MAY 2016

# DELIVERED MONTHLY TO 2,800 HOUSEHOLDS

52

# FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER

# women in need seety



## In This Issue:

- Spring Fling Community Cleanup Sunday, May 8
- Fairview Bottle Drive Saturday, May 14
- Fairview Board meeting Tuesday, May 10, 7pm
- Imagine Fairview report back to the community summary
- 2016 AGM coming in June

www.fairviewcommunity.ca





**VIETNAMESE EATERY** 

J

7-7204 Fairmount Dr. SE 587-353-8198 Open Monday - Saturday 11 am- 7 pm Online menu: www.subsnbubbles.com

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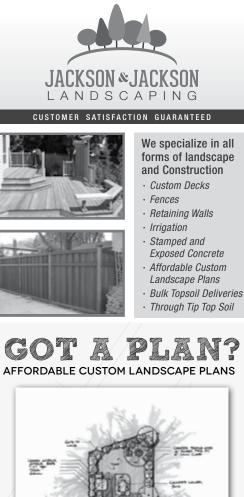
Residence Inn by Marriott Calgary South 3710 Market Street SE, Calgary AB T3M 1M4 T: 587.349.8633 F: 587.349.8632 www.marriott.com/wyccr

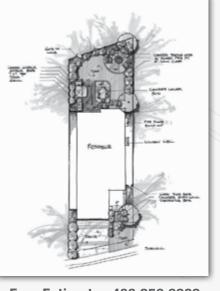




**GLOW BOWL** Friday - Saturday - Sunday

7640 Fairmount Drive SE Call for reservations 403-255-0101 Licensed Facility





Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca



## Fairview Community Association

Box 78053, 383 Heritage Dr. S.E. Calgary, AB T2H 2Y1 Phone: 403.252.5424 www.fairviewcommunity.ca office@fairviewcommunity.ca

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## FAIRVIEW INFORMATION

#### **OUR VISION**

To promote and enhance a healthy, safe and productive environment for the residents of Fairview by providing access to programs, services and information, all while establishing a sense of community identity and belonging.

#### BOARD OF DIRECTORS

President	Dave Eisenbart				
	403-454-8327				
	president@fairviewcommunity.ca				
1st Vice	Kara Fredrickson				
	403-999-5572				
	vp1@fairviewcommunity.ca				
2nd Vice	Pat Hirsche				
	403-259-4341				
	vp2@fairviewcommunity.ca				
Treasurer	Stacey McDougall				
	403-474-1305				
	treasurer@fairviewcommunity.ca				
Secretary	Carah Scherwitz				
	403-301-5223				
	secretary@fairviewcommunity.ca				
	see eta yean new community.ea				

#### **DIRECTORS AT LARGE**

#### COMMUNITY SERVICES CONTACTS

- Police Non-Emergency Services (Dist 6) 403-567-6600 Community Liaison Officer: Cst. Henry Robinson #4196
- 403-567-6600, pol4196@calgarypolice.ca
- Community & Neighbourhood Services, South Area: 311
- www.welcomewagon.ca, 1-844-299-2466
- www.calgaryyouthjustice.com, 403-261-9861
- Fairview Arena 403-452-3082 www.fairviewarena.com
- In-Definite Arts 403-253-3174 www.indefinitearts.com

#### **GOVERNMENT REPRESENTATIVES** Councillor, Ward 9 Gian-Carlo Carra

403-268-2430 ward09@calgary.ca • www.carra4ward9.ca

#### MLA, Calgary-Acadia

Brandy Payne, NDP, brandypayne@albertandp.ca • 403-219-8183

#### **MP, Calgary-Midnapore**

Honourable Jason Kenney, 403-225-3480, kennej@ parl.gc.ca, www.jasonkenney.ca

#### **FAIRVIEW IN FOCUS**

Editor

Fairview in Focus is published monthly by Great News Publishing and delivered by Canada Post to all Fairview homes.

The opinions expressed within any published article, report or submission reflects those of the author, and should not be considered to reflect those of the Fairview Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so. The Community Association does not endorse any person or persons advertising in this newsletter, and publication of these ads should not be considered an endorsement of any goods or services.

Submission Deadline: 10th of the month for the next month's news.

Comments, guestions and submissions are always welcome.

Editor Email:	news@fairviewcommunity.ca				
Mail:	Fairview Community Association				
	Box 78053, 383 Heritage Dr SE				
	Calgary, AB T2H 2Y1				
Messages:	403.252.5424				
Email:	office@fairviewcommunity.ca				
Website:	www.fairviewcommunity.ca				



## PRESIDENT'S MESSAGE



Unfortunately, we continue to hear about issues with people parking in the alley at Flint Park, leading to local residents being unable to back out of their properties with their vehicles. It remains illegal to park in these narrow lane ways and we ask that everyone

to please respect this. Flint Park is a local area park and is meant to be walked to! If you need to drive, PLEASE park on the adjacent street and walk 1/2 of a block to use this park. Please put yourself in the position of someone who lives in this area and can't even leave their own garage or car port because of vehicles parked in the alley - no doubt you would be very frustrated with this type of situation and would ask to respect these rules!

