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THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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Triwood Community Association

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Fax: 403.282.7031

triwoodca@shaw.ca | www.triwoodcommunity.com

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Executive		Triwood Staff	
President	<i>Toni Pilkey</i>	Executive Director	<i>Rick Lundy</i>
Vice President	<i>Mark Whiteman</i>	Events Coordinator	<i>Kristen Friedrichs</i>
Treasurer	<i>Jim Pilling</i>	Accountant	<i>Randy Dalgleish</i>
		Building Maintenance	<i>Robert Catton</i>
		Programs/Events Coordinator	<i>Lynsey Farrell</i>
Directors		Arena Manager	<i>Dave Hurron</i>
Community Relations	<i>Sandra Rhead</i>	Sports Registrar	<i>Lynsey Farrell</i>
		<u>OFFICE HOURS</u> Monday-Thursday 9:00 am – 4:00pm Friday 9:00am – 3:00pm Closed Saturday and Sunday	
Members at Large			
Member at Large	<i>Jim Heck</i>		
Member at Large	<i>David Fong</i>		
Member at Large	<i>Mark Whiteman</i>		
Member at Large	<i>Chris Cole</i>		
Committee Representatives			
Soccer	<i>Carrie Killam</i>	Nose Hill Park (Community)	<i>Deborah Sanderson</i>
Planning Committee	<i>Joel Mayer</i>	Performance Arts	<i>Jim Heck</i>
Squirts Hockey	<i>Nelson Van Waes</i>	Grey Eagle Bingo Coordinator	<i>Jade Westlake</i>
Westwood Hockey	<i>Christine Lilge</i>	Police Liason Officer	<i>John Kastomonitis</i>
Ringette (Sports)	<i>Lauri Scotvold</i>	City Parks and Rec	<i>Virginia Clark</i>
Scouts (Programs)	<i>David Fong</i>		
	<i>Mark Whiteman</i>		
Cubs/Beavers (Programs)	<i>Margaret Porter</i>		

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Springtime is upon us and we have a jam packed season ahead of us at Triwood Community Association. Our community garden is just about ready for growing season. If you would like a plot in our garden please contact Lynsey at the office for more details.

Soccer Registration is still open for late registrants with a \$10.00 increase until April, so please get your kids in as we are filling up fast. This is a wonderful activity to get your kids involved in where they get to meet new kids, make new friends and have a great experience within their community.

The Easter Bunny has promised us that he will be joining us at Triwood for this year's Easter Eggstravaganza on March 28th 2016 at 12:00 noon. There will be lots of activities for the kids including the annual Easter egg hunt. This event is not to be missed.

We are delighted to announce that we will be hosting the Farmers Market again this year. We have had a lot of interest from local vendors since the closure of Northland Farmers Market earlier this year. We already have quite a few vendors signed up and we look forward to hearing from a lot more in the next few months. The Farmers Market will run from June 7th – Sept 27th every Tuesday 3:00pm – 7:00pm. If you think you would be interested in being a vendor at our market please contact Lynsey at the office.

We are delighted to be hosting the wonderful and successful band De Dannan for our St.Patrick's Day celebrations. You can still purchase tickets from our website or by calling the office. Hurry there is limited tickets available!

The Triwood Pub will open a little later than expected. We are waiting to hear back from Alberta Gaming and Liquor and once we get the approval we will open its doors to the community.

The Community Clean up will take place on Sunday April 24th at 9:00am , we will have a number of companies at your disposal including – Evraz Metal , Iron Mt. , Paper Shredding, Techno Trash Electronics, The City of Calgary Garbage Disposal, Paint disposal, Tires. Pack up your vehicles and get rid of all that winter waste.

