

Mid-Sun

messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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APRIL 2016

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🌐 www.cabdoc.ca



Mid-Sun Community Association

50 Midpark Rise SE

Calgary, Alberta

Phone 403.254.8058 | Fax 403.256.373

info@midsun.org | www.midsun.org

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GREAT NEWS PUBLISHING HAS BEEN
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family fun carnival

**Saturday,
April 23, 2016**

Free Admission with online
registration prior to
April 23, 2016
4:00pm-7:00pm

**Admission at the door -
\$10/family**

**For more information
visit www.midsun.org/community-events**

Carnival Games

Popcorn

Balloons

Face painting

AND MORE!

PRESIDENT'S MESSAGE

I hope everyone enjoyed their Easter Break, and that you were able to get outside and enjoy the beautiful weather we have been having!

April brings with it the start of spring, and spring cleaning! Clean out your basement, bedrooms and garages of those old, gently used toys and clothing, and participate in our Annual Mom's Market - Small Business and Used Toy and Clothing Sale on Saturday, April 23rd from 9am to 1pm. Tables are now available by going online and downloading the registration forms. If you are in the market to buy some new items, visit the Small Businesses who will be there with their wares.

At 4pm on April 23rd, make sure you swing by the Community Centre with your family to enjoy a Family Fun Carnival. Admission is free by registering online prior to April 23rd. Admission at the door is \$10.00. Your admission enables a family of 5 (2 adults, 3 kids) to bounce in the bounce house and get their faces painted. Also available for pre-sale are food vouchers for \$4.00/each, and game ticket bundles. Visit our website for more information.

And speaking of our website. Our site is full of information about all of our programs, events, board information and more. Bookmark it, and visit it often. Be sure also to like us on Facebook, and/or follow us on twitter for the most up-to-date information on the happenings in and around Mid-Sun.

I will close with one request -- with spring now on us, we would ask pet owners to be sure to pick up their dog litter to make walking in our communities a pleasure for everyone.

*Until next month,
Keith Pedersen
President*

BIKE RODEO & BIKE EXCHANGE

Saturday, June 4th 2016

10am-1pm

FREE FOR ALL AGES

Bike Rodeo:

- Bike Safety Education
- Bike Inspections
- Proper Helmet Fittings
- Obstacle Courses
- Bike Skills and Drills

Bike Exchange:

Donate your old bike and get the chance to receive another bike! Those donating a bike will receive a \$10.00 voucher (per bike) that can be used to purchase a different bike that fits better. Each donated bike will not be sold for more than \$30.00. All bicycles will be accepted from toddler to adult bikes. Bike donation drop offs will be accepted at Mid-Sun Community Association between May 30th and April 3rd from 8:45 am - 7:00pm.

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PMS - April 20
Neck Pain - May 4
Stress - May 25

CalgaryWellness.com

403-254-5774

HELP YOURSELF - HELP YOUR COMMUNITY



MESSAGES FROM THE BOARD

Are you concerned about increasing traffic and speed issues along SUN VALLEY BLVD?



The MidSun Traffic Safety Task Force has been established to work with the City of Calgary and our community to improve safety along this busy road.

Please feel free to send your Sun Valley Blvd traffic concerns or suggestions to:
traffic@midsun.org

Come Be A Part Of Things At Mid-Sun

We are looking to build our Volunteer Base

There are plenty of opportunities to be included in upcoming events. We are looking for people to participate in event planning and to contribute time to events such as the Stampede Breakfast, Community Clean Up, Taste of MidSun, and a host of other unique happenings in our community.

Add your email to be alerted as Volunteer Opportunities come available by sending a note to info@midsun.org



MID-SUN BUSINESS MEMBERS

We thank the following businesses for their ongoing support of the Mid-Sun Community Association.

Please Support Your Local Businesses.

- Impact Orthodontics
- Renfrew Educational Services / Sundance Centre
- Sundance Animal Hospital
- Great News Publishing

To join this list, please email programs@midsun.org



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Want a quick way to find out what's going on in Midnapore and Sundance? Check out our Facebook page for the most up to date info on community based sports groups, businesses, and local activities.

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MID-SUN COMMUNITY ASSOCIATION

Mom's Market

Small Business And Used Toy And Clothing Sale

Saturday, April 23rd 2016

This is the perfect opportunity to buy or sell gently used kids clothing, toys, furniture and baby items. If you are interested in selling your items at this sale, please register for a table by visiting us at Mid-Sun Community Association.

No Strollers, Wagons, etc will be allowed.

Individual Table Rentals \$10 and Business Table Rentals \$30

Admission: FREE





“To better reach and serve the communities of Midnapore and Sundance”

Community associations are a way for neighbours to work together on mutual goals and provide support to the areas we live in. For over 25 years, the Mid-Sun Community Association has been dedicated to improving quality of life in the communities of Midnapore and Sundance. Through the work of the Mid-Sun Board of Directors and the staff at the Mid-Sun Community Centre, the association provides a broad array of community services:

- Community Events: Mom’s Market- Used Toy and Clothing Sale /Small Business Showcase, Community Clean-Up, Taste of Mid-Sun
- Access to government: Community concerns regularly discussed with representatives from Municipal and Provincial Government
- Development Concerns Addressed: Home businesses, infill construction, area redevelopment, municipal and commercial development
- Traffic Committee: lobbied for pedestrian lights on Sun Valley Boulevard, addressed concerns regarding Stoney and Macleod Trail interchange, applied for additional Sundance entrance sign along Sun Valley Boulevard
- Community programs: Mid-Sun Community Garden, Little Library, Future Mid-Sun Skate Park
- Community Centre Operations and Programming: Recreation Programs for all; Seniors Programs; Out-of-School Care and Preschool; and more!
- Residential Communication: “Mid-Sun Messages” newsletter, Website, Facebook and Twitter
- Membership discounts for recreational programming at Mid-Sun Community Centre
- Discount on programming at Trico Centre

The Mid-Sun Community Associations current goals include working to further engage the community, improving the programming and facilities at the Mid-Sun Community Centre, moving forward with the goals of the traffic committee, and increasing the usage of our community garden. We would love for you to join us.

