

APRIL 2017

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TRIWOOD trumpet

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St. David's United Church

Growing & Deepening our Spiritual Lives in an Inclusive and Affirming Community

Holy Week and Easter
St. David's Welcomes You

Evening Compline March 19 at 7:30 pm
 Palm Sunday Service April 9 at 10:00 am
 Maundy Thursday Service April 13 at 6:00 pm
 Good Friday Service April 14 at 10:00 am
 Easter Sunday Celebration April 16 at 10:00 am

On Sunday, March 19 at 7:30 pm
 Preservice recital at 7:10 pm

Join us for our Evening Compline, a candlelit service of prayer and reflection accompanied by St. David's Chamber Choir.

3303 Capitol Hill Cr. NW | For more information on St. David's United Church, please visit,
www.sduc.ca



IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women’s Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children’s Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

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TRIWOOD COMMUNITY ASSOCIATION

2244 Chicoutimi Dr. NW, Calgary, AB, T2L 0W1
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 triwoodoffice@shaw.ca

www.triwoodcommunity.com

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Editorial Submissions

triwoodpc@shaw.ca

All editorial content must be submitted by the 15th of the month for the following month’s publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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Upcoming Events at Triwood

Yoga for Moms – Beginner Level

Mondays – 10am – 11am

February 13th – April 3rd 2017

(No Class February 20th)

April 17th – June 12th 2017 (No Class May 22nd)

Hatha Yoga - Beginner/Intermediate Level

Mondays – 7:30pm – 8:30pm

March 13th – May 1st 2017

May 15th – July 10th (No Class May 22nd)

Barre Fitness – Beginner Level

Mondays – 5:30pm – 6:30pm

February 13th – April 3rd (No Class February 20th)

April 17th – June 12th (no class May 22nd)

Everyday Namaste – Every Level

Tuesdays – 6pm-7pm

March 21st – May 9th (No Class April 11th)

May 16th – July 4th

Pilates - Beginner Level

Tuesdays – 7:15pm – 8:15pm

March 21st – May 16th (No Class April 11th)

May 23rd – July 11th

Pilates – Intermediate Level

Wednesdays – 5:30pm – 6:30pm

March 22nd – May 10th 2017

May 24th – July 19th (No Class June 14th)

Yoga Exposure – Beginner Level

Thursdays – 6:00pm - 7:00pm

March 9th – April 27th 2017

May 11th – June 29th

Easter Egg Hunt

Monday April 17th 2017

12pm - 2pm

Spring Clean-Up

Sunday April 23rd 2017

10am – 3pm

Check out www.triwoodcommunity.com for more information on programs and events.

A MESSAGE FROM THE EXECUTIVE DIRECTOR



I feel compelled to thank the staff at Triwood who continually exceeds my expectations each and every day. They truly love community work and the programs and services at Triwood are growing and we are proud to be the Heart of the Community. Below is a list of the staff at Triwood:

Rick Lundy (Ricki) – Executive Director

Dave Hurren (Frosty) – Arena Manager

Gerd Steinmeyer - Chef

Robert Catton (Casper) – Building Maintenance Supervisor/Janitorial

Sarah Roper (Rope) – Program Coordinator

Alex Kubik (Axl) – Event Coordinator

Randy Dalglish (Trigger) – Accountant

Lorne Clost (Little Elvis) – Arena

Jessica Bishop – Concession/ Bartender

Luke Stockdale – Arena

Tim Newman – Pub Cook

Miranda – Bartender

Denny Post – Ticket Seller

Nicole Sproken – Bartender

Jared Lundy – Concession

Jordan Lundy – Concession

Carter Hansen – Concession

Brendan Malycky – Arena

Congratulations to Sarah and Robert for their efforts in making St. Patrick's Day such a huge success. We had over 70 people attend. It was an amazing event and we thank the Triwood Residents' that attended and supported us.

We are looking forward to the upcoming Triwood Soccer season. Our Soccer Coordinator, Caeri Killan, is working hard to ensure that we have another great season. Good luck to all teams.

Summer camps are starting to fill up but there is some availability left! If you register before April 15th, you will receive 30 percent off the regular price (\$105)/week.