TRIWOOD
yoga for moms

8 WEEKS OF YOGA FOR MOMS!
Stay active and healthy with your little ones!

yoga for moms

Mondays 10:00 - 11:00 am
Triwood Charleswood Hall
February 22nd–April 11th 2016
Childcare available for \$2.00 child
Registered - 8 Classes \$96.00
Triwood Members receive 10% discount on full registration
4-class bundle: \$48.00
Drop in - Per Class \$15
Register online today!

triwood
yoga exposure

beginner yoga

Thursdays 6:00PM–7:00PM
In the Triwood Collingwood Hall
Six week Session
January 7th–February 11th 2016
Registered - 8 Classes \$60
Drop in - Per Class \$12
Triwood Members receive 10% discount
Register online today!
NEXT SESSION: March 3rd–April 7th 2016
Or call 403-262-2677 and speak with Lynsey

TRIWOOD HALL SCHEDULE 2016

Hall (and arena) at 2244 Chicoutimi Dr. NW
Phone 403-282-2677 - Office
Triwood Halls available to rent. Check website for availability.
www.triwoodcommunity.com



Location in Main Building	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Charleswood	Yoga for Moms 10am - 11am Zumba Fitness 6:45pm - 7:45pm		Zumba Fitness 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Karate 5pm - 6pm			
Collingwood	Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
Upstairs Annex (Meeting Room)		Beavers 6-8:30pm					
Adventurers Room	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm		
Foothills	Triliters Tai Chi 10-11am Karate 6-8pm	Foxy 6-8:30pm	Triliters Tai Chi 10-11am Foxy 6:30-7:30pm	Painters 9:30am-3pm Foxy 6-8:30pm	Karate 6-8pm		
JT's	Triliters 10am-12pm Book Club 1-4pm (1st Monday of month)	Triwoodsmen 1-4pm Lion's Club 7-10pm (2nd & 4th Tues of month) 7-10pm (2nd & 4th Tues of month)	Triliters 10am-12pm	Triliters 1-4pm			

TRIWOOD HALL RENTERS			
ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Diane McKean	adveninc@shaw.ca	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.ca	
Karate	Ken Noda	masternoda@mac.com	403-804-6789
Zumba Fitness	Michelle Neufeldt	fitforchange@shaw.ca	403-804-6951
Yoga	Lynsey Farrell	triwoodpc@shaw.ca	403-282-2677
Scouts	David Fong	www.fourthtriwood.com	
Cubs / Beavers	Margaret		
Lions Club	Margaret Young	youngmargaret@shaw.ca	



Volunteers Needed @ Triwood Community Association


- Are you in high school looking to complete community service hours?
- Are you in college or university hoping to add experience to your resume?
- Are you an adult looking to get involved within your community?
- Are you a senior searching for something fun and rewarding to do in your spare time?

Volunteering is a gratifying experience at any age! If you answered yes to any of these, then the Triwood Community Association has the perfect opportunity for you. We are currently looking for volunteers to assist with upcoming community programs and events. Volunteers will lend a hand with a wide variety of recreation programs and special events, and will have a chance to work with people of all ages. This is a great way to meet new people, get involved in your community, and have some fun!

Volunteers must be at least 13 years of age. If you are over the age of 18 we will require a Security Clearance check (free for volunteers).

Please contact Lynsey TODAY to join our volunteer team! She'd love to hear from you: triwoodpc@shaw.ca or 403-282-2677

Thank you!

**CALGARY MOUNTAINVIEW
LIONS CLUB**

Help us help others.
Join Calgary Mountainview Lions Club
Make new friends while making the world a better place.
Meetings 2nd and 4th Tuesdays each month
Phone Sandra Rowe at 403-226-1435

**EASTER
Egg Hunt**

Mon - March 28th 2016
**Triwood
Collingwood Hall**

Refreshments
12:00 noon
Egg Hunt @ 12:30pm
Event over 2:00pm

crafts FUN
Special Guest

**Triwood's
Farmer Market**

All Vendors Welcome

BUY LOCALLY

Every Tuesday
June 7th - Sept 27th 2016
3:00PM - 7:00PM
If you are interested in being a Vendor
Please call Lynsey 403-282-2677



Parent and Tot Learn to Skate

Ages 2 – 5 years
Fridays 9:30am – 10:15am
6weeks - \$65.00
Triwood Members receive a 10% discount

Newsletter Submission DEADLINE

15th

of each month
for the next month's issue

Please have your submissions in on time to ensure publication in the next month's issue. You can fax, mail or drop off your material at the Triwood Community Association office during office hours, or email to triwoodca@shaw.ca

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Triwood Community Association MEMBERSHIP

(Charleswood, Collingwood and Foothill Estates)

Please support your Community Association by purchasing a membership!