Joining your community association is a great way to gain experience in a wide variety of areas, such as project management, event planning, fundraising, board etiquette, city planning, facility management and leadership. Let us know if you would like to help out in any of the areas discussed above, or another that concerns or interests you.

The cost for a yearly membership will be free for 2015/2016. Board of Director meetings are held once a month, September through June. All are welcome. Please see <http://www.midsun.org/next-board-meeting/> for meeting schedule, or contact us for more information.

- Phone: 403-254-8058
- E-mail: Info@midsun.org
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity



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Mid-Sun Summer

Online registration opens March 1

Register online before March 16 and receive \$5 off per camp

Day Camps 2016



In-house registrations opens March 16

Visit 50 Midpark Rise SE, www.midsun.org or call: 403 254 8058

Sunbeams Specialty Camps

Full Day Camps Ages 3-5

Week A: (July 4-8) \$200.00
Around the World in 5 Days

Week B: (July 11-15) \$200.00
Lil' Buckaroos

Week C: (July 18-22) \$200.00
Space Odyssey

Week D: (July 25-29) \$200.00
Dino Days

Week E: (Aug 2-5) \$200.00
Mini Athletes
*no camp Monday, August 1

Week F: (Aug 8-12) \$200.00
Sounds of Music

Week G: (Aug 15-19) \$200.00
Under the Big Top

Week H: (Aug 22-26) \$200.00
Farm Friends

Week 1: Art Camp (July 4-8)
Ages 6-12 \$200.00

Week 2: Discover Camp (July 11-15)
Ages 6-12 \$200.00

Week 2: Dance Camp (July 11-15)
Ages 6-12 \$200.00

Week 3: Summer Splash (July 18-22)
Ages 6-12 \$200.00

Week 5: Bike Adventure (Aug 2-5)
Ages 6-12 \$200.00
*no camp Monday, August 1, campers must
bring own bike and helmet

Week 6: Martial Arts (Aug 8-12)
Ages 6-12 \$200.00

Week 7: Baton & Acro (Aug 15-19)
Ages 6-12 \$200.00

Week 8: Beginner's Soccer (Aug 22-26)
Ages 6-9 \$200.00

Sunsations

Ages 6-12

Week 1: (July 4-8) \$200.00
Field Trip: Telus Spark Science Centre

Week 2: (July 11-15) \$200.00
Field Trip: Calgary Zoo

Week 3: (July 18-22) \$200.00
Field Trip: Military Museum

Week 4: (July 25-29) \$215.00
Field Trip: Sleepover & Movie Theatre

Week 5: (Aug 2-5) \$200.00
Field Trip: Calaway Park
*no camp Monday, August 1

Week 6: (Aug 8-12) \$200.00
Field Trip: Lloyd's Roller Rink

Week 7: (Aug 15-19) \$200.00
Field Trip: Extreme Air Park

Week 8: (Aug 22-26) \$200.00
Field Trip: Shakers Family Fun Centre

Musical Theatre

Ages 6-12

Week 3: (July 18-22) \$200.00
Hits of 2015

Week 6: (Aug 8-12) \$200.00
Disney's Greatest Hits

Week 8: (Aug 22-26) \$200.00
Top 40 Pop Hits

For more details, visit:
www.midsun.org

Refund Policy

From March 1 to May 18 a full refund will be granted, minus a \$25 admin fee per camp, to a max of \$100. From May 19 to June 27, a 50% refund is offered, only if the camper's spot can be filled. After June 27, no refund will be offered unless a doctor's note is provided. There will be no transfers between other weeks. *Transfers between day camp programs is at the discretion of the day camp directors.

*Children must be toilet trained

Camps are filling fast! Register today to guarantee your child's spot!



Check Out our Facility and Rates

The Mid-Sun Community Centre offers a wide range of rooms available for rental

Are you planning a Birthday Party or Sports Tournament?
Need a space to practice for your dance recital?
We can help!
Current Members of the Mid-Sun Community Association receive 10% off all rentals.

Inquire Today!

Facility Fees

Room	Regular Rates
Full Gym	\$80.00/hr
Half Gym	\$50.00/hr
Meeting Room	\$50.00/hr
Midnapore Studio	\$50.00/hr
Sundance Studio	\$45.00/hr

* All rates include GST

For more information about rates and availability contact the Mid-Sun Community Centre
50 Midpark Rise SE, Calgary, AB T2X 1L7
403-254-8058 or bookings@midsun.org



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Methods of Registration

Online Registration www.midsun.org

- Create an account Online to Register for Recreation Programs and Day Camps
- Pay with Visa or MasterCard

In person Registration at 50 Midpark Rise SE

- Pay by cash, cheque, Visa, MasterCard, or debit.
- M: Mid-Sun Community Association members
- NM: Non-members

Notes on Registration:

- Payment is due at the time of registration.
- Confirmation of registration only with payment.
- Register early to ensure your place in the program of your choice.
- Requests to transfer or withdraw from a program will be accommodated for medical reasons only.
- Withdrawal from programs will be issued a full refund if they are accompanied by a note from a medical professional. Withdrawal from programs before program registration closure date will be issued a refund or credit MINUS a \$25 administration fee. Withdrawal from programs after program registration closure date will result in NO REFUND.
- NSF cheques are subject to an administration fee of \$20.

Note on Programs:

- For safety and program quality reasons, please do not bring unregistered siblings to programs.
- All children participating in unparented programs must be potty trained.
- Participants must be the minimum age at the time of the program in order to register.

Program Cancellation Policy

Mid-Sun reserves the right to cancel any recreation program with insufficient registration. Full refunds will be given or you can transfer to another program (space permitting).



MID-SUN PROGRAM SCHEDULE

Spring 2016

Registrations available online and in person only

Programs start week of April 4th

All times, dates, classes and program schedules are subject to change.

