

MAY 2016

DELIVERED MONTHLY TO 6,400 HOUSEHOLDS

THORNCLIFFE GREENVIEW

HORIZON

BRINGING THORNCLIFFE & GREENVIEW RESIDENTS TOGETHER



Thorncliffe Greenview
Community Association

THORNCLIFFE GREENVIEW
COMMUNITY ASSOCIATION

MAIN HALL



LOVE DENTAL

Dr. Philip Love – Dr. Michele Spooner – Dr. Huda Jergeas – Dr. Tanya Chacko
all services performed by general dentists

Our core values:

- gentle care
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- cost-effective treatment plans
- quality work



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Wed: 7-7 Sat: 9-4

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“It’s where I’d live.”

*Ken,
Teacher, music lover and golfer.*



Home. It’s where we live. It’s the feeling we get from freshly folded laundry in our bedroom. It’s playing the piano and singing with friends and it’s shared moments over dinner with family. It’s feeling healthy, eating well and enjoying the community we savour with other great people. It’s looking forward to a little exercise and some laughter at the pub afterwards.

Welcome to your life at Evanston Summit. Welcome home.

121 retirement suites available for October 2016 occupancy.
Visit us at evanstonsummit.com or call us at 587.538.7511 to schedule your appointment



Thorncliffe Greenview Community Association
5600 Centre St. N
Calgary, AB – T2K 0T3
Phone: 403.274.6840
admin@tgcacalgary.com | www.tgcacalgary.com

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NEWSLETTER AD SALES



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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING THORNCLIFFE-GREENVIEW
FOR 14 YEARS!



Thorncliffe / Greenview Community Association

5600 Centre Street North, Calgary T2K 0T3 • admin@tgcacalgary.com • www.tgcacalgary.com

TGCA COMMUNITY CENTRE

Main Office		403-274-6840
Main Office Fax		403-275-7310
Office Email		admin@tgcacalgary.com
Bowling, Racquetball & TG Lounge		403-274-5574
Forbes Innes Arena		403-274-1466
Office Manager	Diana Christie	403-274-6840
General Manager	Kevin Kromm	403-274-6840 403-274-1466

EXECUTIVE COMMITTEE

President	Leslie DeGagne	403-669-6116
Treasurer	Brad Giddings	403-540-1533
Secretary	Leona McComish	403-275-0410
Vice Presidents	Dot Jamieson	403-275-0083
	Derek Livingston	403-226-4021
	Marvin Quashnick	403-277-3308

DIRECTORS AT LARGE

Alison Abbott		403-276-4997
Jason Bedard		403-910-0957
Mary LaCoste		403-274-8074
Michelle Starzynski		403-401-5031
Stacey McDade		587-968-4990
Sue Giddings		587-436-9852
Vince Fraser		403-540-3360

SPECIAL INTEREST GROUPS

58 th Scouting	Jenn Riley	587-350-1364
Bingo Co-ordinator	Evelyn Landry	403-274-6840
Booster Club	Bill Gray	403-275-6016
Guides	Jackie Fietz	403-295-2927

Deerfoot United Soccer Club	Cory Abel	403-650-1791
North Central Basketball	Barbara Ambrisko	403-973-6665
Nose Creek Fast Pitch	Kelsey Claeys	president@nosecreeksoftball.ca
Racquetball	Jerry Kwasnitza	403-293-2847
Slopitch	Kevin Darrah	403-875-3469
TG Hockey	Jodie Cadman	403-312-4479
TG Ice Skating Registrar	Kari Woodman	403-471-9623
TGWL	Yvonne Arkley Yvonne Armstrong	403-274-4906 403-274-6720
Thornview Seniors	Sandy Staple	403-274-3257
Volleyball	Dianne Stewart	403-295-3469

HORIZON NEWSLETTER

Distribution	Canada Post	
Editorial	TGCA Admin Office	403-274-6840
Publisher & Advertising	Great News Publishing news@great-news.ca	403-263-3044

TGCA HOURS
HOURS MAY BE SUBJECT TO EARLY CLOSING

Complex closed May 23 to observe Victoria Day

Administration Office

Mon, Wed, Thurs 9:00 am – 9:00 pm
Tues & Fri 9:00 am – 4:30 pm
Saturday & Sunday Closed

Lounge & Rec Centre

Monday – Thursday 9am to midnight
Friday & Saturday 9am-1am
Sunday 11am - 6pm

PRESIDENT'S MESSAGE

by Leslie DeGagne

The four-year battle with the Drop-In Centre awaits a decision from the SDAB. Marvin Quashnik, Public Service VP, has been the community's rock throughout this ordeal and has proven to be a great citizen's advocate. Community issues are not isolated issues, they span across physical barriers and sometimes involve many more people than most realize. The challenge presented by the Drop-In Centre buying the Quality Inn hit TGCA's radar when residents of Greenview voiced their concerns and the offshoot of this small committee saw the creation of Greenview Cares. Their concerns were heard and the community responded; not just TGCA but Highland Park and the Greenview business sector as well. Marvin orchestrated his magic allowing concerned residents to have a voice in a larger issue. I hope that the outcome of the appeal will see the concerns heard and the proper development of Centre 4800 turns into a project that suits the neighbourhood and continues to keep Greenview a family friendly community.