TYPES OF MEMBERSHIP

Triwood Residents (must reside within the boundaries of Triwood):

- General Membership: Family/Individual – Includes sports registration and voting privileges - \$30
- Senior Membership: Individuals over 65 yrs – Includes voting privileges but no sports registration - \$10

Non-Triwood Residents:

Associate Membership: Family/Individual – Includes sports registration but no voting privileges - \$30

Senior Associate Membership: Individuals over 65 yrs – No sports registration and no voting privileges - \$10

Note: Our membership year runs from September 1st – August 31st

To purchase a membership, please visit the Triwood Community Association office or visit our website at www.triwoodcommunity.com. We are open Mon – Thurs from 9:00 a.m. – 4:00 p.m. and Fridays from 9:00 am to 3:00 pm. We are located at 2244 Chicoutimi Drive NW.

Stay connected with Triwood!

Like us on Facebook

Follow us on Twitter

Check out our website

Fill out our survey!

Engaged?

Have peace of mind in knowing that your wedding will be in the best hands, at Triwood Halls. We can accommodate:

Charleswood Hall :

180 people Banquet Style
225 Theater Style

Collingwood Hall:

130 Banquet Style
150 Theater Style

Call today to book a viewing:
(403) 282-2677

Find us on TriwoodHalls

Upcoming Events at Triwood

Yoga for Moms February 22 – April 11 2016
Mondays: 10-11am (8 weeks) \$2 babysitting available
DROP IN OPTION - \$15

Yoga for Exposure February 25 – April 14 2016
DROP IN OPTION - \$12
Thursdays: 6-7pm (8 weeks)

Hatha Yoga February 22 – April 18, 2016
DROP IN OPTION - \$12
Thursdays: 7:15-8:30pm (6 weeks)

Triwood Soccer
Late registration is now open.
Games will commence in April and last until June.
Please register online or call Lynsey on 403-282-2677 and she will be happy to do it for you.

St Patrick's Day
March 13, 2016 – Live music by De Dannan – Irish Folk music group, Irish dancers and lots more. Tickets are available at the office or online at triwood-community.com.
Dinner and Show \$60.00
Show only \$30.00

Easter Extravaganza

March 28, 2016 come join us at Triwood for our annual Easter egg hunt with the Easter bunny himself, lots of fun for all the family. Egg hunt kicks off at 12.30pm

Farmers Market

We are delighted to announce that we are bringing back our Farmers Market. It will take place every Tuesday evening from 3pm – 7pm. Starting June 7 and running until Sept 27, 2016. If you are interested in being a vendor please call the office for more information.

Summer Camps

Registration is now OPENGo online to triwood-community.com to register today.
Kids can Cook – 4yrs – 7 yrs
Crafts & Art – 4yrs – 7 yrs
Kids can Cook – 8 yrs – 13 yrs
Crafts & Art – 8 yrs – 13 yrs
Survivor Camp – 5 yrs – 13 yrs
Sport Activities Camp – 5 yrs – 13 yrs
Go to our website for more information on each Summer Camp.

Spring Clean Up

April 24 – 9:00am – 2:00pm at the Triwood Carpark.
Volunteers Needed!!



De Danann was formed in 1975 in Galway and released its debut album the same year. It has recorded more than a dozen others since then, many of which have achieved gold and platinum status. The group became one of the most influential bands in traditional Irish music before going their separate ways in 2003 and then reforming in 2009. Famous for its cross-cultural experiments, the band has recorded Irish versions of music from The Beatles to Handel, and from Klezmer to American Gospel. The group's distinctive approach to the tradition both musically and vocally has been a cornerstone of Irish music for decades.

Triwood Entertainment Series presents

De Danann

Once described as "the Rolling Stones of Irish Traditional Music," the legendary group **De Danann** returned to the festival stage in 2009 with a new album 'Wonderwaltz' and tours to Finland, Switzerland, Denmark, Italy and the USA. The band has once again found itself in demand by promoters in Europe and North America. Founding member Alec Finn is joined by Eleanor Shanley (vocals), Derek Hickey (accordion), Brian McGrath (banjo/piano), Ronan O'Flaherty (fiddle) and Neill Lyons (bodhrán drum).

