

MARCH 2017

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

tw TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



St. David's United Church

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

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CLIMB FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB 1188 STAIRS

SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION



climbforwilderness.ca

TRIWOOD COMMUNITY ASSOCIATION

2244 Chicoutimi Dr. NW, Calgary, AB, T2L 0W1
 Phone: 403-282-2677 | Fax: 403-282-7031
 triwoodoffice@shaw.ca

www.triwoodcommunity.com

Delivered monthly to 4,100 households and businesses for 10 years!

Editorial Submissions

triwoodpc@shaw.ca

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

Advertising Opportunities

403-263-3044 | sales@great-news.ca

All advertisements must be submitted by the 1st of the month for the following month's publication.

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Serving Calgary communities for 28 years

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Check out our website:

www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Triwood Community Association.

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

Great News Publishing and Triwood Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	511
Gamblers Anonymous	403-237-0654

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

January 9th – February 27th 2017

March 13th – May 1st 2017

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

Wednesdays – 5:30pm – 6:30pm

January 11th – March 8th 2017

March 22nd – May 10th 2017

Yoga Exposure – Beginner Level

Thursdays – 6:00pm - 7:00pm

January 5th – February 23rd 2017

March 9th – April 27th 2017

St. Patrick's Day Celebration

Friday March 17th 2017

7:00pm-8:00pm *Social Hour*

8:00pm-9:00pm *Irish Dancers*

9:00pm-12:00am *Live Entertainment*

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



A special thank you to Sarah Roper, Robert Catton and all of the volunteers who helped make the Valentine's Day such a huge success. We had 96 people attend and we heard many people make some very favorable comments about this event. Congratulations to Don and Dortehea Johnson who won a prize for being married the longest at 62 years.

Our next event will be the St. Patrick's Day on March 17th where will have Irish dancing and Irish stew. Tickets are \$10 each and you can register through the website, phone or coming into the office.

We are looking to improve our newsletter (Trumpet) and are looking for good community stories either of present or from the past. I continually hear great stories about Triwood from way back in the day and we would love to get some of these stories in the Trumpet. If you want to share a good story, please call Sarah in the office (403-282-2677).

The Canada Day celebration will take place June 30th, July 1st, and July 2. We will be having live bands, horse and buggy rides for the whole family, food and a kid's carnival for the kids. We will also have the BlackCrow Crossing Tribe here to educate children on the culture and history of their native heritage. This is going to be an amazing weekend and more information will be available in future Trumpets.

Soccer registration is still open and if you have not yet registered your children, it is not too late. Our kid's Soccer Program is very successful and it is an opportunity for your children to meet other children, get some exercise and learn valuable team skills. Please visit our website for more information.



Rick Lundy

VOLUNTEERING....
 Good for the Soul



**TRIWOOD
COMMUNITY
ASSOCIATION**

2017 DIRECTORY

The Heart
of the Community

Triwood Executive Directory		Triwood Staff Directory	
President	Toni Pilkey	Executive Director	Rick Lundy
Vice President	Mark Whiteman	Events Coordinator	Alex Kubik
Treasurer	Jim Pilling	Accountant	Randy Dalglish
		Building Maintenance	Robert Catton
		Event/Program Coordinator	Sarah Roper
Directors			
Community Relations	Sandra Rhead	Arena Manager	Dave Hurrion
Members at Large		OFFICE HOURS Monday-Thursday 9:00 am – 4:00pm Friday 9:00am – 3:00pm Closed Saturday and Sunday	
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	Nose Hill Park	Deborah Sanderson
Planning Committee	Joel Mayer	Performance Arts	Jim Heck
Squirts Hockey	Kerry Bission	Bingo Coordinator	Jade Westlake
Westwood Hockey	Christine Lilje	Police Liason Officer	John Kastomonitis
Ringette (Sports)	Lauri Scotvold	City Parks and Rec	Virginia Clark
Scouts (Programs)	David Fong		
	Mark Whiteman		
Cubs/Beavers (Programs)	Margaret Porter		

TRIWOOD COMMUNITY ASSOCIATION 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

Triwood Community Association

Book your wedding today.

