

APRIL 2018 • ISSUE 203

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LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER





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Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.



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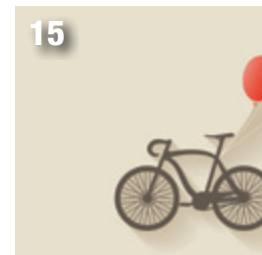
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LAKE BONAVISTA COMMUNITY ASSOCIATION

1401 Acadia Drive SE • Calgary Alberta T2J 4C6
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 info@lakebonavistacommunity.com
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Editorial Submissions

info@lakebonavistacommunity.com

All editorial content must be submitted by the 8th 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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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 the Lake Bonavista Community Association and Great News Publishing.

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

The Lake Bonavista Community Association and Great News Publishing do 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
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
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	1-855-222-5542



Public Skating Hours

Tuesdays 2:30 - 3:30pm
 Thursdays 2:30 - 3:30pm
 Saturdays 3:15 - 4:15pm

PLEASE NOTE:
 Free for Lake Bonavista Community Members.
 Non-Members \$3 per person



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Lake Bonavista Community Association

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Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

Recreation & Facility Coordinator Tammy Langdon	Ext 225
General Manager Mary Ann Miller	Ext 231
Program / Events Coordinator Kaley Maksymyk	Ext 222
Operations Manager Garry Dolham	Ext 227
Facility Coordinator Tammy Brennan	Ext 221

Lake Bonavista Homeowners Association

Please Direct inquires and concerns related to the LAKE and Park to: 403-271-3333 or lbha@telus.net

Volunteering
is good for the soul

**WE ARE NOW ON
FACEBOOK AND TWITTER!**



Find us on Facebook as
Lake Bonavista Community
Association



On Twitter as
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Stay Connected to your
community

Lake Bonavista Community Association

Board of Directors
2016-2017

President	Myles McDougall
VP Finance	Eric Metzler
Secretary	Jody Gibson
VP Operations	Craig McGeachie
VP Community Affairs	Mike Bradshaw
VP Programs	Mick Somerwill
Ice Sports Director	Mick Beale
Gym/Field Sports Director	Brad McMorris
Director at Large	Gaetan Gobeil
Director at Large	Judi Cole
Director at Large	Patti Graham

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

President	Jeff Edwards president@lbbreakershockey.ca
VP Operations	Corrina McClement vpoperations@lbbreakershockey.ca
Financial Auditor	Jay Morency vpfinance@lbbreakershockey.ca
Secretary	Paulette Niedermie secretary@lbbreakershockey.ca

Please visit the Lake Bonavista Hockey Website for the complete listing of Category Coordinators and Registrars. lbbreakershockey.ca



Join us for the Lake Bonavista

Community Clean Up

Sunday, May 13

9am-2pm SHARP – no drop offs after 2pm
1401 Acadia Drive SE

Please help us by cleaning by up your yards, back alleys and surrounding areas.

Thank you to the City of Calgary for providing the amenities.

Accepting

- City of Calgary will provide crusher trucks and an organics truck
- Technotrash Bin accepting computers, printers, photocopiers, cell phones etc.
- Canadian Diabetes (Clothesline) truck accepting dishes, women & children clothing, toasters etc
- Metal Bin
- Bikes

Not Accepting

- Tires
- Chemicals
- Hazardous Waste
- Propane Tanks/Containers
- Liquids (Oils)/Glass
- Large Home Appliances
- Paint

For Lake Bonavista residents only

No commercial vehicles

A more detailed list of items we will be accepting is on our website.
www.lakebonavistacommunity.com

VOLUNTEERS NEEDED AND APPRECIATED - PLEASE SUPPORT THE COMMUNITY

- Refreshments provided
- LBCA Community Clean Up is a chance to promote cleanliness & beautification in the Lake Bonavista Area.
- Support the community and come out and lend a helping hand.
- For more information phone 403.271.7107 ext 222





Community Board Update

By Myles McDougall
President
Lake Bonavista Community Association

The Holiday Wish Survey results are in!

Thanks to everyone who completed our Lake Bonavista Community Association wish list survey!

Based on 300 responses we received, your top 5 wishes included:

1. Create a Teen Drop-in area
2. More open skate and open gym times
3. More community events
4. Update and improve our community space
5. New online reservation system

We have incorporated these into our 2018 LBCA Strategic Plan and have started working on them.

Below is a list of some of the improvements in process or already completed:

- New bleacher installed in small arena
- LiveBarn service to be installed in arena
- Clocks to be installed in dressing rooms
- Obtain quotes to update lobby/common areas.
- Evaluate arena and gym schedule to test more open access
- Applied for grants for new online registration system
- Obtain quotes for new security system

Stay tuned for more progress!

We welcome new board members

If you have a passion for something within our community, come to one of our board meetings and share. We would really like to hear from you. **Our next board meeting is Wednesday, April 18th.**

Your voice matters!

We are a non-profit organization registered under the Societies Act of Alberta and registered with Canada Revenue Agency.

Please note that the Lake Bonavista Community Association is separate from the Lake Bonavista Homeowners Association which operate the lake facilities.

If you are like me, one of the most important reasons you chose to reside in Lake Bonavista is its sense of community. We tend to know our neighbours. Our children attend school in the neighbourhood, participate in community teams and events, and hang out together at our lake. One of the key contributors to our community character is the Lake Bonavista Community Association, commonly known as the LBCA. The LBCA is a charitable organization that is responsible for funding and maintaining the Lake Bonavista Recreation Centre. The facility includes two ice surfaces, a gymnasium, fitness centre, meeting room and houses a day care and after school program. Through dedicated staff and an army of volunteers the LBCA provides a wide number programs ranging from hockey, soccer, basketball, pickle ball, stampede breakfast, spring cleanup, a toddler drop in among others. The LBCA is also the official community representative to the City of Calgary and other organizations. LBCA funding is derived primarily from facility rentals, program fess and membership sales.

With the objective of improving our community service, the LBCA Board recently conducted an extensive survey of Lake Bonavista residents. Utilizing this input, the Board conducted a thorough strategy review and developed a number of new initiatives that is summarized in this month's Bugle. The Board and I are excited about the opportunities and we would like to thank those who participated in the survey for their input and ideas. I invite any resident interested in volunteering in any way to please contact us. Its participation by people like you that makes Lake Bonavista special.

Cheers,



Together we can
make our community shine!



Spring Recreation Programs



All registrations can be done at www.lakebonavistacommunity.com

Tumble Time

Monday-Friday: September 18-June 9:30 - 11:30am
Drop in: \$4.00/ child
6 months -5 Years
No class on STAT holidays

A drop-in parent supervised program aimed for children under the age of 6. There are bouncy castles and balls galore. Come for 1 day or come for them all! No registration required.

Recreation Spring basketball

This is a fun, developmental league where the participants will be divided into balanced teams and have 1 practice and 1 game per week. It is intended for new or beginning/developmental players who want to brush up their skills in a fun environment.

Divisions:

Junior Rec- Boys & Girls 9-10Y
Senior Rec B- Boys & Girls 11-12Y
Senior Rec A -Boys & Girls 13&14Y
Masters Rec – Boys & Girls 15+
Evaluations: Monday April 9-Friday April 13, 2018
Season: April 16- mid June 2018
Activity Fee \$155

Outdoor Soccer

Outdoor Soccer runs April 23rd- June 19th, 2018, weather permitting. All games and practices are at Lake Bonavista Elementary School (1015 - 120 Avenue SE) on the dates indicated for each age group. Players will also have to provide a \$50 volunteer deposit, which will be returned at the end of the year if volunteer require-

ments have been met. Participants will receive jersey and socks to keep, as well as a team picture and medal. There will be a wrap up party June 19th!