Please see the website for the most up to date information.

PARENT & TOT PROGRAMS

Zumbini

Thursdays: 9:15am–10:00am
Ages: Caregiver and Baby up to 4 years old!
(Max 3 children to one parent)
April 7–June 6
Instructor: Pamela Murphy
Cost: \$150 M, \$160 NM

Are you tired of the same old nursery rhymes? Designed to let you and your little ones wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba® – for the ultimate bonding experience.

READY, SET, PLAY *NEW*

Tuesday–11:15am – 12pm
Ages: Caregiver and Child 1yr–3yrs
(Max 2 children to one parent)
April 5–June 7
Instructor: Kirstin Lehmann
Cost: \$110 M, \$120 NM

Get ready to sing, dance, bounce and rhyme to build your toddler's early literacy skills! Through these techniques along with finger plays, stories, games, felt boards and puppets, you and your child will bond and develop the foundational skills of literacy and have fun too! This course is directed toward ages 1-3 years but siblings under five are welcome.



PRESCHOOL PROGRAMS (AGE 3 – 5 years)



Tiny Dancers

Tuesdays–4:30pm to 5:15pm
Ages: 3-5yrs
April 5–June 7
Instructor: Karen Berry
Cost: \$90 M, \$100 NM

Nurture the dancer in your child. Encourage them to spin, pivot and pirouette across the floor. Help them learn even more by signing up for this class, where they will be introduced to the basics of the dance world and they will be encouraged to love creative movement and expression. There's a tiny dancer in all children; this class gives them space to shine.

KIDS AND YOUTH PROGRAMS

Youth Basketball

Mondays - 5pm to 6pm
Ages: 9 - 11yrs
April 4th – June 6th
Instructor: TBD
Cost \$100 M, \$110 NM

Whether you are a beginning basketball player or you are striving to play in the NBA this class will teach the fundamentals of the various skills needed to be successful. Shooting, passing, ball handling, 1 on 1 skills, moving without the ball, as well as, defensive concepts will all be covered in this fun class.



Zumba Kids

Tuesdays - 5:15pm to 6:00pm
Ages: 5-9yrs
April 5–June 7
Instructor: Karen Berry
Cost: \$90 M, \$100 NM

Perfect for our younger Zumba® fans! A rockin', high-energy dance party packed with kid-friendly routines set to their favorite music. Classes incorporate key childhood development elements such as confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.

Artrageous

Tuesday- 5:00pm- 6:00pm
Ages 7 to 11yrs
April 5–June 7
Instructor: Lee
Cost \$125 M, \$135 NM (All Supplies Included)

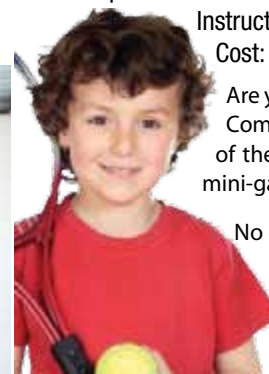
Come and discover the artist within you! This class will encourage kids to explore their creative side through a variety of arts and crafts. Learning different sketching, painting and sculpting techniques to fuel your passion and let your creativity soar!

Youth Tennis

Wednesday 4:00pm – 5:00pm
Ages: 6-9 yrs
Wednesday 5:00pm – 6:00pm
Ages: 10-13 yrs
April 6–June 8
Instructor: Universal Tennis
Cost: \$115 M, \$125 NM

Are you the next Eugenie Bouchard or Milos Raonic? Come out and see, and try tennis. Learn the basics of the sport and then play against your friends in a mini-game.

No experience necessary. Rackets provided.



Floor Hockey

Thursday 5:00pm–6:00pm
Ages: 10-12yrs
April 7–June 9
Instructor: Eric Welde
Cost \$100 M, \$110 NM

Come and join us as we play the Canadian Classic, Hockey! Learn new skills in a fun non-competitive environment. This is a great class to get active have fun and meet new friends. No experience required. *Bring your own stick!*

Youth Dodgeball

Fridays - 4:30pm – 5:30pm
Ages: 8-12 yrs
April 8 – June 10
Wednesday 4:30-5:30 * New*
April 6 – June 8
Instructor: Steve-O
Cost: \$30 M, \$40 NM

Dodge, Duck, Dive and Dip. This program provides participants with a supervised environment to learn this fast pace game and work on their ball handling skills.

TEEN PROGRAMS

Teen Yoga

Tuesdays: 4:15pm – 5:15pm
Age: 13-18
April 5–June 7
Instructor: Tracey Short
Cost: \$50 M, \$60 NM

Teen Yoga is a dynamic flowing class which quickly builds strength, flexibility, and focus. This class is great for teen athletes, as well as for teens looking to get fit in a non-competitive environment.





Teen Dodgeball

Tuesdays—6:00pm – 7:00pm

Age: 14-17

April 5—June 7

Instructor: Steve-O

Cost: \$80 M, \$90NM

Dodge, Duck, Dive and Dip. We're bringing the exciting game of dodgeball to teens. Bring on the competition and sportsmanship that build friendships and promote fair play. Whether you win or lose, we believe in having fun, being spirited and having great game.

ADULT ART PROGRAMS (18 & Up)

Acrylics with Alexander

Wednesdays: 11:00am—1:30pm

April 6—June 8

Instructor: Alexander Ivanov

Cost: \$215 M, \$225 NM (supplies not included)

Come and join established artist, Alexander Ivanov, in the art of acrylic painting. Use your own inspiration to create a masterpiece while learning techniques and methods of acrylics in a relaxed environment.

Watercolour Level 1- Beginner

Thursdays - 10:30am – 12:30pm

April 7th – June 9th

Instructor: Gabriele Lynch

Cost: \$155 M, \$165 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your own artistic expression. Great for those who have previous experience but would like a little refresher! Register early as classes fill fast. One Piece of Watercolour paper included.