403-282-2677

triwoodoffice@shaw.ca



SPRING CLEAN-UP

TRIWOOD COMMUNITY ASSOCIATION
SUNDAY APRIL 23RD 10AM – 3PM

- WASTE & RECYCLING
- GARBAGE
- ELECTRONICS
- METAL
- PAPER SHREDDING
- CLOTHING DONATIONS
- TIRES
- PAINT



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>

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	Zumba Fitness 9:30am - 10:30am	Kids Kartate 5pm - 6pm			
	Barre Fitness 5:30pm - 6:30	Everyday Namaste 6:00pm - 7:00pm	Pilates 5:30pm - 6:30pm				
	Zumba Fitness 6:45pm - 7:45pm		Zumba Fitness 6:45pm - 7:45pm				
Collingwood		Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
	Hatha Yoga 7:15pm - 8:30pm						
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		Triliters Tai Chi 10-11am	Painters 9:30am-3pm			
	Karate 6-8pm Triliters	Foxy 6-8:30pm	Foxy 6:30-7:30pm Triliters	Foxy 6-8:30pm Triliters	Karate 6-8pm		
JT's	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)	10am-12pm	1-4pm JT's Pub Night 5pm-9pm			

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	

Gardening by the phases of the moon

March 5 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.

March 12 Full Moon (waning)
 As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

March 20 Last Quarter (waning)
 Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

March 27 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.

Triwood Seniors Social Clubs

Triwood Tri-Lighters *Triwoodsmen*

+50 Seniors Ladies Group +50 Seniors Men Group

Monday & Wednesday Morning - 10:00am (Tai Chi) Tuesday Afternoons - 2:00pm - 4:00pm

Thursday Afternoons - 1:30pm (Conversation & Cards) Contact Jack Thomson 403-282-3595

Contact Betty 403-289-9062 or Joyce or Bert Lamb 403-282-1967

403-289-6972 for more information for more information

Living Well Dental Myofunctional Therapy

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Oral and Facial muscles play a role in:

- crooked teeth
- headaches
- neck tension
- poor sleeping
- poor breathing
- poor chewing
- thumb sucking

Our next class begins April 3, 2017
 Dr Robertson & Dr Redd
www.livingwelldental.ca
 403-289-6615

Managing space for our students

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

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

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

Students, parents and community members came out to numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student

accommodation regulations, shaped the proposed plans that were made available to communities last month.

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

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

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

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu.



News from the Friends of Nose Hill

by Anne Burke

We are often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking, and cycling, I thought of wildlife sighting and plant studies, especially in the spring. However, there are butterfly enthusiasts too. Nose Hill has been the subject of photography, for decades, and there are paintings of the park in different seasons.

The Citizens for Nose Hill was an early preservationist group. Two other Calgary parks (which had been recognized as property of City-wide significance) were recently re-designated as municipal historical resources, under Section 26 of the Alberta Historical Resources Act. The aim is to protect each site in perpetuity, since they are eligible for provincial grant funds, in order to support on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee. This Park was added to Calgary's inventory of evaluated historic resources, in 2010, based on the community effort to establish the park, on the centennial of Canadian Confederation. Harry Boothman, a Superintendent of Parks, and Eric Musgreave, founder of the Centennial Ravine Park Society in 1965, were influential in its

18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name.

William Reader, a garden designer, was a City Parks Superintendent from 1913 – 1942. Reader Rock Garden, established in 1914, was added to the inventory in 2007, with native plants, local materials, gardens and rock pathways. It reflects the optimism in our city's early 1900s. It was the first Legacy Park to open. (www.readerrock.com)

This bylaw protection is intended to prevent demolition but will pertain to the parks by ensuring any future changes or conservation work follow best practices in handling historical resources. The change has no impact on City operating or capital budgets.