Thank you to all the volunteers who have helped us out in the past month or so with our very important Membership Drive in April and our ongoing Spring Cleanup Events. Unfortunately due to our mid-April newsletter deadline for this issue, we won't have any summaries of these events until June's newsletter. But if we missed you on the Membership Drive, be sure to get your membership online or via mail (a call back notice should have been left in your mailbox or you can find the info in this newsletter).

Speaking of June, our AGM is coming up in early to mid-June (details to be confirmed in our next newsletter). We will celebrate another great year for the Association and would love it if you would consider supporting us at this meeting. We need to reach quorum in order to pass the business of the Association. I would also like to extend an invitation to you to consider joining the Board in June. If you have enthusiasm for improving the community you live in or if you have a specific interest in something that we are doing (or could be doing, or could be doing better), then consider joining us! We are a very easy going, friendly group of residents all with the goal of a better community at the heart of what we do. We also have particular needs to find individuals interested in our traffic committee, off-leash dog park committee, Fairview Park committee, cleanup events committee as well as executive positions (including President which becomes vacant next month!).

And our Spring Fling Community Cleanup is coming up quick on Sunday, May 8 - we realize this is Mother's Day, but what better way to appreciate your Mom than to clean out her home, yard or garage and haul that stuff off to Spring Fling! (This is a rare year where it will coincide on Mother's Day and shouldn't happen again until 2022). Following that, be sure to support our Bottle Drive by donating your bottles - drop them off at the Fairview Arena parking lot on May 14 in the morning or leave them on your doorstep for us to pick up! Volunteers are always welcome too!



# Rant, Rave, **Remark or** Rebut

The editor reserves the right to edit submission for brevity and clarity. All opinions expressed in this column are those of the writer, and in no way can be interpreted to represent the views, opinions, or policies of the Fairview Community Association or its representatives.

#### Be Aware

We know there have been people prowling the neighbourhood in the middle of the night, which is an uneasy and scary thought. In the past two weeks they have stolen items from the back of our truck. They may have a vehicle as they have stolen gas cans. Just thought we would pass this along.

Foley Road

## **UPCOMING EVENTS**



Fairview Community Association Board Meeting Tuesday, May 10, 7:00 pm Fairview Community Building, Lower level Please contact the Secretary at secretary@fairview community.ca if you wish to attend- all members are encouraged and welcome to do so.

#### **Fairview Neighbourhood Street Cleaning**

Scheduled for Thursday, May 5 to Friday, May 6 According to the City of Calgary, street sweeping for the streets to the east of Fairmount Drive is planned for May 5th followed by May 6 for the west side. Ticketing will be enforced so move your vehicles! Sweeping for Fairmount Drive itself is scheduled for May 10 in the evening – ticketing and towing will take place on this street. Refer to the on-street signs that are expected to be placed any day now, for any specific updates to this schedule. As a courtesy to all of your neighbours (and to avoid ticketing and/or towing!), please remember to move your vehicles off the street to allow cleaning of our streets. Should you forget, please consider sweeping the small area in front of your house! More details can be found on the City's website www.calgary.ca.

# Fairview Spring Cleanup Events – Continue the clean!

**20th Annual Spring Fling Community Cleanup** Sunday, May 8, 8:30am-2:00pm Fairview Community Building Fairview's 20th Annual Spring Fling community cleanup! See the April newsletter insert or our website for full details on this always-popular event! Many volunteers are also needed - contact Dave by email president@fairviewcommunity.ca or phone 403-454-8327 if you can help out.



#### 6th Annual Bottle Drive

Saturday, May 14, 10:00am-2:00pm Clean out your garage and basement and donate your bottles! Many volunteers are again needed - contact Dave by email president@fairviewcommunity.ca or phone 403-454-8327 if you can help out.

# Fairview Community Association Annual General Meeting

June 2016 – TBA

Further details coming in June's newsletter, but please consider coming out to support your community association in June at this important event!

#### Got an idea for a community event?

Contact any Board member, or the Secretary to be put on the agenda at any Board meeting.

# 2016-2017 **Memberships Sale**

Thanks to all our awesome volunteers who helped with our Membership Drive in April! We couldn't have done it without you!

**Did we miss you?** You can still get your membership online www.fairviewcommunity.ca/get-involved/ membership or by completing the form in this newsletter or contact membership@fairviewcommunity.ca. Help make our community a great place to live, work, and play! Now that is some serious calgary soccer pride.

TO BE IN THE GAME.

CUPE

Calgary's city employees

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work for you

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

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

And here's our commitment to you:

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

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

## **BOARD BITS &** BUSINESS

#### Fairview Park (Baseball Diamond) Update

In the fall of 2015, the Fairview Community Association established the Fairview Park Committee to evaluate the entire Fairview Park (baseball diamond) site at the centre of our community. The purpose of this committee will be to determine if there is broad community support to repurpose and revitalize Fairview Park into a multi-purpose, multi-season park. The committee has met several times and has distributed work to compile information regarding this greenspace.

