there’s plenty of opportunities to be part of a group, whether it’s in the recreation room on bingo night, in the dining room during meals, or as part of an outing or class.

3. Inability to keep up with home maintenance

Have you been keeping up with household chores like cooking, dishes, laundry, or yard work? If your home seems a little behind on maintenance because you don’t have the energy or time to take care of it, consider relocating. At a retirement residence, maintenance jobs, such as shoveling snow, mowing the lawn and fixing the plumbing are all taken care of by staff. Retirement living is about relaxing and focusing on your hobbies, so the days of doing chores are over!

If you feel as though you relate to the points highlighted above, and believe you would benefit from a retirement lifestyle, consider taking a tour of a Chartwell retirement residence in your area. There, you can get a first-hand look at what retirement living looks and feels like on a daily basis.

Speaker Series - Chartwell Colonel Belcher – 1945 Veteran’s Way NW – (587) 287-3938

Thursday, March 2 - 1:30pm

The Benefits of Home Care in Maintaining Your Independence

Speakers: Dr. Karen Easton, MD, CCFP and Shelley Murdoch-Green, RN

Wednesday, March 29 – 1:30pm

Getting Ready to Sell Your Home in Today’s Market

Speakers: Peter and Debra Molzan from Re/Max House of Real Estate





Parkdale Real Estate Update

Last 12 Months Parkdale
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$759,900.00	\$745,000.00
December 2016	\$774,900.00	\$763,000.00
November 2016	\$950,000.00	\$921,250.00
October 2016	\$834,900.00	\$816,750.00
September 2016	\$941,950.00	\$909,500.00
August 2016	\$737,450.00	\$728,750.00
July 2016	\$749,900.00	\$730,000.00
June 2016	\$959,000.00	\$956,700.00
May 2016	\$959,000.00	\$960,000.00
April 2016	\$709,900.00	\$720,500.00
March 2016	\$662,200.00	\$642,500.00
February 2016	\$0.00	\$0.00

Last 12 Months Parkdale
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	2	1
December 2016	3	3
November 2016	4	6
October 2016	2	1
September 2016	5	2
August 2016	4	2
July 2016	2	1
June 2016	3	3
May 2016	8	7
April 2016	7	2
March 2016	3	8
February 2016	7	0

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



Councillor, Ward 7
Druh Farrell
ward07@calgary.ca
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Even during the current economic downturn, interest in new infill housing remains strong. While housing development brings investment and new families into our neighbourhoods, there are often challenges that come with construction.

Some of the most common calls to our office from communities experiencing redevelopment are about public property damage, noise, and unkempt sites during construction. While we have bylaws to deal with noise and site conditions, damage to public property is usually discovered after the fact.

The costs are significant. When we added up the damage to public trees, sidewalks, laneways, and roadways, we discovered there was an average of \$163 in tree damage and \$1,391 in concrete damage per infill site. Historically, The City has been on the hook for covering the costs. Between 2011 and 2015, contractor damage to public property cost Calgarians over \$9 million.

This is why I put forward a motion to Council to ensure that contractors, not Calgarians, are responsible for covering all the costs of property damage. We are already seeing improvements and responsible contractors are working to prevent damage in the first place. The City's new strategy has three parts:

- Increase oversight of construction sites and work with the construction industry to improve behaviour.
- Encourage all citizens and City employees to use the 311 service to track and measure damage.
- Require pre- and post-construction photographs of nearby City property including trees, sidewalks, laneways, and street signs. Please note: Similar documentation can be used to protect your own property if you live beside or behind a construction site.

This work will help save Calgarians millions and encourage infill developers to be good neighbours. You can help by reporting damage and other infill concerns. If you see unsafe construction sites, unkempt sites, noise bylaw violations, or property damage, please call 311 or report online at www.calgary.ca/311.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

OPEN REGISTRATION FOR SEPT 2017

By Phone: For all locations starting March 7th at 9 a.m.
Our programs include classes for 1-4 year olds and Kindergarten

EARLY DISCOVERERS, since 1983, has taken pride in developing the "whole child." We focus on social and emotional growth, intellectual development, fine motor skills, and gross motor skills. We encourage children to be all they can be and more! Children will leave us with a joy of learning and a quest for knowledge.

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Kincora
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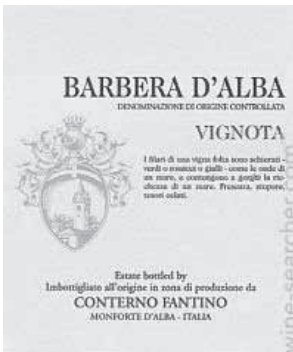
CALL US AT 403-239-3444 OR GO ONLINE TO
WWW.EARLYDISCOVERIES.CA

About Wine

By Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries - that may not be common or well known. About a wine, or winemaker, with a story to tell; of place, process, climate, or style. Highlighting smaller, artisanal producers making unique, reasonably priced (under \$50 retail) wines, whilst demonstrating careful earth stewardship.

2015, Conterno-Fantino, Barbera D'Alba, (C-F Barbera)
Monforte – Alba, Piedmont, Italy



ABOUT THE MAKER: Established in 1982 as a joint venture, the grape growing Conterno family of the northern Italian town of Monforte, merged efforts with the nearby winemaking Fantino family. What began as a merger of convenience has become a 45-year story of vision, co-operation and success.