Get ready for St. Patrick's Day by joining De Danann for its concert at Triwood!

Date: Sunday March 13, 2016
Refreshments: 5:45 p.m.
Dinner: 6:30 p.m.
Performance: 8:00 p.m.

Tickets: \$60 - including dinner
\$30 - show only

Available from Triwood (online at www.triwoodcommunity.com/dinner-theatre/; office at 2244 Chicoutimi Drive N.W. Mon.-Fri. 9:00 a.m. to 4:00 p.m.; 403-282-2677) or Jim (403-289-0127), Dorothea (403-282-6201), Pat (403-284-1259).

Location: Triwood Community Hall
2244 Chicoutimi Drive N.W.

Presented with financial assistance
from The Alberta Foundation for the Arts.



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DANCE CAMPS FOR KIDS

July & August

282-0555 2020, 12th Ave. NW

Wen-Bop: Ages 3-5
Be-Bop: Ages 6-8
Doo-Wop: Ages 9-12
Intensive: Age 11+

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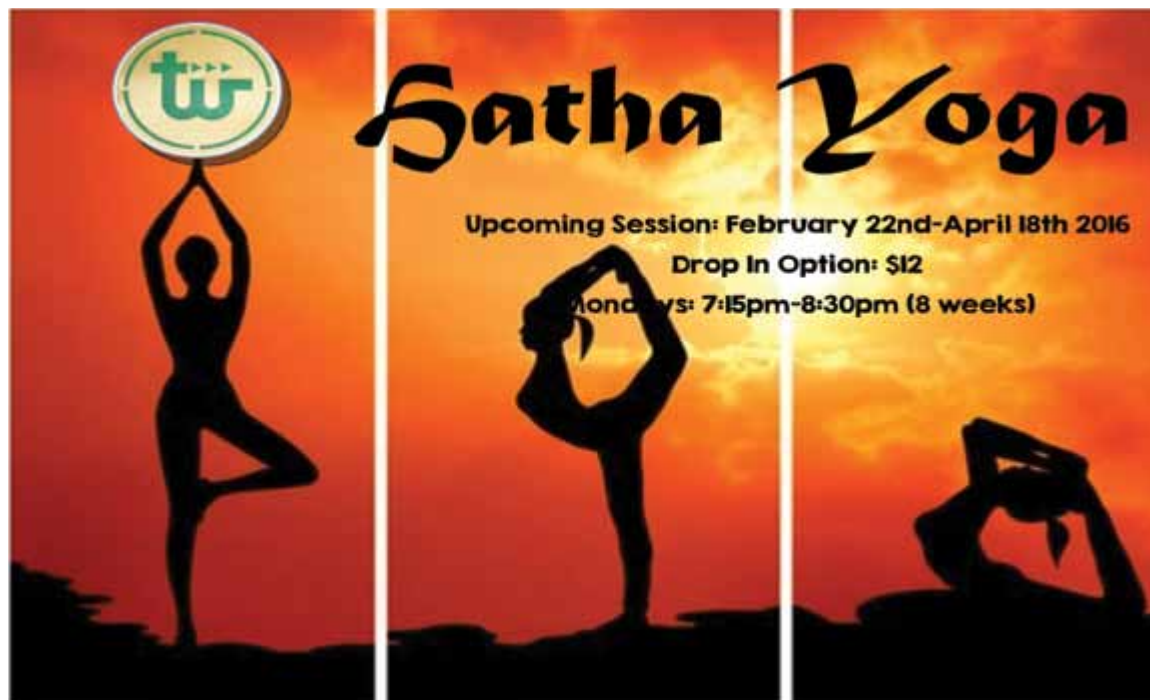
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your **COMMUNITY** business of the month

Dr. For Moms Chiropractic Care and Family Wellness Center

Brentwood Community

Family Focused Wellness Center Brings Their Village to Brentwood

"The place for all things pregnancy and thriving in motherhood. It's all we do."