Don't forget about the Canada Day Celebration at Triwood on June 30th to July 2nd. More details will be published in a future Trumpet but we will have plenty of festivities for the weekend. Please mark it off on your

calendar.

 Rick Lundy



TRIWOOD COMMUNITY ASSOCIATION

2017 DIRECTORY

The Heart
of the Community

Triwood Executive Directory

President	Toni Pilkey
Vice President	Mark Whiteman
Treasurer	Jim Pilling

Directors

Community Relations	Sandra Rhead
---------------------	--------------

Members at Large

Member at Large	Jim Heck
Member at Large	David Fong
Member at Large	Mark Whiteman
Member at Large	Chris Cole

Committee Representatives

Soccer	Carrie Killam
Planning Committee	Joel Mayer
Squirts Hockey	Kerry Bission
Westwood Hockey	Christine Lilge
Ringette (Sports)	Lauri Scotvold
Scouts (Programs)	David Fong Mark Whiteman
Cubs/Beavers (Programs)	Margaret Porter

Triwood Staff Directory

Executive Director	Rick Lundy
Events Coordinator	Alex Kubik
Accountant	Randy Dalglish
Building Maintenance	Robert Catton
Event/Program Coordinator	Sarah Roper
Arena Manager	Dave Hurren

OFFICE HOURS
Monday-Thursday
9:00 am – 4:00pm
Friday
9:00am – 3:00pm
Closed Saturday and Sunday

Nose Hill Park	Deborah Sanderson
Performance Arts	Jim Heck
Bingo Coordinator	Jade Westlake
Police Liason Officer	John Kastomonitis
City Parks and Rec	Virginia Clark



Triwood Community Memberships
(Charleswood, Collingwood, and Foothills Estates)

Triwood Resident Membership:

General Membership: Family/Individual - Free

Senior Membership: Individual +65 - Free

Non-Triwood Resident Membership:

Associate Membership: Family/Individual - \$30

Senior Associate Membership: Individuals +65 - \$10



TWC Weddings

Book your dream wedding today...



White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
 - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
 - The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

BRAIN GAMES SUDOKU

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

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Triwood Seniors Social Clubs

Triwood Tri-Lighters

+50 Seniors Ladies Group

Monday & Wednesday Morning – 10:00am (Tai Chi)

Thursday Afternoons - 1:30pm (Conversion & Cards)

Contact Betsy 403-289-9082 or Joyce 403-289-6972 for more information

Triwoodsmen

+50 Seniors Men Group

Tuesday Afternoons – 1:00pm – 4:00pm

Contact Jack Thomson 403-282-3595 or Bert Lamb 403-282-1987 for more information

TRIWOOD HALL SCHEDULE 2017

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 9:30am-10:30am Everyday Namaste 6:00pm - 7:00pm	Zumba Fitness 9:30am - 10:30am	Kids Kartate 5pm - 6pm			
	Barre Fitness 5:30pm - 6:30		Pilates 5:30pm - 6:30pm				
	Zumba Fitness 6:45pm - 7:45pm	Pilates 6:45pm-7:45pm	Zumba Fitness 6:45pm - 7:45pm				
Collingwood	Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
		Beavers 6-8:30pm					
Upstairs Annex (Meeting Room)							
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		Triliters Tai Chi 10-11am	Painters 9:30am-3pm			
	Karate 6-8pm	Foxy 6-8:30pm	Foxy 6:30-7:30pm	Foxy 6-8:30pm	Karate 6-8pm		
JT's	Triliters 10am-12pm	Triwoodsmen 1-4pm	Triliters 10am-12pm	1-4pm			
	Book Club 1-4pm	Lion's Club 7-10pm (2nd & 4th Tues of month)		JT's Pub Night 5pm-9pm			
	(1st Monday of month)	7-10pm (2nd & 4th Tues of month)					



TWC Soccer

U4-U19

Register Online www.triwoodcommunity.com

TRIWOOD HALL RENTERS			
ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Franklin Capada	triwood@adventures-sac.com	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	

News from the Friends of Nose Hill

by Anne Burke

The City annually invests in infrastructure and upgrades to ensure levels of service and address both capacity and lifecycle needs. The storm water quality retrofit program adds more wet ponds to long-established areas of the city. Wet ponds protect the quality of river water by slowing the flow, allowing sediment to settle. Plants help to remove pollutants. In all, there are 200-flood related projects requiring repairs or restoration. There are riverbank stabilization and erosion sites, the storm drainage system, and lift or pump stations. Construction projects include water main and pipe repairs, as well as new projects and upgrades to improve water and wastewater systems.