We are also looking for any past history of the site, photos, etc. that can be included in a report. Please contact us (info below) if you have any such information!

Residents of Fairview who are interested in taking on the work of this committee can contact one of our cochairs: Vanessa at 403-808-6878 or Dave at 403-454-8327 or email park@fairviewcommunity.ca.

## www.kilbco.com

# CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays. Please call Kilbco to maintain the value of your investment.					
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Brad 403.875.8463 | Stephen 403.478.1737

#### Fawn Playground Update:

As we mentioned in our last newsletter, our plans for Fawn Playground have been unveiled to the community. We are excited to have another unique design to draw kids to our third new Fairview playground in four years. Plans for our playground can be found on our website at www.fairviewcommunity.ca.

We are currently awaiting formal approval to use our Gaming funds for this project as well as approval for CFEP (provincial government) funding - keep our fingers crossed for a late summer/early fall build!

#### Imagine Fairview: Report back to the Community

On Saturday, April 16th, residents of Fairview met with students from the University of Calgary urban design program and the Federation of Calgary Communities to present their report back to the community regarding Imagine Fairview. This was a continuation of the Imagine Fairview world cafe session held back in January. Students presented various forward-thinking visions for both Fairview, Fairview Industrial and Manchester on the premise of this concept:

Today we live differently than we did 50 years ago and in 50 years time we will live differently from now.

The session started off with introductions, followed by some very interesting, engaging and informative videos created by the students on Fairview and Manchester that discussed their past history, their development and current state of affairs. They are captivating short videos that are not to be missed!

Following these videos, students presented their exciting visions for these communities that incorporated a variety of unique designs, community-oriented development, great public spaces, multi-modal transportation options and varied services, shops, restaurants etc. that would service local residents in their "complete community" and allow Fairview citizens to stay in their community through all stages of their lives.

We are looking forward to getting a hold of the abovementioned videos and the final student reports and we plan on posting them both to our website (fairview community.ca) and the Imagine Fairview website (imaginefairview.wordpress.com) in the near future, so stay tuned!



#### MEMBERSHIP

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Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

a) Become a member – when you purchase a membership in your community association, your dues are used to offer you and your neighbours many programs and activities.

**b) Become a volunteer** – Community Associations rely on volunteers to make things happen. There are many ways you can volunteer to make your community a more enjoyable place to live. At the same time you will make new friends and learn skills.

#### A GOOD REASON TO JOIN TODAY!

Home and Auto Insurance Discounts: Membership does have its benefits. Toole Peet Insurance will provide special group rates for all community association members. Call 403-245-1177 for your quote today.

Membership forms and payment can be dropped off at the Fairview Arena mail slot, mailed to Box 78053, 383 Heritage Dr SE, Calgary, AB T2H 2Y1 or purchased online at www.fairviewcommunity.ca.

Complete the below form and include with your payment:



#### March 1, 2016 to February 28, 2017

Membership Fee: \$15 per Family (Up to two registered adults and any number of children under the age of 18 living at the same residence). Please make cheques payable to: Fairview Community Association.

ame:	
ddress:	
ostal Code:	Phone:
mail:	
am interested in volunteering:  Yes  No	

I am interested in receiving updates by email: 
Yes
No





# SCHOOL INFORMATION

**Calgary Board of** Education 403-294-8255 www.cbe.ab.ca

Acadia School 9603 - 5 Street SE 403-777-8440 schools.cbe.ab.ca/b300

**Fairview School** 7840 Fairmount Drive SE 403-777-7900 schools.cbe.ab.ca/b633

Juno Beach Academy 315 - 86 Avenue SE 403-777-7210 schools.cbe.ab.ca/b872

Le Roi Daniels School 47 Fyffe Road SE 403-777-6420 schools.cbe.ab.ca/b320

#### Trico Centre for Family Wellness 11150 Bonaventure Drive SE 403-278-7542 | www.tricocentre.ca

From fitness to skating, personal training to children's programs – we are committed to providing a range of quality programs and services that make active living fun, affordable, and for everyone.

#### We make it easy to find your perfect fit.



Lord Beaverbrook High 9019 Fairmount Drive SE 403-259-5585 schools.cbe.ab.ca/b850

Sam Livingston School **OTHER SCHOOL** 12011 Bonaventure Dr. SE INFORMATION 403-777-6890 Alberta Education schools.cbe.ab.ca/b354 780-644-5752

Willow Park School 343 Willow Park Drive SE 403-777-6900 schools.cbe.ab.ca/b331/

### David Thompson School

9320 Arbour Crescent SE 403-777-7470 schools.cbe.ab.ca/b641

St. Matthew Calgary Catholic School 416 - 83 Avenue SE District Phone: 403-500-2030 403-500-2000 www.cssd.ab.ca/ www.cssd.ab.ca stmatthew/ **Bishop Grandin** Submit your school news to news@fairview

education.alberta.ca/

apps/schoolsdir/

111 Haddon Road SW Phone: 403-500-2047 www.cssd.ab.ca/bishop grandin

# 

St. Cecilia

stcecilia/

610 Agate Cres. SE

www.cssd.ab.ca/

community.ca.