Dr. For Moms Chiropractic Care and Family Wellness Center will soon be calling Brentwood home. Dr. For Moms was previously located in Varsity and will be at their new location in University City as of mid April 2016.

The Center was created with the intent to support women in the way that women should be supported from preconception through life with baby. It was founded on the true intent behind the statement "it takes a village to raise to child" and the center, the practitioners, and their community network make up that 'village'.

This mission driven, mindful and purposeful center empowers and supports women throughout motherhood. They provide the tools to help you live your best life every day, with flexibility and an accommodating approach that fits your family's lifestyle.

Dr. For Moms Wellness Center serves Calgary and surrounding communities with:

Chiropractic Care - Fertility, Prenatal, Postpartum, Pediatric
Naturopathic care

Biodynamic Craniosacral Therapy

Acupuncture & Traditional Chinese Medicine

Active Release Technique

Kinesiotaping

Gait Analysis & Custom Orthotics

Weight Loss Program

Workshops and Classes - Birth Education, Sacred Pregnancy, Yoga, Couples Workshops

Complimentary childcare.

Nature's Baby Basket at Dr. For Moms – a retail space specializing in safe, eco-friendly mom and baby products

Each practitioner at the center brings experience and

expertise to her practice. You can count on genuine and individualized care.

"When people ask me what it is that I do, I guess the best way to put it is, I do everything possible so that moms and their babes have the healthiest and safest pregnancy and birth. For me there is no greater reward than having a hand in a babe's entering the world with care, grace, respect and love. I will do everything I can to make that happen. I have been told that 'you can't change the world' – I believe this is how you do it and I am giving it my all." - Dr. Patricia Hort, Owner and Founder of Dr. For Moms

Dr. For Moms provides treatment and care programs for:

"Back to Basics Baby Making" - Natural Fertility

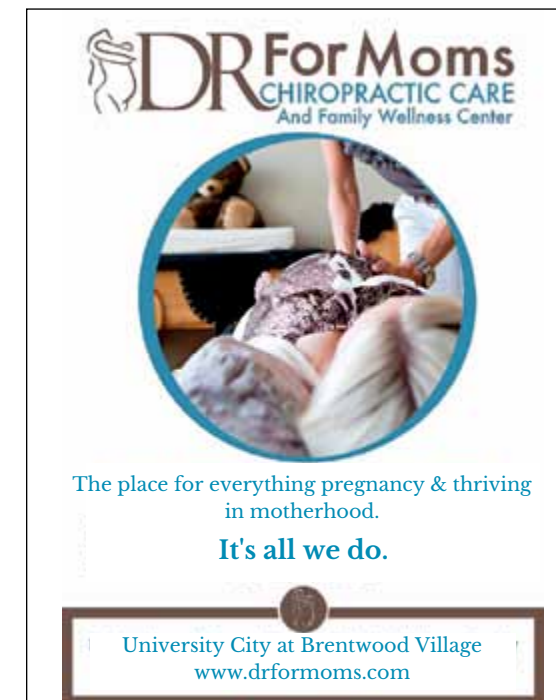
"How to Have a Baby in 6 Hours or Less (and Love to Tell About it!)"

"Body After Baby" – Getting your Body Back the Right Way
Pelvic Floor Health and Recovery

Infant Plagiocephaly & Torticollis (Head Shape)

Post Lip Tie/Tongue Tie Support

For more information, additional resources, or to connect with Dr. For Moms, head to www.drformoms.com, call 403-247-9301 or like Dr. For Moms Wellness Center on Facebook.



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

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca

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

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

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

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

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

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

calgary reads**CBC Calgary / Calgary Reads Big Book Sale**

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

• **Friday May 13 - 9am – 9pm**

Author reading 7pm

• **Saturday May 14 - 9am – 9pm**

Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 – 9pm.

• **Sunday May 15 - 9am – 1pm**

Other special activities during the Big Book Sale will be announced on our website as they confirm: calgaryreads.com.

Donate books: We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

Book collection locations, dates and times:

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

• Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm

• Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

• Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp

• Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com.