When we say TGCA community many people automatically relate to the beautiful large complex that was built to house the programs and activities community members sought for their families 40 years ago. As a focal point, this building is strong and impressive but it is the work done by volunteers and staff that makes this community stand out within the growing city of Calgary. Issues that involve an emerging inner city are complex and multifaceted and are able to change the dynamic of the communities they affect. To the south of us our neighbour Highland Park, a small community which is now facing the building of a development which essentially doubles the population of the area without adding green space. The LRT extension will place added pressure on communities to become more population densified. These are just two issues facing the community in the near future that will change the face of this community. Years ago, the city came with a plan to widen McKnight Boulevard and as a community; we voiced our opinions and the project was shelved. I bring this up because it is time for residents to think about what is important to them. Why did you choose Thorncliffe as your community? What vision do you have for this community moving into the

future? TGCA membership does not only give access to the complex but it gives you as a resident a voice in the things that matter.

TGCA of the past had visionaries who understood why they chose this neighbourhood to raise their families. Their vision included a building that allowed their children and our children to play hockey, figure skate and attend scouting programs. They held events to entertain the membership and most importantly created a place that allowed the building of fraternity that in turn created bonds of friendship that lasted well into the next century. Last month we lost a giant. Earl Rose was one of those visionaries who understood how to build a community. This pioneer oversaw the building of this complex and then guided those who followed on what values we, as a community need to extoll. We will miss Earl as he stands for all that was and is the history of this community. His passing signals that one chapter in the story of Thorncliffe Greenview has ended and now it is time to start a new chapter. The torch passes on and it is time for the next 60 plus years of this community to be written. What will that story be and who will write it? Earl and his compatriots were ordinary citizens who chose to make a difference for an entire community and they set the stage for those who follow. Become a member and choose to make a difference, add your voice and let the new chapter begin.

We have our annual neighbourhood Parade of Garage Sales and the Community Cleanup slated for this month. We also celebrate Mother's Day with the TGWL Mother's Day Tea. All great events organized by volunteers for the members and residents of the community. Come on out and meet your neighbours and thank Tammy Dundas and the TGWL ladies for showing their community spirit in making Thorncliffe Greenview a community worth fighting for.

Editorial Content Deadline 5th of each month for the next month's issue

christie@tgcacalgary.com

GENERAL MANAGER'S MESSAGE

Kevin Kromm, General Manager

Hello Thorncliffe Greenview,

I hope that you are enjoying this great spring weather!

I would like to inform you of the upcoming facility renovation. The first week of May TGCA will begin to remove and replace the staircases and a majority of the surrounding sidewalks at the facility. We are planning to complete the project in two phases.

Phase I includes the replacement of the, west side sidewalks, the senior's staircase/entrance, the west entrance staircase and wheelchair ramp. Phase I is expected to be completed (weather permitting) by June 11, 2016. Phase I of the project, members and guests may access the building through the east side entrance as a temporary ramp will be constructed for members and guests with disabilities.

Phase II of the project includes the replacement of the east emergency staircase off the main hall, the south driveway ramp, and the east entrance staircase. Phase II of the project (June 12 – July 15) the only access to the upper facility will be through the west entrance therefore we request that members and guests be considerate and park furthest away to facilitate easier access for the elderly and individuals with disabilities.

VOLUNTEERING....
Good for the Soul

GYM NIGHT

We would like to thank everyone who participated in this year's gym night program. We had a great turn out this season and hope that all of you will be back next year. The next program will start up again in the fall so check your Horizon in September. We will see you then.

Thank you,
Kevin & Dianne

UPCOMING EVENTS

2016 Thorncliffe Greenview Parade of Garage Sales Saturday May 14 and Sunday May 15

Register with the office by **May 11** and we will advertise for you!

The sale address will be listed on our master list and provided to the public. Call the office if interested – 403-274-6840.

For those unable to host a sale at your own home/garage, tables are available to rent at the Thornhill Baptist Church (128 Tache Ave NW). You can then sell your items during their sale at the same time as the Parade of Garage Sales. Contact the church directly: 403-274-6555.

2016 Thorncliffe Greenview Recycle Depot Saturday May 21 9:00am – 2:00pm only (Saturday of the May Long Weekend)

Clean out those garages, along the fences, basements and closets and bring on over to the community centre.

Collecting - Metal, Clean Wood, Electronics, Tires, Propane tanks, Garbage, Shredding (offsite via secured bins) Greens (grass, pruning), donations - clothing, small household items.

Please hang on to all your greens for our event or look into another event close to us www.calgary.ca/CSPS/ABS/Pages/Partnership-programs/Community-cleanups.aspx

Keep all greens out of the landfill!

Please note that we reserve the right to refuse any items.

For more information call the office 403-274-6840

We are looking for volunteers to assist our seniors or work at the Recycle Depot!

Call the office if interested – 403-274-6840

For any seniors in our community who need assistance with the Recycle Depot contact the community office 403-274-6840.