Phone: 403-500-2040

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# IN & AROUND

## **Kingsland Community Preschool News**

#### Sprina!

We are so excited to be outside and explore our neighbourhood. We have been searching for signs of spring and enjoying the beautiful sunshine. We love the book, "And then it's Spring" by Julie Fogliano. We are waiting and hoping for green.

We have noticed many birds have returned to our park and we have been busy watching them build their nests. We observed some old nests and then made our own with clay, straw, string and twigs. We also explored all the amazing animals that lay eggs. There are many and they are called oviparous!

We will be trying to hatch some eggs in our school in May and hoping that we are successful. We are very curious about what will hatch out of those eggs?

We will be hosting our Mommies, and all the other special women in our lives, at our Mother's Day Tea. We are busy planning a party with invitations, decorations, entertainment, food and presents!

## Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month our 4-year-old classes will be traveling to the Inglewood Bird Sanctuary to walk the trails of this amazing wildlife reserve. The 3-year-old class will be taking their first trip on the big yellow school bus to the zoo to partake in the preschool penguin program.

All classes come to an end this month on May 26<sup>th</sup> and May 27<sup>th</sup>. We are busy planning the graduation ceremonies; congratulations children! The MCP yearend party will be held at Lake Bonavista on June 3rd and we are looking forward to enjoying our picnic at the beach. Thank you again to our lake sponsors!

# Special activities in May for École St. Cecilia School students

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.



# **SENIOR'S RESOURCES**

Who to call?	There are many resources and services for seniors in Calgary
403-287-3510	Outreach services (for adults 65+) for South communities
403-705-3246	The Kerby Centre can provide information on a range of services from grocery delivery, housing, counselling, disability services, to home care
403-264-7700	24-Hour Seniors' Help Line – There is always someone to take calls from concerned citizens who have identified seniors they believe are at risk or could use a helping hand
2-1-1	Information and referral to Calgary area community, government and social services
1-877-644-9992	Alberta Seniors Info Line
www.seniors.alberta.ca	Senior resources, information and groups in the Calgary area

Copies of the Seniors Directory of Services are available at your local library, local grocery stores or the Community & Neighbourhood Services South Area office (502 Heritage Drive SW).



Calgary FLC Seniors Club Trico Wellness Centre, 11150 Bonaventure Dr SE Hugh Phelan 403-271-8389, www.flcseniors.ca 55+, Email flcmembership@yahoo.ca

#### Heritage Seniors

703 Heritage Dr. S.W. Info: 403-236-7018 50+ Wheelchair accessible, 4 days per week, various activities Email ekozbial@telusplanet.net

#### **Calgary Music Makers**

14

Fairview Baptist Church 230-78 Ave SE P: 403-245-4115 or 403-201-9138 emarwood@gmail.com www.calgarymusicmakers.ca 50+ Choir, Mixed voices. 9:30am Thursday practices

#### Inglewood Silver Threads Association

1311 9 Ave SE Phone: 403-264-1006 55+, Hours: 9:30 am-2:00 pm, Wheelchair accessible, Email: silthreads@canada.com

#### **Cedarbrae Senior Go-Getters**

Flr 2-4885 Hubalta Rd SE Phone: 403-288-3371 55+, Hours: 12:00-2:30 pm Wheelchair accessible

Know Your Neighbour Club 1-10601 Southport Rd SW Phone: 403-225-2362 Email hcdoug@telus.net 55+. Wheelchair accessible

#### Forge Senior Citizens Club

Flr 2-4885 Hubalta Rd SE Phone: 403-288-3371 55+, Hours: 12-2:30pm, Wheelchair accessible

#### **McDougall United Church - Heritage Time Out** 8516 Athabasca St SE, P: 403-252-1620

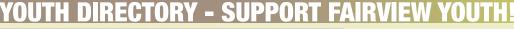
All ages. Wednesdays 9-11am, Drop-in and enjoy quilting, knitting, card making, and more! For more information, email timeoutheritage@gmail.com.

#### Haysboro Senior Resources Group Dorothy

P: (403) 255-7438 d.block@shaw.ca Meets monthly, speakers, information sessions, entertainment, and usually one bus trip.

South Fish Creek 50+ Drop In 100-333 Shawville Blvd SE, P: 403-201-8652 Email: sonya@sfcra.com www.sfcra.com Fri: 9am-12:00pm, Wheelchair accessible.

If you would like your group or event listed, please email us at news@fairviewcommunity.ca.