If you would like to volunteer contact program_coord@lakebonavistasoccer.ca

U4 Introduction to Soccer – Players born in 2014

Parented Program – all players must have a responsible adult participating and encouraging their little ones on the field.
Day: Tuesday
Time: 6:00-7:00pm
Activity Fee: \$70

U5– Players born in 2013

Day: Monday/Wednesday
Time: 6:00-7:00pm
Activity Fee: \$95

U6– Players born in 2012

Day: Tuesday/Thursday
Time: 6:00-7:00pm
Activity Fee: \$90

U8– Players born in 2010 or 2011

Girls: Monday/Wednesday
Boys: Tuesday/Thursday
Time: 7:00-8:00pm
Activity Fee: \$100

Tennis

*All tennis lessons require a Lake Access card

U8 Tennis

Days: Mondays and Wednesdays
Time: 4:30pm – 5:30pm
April 30-June 4
No class Monday May 21st
12 classes



U10

Days: Monday and Wednesdays
Time: 5:30pm-6:30pm
April 30-June 4
No class Monday May 21st
12 classes

U14

Days: Mondays and Wednesdays
Time: 6:30-7:30 pm
April 30-June 4
No class Monday May 21st
12 classes



Adult Beginner Tennis

Mondays: 7:30-8:30pm
April 30-June 11
No class Monday May 21st
6 classes

Adult Intermediate Tennis

Wednesdays: 7:30-8:30 pm
May 2-June 6
6 classes

Mixed Level

Hatha Yoga

Mondays: April 16- June 18
No Class May 21st
9:30AM - 10:40AM
\$115
9 classes

Instructor: Newton Nash
This mixed level yoga class is for anyone with an interest in yoga. Standing postures will be emphasized. Exploring the effects of each posture on the breathing and balance within the posture.

Low Impact

Tuesdays: April 17 – June 19
9:00AM - 10:00AM
\$125
10 Classes
Instructor: Lillian Romanchuck
Fun filled class with low impact aerobics, muscle strength, resistance training and core stability core stability with free weights, bender balls and tubing. Stretch and relaxation with some yoga and Pilates poses.

Pilates & Strength

Tuesdays: 7:00PM - 8:00PM
April 17 – June 19
Cost: 125
10 Classes
&
Fridays: 9:00AM - 10:00AM
April 13- June 15
\$125
Classes: 10
Instructor: Kathie Moore
This class is designed for those new to Pilates and those with previous experience who want a combination of strength and stretch in one workout.

Chi-Ball Pilates/Yoga Fusion

Thursdays: 9:00-10:00AM
April 19 – June 21
\$125
Classes: 10
Instructor: Lillian Romanchuck
This class is designed to re-energize tone and relax the body. The class has a good combination of exercises using the Chi Ball, bender balls, tubing and free weights which help build bone mass, strength and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress fighting, anti-aging mind and body.



INVITATION TO DANCE

Invitation to Dance is a non-competitive studio in *Bonavista Downs* committed to providing a safe and fun environment for children ages 3 and up.

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www.invitationtodance.ca



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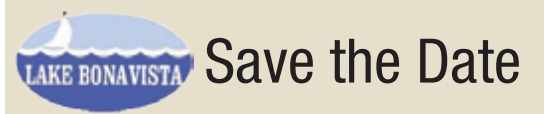


SCHOOL DIRECTORY

Andrew Sibbald Elementary	403 777 6830
Lake Bonavista Elementary School	403 777 6870
École Sam Livingston Elementary School	403 777 6890
St. Boniface Elementary School	403 500 2060
St. Bonaventure Junior High School	403 500 2062
Nickle Middle School	403 777 7720
École St Cecilia French Immersion Elementary School	403 500 2040
St. Philip Fine Arts Elementary School	403 500 2072
Fairview School	403 777 7900
Ecole Notre-Dame-De-La-Paix	403 271 5544
St. Matthew Elementary/Junior High School	403 500 2030
St. William Elementary School	403 500 2055
Canyon Meadows Spanish Academy	403 777 8600
Bishop Grandin Senior High School	403 500 2047
Dr. EP Scarlett High School	403 281 3366
Lord Beaverbrook High School	403 259 5585
Prince of Wales School	403 777 6880
Ecole Sainte-Marguerite-Bourgeoys	403 240 2007
École de la Source (French) K-9	403 255 6724
Ste-Marguerite-Bourgeoys (S)(French) 7-12	403 240 2007
École de la Rose sauvage (French) 10-12	403 230 3112

CHURCH DIRECTORY

Bonavista Baptist Church 1507 Acadia Drive SE	403 271 6969
Bonavista Evangelical Missionary Church 1509 Lake Ontario Drive SE	403 278 4518
Holy Nativity Anglican Church 12707 Bonaventure Drive SE	403 278 0001
St. Bonaventure Catholic Church 1600 Acadia Drive SE	403 278 7556
Deer Park United Church 77 Deerpoint Road SE	403 278 8263
Your Grace Land Delta Calgary South	403 225 4331
Red Deer Lake United Church Hwy. 22X West	403 256 3181
The Church of Jesus Christ of Latter Day Saints 14540 Parkland Blvd SE	403 571 3750
McDougall United Church 8516 Athabasca St. SE	403 252 1620
Lutheran Church of Our Saviour 8831 Fairmount Dr. SE Calgary	403 253 1453



Lake Bonavista Community Association Bike Exchange

Sat June 2nd, 2018

Do you have an old bike that has been outgrown, or you'd like to donate or exchange? Lake Bonavista is hosting our first ever bike exchange. When you donate an old bike, you will receive a voucher for \$10 or \$20 (per bike). That can be exchanged towards a new bike. All bikes will be sold on Saturday, June 9th. In order to receive a bike voucher, you need to drop bikes off prior to Saturday between Wednesday June 6th and Friday June 8th.



LAKE BONAVIDA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?

Our Fitness Studio is 1600 sq ft with a mirrored wall.

Mon-Fri 6am-8:45am, 9pm-11pm

Mon, Tues, Thurs, Fri 11am-3pm

Anytime Saturday

Sunday 10:30am-1:30pm, 3pm-11pm

For rates and to confirm availability contact Tammy
facilitybookings@lakebonavistacommunity.com



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Lake Bonavista Figure Skating Club

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President	Heather Campbell president@lbfsc.ca
Vice-President	Jacqueline West vicepresident@lbfsc.ca
Secretary	VACANT secretary@lbfsc.ca
Treasurer	Sharlene Delon treasurer@lbfsc.ca
Skate Canada Chair	Irene Liew skatecanada@lbfsc.ca
Rink Chair	Melissa Sterna rinkchair@lbfsc.ca
CanSkate Chair	Simone Saeger canskate@lbfsc.ca
Test Chair	Lorie Hynes testchair@lbfsc.ca
Events Chair	Christiane Myslicki events@lbfsc.ca
Fundraising Chair	Kristi Hallett fundraising@lbfsc.ca
Volunteer Coordinator	Kim Feser volunteer@lbfsc.ca
Casino Chair	Brandee Vaselenak casino@lbfsc.ca
Communications Chair	Marilyn McKnight communications@lbfsc.ca

Other Programs/Sport Contacts

Block Parent - West of Acadia Drive	Pam Hommy 403 278 8214
Bowview Ringette	www.bowviewringette.met.ca 403 236 5548
Bow River Basketball	www.bowriverbasketball.com
Calgary Horseshoe Club	403 279 0600 calgaryhorseshoe.club.com
CDLA - Lacrosse	403 777 3646 www.calgarylacrosse.com

Colts Tackle Football	www.southcalgarycolts.ca ccoltsfootball@shaw.ca
Curling Club	Bob Smyth • 403 271 8383 Doug Brown • 403 560 7094
CWLL - Lacrosse	cwll@freehomepage.com
Foothills Soccer	403 225 9388 www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches	403 283 8348 www.calgarygirlguides.com
Girls Hockey Calgary Association	403 278 9223 www.girlshockeycalgary.com
Lake Bonavista Basketball	Colette MacArthur
Lake Bonavista Soccer	Kristin Hunt program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crml.com
Scouts Canada: Beavers, Cubs, Scouts and Ventures	Andy den Otter 403 271 8631 www.scouts.ca
Bottle Pickup	Karen Marcotte 403 477 5869 www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt 403 272 9916
Southside Hockey	Kevin Turner www.southsidehockey.com
Welcome Wagon	1-844-299-2466