GOOD FOOD BOX PROGRAM



What is the Good Food Box? It's a monthly program where community members can buy fresh fruit and vegetables for a very low cost. Thorncliffe Greenview Community Association now has a Good Food Box Depot. You receive top quality produce at wholesale prices. There are three sizes of boxes to choose from. The large box (\$35.00) contains 40 plus pounds of produce. The medium box (\$30.00) contains 30 plus pounds of produce. The small box (\$25.00) contains 20 plus pounds of produce. You only order the size you want, when you want. How do you get a food box? Bring your exact cash to the Horizon Room at Thorncliffe Greenview Community Centre between 2:00 and 5:00 p.m. on the scheduled pick up day. This will secure your order for the next month or bring your exact cash to the Administration Office no later than the order deadline listed below. If you have any questions feel free to call M.J. at 403-275-6752.

Order Deadline	Pick up Day
May 30	June 9
August 22	September 1
September 19	September 29
October 17	October 27
November 14	November 24

TG MEMBERS CORNER

Birthday Wishes Go Out To:

May – Jim Carder, Kim Dupont, Les Haslam, Sylvia Horricks, Mary LaCoste, Melissa LaCoste, Marlene McPhee, Dale Peacock

In Memory Of:

Condolences go out to Tom and Roxanne Rose and family on the loss of Tom's Father Earl in March

Any TG Member that would like to submit a tidbit for this section may do so by email to admin@tgcalgary.com or by phone to the office at 403-274-6840.

SPECIAL EVENTS COMMITTEE

By Mary LaCoste

60th Anniversary Celebration

Please mark your calendars for September 23 and 24 to come out and celebrate this milestone with us. We have fun for all ages planned. Businesses in our area are all welcome and encouraged to join. As always, volunteers and suggestions are welcome. Updates on this event will follow in coming issues of the Horizon and on our website www.tgcalgary.com. You can also find these updates when you like us on Facebook and follow us on Twitter @tgcalgary. Any businesses wishing to take part, volunteers or any suggestions you may have, please provide your contact information with the administration office at 403-274-6840 or by email to admin@tgcalgary.com.

Friday Night Dances

Put on your dancing shoes and come on out and twist, jive and waltz the night away. Tickets are \$12.00/person at the door. Doors open at 7:00pm. A late lunch will be provided. Hope to see you all there!

The schedule of dances is as follows:

May 27, 2016 – Danny & Janna
June 17, 2016 – Pure Country
September 9, 2016 – Diamond Ridge
October 14, 2016 – Barbed Wire
November 25, 2016 – Danny & Janna

Till next time!

FOLLOW THORNCLIFFE GREENVIEW COMMUNITY



Like us on
Facebook



Follow us on
Twitter
@tgcalgary

Keep up with what's happening at **your** community centre

MAY 2016 THORNCLIFFE/GREENVIEW CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Public Skate 3:00 pm – 4:00 pm	1 Last day to order Good Food Box Sit and Be Fit Class 9:30 am	2 Bingo! 6:15pm \$5000 Bonanza	3	4	5	6 TGWL Mother's Day Tea 1:30 pm
Bingo! 6:15 pm Happy Mother's Day	8 Sit and Be Fit Class 9:30 am	9 Bingo! 6:15 pm	10	11 Pick up Good Food Box	12	13 Parade of Garage Sales 9:00 am – 4:00 pm
Bingo! 6:15 pm Parade of Garage Sales 9:00 am – 4:00 pm Public Skate 3:00 pm – 4:00 pm	15 Sit and Be Fit Class 9:30 am	16 Bingo! 6:15pm	17	18	19	20 21
Bingo! 6:15 pm	Victoria Day Complex Closed	23 Bingo! 6:15 pm	24	25	26 Friday Dance Danny and Janna 7:30 pm	27 28
Bingo! 6:15 pm Public Skate 3:00 pm – 4:00 pm	29 Sit and Be Fit Class 9:30 am	30 Bingo! 6:15 pm	31			



DANCE TO THE MUSIC OF

Danny & Janna May 20, 2016

Thornccliffe Greenview
Community Association
5600 Centre Street N., Calgary, Alberta

Tickets: \$12.00/person (at the door)
Members & Guests
Doors Open: 7:00pm
Late Lunch & Coffee Served

Mark Your Calendars!

TG Parade of Garage Sales - May 14, 15
Friday Night Dance - May 20 "Danny & Janna"
TG Recycle Depot - May 21
TG 60th Anniversary - September 23, 24

PLAYGROUND COMMITTEE

Let's Play!

A playground committee for Thornccliffe-Greenview has officially been formed. We continue to look for positive, enthusiastic people to help out with the replacement project of the playground adjacent to the TGCA. We will be discussing fundraising ideas, playground vendors, grant availability and many other exciting opportunities! Would you like to help? We hope so! Please email Amanda at: amandahs4@gmail.com if you are interested.



Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

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

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

And here's our commitment to you:

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

CUPE
Calgary's city employees

Making your city
work for you

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

Thorncliffe Greenview Scholarship

Every year the Thorncliffe Greenview Community Association awards a scholarship to one or two graduates from John Diefenbaker, James Fowler, St. Francis and Notre Dame High Schools. Graduates from other high schools in Calgary may also be considered.