#### BABYSITTERS

Emily, 403-640-4458, Area B
Quinlan, 586-436-4877, Area B
Madeleine, 403-270-2342, Area B
Sarah, 403-640-4458, Area B
Rhiannon, 403-253-0330, Area C
Caitlin, 403-245-3428 Area D
Emily, 587-707-9923, Area D

• Emma, 403-212-1040, Area D • Kaitlyn, 403-274-4692, Area D • Gina, 403-249-3801, Area D • Nia, 403-804-0631, Area D • Nadia, 587-830-6556, Area D

#### PET SITTERS

• Milla, 403-452-1634, Area A • Rhiannon, 403-253-0330, Area C

Youth are listed including their area of residence. Some youth may be willing to provide services in other areas of our community. Contact them directly to check on availability. Get on the list by sending your contact information to news@fairview-community.ca.

Youth first names and phone numbers are listed according to service provided and youth area of residence. Fairview Community Association accepts no responsibility as a regulatory body and does not endorse or screen any of the people who are listed in or who use this directory. This information is used in the Fairview Community 'In Focus' newsletter and Fairview in Focus online newsletter and can be discontinued upon request. Call 403-252-5424 or email news@fairviewcommunity.ca to add, modify or delete your information from this listing.

> • Emily, 587-707-9923, Area D • Emma, 403212-1040, Area D

#### MOWING/LANDSCAPING

Now looking for Mowers/ Landscapers. Your name could Be HERE – Email office@ fairviewcommunity.ca to sign-up today!



# RELIGIOUS ACTIVITIES

#### **Fairview Baptist Church**

230 – 78 Ave SE – P: 403-252-1704 Visit www.fairviewbaptistchurch.ca E-mail info@fairviewbaptistchurch.ca Camp affiliation: whisperingpinesbiblecamp.com

#### Do You Love to Sing?

Sing With the Calgary Music Makers Seniors! Everyone's Welcome. Rehearsals are at 9:15 am, every Thursday morning at the Fairview Baptist Church, 230 78th Avenue S.E. For more information, call 403-245-4115 or 403-201-9138 or email emarwood@gmail.com

#### McDougall United Church

8516 Athabasca Street SE – P 403-252-1620 www.mcdougalluc-calgary.net Services held every Sunday beginning at 9:50am

Heritage Time-Out: Wednesdays, 9-11 am. Enjoy quilting, knitting, card making, and more! Register to come each week or just drop-in. Baby sitting for tots and special rates for seniors. For more info email timeout heritage@gmail.com



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

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#### There's Wealth in Our Approach.™

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#### St. Andrews Presbyterian Church

703 Heritage Drive SE – P: 403-255-0001 Our regular hours of Sunday worship are 9:30 A.M. and 11:15 A.M. Child care for infants up to three years old is available at both Sunday morning services. Parking can be found in our own lot, at the YMCA next door, or on neighbouring streets.

St. Andrew's hosts the **Southern Sudan Christian Church**. This worship community meets on Sunday afternoons at 1:30 P. M. for services in the Nuer language. St. Andrew's endeavours to be a community supporting these people within our midst.

**The Church of Jesus Christ of Latter Day Saints** 940 Acadia Drive SE, Phone: 403-720-8066 Sacrament Services are Sundays at 9am & 1pm

#### **Lighthouse Church**

9827E Horton Road SW P. 403-640-2099 www.calgarylighthouse.com frank@calgarylighthouse.com Interdenominational - Charismatic Worship, Sunday Worship at 10:30 am at, Staff Pastor: Frank Amantea

The Four12 Youth Centre is a free weekly drop-in event for youth aged 13-17 in the Calgary communities of Haysboro, Willow Park, Acadia, Fairview and Southwood. The Youth Centre offers video games, board games, monitored internet stations, movies on the big-screen, foosball and air hockey. Open every Friday from 7-10pm, to youth of any background, culture or belief system. Contact us or email Four12@calgarylighthouse.com.

#### Calgary World Harvest

680 Acadia Drive SE – P: 403-873-1329 www.calgaryworldharvest.com

"A place where you're not an accident waiting to happen, but a destiny waiting to be fulfilled"

Meets every Sunday 11am.

#### **Balm of Gilead Evangelistic Ministries**

2, 7640 Fairmount Drive SE - P: 403-453-0447 www.greater-works.org info@greater-works.org

Services: Evenings 7-9pm, Sunday 10am – noon, First Friday of the month all night prayer service 9pm – 1am.

Email us at news@fairviewcommunity.ca to include your news and events!

# PRE-SCHOOL, PLAYGROUPS, CHILD CARE INFORMATION



#### PRE-SCHOOLS Active Learning Programs Ltd. 1401 Acadia Dr. SE Phone: 403-473-0600 Ages 19months to 5 years Regular, Advanced, Bilingual Before & After School Care www.activelearningprograms.ca

#### Haysboro Community Centre

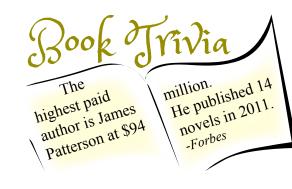
1204-89th Ave SW P: 403-253-1563 Parent run, 3/4 yr olds www.haysboro.org/haysboropre-school/

#### Mapleridge Cooperative Preschool

600 Acadia Drive SE P: 403-278-9594 Ages 3 & 4 www.mapleridgepreschool.com

#### Willow Park Preschool

680 Acadia Drive SE Phone 403-271-7016 Ages 3 & 4 www.willowparkpreschool.com/



#### **Kingsland Community Preschool** 505 78 Ave. SW 403-258-1308 Ages 3 & 4

www.kingsland communitypreschool.com
PLAYGROUPS

Acadia & Fairview Families 240-90th AVE. SE Free, Tuesdays 9:30-11am www.facebook.com/

groups/135018999849983/

Haysboro Community Centre 1204-89th Ave SW P: 403-253-1563 Tot Time, Mondays 9–11am www.haysboro.org/

#### Southwest Communities Resource Centre -Parent Talk

#42, 2580 Southland Drive SW P: 403-238-9222, info@swcrc.ca Thursday mornings, 10:30am–12pm.