Who Is Responsible to Educate the Children?

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?

Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.



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

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

Tune In

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

Talk More

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

Take Turns

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

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

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

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

Other tips include:

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

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

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

With thanks to: www.thirtymillionwords.org

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





Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You’ve joined with a partner to share your life and love and that’s good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here’s some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and in-

come if either of you dies or becomes unable to work due to an accident or illness?

- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.



Help Your Children Succeed in Life!

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I’m a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4×3 . Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems.... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!



TRIWOOD TRI-LIGHTERS 50+ SENIOR LADIES’ GROUP

Senior Ladies, we meet every Monday and Wednesday mornings for Tai Chi at 10:00am. Thursday afternoon we have a small but friendly group that meets at 1:30 pm for conversation, cards and refreshments.

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Animal Trivia

A bird requires more food in proportion to its size than a baby or a cat.



Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 4. Certain pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition

IN & AROUND CALGARY

South Shaganappi Study: Get Involved

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

Your Input is Important!

Shaganappi Trail has always been identified as a vital link in Calgary's transportation network. Working closely with the community, we will develop a vision for the study area that accommodates all modes of transportation and is integrated with surrounding communities and land uses.

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

IDEA WORKSHOP

Attend this workshop to share ideas about possible changes and different ways to achieve the study's goals and objectives.

RSVP at calgary.ca/southshaganappi or call 311.

PROVIDE INPUT ONLINE

If you're unable to attend the workshop, there will also be an opportunity to share your ideas online at calgary.ca/southshaganappi.

In addition to the events above, a similar workshop for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in April. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same workshop with others who may share similar perspectives.

For specific event dates, times and locations, or to learn more about the study, visit calgary.ca/southshaganappi or call 311.

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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the “spread out” solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible.

NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

Insect Trivia



Canada's Top Ten Favorite Foods:

- Smoked meat
- Nanaimo bars
- Poutine
- May West
- Maple syrup
- Dill Pickle chips
- Tourtiere
- Beaver Tails
- Labatt Blue
- Tim Horton's Iced Cap

Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (www.jchs.harvard.edu) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!



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Family Dental Care in Calgary

From Baby teeth to dentures – everyone has unique dental needs that require attention to ensure that optimal dental health is achieved. As varied as the stages of dental care, there are many different types of dentists, all focused on different forms of treatment – so who should you see if you are looking for Family Dental Care in Calgary?

Family Dentists

Family Dentists are frequently referred to as General Dentists as they provide general dental services to patients of all ages in various scopes of dentistry. Unlike Dental Specialists who have focused on one area of dentistry and only provide services that fall within their specialty – Family, or General Dentists, have elected to provide a full range of services from dental cleanings to fillings and root canals and frequently see patients who have baby, permanent or no teeth.

Preventive Dental Care

Family Dentistry is focused on maintaining optimal dental health and preventing dental issues that require significant treatment. You may have wondered why your family dentist reinforces the importance of Routine Dental Cleanings and Exams – that’s because during this type of appointment a dentist and hygienist is able to monitor the health of your teeth and other oral tissues and provide treatment that reduces the risk of developing dental decay, gingivitis and periodontal disease. Allowing your dental team to capture x-rays on a regular basis provides an opportunity to see what is happening between teeth and below the gum line – areas that dental decay can quickly form.

Caring For Your Smile

Along with Preventive Dental Care that includes procedures like exams, cleanings and sealants – your Family Dentist also focuses on the health of individual teeth and your bite as a whole. Restoring teeth that are damaged due to decay, trauma, clenching and grinding is an everyday event that often expands to include the crowning of teeth that have excessive damage or have been restored numerous times and requires additional support. Your Family Dentist cares if you are happy with the health and esthetics of your smile – and is experienced in providing certain cosmetic options like Teeth Whitening and Dental Veneers that can improve the color of teeth and in the case of veneers a tooth’s shape, size and alignment.

IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to “be part of it” and find out what your community association can do for you! It’s easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

St. David's United Church

Growing & Deepening our Spiritual Lives in Community

Holy Week and Easter
St. David's Welcomes You

Palm Sunday March 20th Service at 10:00 am
Evening Compline March 20th 7:30 pm
Maundy Thursday Supper and Service at 6:00 pm
Good Friday Service at 10:00 am
Easter Sunday Celebration March 27th at 10:00 am

On Sunday, March 20th at 7:30 pm

Join us for our Evening Compline,
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Accompanied by St. David's choir

3303 Capitol Hill Cr. N.W.
For more information on St. David's
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Calgary



FREE tree education

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

Contact your Community Association by phone or visit their website to learn more about these FREE programs.

Visit calgary.ca/trees for more information about the ReTree Community Program.

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The Official TRIWOOD Community Newsletter | MARCH 2016 25

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

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

Creating welcoming, caring, safe learning environments for all

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

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

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

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

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

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

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.

IN & AROUND CALGARY

READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)



CALGARY WINTER CLUB

SUMMER MEMBERSHIP: JUNE 1ST – AUGUST 31ST, 2016

This summer we are offering a three month trial membership so you can try the private club experience before you invest. There is no entrance fee required unless you decide to join. Come see our brand new, upscale, family restaurant, sports bar, private dining and adult only lounge.

THE CALGARY WINTER CLUB FEATURES:

- 2 Salt Water Pools with Lazy River, Hot Tub, Lanes
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- 5 Badminton Courts
- 7 International Squash courts
- 10 Curling Sheets
- Indoor skating rink
- 10 Lanes of Bowling
- Fitness Studio
- Running Track (172 m)
- Multi-purpose Gymnasium
- Gymnastics Centre
- Climbing Wall
- Child Care, Preschool & Summer Camps
- 55+ Lounge and Activities
- Music Centre

COST: \$300 per family member. This fee includes all of your drop in use of the club from June 1 – August 31st, 2016. There are additional fees for summer programs, camps, classes.

*Limited number of trial memberships available

SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.

For more information or to book a summer trial membership, contact Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com

IN & AROUND CALGARY

EMS: Burns and Scalds

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

Degrees of burn

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

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

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

First Aid for burns

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

Prevention of burns

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

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.ccssd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

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

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

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

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News from the Friends of Nose Hill

by Anne Burke

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

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

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

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This

applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

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

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

Some commitments are:

- Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.
- City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.
- Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.
- Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.



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COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell • Facebook: Druh Farrell

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

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

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

The key elements of the new off-site levy are:

Developers will pay for water and wastewater treatment in new and established communities city-wide;

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

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

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



MLA CALGARY-VARSITY STEPHANIE MCLEAN

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calgary.varsity@assembly.ab.ca

Friends,

February has been a busy month for the constituency of Calgary-Varsity. We had the opportunity to engage with many of you in the community and learn more about your individual interests. This month we celebrated a number of remarkable birthday milestones in Varsity – including one resident who celebrated her 102nd Birthday in January. Our office was happy to provide a celebratory scroll commemorating this remarkable birthday milestone. As always, we welcome the opportunity to celebrate you or your loved ones in Varsity by way of an official commemorative scroll.

We learned even more this month about the community of Montgomery at their Annual General Meeting. First and foremost we learned how passionate and active the members of the Montgomery board are about their community and service to residents. We are looking forward to meeting further with members of the Montgomery community association in the coming months.

Our office has also been busy assisting many community kitchens whose operations have been shut down by the municipality. We are assisting with amending applications for provincial grants in order to help these kitchens afford the municipally mandated changes. We encourage community members to contact their city councillors to discuss the issue more fully.

Varsity has much to celebrate this month on a provincial scale, as the constituency has been set apart by its MLA being recognized within the Government. Our MLA, Stephanie McLean, has been appointed Minister of Status of Women and Minister of Service Alberta on February 2, 2016. Varsity has not had an MLA appointed to a ministerial portfolio in more than a decade. Our office believes this elevation serves as provincial wide recognition of the constituency and raises the profile Calgary-Varsity.

We would like to thank the many constituents who have offered their congratulations to Minister McLean on her appointment, and want to assure all residents and our community partners that we will continue to provide the same level of service through our office.