Watercolour Painting Intermediate

Thursdays: 7:00pm—9:00pm

April 7—June 9

Instructor: Gabriele Lynch

Cost: \$155 M, \$165 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. Participants will work on individual paintings using techniques learned in previous sessions with Gabriele. Level I must be completed prior to participation in this class. One Piece of Watercolour paper included.

Watercolour Painting Advanced Session 1 (5 Weeks)

Fridays: 10:15am—12:45pm

April 8—June 10

Watercolour Painting Advanced Session 2 (5 Weeks)

Fridays: 10:15am—12:45pm

May 13—June 10

Instructor: Gabriele Lynch

Cost: \$85 M, \$95 NM (supplies not included)

Do you love painting flowers, barns, landscapes, wildlife. If so, then our Watercolor Studio is for you! Bring your ideas and have a little extra coaching from Calgary artist, Gabriele Lynch. Some experience in watercolor painting required, preferably having completed two sessions with Gabriele. One Piece of Watercolour paper included.

Drawing The Human Figure (5 Weeks)

Tuesdays: 10:30am-12:00pm

April 5—May 3

Instructor: TBD

Cost: \$70 M, \$80 NM (supplies not included)

The human figure is one of the most enduring themes in the visual arts and students will learn how to draw realistic human bodies in any of its various shapes and postures. Create accurate proportion and refining details of all the body parts.

Drawing: TBD (5 Weeks)

Tuesdays: 10:30am-12pm

May 10—June 7

Instructor: TBD

Cost: \$70 M, \$80 NM (supplies not included)

Tabata Express (45 min class!) * New Price

Tuesdays- 5:45pm – 6:30pm *New Time

April 5th – June 7th

Instructor: TBA

Cost \$50 M, \$60 NM ** Lower Price! **

Just finished work? Looking for a quick workout before going home for the day? Then try our Tabata Express class! This fast paced, high intensity class will push you towards your fitness goals in half the time as a regular class! With weight and cardio in just half an hour, you'll be feeling great all evening and into the next day **ONLY \$5.00 per class!**

Booty Barre

Tuesdays: 6:00 pm—7:00 pm

April 5—June 7

Instructor: Susana Sylvester

Cost: \$120 M, \$130 NM

You told us you loved it, so we brought it back. The hottest fitness trend in LA comes to Calgary! Booty Barre combines strength and flexibility with cardio for an all over fun workout. To see how Booty Barre works check out their website.



ADULT FITNESS PROGRAMS (17 & Up)



Yoga at Your Level

Mondays – 8:00pm – 9:00pm

April 4 –June 6

Tuesdays 7:00pm-8:00pm * New

Instructor: Gladys McCoy

Cost: \$110 M, \$120 NM

Have you always felt intimidated by large group yoga classes in the studios around town? Worried that you'll be the least flexible person in the room? Yoga at Your Level is the answer! Our instructor, Gladys, tailors all her classes to suit the group she's working with. She will adjust and help you to have you feeling like a true Yogi in no time! Learn about the basics of yoga and never feel left out again. (Please bring your own mat)



Worth the Weight

Tuesdays: 7:00pm– 8:00pm
April 5–June 7
Instructor: TBD
Cost: \$120 M, \$130 NM

One of the most important parts of our fitness routines is often the part that we neglect to include as often as we should—weight training. In this class, we will be using a combination of light, moderate and heavy dumbbell weights to get an ‘all over’ workout designed to create lean, strong muscles. And this will help burn fat! Join us for this great class to develop strong muscles and boost your metabolism! All levels of fitness welcome, all equipment provided.

Pilates

Tuesdays: 6:45pm–7:45pm
April 5–June 7
Instructor: Andrea Dean
Cost: \$120 M, \$130 NM

Pilates is a challenging workout that will strengthen your core, improve your alignment and posture, increase your flexibility and range of motion, and release stress and tension from your body (just to name a few benefits). This class is suitable to all ages, body types and levels of fitness as it will start with the fundamentals of Pilates and progress each week as you improve. Learn properly with skilled instruction, feedback, and correction in this small class. Bring your own exercise mat.

Hula Hoops

Wednesday: 6:00pm–7:00pm
April 6–June 8
Instructor: Celeste or Meagan
Cost \$120 M, \$130 NM

These classes are total fitness for the mind & body. Hula hoop classes are designed to suit all levels of fitness and skill. Beginning with yoga stretches, followed by a full body, high cardio, low impact workout that will give definition to your abs, tone your arms, and nurture your confidence. You will learn belly hooping, hula hooping with your feet, one hoop, two hoops, three hoops then four hoops separated on your body! This is a great chance to find your own groove and really dance like no one is watching.

Cardio Blast

Wednesday: 7:00pm – 8:00pm
April 6–June 8
Instructor: Tracey Short
Cost \$120 M, \$130 MN

Feel the difference cardio training can make. Kick, step and tone with our inventive Cardio blast class. A mix of Kickboxing, Bootcamp, Step and low intensity cardio combining low and high impact moves, as well as core exercises, to keep the body guessing at each class.

Yoga with Tracey

Wednesday: 8:00pm–9:00pm
April 6–June 8
Instructor: Tracey Short
Cost \$120 M, \$130 NM

Combining elements from Restorative and Flow yoga, Tracey will move you through fluid flow sequences, gentle core movements and relaxing Restorative poses for a well-rounded practice.



55+ PROGRAMS

NEW LOWER PRICES FOR 55+ PROGRAMS

55+ Fit and Fabulous

Mondays: 10:30am–11:30am
April 4–June 6
Cost: \$70 M, \$80 NM
Instructor: Tracey Short

This class is designed for active men and women over 50 to improve your overall fitness levels. Using gentle, light weights and simple cardio exercises you can improve your strength and overall fitness. No experience necessary.

55 + Yoga

Tuesdays - 10:30am–11:30am
Thursdays - 10:30am–11:30am *New Date*
April 5th – June 7th
Cost: \$70 M, \$80 NM
Instructor: Tracey Short

This class is designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. No experience necessary!