The North Calgary Water Servicing Project is underway. This is part of a long-term plan to sustain the water supply system. A new water supply line (feeder main) is required to service future area development. A consultant will design and construct a new water main from Big Hill Pump Station to the Beddington Reservoir. The preferred alignment will cross Nose Hill Park, using geo-

technical tunnelling up to 90 metres or 300 feet deep. A rare plant and bird survey to ensure conservation of protected species will be done before phase 1 soil sampling to test the proposed route. The optimum time to drill 21 test holes (each 6 inches in diameter) is mid-winter when the ground is frozen, which minimizes the impact on the surface environment. However, the areas adjacent to these test locations will be rehabilitated prior to crew leaving the site.

The City promises that there will be only minor surface disruption in the SW and NE corners of Nose Hill at the entrance and exit of the proposed tunnel. No other surface work would be required in the park. Phase 2 construction will occur in Summer 2017 to summer 2018. Drilling and survey equipment and personnel will be visible on the hill but away from the paths by mid-February early April 2017. In addition, there will be signs at Nose Hill parking lots and an information brochure at www.calgary.ca/nosehill. You can phone 3-1-1 for general water construction inquiries or a list of road closures due to other construction projects.

Binky?

When rabbits 'binky' this is an expression of joy. They will run, jump into the air, twist their body and flick their feet.



TWC Spring Clean-Up

Sunday April 23rd 10am-3pm

Waste & Recycling-Garbage-Electronics-Metal-Paper-Tires-Clothing-Paint



Planting Spring Bulbs

Barbara Shorrock

As I write this in February for your reading pleasure in March, I think ahead to preparation for spring, even though our gardens are still snow covered. If you have empty spaces in your flower garden or large pots waiting for something showy, why not consider tender summer-blooming bulbs? Now remember, “tender” means they are tropical species who like warmth and cannot survive freezing temperatures, so you will either plant them in pots in the house about 6 weeks before last frost date (June 1 in Calgary, plus or minus 2 weeks, depending upon Mother Nature’s whimsy each year) or directly into the garden a week or two before that unreliable date. If you are a thrifty gardener, you will bring these bulbs inside (basement or heated garage) before they freeze in the fall, to be stored for enjoyment the next year. If that isn’t your thing, treat them as annuals and buy new each year.

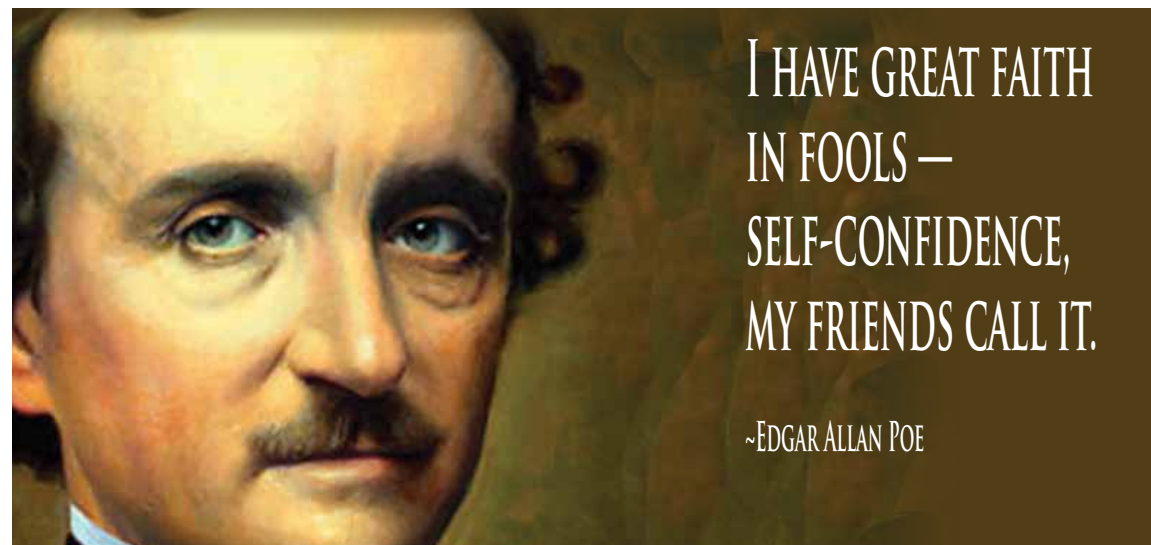
Dahlias offer a dazzling range of size and colour ranging from tiny Mignons to enormous Giants (think “Dinner Plate”). They start at white and continue all through the warm shades of yellow, red, orange, and so on. Breeders have been successful in producing extravagant varieties that look like a crazy painter has been at work on each bloom. The taller ones will need staking as they become top heavy later in the summer and I don’t need to tell you what our July storms can do. Smaller bushier ones need nothing more than sunshine and lots of water (dahlias are thirsty). Native to Mexico, the dahlia is not a true bulb, but has a tuberous root which multiplies and grows through the summer. You must dig this up before it has a chance to freeze, dry it, and store in sand, vermiculite or peat moss over the winter.