However, the conservation of cultural landscapes can often have significant environmental benefits, as many have biodiversity being conserved as part of the landscape. In turn, their conservation contributes to biodiversity in Calgary.

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

Triwood Community Association Soccer



Register Online www.triwoodcommunity.com

Late Registration March 1st – March 31st \$10 late fee

Ages U4- 18



BUSINESS CLASSIFIEDS

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Publishing at 403-263-3044 or sales@great-news.ca



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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

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

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FOOTHILLS LUTHERAN CHRISTIAN PRESCHOOL: is a licensed, non-profit program for 3 and 4 year-olds that facilitates the development of the whole child in a caring Christian environment. Children have fun with friends, laugh and learn, paint and paste, pray and play, slide and sing. Phone: 403-284-1360. Email school@foothillslutheran.com. Website: www.preschool.foothillslutheran.com.

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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 28

Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit worldofideas.ca for details.

Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library
March 21 | 7:00 pm

Download and Enjoy:

Music, Magazines, and Film

Want to download or stream free music, magazines, and films from the Library, but not sure where to begin? Learn how to access our ever-growing collection on your device using Zinio, Hoopla, Flipster, and Freegal.

To register, visit calgarylibrary.ca.

Free Online Courses

Learn online with Lynda.com, an on-demand online learning service with 4000+ videos, featuring technology, design, professional development courses, music lessons and more—all for FREE with your Library card!

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We need YOU to deliver newspapers!!

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Lets **EAT**
DRINK & Be
IRISH

Friday March **17** 2017

7:00pm - Social Hour/Irish Stew
 8:00pm - Irish Dancers
 9:00pm-12:00am- Live Entertainment

TRIWOOD COMMUNITY ASSOCIATION PRESENTS:



NWC Jazz Presents

Jazz in the Woods - The Coercion Collective

Jazz in the Woods is back! On March 12th at 7pm the Tyler Hornby B3 Trio will be bringing the groove to the third instalment of our Jazz in the Woods series. Featuring Steve Fletcher on B3 organ and Aaron Young on guitar in addition to Hornby on drums, the music for this trio is filled with hard-core swing and funk grooves. Hornby was inspired to write for a small group setting utilizing the warm tones from the B3 and the soaring melodic soundscapes of the guitar. From soothing ballads to high-energy jazz/funk this group is full of fresh sounds enriched with the history of the jazz tradition. Come down for some great live music, local art, tasty snacks, and beer provided by our friends at Village Brewery!

For tickets and more information please visit our website: www.nwcjazz.com.

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

PEACE BY PIECE CALGARY NW meets the 2nd Tuesday of every month 7pm September-June. Email pxpquiltguild@gmail.com for more information.

VOLUNTEERING
is good for the soul



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The Older Than Dirt Band

Playing upstairs in the Charleswood Hall

Saturday March 4

8:30 pm until 'round midnight

Beverages available at 8:00, no cover

Classic rock plus ...

Triwood Entertainment Series

presents

Ray Charles Tribute Orchestra



Paying homage to one of the greatest musicians of all time, the Ray Charles Tribute Orchestra is a 9-piece ensemble performing the hits penned by the legend himself.

Formed by **Musical Director John Gray**, bassist and leader on the Calgary Jazz scene who toured with the Ray Charles Orchestra, the ensemble of the city's finest musicians recreate the one-of-a-kind sound of Ray Charles and perform such hits as 'Georgia On My Mind', 'MaryAnne', 'Hit the Road Jack' and 'Let the Good Times Roll'.

Featuring **Grammy Award Winner Donald Ray Johnson** on vocals, the group includes a solid rhythm section, a killer horn section and backup singers known as the "Donald Raylettes."