**Southland Leisure Centre** 

2000 Southland Drive SW P: 403-648-6550 Drop-in/Registered Ages 2-4 www.calgary.ca/CSPS/Recreation/ Pages/Leisure-centres/Southland.aspx

#### McDougall United Church

8516 Athabasca Street S.E Heritage Time-Out Wednesdays 9-11am timeoutheritage@gmail.com



#### Jackie's Day Home

Private day home P: 403-831-4419 Email: jackieboechler@icloud.com

#### **Calgary AfterSchool**

Opportunities for children and youth ages 6 to 16, Monday to Friday, between 3 and 6 pm. Visit www.calgary.ca/afterschool.

**www.DaycarelQ.com** is a Calgary based website that helps parents find child care in their community.

Your listing could be here! Email news@fairviewcommunity.ca

Fairview Community Association makes no representations about the suitability, reliability, timeliness, and accuracy of the playgroups, pre-schools and/or childcare provided and we do not assume any responsibility for the accuracy or reliability of this information. The Fairview Community Association does not assume and expressly disclaims any liability that may result from the use of this information.

# Imagine





# & AROUND **Southland Leisure Centre**

2000 Southland Drive SW • Phone: 403-648-6582

Summer Daycamps 2016 - Southland Leisure Centre's Summer Daycamps are now registering look for our program guide online (www.calgary.ca/recreation) and on stands. Lots of Spring preschool, children's and adults programs in the guide too!

#### Friday Night Dance Party- May 27 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

#### **Summer Volunteer Opportunities**

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6550.

#### Playschool

Southland Leisure Centre's Playschool is recreationbased and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2016 to 2017 school year.

Every Sunday, 8 am to noon. Family Swim. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

#### PD School Davs

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/ recreation for more information on our School's Out Day Camps.



# **MAY 26, 11-2 SENIORS' LUNCH** AND **RESOURCE FAIR**

#### A time for Acadia and Area **Seniors to connect**

Come enjoy a free lunch (Chicken Pot Pie!), make connections with other Seniors, and see what services are available in the area.



#### مرحباً بكم Maigayang pagdating Chào mừng 又欠起已 स्वागतम All Are Welcome



## **HELD AT**

**McDougall United Church** 8516 Athabasca St. S.E.

**Please Register** by May 19th

**Free Rides** Available (call to book)

403-252-1620 Office.muc@shaw.ca

A collection of local schools, churches, residents and community groups committed to work towards inclusive and supportive neighbourhoods.

# IN & AROUND CALGARY

## EMS: Window & Balcony Safety

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

#### Windows and screens

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

#### Balconies

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

#### Further prevention tips

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

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

# Get Out and Walk!

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

- 1. Tell someone where you are going, which route you are taking, and when you will be back.
- 2. Be aware of your surroundings.
- 3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
- 4. Walk facing the traffic.
- Stay away from shrubbery, darkened doorways, and alleys.
- 6. Avoid using headphones so you are aware of the sounds around you.
- 7. Wear colours that are bright and reflect light.
- 8. Walk in well-lit areas.
- Bring a friend or your dog with you for company.
   Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgary communities.com.

# **KEYBOARD SHORTCUTS**

FIND, REPLACE, AND BROWSE

**CTRL+F** Find text, formatting and special items



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.

#### May at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

#### **Pool Refurbishment**

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

#### **Registered Program for All Ages this Summer!**

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

#### Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new landbased classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

#### Spring Health for Older Adults

• Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre. ca under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

#### Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for dropin gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for nonmembers.

Trico Centre is located at 11150 Bonaventure Drive SE. 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.

# 

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## Guides Canada BLACKFOOT DISTRICT

#### Spring is in the air! It's time to register for fall 2015! For registration information go to www.girlguides.ca.

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of Zumba, are working on WAGGGS challenges, potting flowers for Mother's Day, and having a sleep-over at Telus SPARK science centre. They will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advance to new adventures with the Guides in the fall.

The Guide units went curling, are prepping for tent camping and a sleep-over at the zoo. Many units helped green our world by holding litter clean-ups for Earth Day. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder, Ranger & Trex units went to 4 Cats Art Studio, attended the Junos, went to the Opera

attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are travelling this summer and others are attending the GGC national camp Guiding Mosaic being held right here in Alberta.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at www. calgarygirlguides.com or go to www. girlguides.ca to register for fall 2015!