LAKE BONAIVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone
587-229-7880



CRIME STATS FOR LAKE BONAIVISTA

Category	2017 May	2017 June	2017 July	2017 Aug	2017 Sept	2017 Oct	2017 Nov	2017 Dec	2018 Jan
Assault (Non-domestic)	1							1	
Commercial Robbery				1					
Street Robbery			1						
Violence 'Other' (Non-domestic)					1				1
Residential Break & Enter	6	7	1	3	4	1	4	6	2
Commercial Break & Enter	2	2	1		3	7	2	6	8
Theft OF Vehicle	1	5	4	2	5	2	1	1	5
Theft FROM Vehicle	16	9	11	9	14	13	6	9	9
Social Disorder	42	46	34	36	36	43	27	22	25
Physical Disorder	1	3	2	5	3	4	5	3	11



Lake Bonavista Community Association

Babysitters Course

May 12th, 2018
8:30am-4:00pm
\$70

This Red Cross Babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills, and what to do in case of an emergency. Basic first-aid is also covered, choking, cuts, burn, etc. Each student will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.

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144 LAKE BONAVISTA SCOUT GROUP
144scouts.ca



Beavers have been busy building their Beaver Buggies!

Cubs recently had fun camping in tents and building tarp and snow shelters, at Water Valley. The Kub Kar regional races were held recently for the whole Southern Trails area. We saw very creative Kub Kar designs!

Scouts are ready to race their Scout Trucks against other scout groups at their Southern Trails regional meet.

Venturers and Rovers endured and thrived at the annual winter camp challenge in February where they trekked for three days over fresh (soft) snow, carrying all their gear, food, and clothing in windy cold conditions. After that, their recent snowshoe-backpacking trip in Kananaskis was a breeze!

BOTTLE DRIVE: SATURDAY, APRIL 14th

Our joint Scouts and Girl Guides' next Bottle and Can Drive is on April 14th. Your support by donating bottles and cans help make it possible for us to use Lake Bonavista community facilities to run our programs. Please put your empty bottles and cans near your door or the curb on Saturday morning and watch the delighted Beavers, Cubs and Scouts as they pick them up!

The Venturers, Rovers and Leaders do the sorting. You can see them at work if you drop your donations off at the Lake Bonavista Scout Hall that morning. **THANK YOU!**

The 144 Group's Beavers, Cubs, Scouts, Venturers, Rovers, and their volunteer leaders enjoy indoor and outdoor activities around Lake Bonavista all year. If you are interested in joining our vibrant community group, check out our website: 144scouts.ca or call our Group Commissioner, Andy den Otter: 403.271.8631.

Photo: Cubs had fun camping in the snow!




SKATE CANADA
LAKE BONAVISTA FIGURE SKATING CLUB



Club News

LBFSC had a busy March! We held our final Skater Showcase of the season just before the Calgary Winter Invitational. It was a great opportunity for our skaters to have a dress rehearsal prior to the competition.

Speaking of competitions, congratulations to the following skaters who competed at the Central Alberta Open!

STAR 2

- Bailey Arnett-Reid—Silver
- Michelle Siganur—Gold
- Devon Kelly—Silver
- Erica Hayman—Silver
- Alexis Hirsekorn—Silver
- Sofiya Oliynyk—Silver

STAR 3

- Katherine Li—Silver

STAR 4

- Kaitlynn Carver—3rd

STAR 6

- Angelica Bathory-Froto
- Morgan Jones
- Jocelyn McKnight

STAR 7

- Morgan Jones
- Jocelyn McKnight

STAR 8

- Rylan Vaselenak

STAR 9

- Kyla Sterna
- Rylan Vaselenak

We have another Test Day coming up this month. Coaches and skaters have been working hard to prepare and we are certain it will be as successful as our Feb test day. Special recognition goes out to Megan Myslicki who passed her Gold Freeskate program and to Miranda Wilson who passed her Gold Interpretive test. Rylan Vaselenak passed both the Gold Freeskate and Dances to become Triple Gold!

Learn to Skate News

Our winter session of Pre-CanSkate, CanSkate and Pre-STARSkate comes to an end! We are happy to offer a Spring Academy for those skaters wishing to continue developing their skills. Pre-STARSkate will have the opportunity to work with all our full time coaches on the large ice surface during the month of April. This is great for skaters who may be interested in pursuing figure

skating in the STARSkate program eventually. As well, we have a Spring Academy class for those wishing to continue with CanSkate in the fun group atmosphere they experienced during the fall and winter sessions. Speak to CanSkate coach Barb Westhaver for more information and see our website for dates and time.

Spring School

Our spring skating schedule for STARSkate and CompetitiveSkate is now available and registration is open! In addition to ice sessions, we also offer stroking to increase power/speed and off ice ballet training. The spring session begins right after the May long weekend.

As well, our very popular summer school is open for registration as well! We will be offering 4 full weeks of skating packages. For those who will be competing at Wildrose, we will also have some ice sessions available in the days leading up to the competition.

Please check out our website for more information and to register in our programs!

Stay in the Loop

Did you know that LBFSC is on Instagram and Twitter as well as Facebook? Connect with us via Social Media and check our website www.lbfsc.ca for the monthly newsletter to keep up with all that is happening!

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Refund Policy Sports and Programs

Sports Cancellations

Full Refund will be issued if the sports program is cancelled prior to commencement.

Withdrawal fees are as follows:

- \$25 admin fee for all cancellations
- NO REFUNDS one week prior to program start date

In all cases of withdrawal from programs, the registrant is responsible for advising their registrar as well as the Program Leader of his/her intent to withdraw.

Programs/Courses

Full refund will be issued if the program is cancelled prior to commencement.

Withdrawal fees are as follows:

- \$25 admin fee for all cancellations
- NO REFUNDS one week prior to program start date

Special Events – NO REFUNDS

In all cases of withdrawal from programs, the registrant is responsible for advising the office as well as the Program Leader of their intent to withdraw.

Please visit the Breaker website for the hockey Refund Policy



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Bonavista Cares

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great!

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or



PICKLE BALL

**Mondays, Tuesdays and Thursdays
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Pickleball at Lake Bonavista Community Association is here to stay, and we've added an additional day!



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www.lakebonavistacommunity.com**

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SAFE & SOUND

Bicycle Helmet Safety

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember—it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

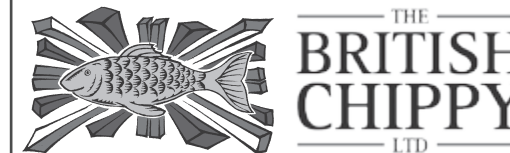
Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities>



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Steady in the Storm

Quite often you will have an unpleasant feeling, a feeling of sadness, fear, worry, or despair and you want to run away from it—and you have many ways to run away like magazines, books, music, food, Internet, so you won't be in touch with your body and mind. Mind and body are alienated from each other, and this makes us sick.

When a catastrophe happens, when you have a painful feeling in your body, when something isn't going well, when you have a strong emotion, mindfulness will help you to be aware of it and you can help soothe and calm that pain. Mindfulness through breathing helps put you back in touch with the positive things, helps you be present and skilled with things that are unpleasant.

Handling Anger – Anger can ravage your mind and body but if you can breathe mindfully and come back to the present moment and get in touch with your body and feelings and embrace them, there is already some relief. If we don't practice mindfulness and embracing, then there is just the anger, that one energy, in us. This energy can push us to say and do things that will cause us damage. When anger comes up try to practice this mindful breathing.

Breathing in, I know that anger is there in me

Breathing out, I embrace the anger in me.

The energy of mindfulness embraces and calms the anger and will help you handle the suffering.