Gladiola corms may be planted directly into the garden or started indoors a few weeks early. The second most popular cut flower (second only to roses) they belong at the back of the flower bed where their tall spikes can be appreciated over their neighbours. There are over 10,000 varieties, so you will be spoiled for choice at the garden centre. The giants will produce one spike with multiple blooms; others will be smaller with several stalks and can be most charming in pots on the patio.

Begonias have a roundish tuber, and present a dramatic display of colour for weeks and weeks, most effective in pots and hanging displays. If you are buying them for the first time, be aware that size really does matter with begonia tubers, the bigger ones producing the most numerous and voluptuous blooms. This is one plant that doesn’t need full sun to be happy and will produce a lovely display on a partially shaded deck or patio. Note: begonias come with fibrous roots, rhizomes and tubers, so be sure you know what you are buying. The first two are best treated as annuals in our climate, but you can store tubers for next year.

Canna and Calla Lilies are also becoming more popular in our gardens as newer hybrids are developed. These are often grown to spectacular effect in large pots, shared with lower growing annuals. Like all the others in this article, the rhizomes should be dug up and stored over the winter, as they are also native to the tropics.

If you are looking for some new and dramatic colour in your garden, check out spring bulbs. Some are already in the garden centres.



I HAVE GREAT FAITH
IN FOOLS —
SELF-CONFIDENCE,
MY FRIENDS CALL IT.

~EDGAR ALLAN POE



Stress & Aging

Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the

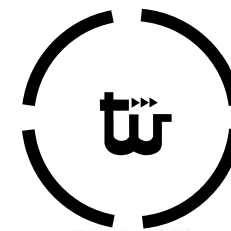
body, which in the joints leads to reduced mobility and in the blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care.



Triwood Arena

What's new at McMan Calgary & Area – Youth Explore Art and Cooking in New Skills Groups



McMan Calgary & Area's programs for youth focus on improving the physical, emotional and mental well-being of young people as they transition to adulthood. This includes offering one-on-one support and groups where youth gain new life and living skills while participating in recreational activities.

Two new groups for youth in our Hope Homes program, which supports youth experiencing, or at-risk of homelessness, were recently launched to help teach youth skills in new ways. A weekly recreational art therapy group allows youth to talk to a support worker and engage with peers while exploring their creativity in a safe and supportive environment. For many, after picking up brushes for the first time, they are proudly sharing creations with friends and family.



A youth's canvas captures the Northern Lights

In response to youth regularly asking for help learning to plan, prepare and budget for healthy meals, a new living skills and food fusion group started in January. This group helps youth learn how to cook



Youth learn cooking and well-being skills in the kitchen

one new meal, while learning and practicing one emotional well-being skill a week. This includes teaching youth how to tolerate distress, regulate emotions, improve relationships and be present in the moment. It also includes food basics, including: following recipes, food hygiene and preparation and how to create a food budget. Learning these valuable life and living skills in a hands-on cooking environment gives participants the opportunity to practice these skills in a real-life situation with peers and support.