Girl Greatness Starts Here







# South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8
Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

West Comm

#### Parent Talk - Register Now

Thursday mornings, 10:00 – 11:30, April 14 – June 16, 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

• Enjoy the company and support of other parents • Give your children some supervised play time

• Get your parenting questions answered with the help of facilitators from the Further Education Society

• Help your young children learn and develop their potential

You can register and start the program anytime over the 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

#### Connecting you to the Resources you Need

You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation

identify the strengths and resources you already have
provide information about, and referrals to, other available resources, programs and services
help you "navigate the system"

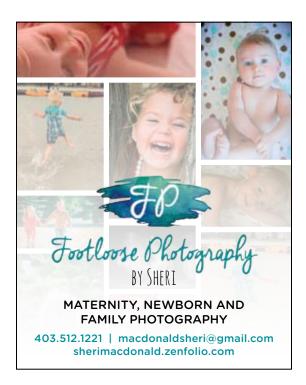
#### Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

# SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.



#### <u>Home gardening with barbara</u>

# IN & AROUND CALGARY

# **Planters are NOT Ashtrays!**

A May safety tip from your Calgary Fire Department:

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

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

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

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

• Do not butt out cigarettes in **any** potted planters

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

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



# Celebrate Neighbour Day on June 18

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

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

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

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



## Subsidies are available for City services

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

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

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

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



**Feng Shui** is on my mind again. Perhaps it is because of the "clutter" thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let's focus on just a couple.

We'll get the "clutter" thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other "stuff". If you don't love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own chi, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn't as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

**Pets** are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

#### Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said "Rest in Peace". The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, "Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying "Congratulations on your new home".

**Barbara Shorrock** is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

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

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



#### JUNE 5 LILAC FESTIVAL The festival kicks off with a parade

JUNE

down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



#### JUNE 24 TEDXYYC

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



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

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

# **Getting a tax refund?** What now?

Suzanne Smith-Demers – Consultant

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

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

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



# Alberta Guide Dog Services

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

Photo Credit: Alberta Guide Dogs

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Elisabeth Fayt

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

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

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

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

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

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



## Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

#### How to help your child:

• Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!

• Even reading just six books over the summer holidays can help your child maintain or improve their reading level.

• Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

#### Ways to make reading fun this summer:

• Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.

 If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.

• Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.

### www.kilbco.com

#### READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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> Professional massage services Therapeutic · Relaxation · Deep Tissue Pre - natal · Sports · MVA

WHY HAVE A MASSAGE? To relieve pain, and soreness from tired, strained and over worked muscles. To reduce stress and tension throughout the body Regular maintenance can assist in injury prevention.



# **BUSINESS CLASSIFIEDS**

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#10, 8318 Fairmount Drive SE Calgary, AB, Canada T2H 0Y8 Phone: (403) 640-1363; Fax: (403) 640-2970 calgary.acadia@assembly.ab.ca

Friends and neighbours,

Our government has launched a review of Workers Compensation Board. We are committed to making sure the WCB system provides fair compensation and meaningful rehabilitation and that the system is sustainable and affordable. It's been more than 15 years since the last WCB review.

An independent three-member panel will conduct a formal review of the workers' compensation system.

- The review will examine the:
- WCB's governance and effectiveness
- principles of compensation
- policies of WCB including those related to privacy and confidentiality
- transparency of processes and decision-making.

This review will also include the Appeals Commission for Alberta Workers' Compensation and the Medical Panel Office. The panel is expected to provide a progress update to government in fall 2016 and a final report in spring 2017.

As part of its formal review, the panel will engage with injured workers, employers, key partners, and interested Albertans, to gain a thorough understanding of the issues. Input from these conversations will inform the panel's final report.

Opportunities to get involved will be announced over the next few months. If you are interested in participating, please visit www.alberta.ca/wcb-review.cfm for more information.

#### Did you know?

The Calgary Food Bank is located in Calgary-Acadia? Our office is collecting for the Calgary Food Bank and I was fortunate to receive a tour of their facilities. Established in 1982, the Calgary Food Bank is a charitable, non-profit organization dedicated to gathering and distributing quality emergency food to those in need. The Food Bank was founded by religious leaders in the community who were all collecting food and giving it to

those in need. They decided to join forces to make the most impact within their community.

The majority of people they assist are working-poor Calgarians struggling to make ends meet. The Calgary Food Bank is not a government or United Way agency. They rely solely on the generous support of our community. Over 40% of their clients are children, which is 5% higher than the national average and 1 in 9 Calgarians visited the Food Bank in 2009.

Our next Open House is on Saturday May 28 from 1:30-3:30pm. We would love to have you come and join us for a coffee and chat. Come with questions and stay for the areat conversation.

As always, my staff and I are here to help and love to hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by:

Email: Calgary.Acadia@assembly.ab.ca, Phone: 403-640-1363 Visit: #10, 8318 Fairmount Dr. SE Office Hours: Monday 10-3, Tuesday - Friday 10-4



**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

#### TREES NEED PRUNING, REMOVAL, REPAIR? **INSECTS OR DISEASE A PROBLEM?** Fall/Winter/ Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.