Belly Breathing – When we have a strong emotion we can now know that we don't need to be afraid, because

we now have some ways to take care of a strong emotion. Our person is made of body, feelings, perceptions, mental formations and consciousness. The territory is vast. You are not only the emotion you are having; you are much more than one emotion. Try this abdomen breathing.

- Sit in the lotus position, or any seated position in which you are comfortable, or you can lie down.
- Put your hand on your stomach, breathe in very deeply, breathe out very deeply, and become aware of the rising and falling of your abdomen. Completely concentrate on the rising and falling of your abdomen. Stop all thinking. The more you think about your emotion, the stronger it will become.
- Try not to allow yourself to dwell at the level of your head, of your thinking
- Bring your awareness back down to your abdomen, just below the navel. Become only aware of the rising and falling of your abdomen. Stick to this and you will be safe. It's like a tree standing in a storm. When you look at the top of the tree, you see the upper branches and leaves swaying violently back & forth in the wind. But when you direct your attention to the trunk of the tree, you see the part of the tree is not swaying, you see the tree firmly and deeply rooted, and you have a different feeling. You know the tree is going to withstand the storm.
- When there's an emotional storm going on inside you, don't get stuck up there in your head where thoughts are racing through. Stop the thinking. Go down and embrace the trunk of your body, down at the level of your abdomen. Focus 100% on the rise and fall of your abdomen and you'll be safe.
- You may need to do this for 20 minutes or so. But if you stay with it, the insight will come that you are much more than one emotion.
- Begin this manful breathing now. Don't wait until that emotion comes to be doing the practice. You'll naturally forget if you don't make this an everyday practice.
- Try mindful breathing 5 -10 minutes a day and you'll naturally remember to practice when the emotion comes, and you'll survive the storm.

Recommended Reading: *Peace of Mind*, author Thich Nhat Hanh

Does everyone mumble?

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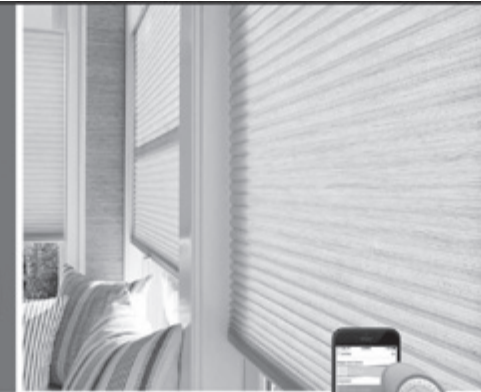
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G-Force: The Secret Sauce of Rebounding

During your day to day activities, such as walking, your body experiences a G-Force of 1, which is approximately equal to your body weight. This is not the case during your rebound workout. While jumping on a rebounder, there are three forces working on your body: acceleration, deceleration, and gravity. At the deepest point of the rebounding motion (when you bounce into your jump mat), your body is at a gravitational force at least two to three times stronger than normal. This force is also at work on each cell in your body. In laymen's terms, this 2-3 greater than normal gravitational force when you hit the surface of your jump mat is like you are bouncing up, even if it's for a fraction of a second, with a weight 2 to 3 times more than your actual body weight. So, if you weigh 100 lbs., on a rebounder, it's like you are bouncing up with a weight of 200 to 300 pounds. This G-Force is what strengthens and tones your body, and since the force is exerted only for a fraction of a second, there is no undue stress on your body.

The lymphatic system, commonly summarized as the "garbage disposal of the body," relies completely on our conscious movement. Unlike the cardiovascular system with the heart automatically pumping fluid, the lymph system relies on our body movements as a pump.

Movement turns on the garbage disposal – without movement that forces the lymphatic fluid to drain, toxins collect stagnantly in the lymph instead of leaving the body. Any type of exercise, such as walking, weight lifting or swimming, helps flush toxins in the lymph.

Rebounding can be far the most effective movement therapy for increasing lymph flow and draining toxins from the body. Many natural health practitioners recommend daily rebounding as a gentle detox technique or weight loss aid. Due to the up-down movement, lymphatic fluid is forced to flow and flush toxins.

Supports Bone and Joint Health

It has been reported that NASA uses rebounding to help astronauts regain the bone density they lost when in

space (due to the lack of gravity). A study done by NASA in 1980 supports the use of rebounding in re-mineralizing bones. Rebounding belongs in the routine of those with osteoporosis. Rebounding also offers joint-friendly exercise without the impact of exercising on hard surfaces.

Cellulite Reduction

With that said, cellulite is frequently due to a stagnant, toxic lymph system. By supporting lymphatic flow in the butt and thighs, rebounding can improve one of the root causes of non-hereditary cellulite. Often, women see a reduction in cellulite after regular rebounding for a few months.

Fun Weight Loss

Long bouts of cardio exercise can actually backfire in weight loss attempts, since prolonged periods of "breathless" exercise can lower your metabolism. Metabolic-supporting exercise is key to weight loss, however, and that is where rebounding comes in. If you rebound at a moderate pace, so you can still breathe comfortably, it gets you moving without stressing your metabolism. Also, the gentle detox encourages fat loss.

Improved Balance and Posture

Another benefit of rebounding is that it helps improve your posture, engage your abs, and practice your balance when you are bouncing. By regularly rebounding, you carry these improved habits off the trampoline.

Supports the Cardiovascular System

The benefits of rebounding include the cardiovascular system. Just as rebounding supports lymph circulation, it supports the circulation of blood. Rebounding decreases blood pooling in veins to improve chronic edema and rebounding can even lower blood pressure by aiding blood circulation.

Improves the Endocrine and Immune Systems

Rebounding is one of the supportive therapies. Since detoxing excess hormones and toxins is key a healthy endocrine system, Rebounding could be a great asset to anyone with hormone imbalance. Rebounding improves the immune system by increasing the action of red bone marrow and supports tissue repair.

People who rebound find they are able to work longer, sleep better, and feel less tense and nervous. The effect is not just psychological, because the action of bouncing up and down against gravity, without trauma to the musculoskeletal system, is one of the most beneficial aerobic exercises ever developed. Get it a try today!

Consult your medical physician before starting a new program.

SPRING 2018

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RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	pat.eberle@shaw.ca
Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	calgarykyokushinkarate@shaw.ca

April 2018 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Easter	2	3	4 Spring hockey starts	5	6	7
8	9 Basketball Evaluations	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Tennis Lessons Start					



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Southside Midget 1 wins GOLD during Esso Minor Hockey Week. They beat Glenlake in overtime.
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 Middle Row - Caron and Denver
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Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.

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See a Hare, Leave It There!

Throughout the spring and summer many wild mothers will raise their young in both rural and urban environments. It is important to know when to intervene, and when the mother is just out of sight.

Hares are common throughout Calgary and Southern Alberta. They don't construct nests for their young, but rather deposit the babies (called leverets) in protected areas like bushes and shrubs nearby. The leverets are born fully furred and with their eyes and ears open, unlike rabbits that are born naked, blind, and deaf. The mother tends to stay nearby but keeps her distance to avoid drawing predators to the leveret's location, reuniting with her young twice daily at dusk and dawn for feeding.

While usually well hidden, occasionally people stumble upon a lone baby hare. **Leave the hare alone!** It is more than likely not orphaned, but rather tucked away for the day. If the leveret is in a conspicuous location, it is okay to move it to a nearby bush or shrub. The mother and leveret will vocalize to each other. If the hare is under threat of attack from a crow or magpie, the best thing to do would be to shoo the birds away and place a cardboard box over the hare until the birds have lost interest and moved away. Be sure to remove the box by the evening to make sure it can be found by its mother in time to be fed. If the hare is injured in any way, contact a wildlife rehabilitator for advice. If the leveret has been attacked by a cat, it is important to intervene. Cats have bacteria on their teeth and claws can be deadly, and small puncture wounds can be difficult to see. It is always a good idea to contact a wildlife rehabilitation organization for advice.