Scholarships are awarded on the basis of academic standing and community involvement. These scholarships are to provide financial assistance for students to continue studies beyond the senior high school level, in programs of at least two years duration at an approved post-secondary school, college, university or institute of technology in Alberta. A school outside of Alberta may be attended if the course desired is not offered in an Alberta learning institution.

Students must be enrolled as a full-time students and the scholarships will become payable upon receipt of proof of acceptance at one of the above mentioned institutions.

Eligibility

Parents must be voting members in good standing with Thorncliffe Greenview Community Association and must be involved in sanctioned community activities for a minimum of three years. Students must achieve a grade 12 diploma and may apply for a scholarship up to two years after completing grade 12. They must achieve a good academic standing for their abilities.

Application

A scholarship application form is available below. Completed forms must be submitted to the Administration office prior to July 8, 2016. Students who meet the community requirements will be required to submit final grade 12 marks by August 5, 2016. For more information about the Scholarship program call 403-274-6840.

Thorncliffe Greenview Scholarship Application

Name: _____

Address: _____

Phone #: _____

Date of Birth: _____

Father: _____

Mother: _____

School Attended Grade 10 _____

Grade 11 _____

Grade 12 _____

Course study you intend to follow:

At what Secondary Institution: _____

References: Name two people other than relatives to whom references can be made for verification of the above information.

Name: _____

Address & Postal Code: _____

Phone #: _____

Name: _____

Address & Postal Code: _____

Phone #: _____

Applicants are required to write a short statement setting forth the type of career for which they wish to prepare at a particular post-secondary institution. Please submit statement on a separate, attached piece of paper.

Thorncliffe Greenview Community Association
Greenview Room

Pickleball Drop-in

Days & Times:
Mondays 12:00pm-4:00pm
Wednesdays 12:00pm-4:00pm
Thursdays 12:00pm-4:00pm
Cost: \$5.00 drop-in
Room: Main Hall - Gymnasium

All participants must hold a valid Community Membership
Non-Marking shoes must be worn at all times

Program Information:
Phone: 403-274-6840



Calling All Senior Crib Players

Thornview Seniors
5600 Centre Street North
Thursdays October through May
1:00 p.m. - 3:00 p.m.

The only requirement is a membership to the Thornview Seniors and a good sense of humour. Call Bill Maughan at 403-567-7006 for further information.



Mothers' Day Tea

Saturday, May 7, 2016, 1:30 pm

Hosted by T.G.W.L

Adults \$2

Children under 6 years free

Door Prizes-Entertainment. Join the Ladies of our Community for an afternoon of fun and laughter.
Everyone welcome!

SPECIAL EVENTS COMMITTEE

Children's Easter Party

As the temperatures soared this year's Children's Easter party boasted our largest yet hosting approximately 180 people. We started the morning off with the Canadian Rabbit Hopping Club and they never disappoint. The children eagerly waited to watch the rabbits race and chase through the bunny obstacle course. They also had a special guest which was a 15 pound big brown bunny. Once the show was over everyone was able to get up close and personal and pet the rabbits and talk to the owners all about them.

The egg hunt started with the younger children heading out front while the older ones raced off to the playground area all while wearing minions masks. The morning ended off with some special prizes being awarded to some lucky youngsters who found the special prizes during the egg hunt and then a hot dog lunch.

It was a great turnout and it was especially great to see so many news faces as well as those we know come to our event and see what an awesome facility this community centre is.

Our own TGWL provided the lunch. A big thank is given to the ladies who tirelessly support all the children's events. Many thanks to our community stores that year after year help to make our events so great-Safeway, Shoppers Drug Mart, Simons Valley IDA, Calgary Co-op, and 7-Eleven. To have stores do support our programs makes it that much easier to support them in return. The next big event will be the 60th Anniversary stayed tuned to the website to see what we have in store.

Michelle Starzynski

IN & AROUND SCHOOLS

Corpus Christi School

During May we have the following important dates:

- May 6 – School Family Dance @ Corpus Christi Parish
- May 19 – School Council AGM @ 6:30pm in the Learning Commons
- May 20 – Professional Development Day – no classes for students
- May 23 – Victoria Day – no classes for students
- May 25 – Welcome to Kindergarten Night

THORNCLIFFE GREENVIEW HISTORY

History Book - Where have all the Thorncliffe Greenview residents gone?

I have not received very many write ups on family or history for the book we would like to put together. The deadline will be July 31, 2016.

Since Thorncliffe Greenview community is celebrating 60 years of a great community, we would very much like to learn a bit about our residents and expats(a person who lives in a different location than that which they were born and brought up) history and put a wee book together. We don't want any personal information. We have a few questions listed below as a guideline to give you an idea on what to write.

1. How did you become a TG resident, (born in the area and moved elsewhere/ moved here from and how long have you resided here)?
2. Are you single or married (if married to whom, where was your partner from, have you children, name them)?
3. Are you a grandparent/great grandparent (name your family)
4. Have you or are you now a volunteer with TG (in what capacity)
5. What are your memories of living in this community
6. What is your status now (working, retired, involved with something you enjoy)?

You can e-mail, mail or drop your history to the office at the community centre.