McMan Calgary & Area delivers more than 20 programs that support the healthy development and well-being of children, youth and families. Each year, we evoke positive changes in the lives of more than 2,400 individuals in our core service areas of: Youth Homelessness and Housing Supports, Youth Transitional Support Services, Supports for Youth and Families Affected by Fetal Alcohol Spectrum Disorder (FASD), Family and Caregiver Supports and Supports for Families with Children with Disabilities. To learn more, volunteer or donate, visit McManCalgary.ca.

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BRAIN GAMES SUDOKU

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

TRIVIA

Minerals
A diamond will not dissolve in acid. The only thing that can destroy it is intense heat.

IN & AROUND CALGARY

Crowchild Trail Study – Presenting the final recommendations

Thank you Calgary for your participation and support throughout the Crowchild Trail Study. Together we have developed recommendations for short-, medium- and long-term changes and upgrades to Crowchild Trail that reflect a balance of many ideas and perspectives, and best align with the study's key principles and goals.

The final study recommendations will be presented to Council's Standing Policy Committee (SPC) on Transportation and Transit:

Date: Wednesday, April 19, 2017

Time: 9:30 a.m.

Location: 800 Macleod Trail S.E. (Council Chamber)

If you are interested in speaking to Council about the study, we invite you to join us on April 19, 2017. As with the majority of reports from City Administration, the Crowchild Trail Study will be presented to Council's SPC on Transportation and Transit before it is forwarded on to Council. You are welcome to speak to Committee, but not at the regular meeting of Council. Reports are heard in the order they appear on the agenda which is published **approximately four days** in advance of the meeting.

More information on attending meetings of Council and Standing Policy Committees is available at calgary.ca. For more information on the study, visit calgary.ca/crowchild.

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Dr. William Wei
www.focusdentalcalgary.com



Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a preschool child:

1. Parents need to role model proper interactions and self control.
2. Listen to what the child is saying instead of judging.
3. Give reasons for the behavior you want and make goals to achieve the behavior.
4. Teach a child empathy instead of being sympathetic all the time. It never hurts to try and see something from another's point of view.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

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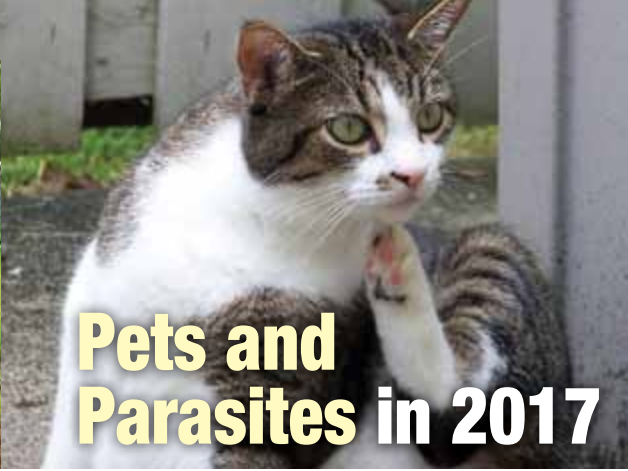
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Mini Trumpet Readers

Happy Easter!



Time to Replace your Home-Turf?

Take the Quiz

1. Does your yard need a landscaping facelift?
2. Would you like to add splashes of colour, texture, and interesting shapes to your yard?
3. Would you like to add year-round interest with rocks, stone work or dormant plants?
4. Are you considering installing landscape lighting for security or aesthetics?
5. Would you like to attract natural pollinators and birds?
6. Do you have low wet spots in your lawn?
7. Is your lawn bare in places from walking or dryness?
8. Have your trees matured, causing shady patches and drawing moisture from your lawn?
9. Are dandelions a menace?
10. Are you concerned with your children or pets playing on lawns treated with chemical fertilizers or herbicides?
11. Is fairy ring a problem?
12. Are you getting tired of mowing, especially on slopes and around tight spots?
13. Is your summer water bill getting out of hand because of lawn watering?
14. Do you want to cut back on your expenses for lawn care services and products?
15. Are you concerned with looming water shortages and City watering bans?
16. Do you have an underutilized rain barrel or composting bin or would you like to install them?

17. Does your yard slope toward the street, causing rain and sprinkler water to run-off?
18. Would you like to contribute to habitat and biodiversity near the Elbow River?
19. Would you like to help protect water quality in the Elbow River?