When in doubt, call for help! Don't accidentally kidnap a hare, they have a much better chance of survival with their mother! Please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions, and advice, or look at the website at www.calgarywildlife.org for more information.

SCHOOL SHOUT-OUTS

Willow Park School

CBE school Willow Park Arts-Centred Learning school has been busy!

With our enthusiastic Leadership students, we held our open house in January. Many families came out and were treated to cookies, drama and dance performances throughout the school.

Our first ever Family Game Night was a big hit. We welcomed Dr. MathPickle (Gordon Hamilton), the creator of hit game Santorini, to share games and connect them to math with our families.

The drama department is preparing for its annual production. This year it is Happy Daze and all families are welcome to attend. For information on performance location and dates, please contact the school.

Congratulations to our Volleyball teams who won THREE Divisional Championships this year! Basketball is underway — GO WILD! Athletics is an important part of our program. Our junior and senior teams in volleyball, basketball, badminton, cross-country running and soccer compete within the Calgary Junior High Athletics Association.

Students are continuing to learn IN and THROUGH the arts. Our unique program offers many opportunities to reach beyond basic curricular expectation to engage: with art, art specialists, visiting artists, and field trips to Theatre Calgary, the Music Centre, band camps and dance studios, guest presentations for Black History month, and Crime Scene Investigation. Our studio artist, Mark Vazquez-Mackay, works with students in class, on a collaborative project, and students get an opportunity to share in the daily work of a living artist.

In May, grade 6 students will be heading to Kananaskis for the four-day outdoor school adventure — always a big hit with students.

Check out some of our student work on display at Willow Park Starbucks. This community connection puts our students in the spotlight.

To learn more about activities at Willow Park School visit our website at www.cbe.ab.ca/b331

St. Bonaventure School

Spring results in many culminating competitions so that students can put the skills they have acquired throughout the year to use. In the fine arts department, both the junior and senior bands will be performing at various competitions in April. We are anticipating some superior marks as that was an assessment of an earlier performance the bands attended in February. A group of Grade 9 girls will have an opportunity to attend the Explore IT conference. Another group of Grade 8s and 9s are looking forward to competing in a robotics competition to be held in May. As well, our Spanish students continue to take advantage of various opportunities that enhance their Spanish speaking skills. Athletically, the badminton season is in full swing with city finals scheduled for the beginning of May at which St. Bonaventure is looking to defend their title as tier champions.

With our Lenten journey coming to a close, the staff and students at St. Bonaventure School would like to extend greetings for a most blessed Easter.

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FRIENDS of Fish Creek

April in Fish Creek

Night Sky Wonders - Wednesday, April 11, 2018 7:00 pm - 9:00 pm

For those who are interested in the stars and planets, you'll have the opportunity to learn some of the basics from local astronomer, Don Hladiuk. Don has been looking up at the stars since he was a little boy; he is best known as the Starman on the CBC EyeOpener for the last 33 years. Night Sky Wonders is a two-hour program that includes an indoor classroom component during which you'll enjoy a presentation by Don about what you might see in the sky, followed by an outdoor viewing session (weather permitting) where you can put what you learned into practice. Registration required. Only \$15 each and free for children 12 and under. www.friendsoffishcreek.org/event/nightsky.

The April Fish Creek Speaker Series - ReWilding, a Story of Fish Creek Restoration

Thursday, April 19, 2018 7:00 pm - 8:00 pm

Presented by Drew McKibben, Friends of Fish Creek Tour Guide

Fish Creek Provincial Park is a rare gem set within one of the most populous and fastest growing cities in Canada, but its nature must be managed and protected from a crush of users. Join Friends of Fish Creek Tour Guide Drew McKibben for both an introduction and an update on one of the Friends' current and most important objectives: the restoration and preservation of the creek's ecosystem. Defined by the creek's banks and active floodplains, that land was found to be threatened by recreational use and invasive plant species. ReWilding Through Restoration is preserving and restoring the creek's riparian health by helping park users understand this important issue, and by cultivating native plants. ReWilding Through Restoration is as much about you as it is about the park. Registra-

tion required. www.friendsoffishcreek.org/event/rewilding.

25th Anniversary Brick Pathway - Phase 1 Now Installed and Phase 2 Bricks are Selling Fast!

Thank you to everyone who dedicated a brick, we sincerely appreciate your support!

Become part of history and show your support for this cherished natural area by dedicating a brick today. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. There are less than 145 anniversary bricks available to be installed in front of the Friends' office and bricks are only \$250 each and you will receive a tax receipt. For more information contact the Friends at 403-238-3841 or visit www.friendsoffishcreek.org/brick.

Good Grief: Nature Walking Through Grief and Loss

Natural spaces can offer healing support to those experiencing grief and loss, as can spending time with people who share in this journey. Between May and June, the Friends will offer our Good Grief Program in partnership with Alberta Environment and Parks and Mount Royal University as a way of engaging the grieving in a supportive space, through guided walks in the park. For more info stay tuned to www.friendsoffishcreek.org.

Spring Birding Course starts April 2

Get outside this Spring and learn about the birds of Fish Creek Provincial Park. Course is offered at eight different times per week. Registration required. To register and for more information visit www.friendsoffishcreek.org/programs/birding-course.

Parks Day & Creekfest

Saturday, July 21, 2018 11:00 am - 4:00 pm, Bow Valley Ranch, Fish Creek Provincial Park

Free and Fun for the Whole Family!

Join us in Fish Creek Provincial Park for the 8th annual Parks Day & Creekfest on Saturday, July 21! Enjoy an amazing performance and song-writing workshop from Peter Puffin's Whale Tales returning to Parks Day & Creekfest for the eighth year! Learn about the importance of protecting our local watersheds and natural areas through interactive games and activities hosted by community-based organizations. Have you been to Parks Day & Creekfest? Like us at www.facebook.com/CREEKFESTinFishCreek and visit www.friendsoffishcreek.org/event/creekfest.

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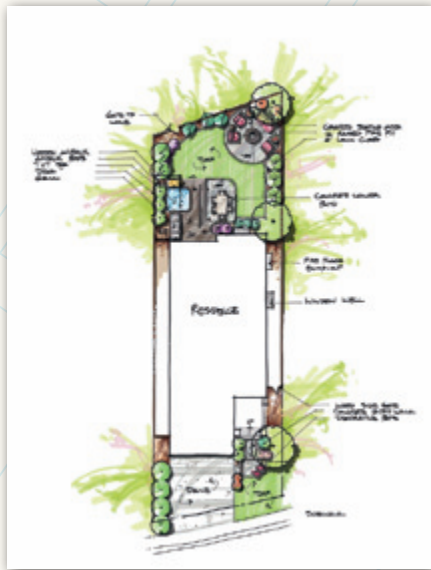
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Calling All Providence Alumni!

Providence, formerly known as Providence Creche, and the Providence Children's Centre, is celebrating a proud history in 2018, 75 years supporting young children.

"We want to hear from everyone who has been part of the organization's history," says Rhonda Conway, President. "Whether your association was through the early days of the orphanage, the group homes, the day-cares, or the preschools; as a resident, a student, a staff member or a volunteer."

Please visit www.providencechildren.com/75years/ to share your connection to Providence and learn about all the exciting events that are happening throughout the year—including an Alumni Homecoming September 22nd, 2018. Hope to see you there!



Providence Creche, Calgary, 1943



Providence, Calgary, 2018

YOUR CITY OF CALGARY

City Crews Ready for Spring Street Sweeping Program

Spring is just around the corner! That means the City's street cleaning crews are coming to our neighbourhoods to remove debris and gravel off the roads.

Street sweeping removes the sanding material and debris that has accumulated on our roads and along major sidewalks and boulevards during the winter months. The program, which improves safety and mobility for Calgary motorists, cyclists and pedestrians, kicks off at the beginning of April. But you might see crews out there working hard beforehand, pre-sweeping along major roads and boulevards.

This year, street sweeping will wrap-up in June. In order to make this happen, crews will be sweeping streets on a compressed schedule, working 7 days per week.