We hope you will really consider writing your history and if you require further information contact Yvonne – 403-274-6720 e-mail armstby@shaw.ca

If anyone has some old pictures or recent ones they would like to share with us, we would be glad to make copies and return the originals back to you, these will be used either in the book or displayed on Friday and Saturday of the celebration.



Community Workshops – Sharing the Skills in our Communities!

Power Your Lifestyle - In Every Movable Way

A workshop series affiliated with H.A.L.O (Hope and Live On)

A workshop aimed to give you the tools you need to be as productive and active as possible! So, let's be healthy! Let's be great! And let's do it the easy way!

When: Tuesday, May 10, 7:00 – 9:00pm

Where: Thorncliffe/Greenview Community Association 5600 Centre Street N

Register" Call or email Tannis Eapen, Community Social Worker at 403-828-8394 or tannis.eapen@calgary.ca

Please register by May 6

*Spots are limited

This workshop is for all ages, early morning stretches to start the day, exercises to help you sleep, info to give you the right nutrition and the myths about vitamins to clear up all the confusion!

It's all presented in one great workshop with Dr. Salma Mitha, a local chiropractor who is paving the way for healthy citizens with high energy interactive and innovative workshops. So, feel good about life and hope and live on, everyone!

Coming on June 7, 2016: Home Ownership 101

When: Tuesday, June 7, 7:00 – 9:00pm

Where: Thorncliffe/Greenview Community Association 5600 Centre Street N

Register: Call or email Tannis Eapen, Community Social Worker at 403-828-8394 or tannis.eapen@calgary.ca

Please register by June 1, 2016

Explore options for first time buyers – financing, purchasing and rent to own options.

For more information or to register, call or email Tannis Eapen at 403-828-8394 or tannis.eapen@calgary.ca.



Capture Alberta through Your Lens

Do you consider yourself a gifted photographer? Have you got what it takes to capture Calgary and beyond? The Calgary Airport Authority is excited to invite all photographers to enter the "Capture Alberta through Your Lens" photo contest.

Submit your best photos representing our region from a unique and creative perspective for the chance to be featured in the new International Terminal. We want you to show us, and the millions of visitors to Calgary, all that our beautiful province has to offer. Whether it is the quaint urban centres of Banff and Cochrane, the beautiful Rockies, or the rolling prairies, share with us and the world this amazing city and region through your eyes.

Your work could be selected for a display in the new terminal opening this year! You don't need to be a professional photographer, you just need a keen eye, a passion for our city and surrounding areas, and a great photo.

Stay tuned to yyc.com for more details.

TGCA Community CAMPSITE



Available to TG members who are in good standing and have held a membership for a minimum of one year.

Get back to nature....Leave the plug-ins behind Site has Outhouse – no electricity or running water Near Winchell Lake by Water Valley. Approx. 45 minutes NW of Calgary.

Costs - \$35.00 per site OR \$100.00 for all three sites for the weekend!
Cost covers site only – no wood or amenities supplied.

Book through the TG Admin Office. 403-274-6840

Please note Scout Groups and Youth Groups take precedence.

A deposit is required to obtain the keys. Map available.

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Gel Nails
Colour Gel Tips
Tinting (eyebrow/eyelash)
Eyebrow, Eyeliner and Lip Permanent Make-Up
Therapies Body Massage
Microdermabrasion Treatment
Skin Tag Removal
Birth Mark Removal
Age Spot Removal

Facials
Manicures
Pedicures & Spa
Waxing
Hot Stone

Gift Certificates and Insurance Claims Available

By appointment only

Thornton Road NW • Cell: 403 909-3936 • Home: 403 275-4293

TG Lounge & Rec. Centre News

Did you know?

TG has 4 racquetball courts and four 5-pin bowling lanes

CALL (403) 274-5574 TO BOOK!

Racquetball Multi-Passes Available (Gift Certificates)

Happy Hour Pricing

3:00 pm – 8:00 pm daily

Friday & Saturday until 8:00 pm & all day Sunday!

Free Shuffleboard, Darts

Satellite TV Watch CFL, NFL Games, NHL Centre Ice Package

8 TVs, 2 Pool Tables

Monday - Thursday 9am to midnight

Friday & Saturday 9am to 1am

Sunday 11:00am to 6:00pm

Hours may be subject to early closing.

Bowling, Pool, Dart & Racquetball Leagues
Book your Tournaments with the T.G. Lounge & Recreation Centre
403-274-5574

Consider Going Bowling for Your Next Family Get Together
Children's Birthday Party Packages Are Also Available

TG LOUNGE & RECREATION CENTRE

Bowling, Pool, Dart & Racquetball Leagues
Book your Tournaments with the T.G. Lounge & Recreation Centre
403-274-5574

Consider Going Bowling For your Next Family Get Together
Children's Birthday Party Packages Are Also Available

FORBES INNES ARENA PUBLIC SKATING SCHEDULE

5600 Centre Street N. • 403-274-1466

Check out our website for changes or additions.
www.tgcacalgary.com

Seniors Only Wednesdays: 10:30 a.m. – 11:30 a.m.

Members Only Wednesdays: 1:30 p.m. – 2:30 p.m.