If you answered yes any of these questions, then why not plan to replace some of your boring old lawn this spring?

An impressive selection of drought and shade tolerant plants, some selected from native species, is available in Calgary. Consider the slope of your lot, capture drainage, and install permeable surface materials to minimize sediment and pollutant runoff into the river through our storm water system.

Visit calgary.ca and search "yardsmart" for more information, tips and videos. The Calgary Horticultural Society, (calhort.org) is a great source of information for gardening success in Calgary. Their annual Garden Show is at Spruce Meadows on April 29 & 30, 2017 from 9 AM to 5 PM.

Photo credits: The Calgary Horticultural Society

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.

Pets and Parasites in 2017

Internal and external parasites can infect our pets in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This is changing with our changing weather; Calgary had incredibly mild winters in 2014-15 and 2015-16, and we've had some uncharacteristically wet summers. It's time to review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is adequate only for a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs. Remember recommendations last year may not be the same this year and a few of the parasites invading our region can have devastating consequences to your pet's human.

As far as external parasites go fleas are a rarity in Calgary appearing mostly on pets travelling here from other regions, but the number of cases of lice and ticks is increasing. Ticks are usually seen April to October in Alberta, but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. I recently saw a tick carrying Lyme disease on a dog that had travelled out of province. Dogs running through fields and around water bodies are most at risk. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, Lyme disease can be life-altering to the person acquiring it. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and

louse protection if lifestyle and travel dictated it. We now recommend preventative products for external parasites for all dogs and cats that go outdoors starting in March.

Heartworm disease is not yet in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite if you travel with your pet. All outdoor pets should be routinely protected against internal parasites now. Veterinary clinics see roundworm, tapeworm, and hookworm on a regular basis in their patients. Every annual examination of your pet should include a discussion of the risk level of your pet.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has invaded the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person inadvertently contracting this parasite from a pet is an atypical host and the alveolar form of infection in humans which can be difficult to diagnose and serious. Calgary has seen a case of a dog that frequented Nose Hill Park that ate the feces of coyotes. This dog developed a massive life-threatening hydatid cyst on its liver from the tapeworm. The mass on the liver cannot be differentiated from a liver tumor without advanced diagnostics. Regularly deworm any pet known to catch rodents or eat the feces of other canids. Praziquantel is the most effective and not in most of the preventative products give routinely to pets.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also, be conscious of the changing weather in our own backyard increases our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also, make sure your vet knows if you have both dogs and cats, some dog products are toxic to cats.

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



Triwood Summer Camps

3-12 Yrs Old / June-August

Register online www.triwoodcommunity.com



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide

It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children's drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick &

Puck

- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults

- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner's Yoga, Focus on Powerlifting
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth

- Lots of new children's programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

BUSINESS CLASSIFIEDS

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

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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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LOOKING FOR A LOCAL PROFESSIONAL ELECTRICIAN? FCC Electric can efficiently assist with your commercial projects; from Service work, repairs, maintenance to retail development. We also specialize in residential renovations, troubleshooting, inspections, service upgrades, smoke, Co alarm upgrades, as well as attractive landscape and security lighting options around your home or shop. 65+ discounts. For free estimate call 403-462-8801.

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~continued next page~

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COMMUNITY ANNOUNCEMENTS

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

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

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am - 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00 am - 3:00 pm. For more information call Retta at 403-201-7500.



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Gardening by the phases of the moon

April 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

April 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

April 19 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

April 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



**Councillor, Ward 7
Druh Farrell**
ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell
Facebook: Druh Farrell

Downtown Economic Summit

I have witnessed many boom and bust cycles over the years in Calgary. Each time, we wait out the downturn and carry on with business as usual.

Although there are positive signs of recovery, this recession is different. Rather than a regular downturn in the business cycle that will fix itself, financial experts agree Calgary is experiencing a 'structural recession'. This more serious type of recession exposes the risks of relying heavily on a single industry. We cannot treat a structural recession with tools meant for a cyclical one. In other words, we cannot wait this one out.

Evidence of the downturn is obvious in all areas of Calgary, but particularly in the downtown core. Downtown historically generated around 40% of The City's non-residential tax revenue and 25% of City-wide employment. With record vacancy rates and declining property values in the downtown, 2016 saw a sharp decline in property tax, parking, and transit revenues. Because Calgary's economic health is heavily reliant on the health of our downtown, this resulted in a dramatic tax burden shift to businesses outside the core.