Keeping Calgary Clean is a Collaborative Effort

We are asking all Calgarians to help us make the city beautiful and roads safe by removing vehicles and carts from the street when you see road-sweeping signs in your community.

You can visit Calgary.ca/sweep to:

- Enter your address to confirm their street sweeping date
- Find answers to all of your questions on our FAQ
- Visit a live map to track sweeper progress across the city

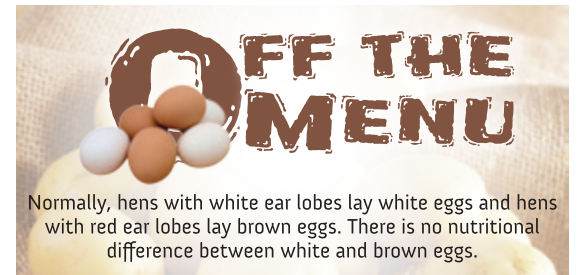
Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood starting this month.

What Matters to You Most About City of Calgary Services? Provide Your Input Starting April 2!

Every four years, The City of Calgary creates their service plans and budgets to deliver on what is important to Calgarians. Your input is an important part of building these plans and budgets. Starting April 2 until the 22, visit Calgary.ca/yourservices or call 311 to provide your input. We want to hear from you about your City services!

Census 2018

Complete your census online! Watch the mail for your access code and visit calgary.ca/census from April 1 to 19. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 20, 2018.



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NEWCOMERS CANADA CAREER AND SETTLEMENT FAIR – BMO CENTRE, MAY 5

Canada's leading recruitment event for foreign-born workers already in Canada. This event includes visa and immigration advice, career services, education and English language testing, foreign credential assessment and settlement services. Resources available will be employers and recruiters, government immigration officials, visa specialists, settlement agencies, education services. Pre-register now for free entry online before April 21 or register for \$10 at the door. More info: newcomerscanada.ca.



EMBRACE GARDENING: EDIBLE GARDENING FUNDAMENTALS – SUNALTA COMMUNITY CENTRE, MAY 15

Edible gardening in Calgary requires some down to earth garden knowledge and skills, plus a whole lot of tips and tricks up your trowel. Get gardening by learning about: Calgary's gardening weather; garden soil – what it is, how to get it, and keep it for a healthy harvest; best edibles for Calgary; direct seeding techniques; seedlings - buying, hardening off and planting; early crop protection and more. Janet Melrose is Calgary's cottage gardener specializing in garden, coaching education and horticultural therapy in Alberta. More info: eventbrite.ca.



CAKE NIGHT | MIRROR GLAZE – CROSSROADS MARKET, MAY 23

Unleash your inner cake decorator. By popular demand, we are currently featuring our mirror glaze classes. With its mirror-like finish, not only does this white chocolate glaze look stunning, it tastes even better! During this 90-minute class you will learn how to prepare, store, and use white chocolate mirror glaze. A wide variety of decorations will be provided to let your imagination run wild! You will also learn basic piping techniques to finish off your designs, and yes, you get to keep and eat your cake!



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Alpha's Movie Night by Beta Sigma Phi - Alpha Chapter – Globe Theatre, May 10

Beta Sigma Phi – Alpha Chapter, is hosting a ladies' night to support infertility awareness. Join us for an evening of fun at the Globe Cinema downtown. Ticket includes: *Bridesmaids* movie, mini trivia game, one small popcorn & drink, temporary henna tattoos and door prizes! Dress up in your best/worst bridesmaids outfit for an additional prize! 50/50 and raffle tickets will be sold. Proceeds from this event will benefit Lasya Healing (Calgary's in-person support group) in conjunction with Fertility Matters Canada (FMC) to bring awareness to the stigma of infertility. More info: eventbrite.ca.

An Evening with David Sedaris – Jubilee Auditorium, May 15

David Sedaris, author of the previous bestsellers *Naked*, *Me Talk Pretty One Day*, and regular National Public Radio contributor will be appearing for one night only following the release of his newest book, *Theft By Finding Diaries* (1977 - 2002), a collection of diaries. As always, Sedaris will be offering a selection of all-new readings and recollections, as well as a Q&A session and post-show book signing. More info: jubileeauditorium.com.

Professional Day Day Camp – The Calgary Zoo, May 18

What better way to spend time off of school than coming to the zoo? Kids grades 1-6 will travel the zoo alongside our talented education staff and see the zoo like no regular visitor gets to. Budding zoologists will have an action-packed day discovering the natural world through activities, games, crafts, stories, interpretive programs and animal visits. Come join the adventure! More info: calgaryzoo.com.

Otafest 2018 – Calgary TELUS Convention Centre, May 18 - 20

Otafest 2018 is Otafest's 20th birthday! Come on down and be a part of this historic year! Otafest is Calgary's anime festival! Celebrating Japanese animation (anime), comics (manga), costuming (cosplay), video games, as well as pop culture in general and much, much more. Come join 8,000 other fans as and be a part of the excitement! More info: otafest.com.



Have You Met the 2018 Faces of Community?

April 15 – 21, 2018 is National Volunteer Week, a time to celebrate and thank volunteers making a difference in our city. Calgary has 151 community associations, and what a lot of people don't realize is that all of the good work they do is done by volunteers. There are actually over 20,000 Calgarians volunteering for their community associations every day, making it the largest collective volunteer network in the city!

Who are these volunteers?

They're people just like me and you. To help showcase community association volunteers we launched the *Faces of Community* as part of our March Community Association Awareness campaign last year, to highlight the many different faces of community volunteers making a difference in our city's communities. *Faces of Community* tells the story of just some of the more than 20,000 community volunteers in Calgary who are donating their time each and every day to help improve neighbourhood life in Calgary.

Nominated by their peers, the twelve 2018 *Faces of Community* come from community organizations across the city, and all have different and inspiring stories of how they got involved, what they're proud of, and what motivates them to stay involved.

To meet the 2018 *Faces of Community* and read their stories visit calgarycommunities.com.



The Federation of Calgary Communities sincerely thanks all community association volunteers for their hard work and dedication to improving neighbourhood life in Calgary. We also thank all Calgarians who step up to volunteer to help make Calgary an even better place to live, work, and play!

Are you looking for Adventure?

Then, Scouting is the place for you!

We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

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Student excellence guides every decision we make. It drives us to understand how students learn, to remove barriers they may face and continuously innovate to best support their needs. As a result, students benefit from an exceptional Catholic education that defines us as one of the most successful school districts in the country.

With robust core-subject programs and alternative opportunities, students can learn to be athletes and leaders; artists, actors and musicians; scientists, technicians, builders and chefs; linguists, world travelers; and independent, critical thinkers. For those who have diverse learning needs, we support them with more than 100 congregated classes, specialized assessment, special education class placements, access to health services and so much more.

Our teachers also prepare students for post-secondary education and careers through dual-credit classes, work experience placements and other programs that help them to transition to further studies. We continue to see how this excellence in teaching and learning benefits our students.

In 2017, students scored 2.4 per cent higher than the provincial average on their Diploma Examinations, and 0.5 per cent higher than the standard of excellence. More than 62 per cent of our students are eligible to receive an Alexander Rutherford Scholarship, nearly 4 per cent higher than the provincial average. And after high-school graduation, we see nearly 70 per cent of students transition to a post-secondary education—11 per cent more than across the rest of Alberta.

For us, student excellence goes beyond academic achievement. It includes their spiritual development and growth into healthy, well-adjusted and productive participants of the future. What makes Calgary Catholic so special is that we can teach students about academics and the world through the lens of our faith.

Faith teaches students the values of care, respect, responsibility, trust and family. Those values spill over and influence their heightened involvement in social justice causes, charitable giving and civic affairs.

At every step of this transformation from student to world participant, the Board of Trustees guides the district and ensures they remain accountable for excellence in learning and teaching.

TAKE ON WELLNESS

Spring into Heel Pain?