55+ Sumba

Wednesday: 10:30am–11:30am
April 6–June 8
Cost: \$70 M, \$80 NM
Instructor: Tracey

Perfect for older adults who are looking for a fun Latin inspired dance class with easy-to-follow choreography at a lower intensity.

55+ Line Dancing

Thursdays 10:30 am - 11:30am
April 7 – June 9
Cost: \$70 M, 80 NM
Instructor: TBA

Try line dance for fun and fitness! This dance is so versatile; you can enjoy dancing to all music types, from county to Latin, from the oldies to top 40! The best part, you don't even need a partner.

55+ Tai Chi

Fridays: 10:30–11:30am
April 8–June 10
Cost: \$70 M, \$80 NM
Instructor: Leslie

Tai chi is a Chinese physical system used to improve and maintain health by using slow, smooth body movements to achieve a state of relaxation of both body and mind. Join instructor Leslie in this ancient exercise, which is a gentle way to improve balance, flexibility, bone strength and concentration.



Register for all 55+ Classes for only \$300 (Must be done in house only)

211

211 is here to help you find the right community and social services. You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory. See more at: <http://www.ab.211.ca>



Peace Lutheran Church Vacation Bible School



July 18 to July 22 from 9:00 a.m. – Noon
Cost is \$30 per child
Ages: 5 years old to Grade 7

Please visit our website www.peacelc.ca with the link to pre-register, or visit the VBS website www.groupvbspro.com/vbs/ez/peacevbs2016 to fill in the online registration form, print it off and return the registration form to the church office.

Please contact
Shirley at 403-278-9023
with any questions.

Church Phone: 403-256-1439
peacelutheran@telus.net
14640–6th St. S.W. Calgary



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NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

AGM

Our annual general meeting will be held on Thursday, April 28th, 2016 starting at 7:00PM in the Lake Room at Midnapore Lake.

The Notice of AGM will be delivered to your residence and will be available on the website and Facebook page. The AGM will be held at our Lake house and is for senior members only. Please check the Facebook page or website (www.midnaporelake.ca) for up to date information.

TENNIS LESSONS

Please check the website (www.midnaporelake.ca) and Facebook page for details and registration information on our upcoming summer tennis lessons.

FLY FISHING CLINIC

We will be holding a fly fishing clinic for interested fisherman new to this sport. Please do view our website for details and registration.

UPDATED RULES

Effective May 1, 2016 Midnapore Lake will be implementing updated rules and regulations. These new rules will be delivered to your residence with the notice of AGM and will be available on the website for your review (www.midnaporelake.ca).

Please take the time to read through them. We sincerely hope that these new rules and regulations will serve to improve the park experience for all park users.

CANADA DAY PARTY AND SPECIAL EVENTS

The MLRA Board is planning a Canada Day event this summer but we need your help to make it happen! To make this and further special events a reality we are putting together a Special Events Committee and a volunteer roster. If you are interested in joining the planning committee or if you might be available to volunteer on the day of a special event please contact the office (403) 256-0550, or send an email to manager@midnaporelake.ca for more information.

MIDNAPORE LAKE BOOKINGS

For your Lake Room, Cookshack and Large Group Bookings please call the office staff at (403) 256-0550.



ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY*

403-SENIORS (403-736-4677) - The Way In
Information, advice and help to connect to programs and benefits for older adults – business hours only. www.thewayincalgary.ca

403-943-LINK (403-943-5465) – HealthLink
24 hour nursing advice and health service information

403-266-HELP (403-266-4357) SeniorConnect & Distress Centre Calgary - 24 hour Crisis Line support for yourself, or a senior who may be at risk in the community. www.distresscentre.com

403-705-3250 - Elder Abuse Resource Line
24 hour confidential information, support and potential referral regarding elder abuse including intake line for the Kerby Rotary Shelter.

2-1-1 24 hour Information on community and social services in Calgary www.211calgary.ca

3-1-1 24 hour Information on all City of Calgary Services, or www.calgary.ca

4-1-1 24 hour access to telephone directory listing across Canada (there is a charge for this) www.canada411.ca (free online service)

403-266-1234 - Calgary Police Service
24 hour Non-Emergency Line

9-1-1 EMERGENCY Medical, Fire and Police

**Telephone Language Interpretation
Services available on all lines*

MID-SUN 55+



Drop-In Pickleball

Every Tuesday and Thursday – 50+
8:45am-10:15pm
Fridays 12:30pm-2:30pm – All ages
50+



REGISTRATION ON GOING

Mid Sun Community Centre
Monday, Wednesday and Friday
9:00 am

Call Kathy Nugent at
403-256-4060

JAZZERCISE.COM • (800)FIT-IS-IT



MID-SUN COMMUNITY ASSOCIATION MEMBERSHIP

To receive a membership to your community association, you can fill out the form below and bring it into the Mid-Sun Community Centre. 50 Midpark Rise SE, Calgary.

Memberships valid June 1st 2015 to May 31st 2016

2015/2016 Memberships are free with valid I.D.

MEMBERSHIP APPLICATION FORM

Family Name: _____

Additional Family Members: _____

Address: _____ Postal Code: _____

Phone Home: _____ Phone Cell: _____

Email: _____

Would you like to receive information and updates from the Mid-Sun Community Association? Yes No

Would you be interested in volunteering ?