Sundays

May 1 3:00 p.m. – 4:00 p.m.

May 15 3:00 p.m. – 4:00 p.m.

May 29 3:00 p.m. – 4:00 p.m.

The cost for the public skate is free to TG Community Members. For non-members, the cost is \$5 per adult, \$3 per child or \$10 per family.

TG Lounge
(Lower Level, Rec Centre)

- Big Screen TVs - all major games
- Pool, Bowling, Darts & Shuffleboard
- Catered Private and Corporate Parties

Daily Drink Specials

TG Lounge is where great memories are made, affordably!

f [Twitter icon]

Thorncliffe/Greenview mybabysitterlist

Name	Age	Contact	Course
Christorlord	14	587-700-8701	Yes
Jared	14	403-209-2447	Yes
Ruth	14	403-289-8737	Yes
Sydney	14	403-226-3954	Yes
Amy	20	403-969-6057	Yes
Desiree	23	403-850-8486	Yes
Martha	48	403-919-2967	No

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit 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.

RBC Dominion Securities Inc.

LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

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IN & AROUND CALGARY

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.



Citizen Dashboard

pilot gives Calgarians insight into City performance and Calgary's quality of life

The City of Calgary's Citizen Dashboard is an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore the tool."

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays performance measures for:

- 311
- Transit Safety & Security
- Building Regulations
- Roads: Summer Maintenance
- Water Sustainability
- Calgary Transit Access
- Waste Management

Additional services and performance measures continue to be added on a regular basis.

Calgarians can check out the Citizen Dashboard and provide feedback at calgary.ca/citizendashboard.

COMMUNITY ASSOCIATION MEMBERSHIP

Benefits

Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues. Your membership fee goes towards community events, programs & operating costs.

Guidelines

All new members must provide I.D. with current address. Members agree to abide by the bylaws, policies and procedures governing the Thorncliffe Greenview Community Association. Residence must be WITHIN BOUNDARIES of Thorncliffe, Greenview, West Thorncliffe to obtain a voting membership. Membership cards will be mailed. Children of Voting members, 7 yrs or older, will also receive their own cards. It is your responsibility to notify the office of any address changes. If you wish to retain your membership after moving out of community

boundaries, you must pay for it each year before expiry date. Failure to do so will result in the loss of your membership, no exceptions. Memberships will not be renewed if membership is not in good standing. Anyone over the age of 18 must hold their own membership.

Waiver

I understand that the Thorncliffe Greenview Community Association has collected, or may collect, use and disclose my personal information to administer and maintain accurate and complete community association membership lists, program registrations, including, when required, the sharing of information with affiliated organizations, such as community sports associations. I understand that my personal information, collected for the purposes outlined above, will be kept confidential by the Association. I also acknowledge that my information may be used and disclosed to third parties in certain circumstances, but only to fulfill the above purposes. I hereby consent to such use and disclosure, for these limited purposes, until such time as I may revoke my consent in writing.

Thorncliffe Greenview Community Association
5600 Centre Street N. T2K 0T3

Membership Application

Family Name: _____
 Residence Phone #: _____ Email: _____
 Applicant Name: _____ Bus/Cell Phone #: _____
 Spouse Name: _____ Bus/Cell Phone #: _____
 Address: _____ Postal Code: _____
 Verification I.D.: _____ Current Membership#: _____
 ie: (Voting: driver's license, bill or Non-voting: resident community membership/expiry)

Please Circle One
 Voting 1 Yr \$15.00 Non-Voting (with resident membership) 1 year \$15.00
 Voting 3 Yr \$30.00 Non-Voting (w/o resident membership) 1 year \$30.00

I am interested in volunteering _____

Children: Eldest listed first to the youngest last _____ I consent to receive emails from TGCA

Name	Mon/Day/Yr	M/F	Name	Mon/Day/Yr	M/F
_____	_____	_____	_____	_____	_____

Signature: _____

Interested in trading yard space for vegetables?

Do you have a large yard in Thorncliffe or Greenview and no time to care for it?
Contact Tim Davies at 403-801-7415 or canoetim@gmail.com.



THORNCLIFFE/GREENVIEW REAL ESTATE UPDATE

Last 12 Months THORNCLIFFE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$428,650.00	\$415,000.00
February 2016	\$439,900.00	\$415,000.00
January 2016	\$301,949.50	\$285,000.00
December 2015	\$455,000.00	\$445,000.00
November 2015	\$439,500.00	\$430,000.00
October 2015	\$409,900.00	\$400,000.00
September 2015	\$445,900.00	\$462,600.00
August 2015	\$449,750.00	\$440,000.00
July 2015	\$438,850.00	\$423,500.00
June 2015	\$447,450.00	\$445,450.00
May 2015	\$449,900.00	\$454,000.00
April 2015	\$399,900.00	\$385,000.00

Last 12 Months GREENVIEW MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$0.00	\$0.00
February 2016	\$279,900.00	\$250,000.00
January 2016	\$400,000.00	\$390,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$412,436.00	\$400,000.00
September 2015	\$0.00	\$0.00
August 2015	\$260,000.00	\$248,500.00
July 2015	\$416,936.00	\$397,500.00
June 2015	\$437,450.00	\$419,000.00
May 2015	\$437,872.00	\$428,500.00
April 2015	\$0.00	\$0.00

To view the specific SOLD Listings that comprise the above
MLS averages please visit thorncliffe.great-news.ca or
greenview.great-news.ca



News from the Friends of Nose Hill

by Anne Burke

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

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

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

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

Go to www.plantwatch.naturealberta.ca.