Having been a small business owner for 17 years, and the manager of the Kensington Business Revitalization Zone, I understand the challenges businesses face. That is why I supported \$45 million in one-time relief for businesses experiencing large increases in property taxes. While The City is able to afford short-term assistance, we need long-term solutions to address the root cause of the tax shift – a struggling downtown core. Businesses across Calgary, both small and large, depend on a strong downtown.

Calgary's downtown worked well for 1980, but will it work for 2025 and beyond? The problem is complex with no easy solutions. Earlier this year, Council supported my motion to host a Downtown Economic Summit to bring together the best minds to create recommendations for a more resilient, creative, and diversified downtown. Work from the private sector, social organisations, and all three orders of government is required to fundamentally shift the downtown economy and emerge from the recession better than ever.

All is not doom and gloom. We have a tremendous opportunity to create conditions for businesses to thrive and to get Calgaryans back to work.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. You can also follow us on Twitter at @DruhFarrell and on Facebook at @DruhFarrellCalgary.



**MLA Calgary-Klein
Craig Coolahan**
#9, 2400 Centre St NE
Calgary, AB, Canada T2E 2T9
Phone: (403) 216-5430 • Fax: (403)216-5432
calgary.klein@assembly.ab.ca

Hello Calgary-Klein,

Cuts to the salaries of the highest paid top executives of the government's agencies, boards and commissions were announced in late February by the Alberta government. Perks such as retention bonuses, golf club membership and housing allowances have also been eliminated.

For much too long, previous governments allowed bloated CEO salaries beyond acceptable levels. Albertans deserve better, especially in tough times. These changes to compensation are expected to save government and agencies nearly \$16 million a year.

Agencies, boards and commissions are now subject to a new compensation framework. The new framework benchmarks agency salaries against public sector market data in the Alberta Public Service, municipalities, public bodies and other Canadian jurisdictions. Similar measures have been implemented in British Columbia, Ontario, Quebec and Nova Scotia. These changes ensure that salaries for agencies, boards, and commissions are reasonable and in line with other provinces, while serving the public interest.

Future contracts will be reviewed by the new Public Agency Secretariat to ensure they are in line with the new rules. These changes are a part of the Government of Alberta's review of all agencies, boards and commissions, which has introduced a transparent and accountable recruiting process, as well as public disclosure of compensation amounts.

For more information about Alberta's public agencies, boards and commissions and their compensation, please visit <https://www.alberta.ca/abc-compensation.aspx>.

Our office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on May 13th from 10am-12pm.



Triwood Real Estate Update

Last 12 Months Collingwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2,017	\$564,900	\$605,550
January 2,017	\$499,900	\$490,000
December 2,016	\$0	\$0
November 2,016	\$881,900	\$835,000
October 2,016	\$1,068,888	\$1,015,000
September 2,016	\$599,900	\$590,000
August 2,016	\$475,000	\$460,000
July 2,016	\$574,850	\$553,750
June 2,016	\$674,850	\$663,500
May 2,016	\$471,500	\$466,000
April 2,016	\$543,900	\$538,000
March 2,016	\$529,900	\$520,000

Last 12 Months Charleswood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$688,950	\$690,000
January 2017	\$574,900	\$559,000
December 2016	\$799,900	\$775,000
November 2016	\$567,450	\$538,850
October 2016	\$592,450	\$580,000
September 2016	\$599,900	\$580,000
August 2016	\$555,000	\$552,500
July 2016	\$489,900	\$479,000
June 2016	\$620,850	\$599,000
May 2016	\$614,450	\$590,000
April 2016	\$604,950	\$590,000
March 2016	\$622,450	\$616,000

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



Calgary Confederation
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 len.webber@parl.gc.ca



Birth of a Nation

It was 100 years ago on April 9th that Canada won Vimy Ridge in France at enormous cost and made their mark on history.

Vimy Ridge was seven kilometers of strategic high ground in France. Allies had previously lost 150,000 soldiers trying to capture the commanding view without success.