☐ Board of Directors

☐ Special Events

☐ Fundraising

☐ Seniors Events

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

MidSun Real Estate Update

Last 12 Months MIDNAPORE

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$396,950.00	\$390,000.00
January 2016	\$360,447.50	\$348,500.00
December 2015	\$417,500.00	\$402,000.00
November 2015	\$399,000.00	\$380,000.00
October 2015	\$439,900.00	\$429,750.00
September 2015	\$390,000.00	\$377,000.00
August 2015	\$385,000.00	\$375,000.00
July 2015	\$412,350.00	\$408,250.00
June 2015	\$439,900.00	\$430,000.00
May 2015	\$399,450.00	\$396,000.00
April 2015	\$394,900.00	\$385,000.00
March 2015	\$414,900.00	\$407,000.00

Last 12 Months SUNDANCE

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$476,950.00	\$467,750.00
January 2016	\$464,499.50	\$457,500.00
December 2015	\$499,900.00	\$478,000.00
November 2015	\$454,900.00	\$445,000.00
October 2015	\$499,900.00	\$489,500.00
September 2015	\$519,900.00	\$509,500.00
August 2015	\$499,500.00	\$500,000.00
July 2015	\$496,444.00	\$492,500.00
June 2015	\$449,500.00	\$440,000.00
May 2015	\$525,000.00	\$515,000.00
April 2015	\$488,000.00	\$472,500.00
March 2015	\$509,700.00	\$498,750.00

To view the specific SOLD Listings that comprise the above MLS averages please visit midnapore.great-news.ca or sundance.great-news.ca



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in May**

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- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

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(587) 353-6517
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31 Southridge Drive, Okotoks
(403) 995-6517

Exchange this ad to receive offer • Valid only at COBS Shawnessy and COBS Centennial Village from March 31, 2016 to May 4, 2016 • No cash value
Not valid with any other offer • One offer per visit • While quantities last



Midnapore-Sundance
mybabysitterlist

Name	Age	Contact	Course
Ariana	11	403-993-9146	Yes
Sophia	14	403-225-9309	Yes
Gabriella	14	403-262-2256	Yes
Grace	14	403-256-8802	Yes
Rory	14	403-605-6558	Yes
Jadelyn	14	403-201-6628	Yes
Julia	14	587-888-6980	Yes
Liv	14	403-619-6399	Yes
Cailin	14	jenwelsh2012@gmail.com	Yes
Kaya	14	jenwelsh2012@gmail.com	Yes
Kaitlyn	15	403-200-7820	Yes
Kayleigh	16	403-618-7605	Yes
Kelsie	16	403-605-6558	Yes
Kaitlyn	17	403-254-6382	Yes
Kendall	18	403-771-6386	Yes
Irfana	51	403-398-5219	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

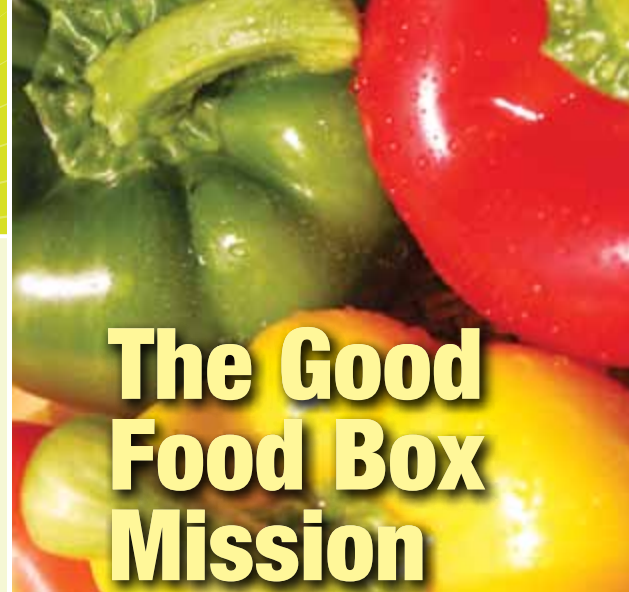
Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

SUNDANCE LAKE RESIDENTS ASSOCIATION LTD. LAKE FACILITIES

Sundance Lake Residents Association Ltd.
63 Suncrest Way SE
Calgary, Alberta, T2X 1T9

Lake Hours: Normal Hours: 9:00 am – 10:00 pm
Facility Bookings: To book the Cookshack, Sundance Room or Meeting Rooms contact Terri

Phone Lake Office: 403-256-4728
Fax Lake Office: 403-256-9677
Email: lakesundance@telus.net
Website: <http://www.lakesundance.org>



Month	Order By	Pick Up
April	April 26	May 6
May	May 24	June 3
June	June 14	June 24

The Good Food Box Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating. Available to people with all financial means.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

How Does the Good Food Box Operate?

The GFB operates by buying fresh, top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at their warehouse. Their volunteers then divide up the produce into portions and put the Good Food boxes together. The boxes contain the maximum produce possible in them for the price.

How to Order a Good Food Box

When a member of the community wants to order a Good Food Box, they must call (403-254-8058), or drop in to the community center, in advance of the cut-off date and time as listed. Payment in CASH, must also be made prior to the cut-off date and time. You can also pre-order your boxes, as far as one month in.

Picking up your Good Food Box

Mid-Sun Community Center staff will notify you by **EMAIL** once the delivery has been made, and is available for pick up. Check in at the admin office to sign off your pickup, and the staff will take you to your box. The order **MUST** be picked up by 9pm that night or it will be donated to the Calgary Food Bank.

Box Options

Small Box	\$25, 20-25lbs of fruits and vegetables
Medium Box	\$30, 30-35lbs of fruits and vegetables
Large Box	\$35, 40-45lbs of fruits and vegetables

Each box contains the same mixture of food, but will change with each delivery.



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Lake Midnapore Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY / 2 SPLIT	900,000	407,000	612,333	35	3
BUNGALOW	520,000	380,000	426,583	41	6
3 & 4 LEVEL SPLITS	500,000	500,000	500,000	1	1
BI-LEVEL					
ATTACHED	335,000	275,000	300,800	88	5
CONDO	255,000	225,000	240,300	31	5

Lake Sundance Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY / 2 SPLIT	835,000	347,000	514,091	56	11
BUNGALOW	545,750	413,000	469,583	62	3
3 & 4 LEVEL SPLITS	467,500	379,800	423,650	57	2
BI-LEVEL	436,000	436,000	436,000	13	1
ATTACHED					
CONDO	345,000	345,000	345,000	72	1



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Our Pets And UNWANTED Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or Borrelia burgdorferia pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

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

A type of microscopic tapeworm known as Echinococcus multilocularis has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

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

Jennifer L. Scott, D.V.M.