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

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

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

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



Dr. Dale Rapske B.Sc. D.D.S.*
Deerfoot Dental Centre

In General Family Practice for over 30 years
Moving to a new location on March 1!

New patients always welcome!

- Oral Surgery
- Crowns & Bridgework
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Insurance Direct Billing
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2nd Floor Unit 225-971 64 Ave NE 2Storey Building next to Tim Hortons

*Denotes Prof. Corp.

www.deerfootdentalcentre.ca

Satellite Winnings To Date: \$1,123,372.00+

**Thorncliffe Greenview
Community Association
BINGO**
5600 Centre Street N.
403-274-6840

B	I	N	G	O
20	42	59	62	
5	29	39	56	75
4	17	60	71	
11	18	32	66	
15	19	36	47	69

Cards: Regular 50c
Double \$1.00
Triple \$1.50
Bonus \$2.00
Super \$2.50

Combo Cards Available
Seniors 60 plus \$3.00 OFF
General Admission

\$5000 BONANZA
With \$300 Consolation PLAYED
**ON THE FIRST
TUESDAY OF EACH MONTH**

Doors Open 3:00pm
Card Sales 5:00pm
Nickle Games 6:15pm
Regular Games 6:45pm
1/2 Time Sales 7:30pm

Sundays & Tuesdays

Full Concession with
Home cooked Specials
Free Early Bird Coffee

2 Loonie Pots
Pull Tickets, Hot Balls

5 Nickle Games
27 Regular Games
Bonanza & Satellite Games

Progressive Games
Bowling Lane/Anchor &
Champagne Glass/Heart

Triangles & Double Action
played on the 1st Sunday
& Tuesday of the month

Wheel Chair Accessible. Come Join Us on Sundays & Tuesdays

EMS: Window & Balcony Safety

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

Windows and screens

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

Balconies

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

Further prevention tips

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

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

Celebrate Neighbour Day on June 18

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

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

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

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

City of Calgary Map Gallery

The Official City of Calgary Map Gallery is a collection of online maps that show locations and information for City parks, recreation centers, flood recovery efforts, drop-off locations, landfills and much more. Based on citizen feedback over the last several years, this collection of maps is now organized by categories, allowing easy navigation throughout the gallery. In addition, we've improved functionality of our maps by hosting multiple custom-made maps instead of only one generic map. There are over 30 maps available in the gallery, and each tells its own customized story. There is much information to discover in The City of Calgary Map Gallery, available from your personal computer or mobile device.

To use the Map Gallery, simply go to calgary.ca and click on the map link from the home page. Browse through the several categories available, and then click on the map of your choice.

See what services are available in your community or take the Historical Downtown Calgary Walking Tour – the Map Gallery has it all.

How safe is your backyard fire pit?

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

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

Safety tips and bylaw regulations

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

Do not burn:

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

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



Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



Four Tooth Brushing Myths

Stephanie McIntyre

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

Myth 1: Brushing Bleeding Gums is Bad

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

Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when

suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better

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

Myth 4: You should brush right after eating

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

TG Community Hall & Meeting Room Rental Information

Main Hall (maximum capacity 800)

250-500 people \$1050

501-800 people \$1350

Damage Deposit \$1050

Plus \$4.00 mandatory corkage charge per person, based on a minimum of 250 people.

Thornccliffe Room (maximum capacity 125)

Rent \$412.50

Damage Deposit \$412.50

Plus \$4.00 mandatory corkage charge per person, based on a minimum of 75 people.

Greenview Room \$34.50/hour

Fitness/Sports Classes only

TG Room \$25/hour

Bowling Parties (adjacent to lanes)

Board Room (maximum capacity 30)

Meetings only \$35.00/hour

5600 Room (maximum capacity 30)

Meetings only \$35.00/hour

Parties \$175.00

Horizon Room (maximum capacity 15)

Meetings only \$15.00/hour

ADD GST TO ALL PRICES

Classes, Meetings, Conferences, Programs, Children's Parties, Adult Celebrations, Silent Auctions, Weddings, Receptions, Parties, Family Reunions

LET THORNCLIFFE GREENVIEW COMMUNITY ASSOCIATION HOST YOUR NEXT EVENT!

Looking to rent space to run an Exercise Program?

We have a hall available weekdays, daytime only at \$34.50 per hour. The Greenview Room located in the basement is where it all began. The Community Complex that you see today was built around this hall. It is self-contained with washrooms and is a



great space for classes such as Tae Kwon Do, Karate and Fitness. The hall measurements are 70' x 38'. Call 403-274-6840 for further information or to book.

We Accommodate Seminars!

Thornccliffe Greenview Community Association has four meeting rooms and two halls accommodating anywhere from 10 to 800 people!