The Ray Charles Tribute Orchestra is quickly becoming well-known throughout Alberta. Their tight sound, danceable rhythms and extensive repertoire have captured audiences whose tastes run from Jazz to Blues, Soul, R&B, Gospel and Country.

Date: Sunday March 26, 2017

Refreshments: 5:45 p.m.

Dinner: 6:30 p.m.

Performance: 8:00 p.m.

Tickets: \$55 - including dinner

\$25 - 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 3:00 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.



Celebrating 150 years of Canadian Wildlife!

Saskatchewan



Who Am I?



Garter Snake

Sitting by the water, quiet as can be,
Don't be fooled, that's not a rock, that lump is really me!
I've skin that's green and slippery, with spots upon my back.
A little like a leopard, I've lots of spots of black.



Grasshopper

Waiting by the water, hungry as can be,
Suddenly my sticky tongue is longing to be free!
An insect buzzes by me, I leap without delay...
Zap! I trap him with my tongue, then munch the day away!



Dragonfly



Northern Leopard Frog

Turn Page Upside-down for Answer

© Rosemary Gell, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area

JT'S PUB NIGHT



THURSDAYS 5-9PM

HOME OF THE \$7.50 STEAK SANDWICH

Triwood Community Association 2244 Chicoutimi Drive NW 



Triwood's SPRING CRAFT Market

SATURDAY MARCH 25TH 10AM - 3PM

CHARLESWOOD HALL

KID'S GARDEN CRAFTS - MUSIC - FOOD & BEVERAGES



Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

“Most children learn to use the toilet between the ages of two and three,” says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they’re peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children’s education in toileting began only “when they had an interest in it and they seemed ready.” Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: “Oh, oh.” But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There’s no need to rush.

“Prepare yourself mentally and put all the other things aside for a couple of weeks until it’s dealt with,” Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. “You don’t want to push it so it turns into a negative thing.”



Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health?

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you’re sick, but you have hope and a positive attitude and you believe that you’ll get better, your brain is likely to produce chemicals that will boost your body’s healing power.

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn’t mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at www.myhealth.alberta.ca



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Saint Patrick

Saint Patrick (Latin: *Patricius*; Irish: *Pádraig*) was a fifth-century Romeo-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-apostles and the Enlightener of Ireland.

The dates of Patrick's life cannot be fixed with certainty but there is broad agreement that he was active as a missionary in Ireland during the second half of the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and they regard him as the founder of Christianity in Ireland, converting a society practising a form of Celtic polytheism. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain, and taken as a slave to Ireland, looking after animals, where he lived for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Saint Patrick's Day is observed on 17 March, the supposed date of his death. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

https://en.wikipedia.org/wiki/Saint_Patrick



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we've heard!

- 1. How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
- 2. How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
- 3. What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit's vet is the best person to tell you how much a rabbit should eat.
- 4. Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an "exotics" veterinarian – they have special training about how to look after rabbits!
- 5. Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at www.calgaryhumane.ca.

Happy spring everyone!



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

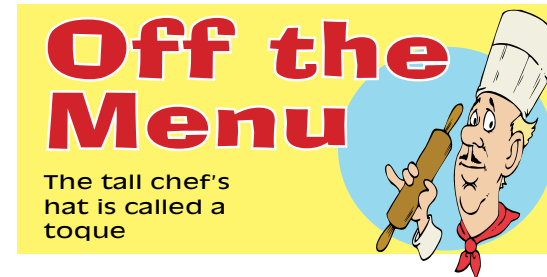
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 calgary.varsity@assembly.ab.ca

Friends,

With March comes spring and the spring sitting of the legislature. I look forward to some warmer weather and working on legislation that matters to Albertans.

I had a wonderful time celebrating the Lunar New Year and the beginning of the Year of the Rooster with constituents at events in late January and early February. I would like to wish everyone a prosperous new year.

On February 24, I had opportunity to take a tour of the brand new Christine Meikle School in Varsity. This state of the art facility will enhance learning for our students, many of whom I had the pleasure of meeting. The bright new rooms will be a perfect fit for our bright young children for decades to come.