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

April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our 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 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 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.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based 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 registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- 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.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- 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.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- 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 drop-in 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 non-members.

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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 48

INTERIOR AND EXTERIOR RENOVATIONS



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greengate  happenings

GARDEN CENTRES LTD.

April 9, 2016

Join greengate Garden Centres at the Calgary Horticultural Society's: **Spring Garden show**
April 9th. & 10th. at Spruce Meadows
www.calhort.org/garden-show.aspx

Special

Present your ticket stub at greengate Garden Centers to receive ***15% Off** in store.

Valid until April 30th 2016.

* Cannot be combined with any other greengate offer. Excludes Stihl, Big Green Egg and Traeger Products.

May 7th, 2016

Expo: Calgary's Kick Off to Spring

Garden experts, displays and speakers to get you going in spring. Get your Scan and Save cards at the CHS show, at the door, or watch for our Spring Flyer.

Sat. May 7th. 2016 10am - 4 pm

Special

***Scan and Save up to 25% off.**

Sale valid during EXPO Event store hours.

14111 Macleod Trail South | PH: 403.256.1212

See our website for more presentations & specials: greengate.ca

MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **February 3 to May 29 - Herein We Dwell: Unexpected**
- 2 **Images of Calgary in the 1890s:** A rare glimpse into the
- 3 everyday life of 1890s Calgary is presented with little-seen
- 4 historical images of early neighbourhoods and people.
- 5 www.lougheedhouse.com
- 6 • **April 22 to June 26 - Young Frankenstein:** Young
- 7 Frankenstein tells the story of Frederick Frankenstein, Victor
- 8 Frankenstein's grandson, and how he inherits the family's
- 9 estate in Transylvania. With the help of two sidekicks, he
- 10 tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
- 11 • **April 28 to May 1 - Arab Nights Film Festival:** The
- 12 Calgary Arab Arts and Culture Society presents the annual
- 13 Arab Nights Film Festival at Festival Hall. The organization
- 14 uses a variety of film to present a positive view of Arab life
- 15 and society. www.calgaryarabartssociety.ca
- 16 • **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first
- 17 YYC Taco Fiesta kicks off on April 29. It is a week-long
- 18 celebration of the best tacos in the city. The inaugural
- 19 food festival comes to a close on May 5 with a Cinco de
- 20 Mayo bash. www.yyctacofiesta.ca
- 21 • **May 2 to 21 - Flora and Fawna's Field Trip:** As well as
- 22 developing survival skills and creating crafts that your
- 23 mom will love and put up on the fridge, the heartwarming
- 24 play is all about the power of being a little bit different.
- 25 www.lunchboxtheatre.com
- 26 • **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend
- 27 festival of free neighbourhood walking tours. Register
- 28 to learn about different neighbourhoods and buildings
- 29 in the city from passionate volunteers, and share your
- 30 knowledge of the areas, too. www.janeswalk.org
- 31 • **May 13 to 15 - Calgary Reads Big Book Sale:** More than
- 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/

IN & AROUND SCHOOLS

Sundance Elementary

Welcome back from Spring Vacation and celebrating Easter with your families! Students at Sundance Elementary continue to have great experiences both in and out of school. Here are a few things planned for the month of April...

- **April 4:** Roughneck Lacrosse for Gr3
Clay 4 Kids for Gr 5/6 French Immersion
- **April 8:** Fish Creek Environmental trip for Kindergarten
- **April 11-15:** Artistic Residency: Sound Kreation K-6
- **April 19:** Teacher's Pet for Gr 3
Glenbow Museum fieldtrip for Gr 4 French Immersion
- **April 20:** Telus Spark fieldtrip for Grade 2
Clay 4 Kids for Gr 1
- **April 21:** Sundog Lunch: Edo Gr 1-6
- **April 26-29:** Open Minds CBE 2School: Gr ¾ inquiry into Caring and Community
- **April 27:** Inglewood Bird Sanctuary presentation for Kindergarten
- **April 28:** Ralph Klein Park fieldtrip for Gr 5/6 French Immersion

Additional dates to remember:

- **April 7:** School Council meeting: 7 pm – all are welcome
- **April 22 & 25:** Non-Instructional Day (no school for students)



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IN & AROUND CALGARY

Have You Been to the SHC Wellness Centre?

At the SHC Wellness Centre, we want you to get and stay as healthy as possible.

Our Spring/Summer Guide is coming. Check it out at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below

Mindfulness Based Stress Reduction Begins April 17 (8 week series)

In our unprecedented times we require new skills to cope. Invest in yourself & learn about relating in a new way to whatever is happening in your life. This program is designed to introduce mindfulness meditation & body awareness practice as a way of reducing reactivity & developing greater balance & control within your life.

Protect Seniors from Fraud

April 5 7:00-8:30pm

The Protect Seniors from Fraud program arms family caregivers with a kit to protect seniors by informing them of the latest scams being perpetrated on older adults. It offers a variety of resources and tools to help their seniors avoid becoming a victim of these scams.

Getting Ready to be Pregnant

April 6 6:30-8:30pm

Before you become pregnant, there are many things you can do to maximize your health and that of your baby. This session will help you identify the questions to consider, life-style changes, nutritional needs, choosing healthcare providers and more.

Better Choices Better Health®: Chronic Condition Self-Management Program

Begins April 21 (6 week series)

This workshop is for anyone who wants to gain confidence and learn skills to better manage their chronic condition. Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges. Learn and practice ways to manage symptoms, reduce fatigue and feel better.

Dietitians in the Kitchen: Sensational Spring Salads

April 21 12:00-12:30pm

Drop in for a cooking demonstration by SHC Registered

Dietitians. Explore tasty dishes that can easily be incorporated into a healthy lifestyle.

Smooth Sailing Through Menopause

April 25 6:30-8:30pm

Menopause can occur anytime from 40 to 60 years and can include hot flashes, mood swings and sleep problems. Learn all that you need to know to help you understand and manage this normal stage in your life.