MLA CALGARY-KLEIN CRAIG COOLAHAN

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calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

I hope this newsletter finds you well. It's been a busy few weeks for the Government of Alberta, so I've got a few news items to share with you.

Royalty Review

The Government of Alberta recently adopted the recommendations of the Royalty Review Advisory Panel, and they will come into effect beginning in 2017. The modernized royalty system will provide a simpler, more transparent and efficient system that will promote jobs and investment activity, while increasing revenue to Albertans over time. In addition, the unprecedented level of transparency that the changes will bring about -- through reports and disclosures on prices, production, and costs, all accessible through a website-- will ensure that all citizens can monitor the new system and ensure that it meets the priorities of Albertans. The new royalty system will also reward producers who reduce drilling costs below the industry average through innovation, which over time, will grow net revenues industry-wide.

The panel listened to industry, labour, environmental groups, academics, business leaders, community leaders and thousands of Albertans who provided their input in-person and online. The new changes will ensure that Alberta's resources provide the right rewards to our partners, and the right return for Albertans for future generations.

Petrochemical Diversification Program

The Government of Alberta is taking action on the economy, helping to create jobs, attract investment and diversify the economy through the recently-launched Petrochemicals Diversification. By encouraging companies to invest in new facilities in Alberta by providing royalty credits, the development of new facilities could create up to 3,000 new jobs in construction as well as 1,000 jobs once operations begin. Furthermore, these facilities could attract between \$3 billion and \$5 billion in investment.

Safe and Caring Schools

At the request of Alberta school boards, Education Minister David Eggen has released a new resource to aid school boards in drafting policies to support welcoming, caring, respectful and safe schools. The document, *Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Expressions and Gender Identities*, will assist educators as they work to accommodate their students in situations that they have not previously encountered. It has received good feedback from the Alberta Teachers' Association.

Our guidelines have identified that not all students are supported in their homes when it comes to their expressed gender identity. A 2015 Canadian Trans Youth Health Survey found that 70 per cent of respondents felt their family didn't understand them and one in three did not have an adult they could discuss their problems with. Schools can be the place where students struggling at home can feel safe. It's our legal responsibility to support them as best we can, and these guidelines help educators to do so.

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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



Name	Age	Contact	Course
Hanna	13	587-580-5733	Yes
Michael	13	403-801-2848	No
Miya	13	403-276-1712	Yes
Miriam	14	403-774-8880	No
Alissa	15	587-439-7592	Yes
Ruby	17	403-289-3232	No
Maia	21	403-804-7834	Yes

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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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ARBOUR LAKE – ARBOUR GROVE CL NW.....SOLD for 94% of asking price in 35 days

BRENTWOOD—BRISEBOIS DRIVE

SOLD
*Curb appeal Bungalow with over 1,235 sq.ft.
Very open floor plan. 2+2 bedrooms, 2.5 bathrooms.
Double detached garage. Asking \$508,800*

1108-21 AVENUE NW (CAPITOL HILL)

*R-2 Zoning. Lot size 50 ft x 120 ft. Total of 6
bedrooms. Basement has separate entrance. 2 furnaces;
2 electrical panels; 2 electrical meters.
Double detached garage. Asking \$639,000*

5674 BRENNER CRESCENT NW (BRENTWOOD)

*Bi-Level, 1,300 sq.ft. Total of 4 bedrooms, 2 full
bathrooms. Gleaming hardwood floors throughout.
Double attached garage. Asking \$527,900*

1702, 650-10 STREET SW (DOWNTOWN WEST END)

*Excellent location. West end of Downtown. Two bedrooms, two
bathrooms with views of bow river. One underground parking.
Close to all amenities. Asking \$368,800*

4211 BRISEBOIS DRIVE NW (BRENTWOOD)

*Bungalow with over 1,250 sq.ft. Total of 4 bedrooms.
2 full bathrooms. Double detached garage and Single carport.
Tons of renovation in 2007 & 2014. Asking \$564,900*

44 CASTLEGLLEN ROAD NE (CASTLERIDGE)

*Half duplex in quiet location. 3 bedrooms. 2.5 bathrooms. Shingles
1.5 years old. Close to all amenities, schools and LRT station.
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