To break up your day we have recreation facilities. You can go bowling, play racquetball, darts or billiards in our lounge/recreation centre.

Call 403-274-6840 and let us make your next event an overwhelming success!



Currently registering for
Beavers, Cubs, Scouts and Venturers

Contact Kathryn
403 277 0804
58scouts@telus.net

58th Thornccliffe Scouts

Thornccliffe/Greenview
Community Centre
5600 Centre St. N



**JUNE 1 AND 2
POPS IN THE PARK**

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



**JUNE 5
LILAC FESTIVAL**

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



**JUNE 24
TEDXYXC**

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



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

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

**IN & AROUND
CALGARY**

Planters are NOT Ashtrays!

A May safety tip from your Calgary Fire Department:

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

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

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

A few simple precautions will help to keep your home safe:

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

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



Subsidies are available for City services

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

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

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

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

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 33

The Feline Mystique



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

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

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

Cat, a word synonymous with independence. “A cat is there when you call her - if she doesn’t have something

better to do” (Bill Adler). “Cats know how to obtain food without labour, shelter without confinement, and love without penalties” (W.L. George).

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

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

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

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

Getting a tax refund?

What now?

Suzanne Smith-Demers – Consultant

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you’ll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
4. Set up a Registered Education Savings Plan (RESP) to fund your children’s future education costs. Contributions to investments within an RESP can grow tax-deferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of dollars in interest payments.
6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you’ll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.

Snacks for Healthy Eyes

Canadian Association of Optometrists

Eat your leafy greens – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

Hummus – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

Fish – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



Walking the Walk

I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.



Alberta Guide Dog Services

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

Photo Credit: Alberta Guide Dogs

Do you want to play better golf in 2016?

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

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

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

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

By Alan Killian, CFP PGA of Canada

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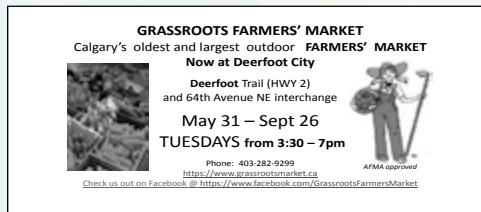
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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Article by J. Turner

Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

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

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

chew on stems and roots under water "with its mouth closed." Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

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

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

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

What's unusual about the muskrat?

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

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



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Greetings Residents!

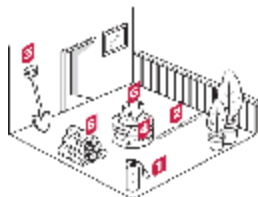
How safe is your backyard fire pit?

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

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

Safety tips and bylaw regulations

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



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



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Hello Calgary-Klein!

Spring has sprung, and the month of May is upon us. May 8 is Mother's Day, and so in addition to taking the time to appreciate and thank mothers and all that they do, I thought it appropriate to consider the history of Mother's Day as well.

The first Mother's Day observances began in 1908 in West Virginia and were organized by a woman named Anna Jarvis. Jarvis' own mother was heavily involved in peace activism, and when she died, Jarvis began organizing to have Mother's Day recognized as a holiday. By 1914, Mother's Day was finally proclaimed as a national holiday in the United States. This wasn't enough for Anna Jarvis, however: in the years that followed, she often criticized the commercialization of flowers and greeting cards that she felt overwhelmed the holiday.

Our government is committed to supporting families and building strong communities. I'm proud to say that Human Services Minister Irfan Sabir introduced the Alberta Child Benefit to support low-income families. Once fully implemented, this benefit will help 130,000 families. I'm also very proud of the work my colleague Deborah Drever has done with Bill 204, the Safer Spaces for Victims of Domestic Violence Amendment Act, which helps survivors of domestic violence escape unsafe living situations. Our government is also increasing supports for organizations taking initiatives to end violence against women and within families, and is working with community partners to break the complex cycle of family violence and protect the health, safety, and dignity of all Albertans.

Our government's cabinet is leading by example and has established the first gender balanced cabinet in Canadian history – including a new mother, the Honourable Stephanie McLean, Minister of Status of Women and Service Alberta.

I hope you'll join me on Mother's Day and celebrate not simply with cards, flowers, and gifts, but by also supporting the women and mothers in your life every day.

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

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

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PIJAC TC 5/16



Get Involved in the Charrette!

The Green Line project team needs your input

It's time to talk about Transit Oriented Development (TOD) in the north! Last year, we hosted three workshops called "Charrettes" with communities in southeast Calgary to plan TOD on the south leg of the line.

We are now starting this process for the north section of the Green Line, and we hope you'll join us in the discussion.

What is a Charrette?

A multiple-day, collaborative workshop led by a consultant team that brings together citizens, developers and policymakers to create a feasible and supported community plan based on four feedback loops: **Issues, ideas, concepts, and solutions.**

Upcoming Charrettes

96 Avenue North Charrette

May 2-7, 2016
Visit calgary.ca/greenline for more details.

9 Avenue/16 Avenue/28 Avenue North Charrette

June, 2016*
*More details and confirmed dates will be released on calgary.ca/greenline.

Follow the Green Line conversation on Twitter:
[@yycransport](https://twitter.com/yycransport) #GreenLineYYC