Our allies fought along side us in this key battle, but it was Canada's key contributions and subsequent victory that changed the course of history.

The preparation plans were extensive and the attack had been rehearsed many times beforehand. Canada knew it would be a big fight and they came prepared.

At dawn on April 9th, 1917, close to 100,000 Canadians rose from their trenches, tunnels and dugouts to take on the enemy in a battle many thought could not be won. We fought as one, but there were English, French, recent immigrants and First Nations that joined together to fight as Canadians.

The battle, fought uphill, was a surprising quick attack with much of the fighting over by noon.

At the end of that morning, 10,000 Canadian lay dead or wounded. It would be the bloodiest day in Canadian

military history, but it would cement Canada as a fighting force to be reckoned with. Over the months that followed, Canadian troops became more independent instead of fighting under British command.

The battle of Vimy Ridge is credited with being the first time Canada was seen as its own fighting force and not simply a British colony. Some have said that on April 9th, 1917, a nation was born in the eyes of the world.

As Brigadier General Alexander Ross said, "I thought then...that in those few minutes I witnessed the birth of a nation."

This victory is thought by some to be the key reason Canada got its own seat at the Treaty of Versailles.

In 1922, France gave Vimy Ridge and the surrounding land to Canada in perpetuity and a magnificent monument was built to honour all Canadians who died in France. The stark, gleaming white marble towers are a powerful and imposing testament to the historic battle.

Every year, young Canadians work at the visitors centre and thousands of Canadians make the pilgrimage to this historic place in Canadian history. If you want to visit Vimy Ridge or learn more about the battle, please visit www.veterans.gc.ca.

Make a difference in the life of a family...

Are you looking for a way to give back to your community?
 Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsocalgary.ca

East Calgary: 403.660.6809 West Calgary: 403.660.1136



MLA Calgary-Varsity
Stephanie Mclean
 #101, 5403 Crowchild Trail NW
 Calgary, AB, Canada T3B 4Z1
 Ph: (403) 216-5436; F: (403) 216-5438
calgary.varsity@assembly.ab.ca

Friends,

With April, the weather warms up, the grass greens, and the leaves start to appear on the trees. My colleagues and I at the Alberta Legislature have been in session for a month now, working on legislation that matters to Albertans.

In the Throne Speech, the government announced Bill 1 will significantly reduce school fees for families. Across the province, this will save families hundreds of dollars. If passed, this law will be implemented this spring, so that when your kids go back to school in September, your fees will be reduced. This law reduces instructional and bussing fees by an average of 25% across Alberta, with more work to do in the future.

In Calgary, for instance, parents with three kids will save an average of \$419. I know that the downturn in the economy has taken its toll on many families. That's exactly why we support reducing school fees, starting with the instructional supply and material fees that school boards have charged. These will be eliminated. As well, we support eliminating bussing fees for the children that are travelling to their designated school.

We attended the University Heights annual general meeting on March 2. We learned about the important issues the University Heights Community Association has been engaging with over the past year. As well, it was a chance for the board to renew its commitment to the community, and celebrate the 50th anniversary of the community association.

We also attended the Triwood Spring Craft Market on March 25, which showcased all the amazing creative and entrepreneurial talent of the community. Triwood hosts craft and farmer's markets throughout the year, so there will be more chances for all of us to support local businesses.

Looking ahead through April, we have the Easter holiday weekend to look forward to and I would like to wish everyone a Happy Easter. On the Easter Monday, April 17, Triwood Community Association is hosting a children's Easter Egg Hunt at the Triwood Community Hall. On Sunday, April 30 the Banff Trail Community Association is hosting a potluck from 4:30-6:30 for residents at the Banff Trail Community Hall. With the warmer weather, many communities are holding local cleanups. Montgomery has a cleanup day on May 6.

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you, or to find out where we might be out-and-about in the community!



Name	Age	Contact	Course
Alissa	16	587-439-7592	Yes
Hanna	14	587-580-5733	Yes
Juliette	17	587-999-0783	Yes
Kate	14	403-828-9868	Yes
Maia	22	403-804-7834	Yes
Michael	14	403-801-2848	No
Miriam	15	403-774-8880	No
Miya	14	403-276-1712	Yes
Naomi	19	403-903-6793	Yes
Ruby	18	403-289-3232	No

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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.



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