We attended the Montgomery annual general meeting on February 28. We learned about the important issues the Montgomery 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, through bringing in new members.

On March 2, University Heights Community Association is holding its annual general meeting which is open to all interested University Heights residents. I would also like to congratulate University Heights for celebrating their 50th anniversary as a community association, which they celebrated with a delicious pot luck in February.

We have also recently launched Energy Efficiency Alberta. Revenue from the carbon levy will provide the funds for rebates and incentives for families and communities through energy-saving appliances, solar panels and retrofits of homes and buildings. There will be direct, no-charge installation of energy efficiency products to residences, including assessing household lighting, water and heating components and installing energy-saving products. Energy efficiency programs will create jobs in construction and energy services and grow future-ready industries such as solar generation.

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!



Triwood Real Estate Update

Last 12 Months Collingwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2,016	\$498,888	\$467,500

Last 12 Months Charleswood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2,017	\$574,900	\$559,000
December 2,016	\$799,900	\$775,000
November 2,016	\$567,450	\$538,850
October 2,016	\$592,450	\$580,000
September 2,016	\$599,900	\$580,000
August 2,016	\$555,000	\$552,500
July 2,016	\$489,900	\$479,000
June 2,016	\$620,850	\$599,000
May 2,016	\$614,450	\$590,000
April 2,016	\$604,950	\$590,000
March 2,016	\$622,450	\$616,000
February 2,016	\$724,000	\$655,000

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

Mini Trumpet Readers

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Hello Calgary-Klein,

Alberta's diversity is one of its greatest strengths. Alberta has always been a home to those seeking refuge, and this will not change. Refugees and immigrants to Canada enrich our society beyond measure, and make incredible contributions to our communities, our economy, and our thriving cultural fabric.

Alberta will welcome those fleeing persecution, terror and war with open arms because all people deserve to live in peace and security. My family and I feel incredibly fortunate to enjoy these things in Alberta. Our country was largely built by wave after wave of immigrants, who made new lives, sharing lands long home to Indigenous peoples. And so just as previous generations made their homes here thanks to the kindness of others, so too should we offer this same kindness to those starting new lives here. Hard work and a commitment to building strong and diverse communities have shaped this great province. As our economy recovers, let's work together to welcome newcomers and offer them care and opportunities to succeed.

Let's work together for a prosperous, diverse, and fairer Alberta.

Government goes back into session this month. 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 April 8th, from 9am-11am.

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Children love to read about real people, places, and events. Nonfiction books present real information in engaging and interesting ways. However, most children read a lot more fiction than nonfiction, so spend some extra time helping your reader learn how to navigate a nonfiction book.

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As natural learners, young readers are drawn to books that give information about something or explain something they've always wondered about. With a little help and guidance about 'how-to' read nonfiction, you can feel good about introducing your child to a new world of information and great new vocabulary words.

Explore these nonfiction books or ask your school or public librarian for other suggestions:

First Human Body Encyclopedia by DK Publishing
 This beginner's encyclopedia shows what's inside the human body and how things fit and work together — through fascinating facts and close-up photographs. (Age 6 and up)

Frogs by Nic Bishop
 Stunning color photographs of frogs as well interesting and quirky facts show how these beautiful, creatures survive in the wild. (Age 4-8)

Our Solar System by Seymour Simon
 This beginner's guide to our solar system is filled with facts, engaging text, diagrams and charts, maps, and remarkable photographs. (Age 6-9)

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REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I heard that if someone calls themselves a "contractor," they don't need to have a licence to provide property management services. Is that true?

No, that's not true. The truth is it doesn't matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a

property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you're not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA's website at www.reca.ca.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/uberoogle/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well as a dark u-shaped patch on its belly, a rusty face and chestnut bars on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.
- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

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



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

What's Your Excuse?

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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