By Dr Angela Pucci

Happy Spring! Heel pain is very common this time of year. Maybe you start putting the winter boots aside for sandals or flip flops. Or, maybe you are a runner and the nicer weather means more miles outside. Changes like footwear and more mileage equal changes in the tissues in the foot. This can often lead to pain, specifically, heel pain.

Heel pain can be debilitating. It can affect our day-to-day life and our run training. Treatment for heel pain is determined on the proper diagnosis. The two most common causes of heel pain are:

- **Heel Pad Syndrome** presents as a deep ache in the middle of the heel. It may feel bruised. Walking barefoot or walking on hard surfaces like hardwood or ceramic tile will aggravate the pain.
- **Plantar Fasciitis** presents as a sharp pain in the heel during the first few steps in the morning or after sitting for a prolonged period. Pain may lessen after the tissues are warmed up (e.g.: after walking/running for a few minutes). However, after a prolonged period of standing or activity the pain may worsen.

Treatment for Heel Pad Syndrome is simple; lots of cushioning and stay off your feet (easier said than done)! Cushioning can take different forms. Taping the heel is one of the best ways as it stabilizes the heel pad. Wear shoes with lots of cushion, or, add a gel pad in your current shoes. Comfort and cushion is the key!

Plantar Fasciitis treatment varies upon the person. It would include manual therapy by a Health Care Practitioner and some changes at home (such as sleeping with a specific kind of sock and rehab exercises).

If you find yourself with heel pain, seek out a Health Care Practitioner you trust to give you the proper diagnosis, so you can get the proper treatment. The quicker your pain is resolved, the quicker you can get back to sandal season, or running more miles!



Teaching Sexual Health

Research shows that parent-child communication about sexual health can influence teen sexual behaviour. In fact, young people who receive health information about all the parts that make up sexuality tend to delay sexual activity and make safer choices.

As a parent, you may not feel comfortable or have the information you need to talk about sexual health with your child. You aren't alone: many parents are anxious about having "those talks".

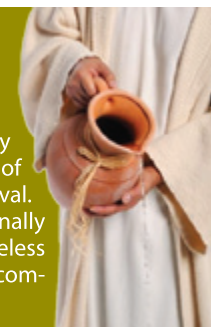
We're here to help.

Alberta Health Services' Teaching Sexual Health website www.teachingsexualhealth.ca, provides you with information, tools and supports to help you talk with your child about sexual health, before and during the teen years. The website covers a wide range of sexual health topics relevant to parents of children from birth to 18 years old like hygiene, values, healthy relationships, sexuality and consent.

Visit www.teachingsexualhealth.ca today to help you get ready for the ongoing talks you'll have with your child about sexual health.

A Different Liquid Gold

In Turkmenistan, the first Sunday of April is celebrated as "A Drop of Water—A Grain of Gold" Festival. The Turkmen people traditionally have regarded water as a priceless gift, given that their nation is composed primarily of desert.





City Supported Community Cleanups Kick Off For 2018

Once again, it's time to comb through your garage, survey your off-site storage locker and purge your garden shed of that never-used stuff that has been collecting dust for the past decade. The City of Calgary is kicking off its Community Cleanups this month to encourage all Calgarians to help keep our city clean and safe and save residents a trip to the landfill. Community Cleanup events run from April through September.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Check Calgary.ca/cleanup for the list of community associations that are hosting cleanup events. You can also check your community association web site for full details on the Community Cleanup event in your community.

Please don't bring

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Rail way ties
- Sod or dirt
- Household hazardous waste including (see Calgary.ca for a list of household hazardous waste drop-off locations)

Yard waste is accepted for composting. The City also encourages residents to check for what can be recycled (visit calgary.ca/whatgoeswhere). Some communities may also organize a "free store" where you can drop off and select items for donations free of charge. Check your community association website for details.

City Recruiting Off-Leash Ambassadors to Promote Responsible Use of Off-Leash Areas

With spring in the air, Calgary's dog owners will be out enjoying our many off-leash areas more frequently and for longer periods of time. To help promote responsible pet ownership in off-leash parks, The City is once again recruiting volunteers for its Off-Leash Ambassador program.

About Off-Leash Ambassadors

Off-Leash Ambassador is a unique volunteer program that promotes responsible pet ownership, positive pet interactions and safety in off-leash areas by providing information and demonstrations to dog owners. Volunteers act as positive role models in off-leash parks to encourage owners to adhere to Calgary's bylaws. They answer questions about how bylaws apply to off-leash areas and provide an avenue for citizens to express concerns and pass those concerns along to City staff. Volunteers also promote the services The City provides through its Animal Services centre such as animal adoption and licensing.

Ambassador Training

Off-Leash Ambassador volunteers receive training which helps them become familiar with City bylaws, canine body language, and tactics to communicate with the public.

If you are passionate about the responsible use of our off-leash areas, this may be a great volunteer opportunity. For more information, visit Calgary.ca/offleashvolunteer. To ask about volunteering, contact Jennifer Lawlor at 403-268-1814.



YOUR CITY SECTION brought to you by The City of Calgary

What's happening	More info	Stay connected! facebook.com/cityofcalgary twitter.com/cityofcalgary calgarycitynews.com
City supported Community Cleanups run from April through September saving residents a trip to the landfill.	Calgary.ca/Cleanup	
The Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits.	Calgary.ca/Firepits	
Complete the census online! Watch the mail for your access code and visit calgary.ca/census from April 1 to 19.	Calgary.ca/Census	
The City is asking Calgarians to help us make our spring street sweeping program run smoothly by keeping streets clear for crews.	Calgary.ca/Sweep	



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Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes, and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property—and its inclusions (appliances, etc.)—should be in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.

As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's

agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

"Ask Charles" is a 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.

Seven Tips for Using Your Tax Refund Wisely

Sometimes spending money wisely can be a challenge, especially tax refunds, which can seem like free money. If you're lucky enough to get a tax refund this year, take a moment to think about how you could put that money to work for you.

Here are some smart ways to use your refund:

- 1. Add to your emergency fund.** Set aside enough cash to cover six months of expenses just in case the unexpected happens.
- 2. Pay down credit cards and other high-interest debt.** You'll save money on interest charges and increase your monthly cash flow.
- 3. Jump-start next year's RRSP.** Contributing early allows you to take advantage of all those extra months of tax-free growth. At retirement time, this can mean thousands more in your pocket.
- 4. Invest in a tax-free savings account.** Growth or earnings in a TFSA are 100% tax-free, and you're allowed to contribute up to \$5,500 for 2018.
- 5. Pay down your mortgage.** Making lump sum payments on your outstanding principal will save you significant dollars in interest charges over the long term. You'll also own your home mortgage-free that much sooner.
- 6. Save for a child's education.** Invest in a registered education savings plan on behalf of a child or grandchild and you'll qualify for a government-sponsored Canada Education Savings Grant of between 20 and 24% of your contribution (to a maximum of \$600).
- 7. Take care of outstanding RRSP loans.** Some loans have three- or four-month grace periods, during which time you're not required to make any payments toward the interest or principal. Remember that the interest owed continues to add up until the loan is completely paid off.

How you spend your money today will have a significant impact on your future. For advice on how to get your tax refund working for you, talk to a financial advisor.



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 ✉ calgary.fishcreek@assembly.ab.ca
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As we start feeling the sun's warmth after a long, cold winter, I am hopeful the discussion is not too heated in the Legislature as Budget 2018 is debated. I am often asked about my legislative duties, so I thought I would give a brief explanation.

The roots of our Parliamentary system are grounded in Great Britain and Ancient Greece. The word democracy comes from the Greek words: "demos" meaning people and "kratia" meaning rule. Democracy is about people ruling themselves or people choosing who will govern. In Alberta, we have three levels of government: executive, legislative and judicial. The executive is the Premier and Cabinet. Cabinet is most often sitting MLAs. The Premier and Cabinet are responsible for budgeting, governance, and administration. The Premier and Cabinet are the primary lawmakers. Legislative branch, where I represent you, assists in lawmaking and is comprised of MLAs duly elected by the people. The political party with the most seats in the legislature generally forms government and the leader of that party becomes the Premier. I am a member of the United Conservative Caucus, which currently acts as Her Majesty's Loyal Opposition. The role of the opposition is to question and bring forth amendments or alternative ideas to what is being proposed.