COUNCILLOR. WARD 9 **GIAN-CARLO CARRA** c/o Office of the Councillors

PO Box 2100, Stn 'M', Mail Code #8001A Calgary, AB T2P 2M5

#### Hi Neiahbours!

#### **Traffic calming in Fairview and Acadia**

One of the concerns that residents in Fairview have brought to my attention is the speed of traffic on Fairmount Drive SE. On March 17 of this year, our office, along with Safer Calgary, held an event called "Safe & Smooth Episode IV – The Road Awakens". During this event, Safer Calgary, a group of urban designers answered the question so many of you have posed: How do we decrease the speed of vehicles travelling on Fairmount Drive SE?

If you were driving along Fairmount Drive SE on that day, you saw the answer and no doubt felt the effects. Temporary pylons were placed along the length of Fairmount Drive SE and the drop in speed was dramatic! By narrowing and defining the road, the tactic was able to keep traffic moving smoothly, while controlling the speed of vehicles.

A similar tactic was used in another Ward 9 community to the north in Renfrew at Child Avenue NE-Colgrove Avenue NE-Cardell Street NE. In April, with advocacy from the Ward 9 Office and residents in Renfrew, The City implemented suggestions from Safer Calgary and changes have been made to that intersection to improve the quality of life of residents in that street. If you would like more information about what was done in Renfrew, head on up there and take a look. With your support, we can change Fairmount Drive SE for the better.

#### Notices of motions

I have written and moved a number of Notices of Motions that came about as a result of talking with you, Ward 9 residents. One of these Notices of Motion is a Red Line scoping study for our C-Train system.

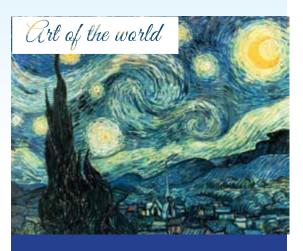
#### **Transportation for Fairview and Acadia**

Where the Red Line scoping Notice of Motion mentioned above is a long-term project, the soonto-be-operational South Crosstown BRT is not. I have been advocating for this route on your behalf and I am proud to say that starting in August 2016, construction of the new route, which will travel between Westbrook, Heritage, and Douglas Glen Park & Ride (future Green Line stations) will start and be completed by September 2018.

#### Thank vou

The work that your Team Ward 9 has accomplished above is a testament to our interactions with you. Please continue to contact us and let us know how we can continue to work on your behalf.

Yours truly, Gian-Carlo Carra



The Starry Night is an oil on canvas by the **Dutch post-impressionist** painter **Vincent van Gogh.** Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

#### IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911			
Alberta Adolescent Recovery Centre	403.253.5250			
Alberta Health Care	403.310.0000			
AHS Addictions Hotline	1.866.332.2322			
ATCO Gas – 24 Hour Emergency	403.245.7222			
Calgary HEALTH LINK 24/7	811			
Calgary Police – Non Emergency	403.266.1234			
Calgary Women's Emergency Shelter	403.234.7233			
Child Abuse Hotline	1.800.387.5437			
Kids Help Line	1.800.668.6868			
Child Safe Canada	403.202.5900			
Distress/Crisis Line	403.266.4357			
ENMAX – Power Trouble	403-514-6100			
Poison Centre - Alberta	1-800-332-1414			
HOSPITALS / URGENT CARE				
Alberta Children's Hospital	403.955.7211			
Foothills Hospital	403.944.1110			
Peter Lougheed Centre	403.943.4555			
Rockyview General Hospital	403.943.3000			
Sheldon M. Chumir Health Centre	403.955.6200			
South Calgary Urgent Care Health Centre	403.943.9300			
South Health Campus	403.956.1111			
OTHER				
Calgary Humane Society	403.205.4455			
Calgary Parking Authority	403.537.7000			
SeniorConnect	403.266.6200			
Calgary Kerby Elder Abuse Line	403.705.3250			
Alberta One-Call Corporation	1.800.242.3447			
City of Calgary	311			
Kerby Centre for the 55 plus	403-265-0661			
Community Mediation Calgary Society	403.269.2707			
RNR Lockworks Ltd.	403.479.6161			
Road Conditions – Calgary	511			
Weather Information				
Gamblers Anonymous	403.237.0654			

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# COMMUNITY Ann Ouncemien

#### Deadline – 1<sup>st</sup> 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



The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting. Discovery Magazine





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# EST Saturday June 4

RHUBARB

7

# Saturday June 4 11am - 5pm

Southwood Community Hall & Grounds 11 Sackville Drive SW, Calgary

> We will be collecting donations for the Calgary Food Bank

> > Live Music Cash BBQ & Marketplace Village Brewery Beer Garden Face Painting & Petting Zoo Kid Bouncers, Crafts & Activities James Jordan - Magic Shows Permanent Skatepark - Grand Opening







NICK LIMA 403-714-4833 nicklimarealty@live.ca

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