ABOUT THE MAKING:

C-F Barbera is blended from the harvest of five select hilltop vineyards in the Ginestra area at the base of the Italian Alps. Here, select low-yielding vines, grown in windy conditions, are harvested late (October) and fruit intensely flavoured grapes; producing a wine of depth, complexity and length.

Winemaker Fabio Fantino adds character, subtlety and depth by ageing *C-F Barbera* in the once-used French oak of his Barolo vineyards.

ABOUT THE WINE: A dark ruby appearance, this wine features a nose of herbs, leather and dark cherries. Fuller-bodied than many Barberas, *C-F's* luscious mouth combines ripe cherries and bramble fruits. The long, acidic palate morphs into grippy tannins, making it well suited to pairing with food or laying down for years to come.

ABOUT SUSTANABILITY: Certified organic.

ABOUT AGEING: 15-20 years.

ABOUT PAIRING: Cries out to be had with first-course pasta (squash/cheese ravioli), risotto, or hearty meat-stuffed peppers in tomato sauce.

ABOUT DISTRIBUTION: Check liquorconnect.com (call the listed store to confirm availability).

CSPC # 704504

ABOUT PRICE: \$45

www.calgaryartistsociety.com

Calgary Artists' Society



Saturday, April 8th
10 am to 4 pm
Parkdale United Church
2919-8 Ave NW, Calgary
ORIGINAL Work by Local Artists, Paintings, Drawings • Doorprizes, Refreshments

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 Musgrave, 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 letters of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.



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

What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, "Why wouldn't you donate your organs? What are you going to do with them after you die?"

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit www.lenwebber.ca/donate today and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?

BUSINESS CLASSIFIEDS

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

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

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handy-man services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

Spring & Summer Programs

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8-11 different produce items per box (assorted quantities)
mix of certified & non-certified spray-free organic veggies & fruit

Small Organic Box - \$35.00/week
7-8 different produce items per box (assorted quantities)
mix of certified & non-certified spray-free organic veggies & fruit

Large Box - \$35.00/week
10-13 different produce items per box (assorted quantities)
mix of veggies and fruit

Small Box - \$25.00/week
7-8 different produce items per box (assorted quantities)
mix of veggies and fruit

*Sample Box contains :
potatoes, carrots, squash,
cauliflower, apples, kale,
bananas, tomatoes, etc.*

Sourced from local producers and B.C., as well as U.S.A, Mexico, Caribbean, depending on produce in season and availability.

Call 403-283-5767 or email office@parkdalecommunity.com to order.
The Parkdale Farmers' Market is located at 3512 5 Avenue NW

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BRAIN GAMES

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

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

❖**April 1, MAKEFASHION 5.0 - Telus Spark Science Centre**
MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: www.sparkscience.ca

❖**April 7-9, Make it! The Handmade Revolution (craft show) – Big Four Building.** Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our “Makies,” which in turn allows them to do the work they love. The event will feature over 175 “Makies,” food trucks, a charitable silent auction, live music and a beer gardens. More info: www.makeitshow.ca

❖**April 17-23, Calgary Underground Film Festival – various venues.** Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: www.calgaryundergroundfilm.org

❖**April 18-May 7, Calgary Performing Arts Festival (formerly Kiwanis Festival) – Mount Royal University**
In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: www.cpafestival.ca

❖**April 20, LOVE HER presented by Ovarian Cancer Canada – Hotel Arts.** LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: www.ovariancanada.org

❖**April 21-22, The 2017 Dairy Classic Championship Show – Stampede Grounds**
This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: www.ag.calgarystampede.com

EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT – BUTTERFIELD ACRES
The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: www.butterfieldacres.com



APRIL 8-9, 2017 KITTIES N' BLOOMS CAT SHOW – SHOULDICE ARENA
The 2017 Kitties 'N Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: www.calgarycatshow.com



APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE – RIVER PARK CHURCH
The Calgary Jazz Orchestra, Johnny Summers, and the NWSC are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: www.calgaryjazzorchestra.com





Register now for Winter programs!



Parkdale CA - 3512 5th Ave NW

Day	Time	Age	Program Type	Orders	No. Spots	Wait	Price
Sun	9:00 - 9:45am	16-24 month	Parent & Child Indoor Multi-Sport	Jan 8 – Feb 26 Mar 12 – Apr 30	Feb 19 Apr 16	7	\$129.50
Sun	9:50 - 10:35am	2-3 yrs	Parent & Child Indoor Multi-Sport	Jan 8 – Feb 26 Mar 12 – Apr 30	Feb 19 Apr 16	7	\$129.50
Sun	10:45 - 11:45am	3-6 yrs	Coach & Child Indoor Multi-Sport	Jan 8 – Feb 26 Mar 12 – Apr 30	Feb 19 Apr 16	7	\$129.50
Mon	9:30 – 10:15am	16 – 36 month	Parent & Child Indoor Multi-Sport	Jan 9 – Feb 27 Mar 6 – Apr 24	Feb 20 Mar 27	7	\$126
Mon	10:15 – 11:15am	3-5 yrs	Coach & Child Indoor Multi-Sport	Jan 9 – Feb 27 Mar 6 – Apr 24	Feb 20 Mar 27	7	\$126

Sportball is proud to offer programs in partnership with Parkdale Community Association in Pierson Hall. An annual PCA membership is required and can be purchased from Parkdale CA. Prices and schedules are subject to change. Applicable taxes will be applied.

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