Our Parliamentary system works best when the Government and Opposition develop mutual respect for each other's position on Bills and Budgets. Most Bills or Legislation are brought forward by the governing party. There is the general expectation of voting along party lines, as they must maintain the confidence of the Legislature. If a Bill with financial obligations is defeated, the government must resign, triggering a general election.

The final branch of government, the Judicial, is separate from the legislative and executive branch and is responsible for the court system. The executive or the legislative branches cannot be perceived as influencing the courts or judiciary, as rule of law and the expectation of due process must be upheld.

It is a privilege for me to represent the people of Calgary-Fish Creek. I always welcome your feedback and questions. In April please come to my budget discussion MLA Café's at the office on **April 13th 10-11:30am** and **April 23rd 5-7pm**.

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LANDSCAPE CONSTRUCTION: Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

CUSTOM CRAFT PAINTING: Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

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LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

ELECTRIC SERVICES FOR ALL YOUR NEEDS: Inspections. Renovations. Upgrades. Emergency calls etc. Please call Emil at 403-281-8664 or 403-399-7262.

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BUSINESS CLASSIFIEDS

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

MOUNTAIN SHADOW LANDSCAPING: Locally owned and operated landscaping company. Booking now for Spring. Clean-ups and weekly lawn maintenance services. Aerate. Power rake. Overseeding. Turf repair. Tree and shrub trimming. Free estimates. Call Kyle, 403-991-2821.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

KEENLINE DESIGN: Overwhelmed by a disorganized home? We specialize in creating organized, simple, beautiful spaces for everyday living. Services include interior redesign, home organization, one-day room makeovers, downsizing, backyard design. Visit our website at keenlinedesign.com. Contact Megan at 403-993-1249, megan@keenlinedesign.com.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30-year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

COMPLETE HOME RENOVATIONS: Bathrooms and showers, interior refinishing. Insured, licensed and bonded. Financing available. 403-861-8324 or 403-585-8221. Check out our website: www.project-tek.biz.

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GARDEN HELP: I am an avid gardener who is willing to work in your vegetable or flower garden on a one-time or regular basis. I have experience planting, transplanting, weeding, staking, watering, fertilizing and harvesting. Please call Laurra at 403-225-1401.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

SCHECK TILE & STONE: A professional with over 20 years of experience from Germany and Canada offers you high-quality installation of porcelain and ceramic tiles; mosaics and natural stone in bathrooms, kitchens and fireplaces, as well as click / interlocking flooring. Facebook.com/ScheckTileAndStone. Call Alex at 403-402-8923.

SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service, including hot water tanks, gas fitting, back flow testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.

HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 - TH Maintenance Services. Find us on Facebook.

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, mchasse@shaw.ca.

TOP TURF: Provides seasonal yard maintenance. Snow removal, driveway plowing. Fall/spring clean-up, lawn cut and trim, power raking, aeration, and pressure washing. We deliver soil, mulch, and rocks, and can install on top of industrial fabric for no weed growth. Call Braeden at 587-438-0036.

INTERIOR PAINTING: Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies. 18 years' business experience, references call Colleen at Unique Interiors 403-830-3456.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. References available. Contact our team of professionals. Wendell at 403-613-6807.

PERSONAL

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GET ADDICTED TO BEING FIT! If you are looking for a fun local group-fitness/aerobics class, checkout HIGH Fitness held every Tuesday at 9:30 am at #14, 1215 Lake Sylvan Drive S.E. First time trying our class free, or \$10 drop-in. Checkout HighFitnessFriends on Facebook and/or Instagram or visit www.highfitness.com.

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.

PREVENT & REVERSE HEART DISEASE: Cardiac assessments and treatments not available at your doctor's office. Taking a cholesterol drug? Have diabetes? Hypertension? Heart surgery? Are you at risk for a first or another emergency room visit? Vital heart tests. ECP and exercise therapy, nutrition and supplements. Call 403-870-4348 or visit HeartFit.ca.

BYE BYE CLUTTER CALGARY: Is your "stuff" getting in the way of enjoying your house and life? I can help. De-cluttering and organizing for everyday life, small businesses, downsizing or moves. Call or text Heather at 403-650-8878, email byebyecluttercalgary@gmail.com or visit our Facebook page: Bye Bye Clutter Calgary.

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HOLY FAMILY PRESCHOOL & EDUCATIONAL CENTRE: Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs (5Y-7Y) including field trips! We guarantee peace of mind to parents! www.holyfamilypreschool.ca 403-389-5144, info@hollyfamilypreschool.ca.

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BUSINESS CLASSIFIEDS

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

LESSONS/TUTORS

WANT TO HOMESCHOOL? Find out more. Phoenix Education Foundation is holding open houses on April 3 from 3-4:30pm, April 12 from 3-4:30 pm, May 16 from 4-5:30 pm and May 25 from 10:30 am to noon. Kindergarten open house April 19 from 5-6:30 pm and May 15 from 5-6:30 pm. For more information: phoenixfoundation.ca, 403-265-7701.

MISCELLANEOUS

TAX PREPARATION WHILE YOU WAIT: Quick and efficient preparation of T1 and T2 income tax returns. 27 years of experience. Also T4, T4A, T5, and GST forms. Conveniently located in Lake Bonavista. T1 returns from \$72.00. Phone 403-253-8031.

COMPUTERS & DEVICES CAUSING YOU GRIEF? Frustrated and don't know where to start? Trusted technician (20+ years' experience) offering patience and understanding with on-site support services that target your specific needs. Contact Debra - 403-630-2862. www.ddlcomputersolutions.ca.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

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Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Hello, Ward 14!

I have been using this new newsletter format for months now. The gist is that I write a short summary of what I intended to write about in the full version, which will be posted on my website at calgary.ca/ward14newsletter.

Not only does this system allow me to go into more detail, but it has another benefit too. To get this column in the April edition of your local newsletter I must submit it prior to March 1st. That can hamper my ability to keep things current. With a little foresight though, the new format can solve that problem...

Update: Changes to Secondary Suite Approval Process

I wrote about this in my March column. On March 12, Council will vote on BIG changes coming to the way we deal with secondary suite applications. As I've already established, at the time of writing this I don't currently know what the outcome of that will be, but I will when I write the online version. Please visit calgary.ca/ward-14newsletter for an update.

Important engagement opportunity

We are looking for your thoughts to help plan our budget for the next four years. I will tell you about it at calgary.ca/ward14newsletter.

Street Sweeping Program

There are some topics that fall under the 'annual' category, and this is definitely one. Visit calgary.ca/ward-14newsletter for more on what we all do to make this process smoother.

Counciltalk

Counciltalk just keeps rolling along and getting better and better. We will be in Lake Bonavista (1401 Acadia Drive S.E.) on April 7 between noon and 2 p.m. I hope to see you there.

Finally, I have a new link that I hope will make it easier to remember how to contact me. It is calgary.ca/contactward14. I hope you like the new newsletter format. Feel free to contact me anytime.

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

◆ Forty word limit

MOVING SALE: Matching brass glass coffee and sofa table in excellent condition \$200. Large china cabinet \$150. Modern, low-profile Kranich and Bach piano 40" high \$200. Phone 403-251-2702.

WALK, MOVE, CONNECT: The SCPCN Walking Group is a welcoming program for individuals looking to increase their physical activity. Come join us for the physical, mental and social health benefits of walking. For more information and sign up, go to our website www.scpcn.ca/workshops or call 403-668-8600.

ACOUSTIC MUSIC NEIGHBOURHOOD JAM: Come on out to a circle jam. All instruments welcome: mandolin, guitar, pipes, accordion, fiddle, bass, etc. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

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