Most programs require registration. See our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

National Volunteer Week

April 10 - 16 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 150 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 10 - 16, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.

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IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. 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, or 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.

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding "hidden" lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

Calgary Fire Department. Yours for life.

Friends of Fish Creek

Learn about the birds of Fish Creek with the Spring Birding Course. 12-week course starts March 28. For more information and to register visit www.friendsoffishcreek.org/programs/birding-course



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Article by J. Turner
Photo by Andrea S. H. Hunt

THE PORCUPINES

A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.



CALGARY PUBLIC LIBRARY

The Book Truck

Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

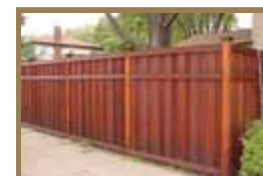
Central Library

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IN & AROUND CALGARY



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2016

Join in on the fun!

- 10 Energy Pit Stop Locations around Calgary
- Free Breakfast & Giveaways at Eau Claire Market
- Fun, fresh air, fantastic people & free stuff!
- Get on your bike and join other Calgarians on Friday, May 6th from 6:00 am - 9:00 am for Calgary's 10th Annual Bike to Work Day!

For more information or to volunteer, contact the Event Coordinator at jennaharbeck@familylaw-bnl.com.

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www.bikecalgary.ca

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Plant Trivia

According to blog writers Kelley House and Kate Norvell, both certified professional soil scientists, plant "litter" that remains after a harvest is called "residue." Leaving the residues in place over the winter, instead of pulling them up or tilling them into the soil surface, provides numerous benefits for the soil and your garden.

- <https://www.sciencedaily.com/releases/2016/02/160215124440.htm>

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

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

Your voice matters

The Calgary Board of Education is committed to involving people in decisions that affect them. To do this more effectively, a new system-wide approach to public engagement is being developed.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

Last fall we invited employees, parents, students and the general public to share their perspectives on public engagement at the CBE. The response was outstanding. More than 6,500 people took the time voice their opinions. The thoughts and views that were shared are important and will guide us as we move forward.

A summary is posted on our website. It identifies several areas where the CBE can do better including developing a well understood, fair and open engagement process to sharing the results of engagement activities.

More information on Public Engagement and other opportunities to provide input can be found on our website www.cbe.ab.ca/dialogue

We look forward to sharing our new approach with you.

The Board of Trustees always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

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

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

We hope everyone had a wonderful Easter break blessed with peace and joy. As we celebrate spring, our district Planning and Construction departments remain busy, preparing for the opening of four new schools before the end of 2016 and six new schools in the coming years.

Did you know?

- The four schools slated to open before the end of 2016 include K-9 schools in the communities of Auburn Bay and Evanston and K-6 schools in the communities of Cranston and New Brighton.
- These new schools will help relieve overcrowding pressures at current receiver schools and they will also provide room for our district to keep growing. Years of extensive planning and public consultation goes into the decision-making process of every new school we open.
- Naming our schools is a very important part of the process and one of the initial steps to building community among the individuals who will learn and work together. A naming committee is developed for each school, which includes representatives from senior administration, Board of Trustees, parishes and the school council chair.
- The committee meets and reviews a list of potential names, which includes saints and prominent Catholic figures that reflect a commitment to gospel values, exemplary service to others and a willingness to journey in faith with God.
- The naming committee will select several suitable names and then gather input from the school community and parishes and review the data before submitting it to senior administration for final approval.
- In addition to reflecting our district's faith through school names, we also look to incorporate symbols of faith within the building construction. We add a cross to the outside of our buildings, but also look to add meaningful, religious symbolism in windows, floor patterns, foyers and other architectural elements.

For more details and information regarding new schools at the Calgary Catholic School District, please visit our website at www.cssd.ab.ca under Schools/Future Schools.

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Why and how to host a BOOK DRIVE:

It's fun and you can make a difference in the lives of children in Calgary!

A Book Drive is when you collect gently-used books that people are finished with and give them to someone else. Sometimes the books are sold to raise money to support the work of a charity.

Consider collecting books for Calgary Reads. We help teachers, families and community members help children learn to read with confidence and joy. We do this through programs, events and activities that build children's literacy skills and their love of reading and books.

If your family, neighbours, school, sports team, Girl Guides, Scout troop or work colleagues would like to collect books to support the work of Calgary Reads... there are two easy ways to hold a Book Drive:

1. A Central Collection Point: This donation spot can be in your school, office, home, or your club venue. Place boxes to collect the books. Let people know why and when you are collecting.

2. A Door-to-Door Book Drive: Distribute a flyer to homes in a chosen area. Detail your drive and the date that someone will be back to collect books. The homeowner puts the books they wish to donate in a bag and places them outside their front door on the day of the drive.

Books donated to Calgary Reads are used in two ways. At this time of year we collect pre-owned adult and children's books (fiction and non-fiction) to sell at our annual fundraising event: the **CBC Calgary / Calgary Reads Big Book Sale** that happens in May. Year-round we welcome donations of gently-used or new books for children aged 0 to age 8 for our **Calgary Reads Book Bank** that, in collaboration with the **Calgary Food Bank**, brings books to children in Calgary who have few or none of their own at home.

Or, spread the joy of reading another way. If your group or community does not have an excess of books to give to others, start a 'Borrow-a-Book shelf' in the entrance of your business, club venue or school—or, stew-

ard a Little Free Library in your neighbourhood and keep books circulating!

CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

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

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

Friday May 13 • 9am – 9pm

TGIBs (Thank Goodness It's Books) Author reading 7pm.

Saturday May 14 • 9am – 9pm

Back by popular demand! **Jazz & Books Night!** Shop to the musical sounds of **Midnight Blue Jazz Society** with cash wine bar 6 – 9pm.

Sunday May 15 • 9am – 1pm

Childcare in the **Children's Story Tent** this morning with crafts and storytelling by Girl Guides.

Special Today! Fill the bag we give you with books for just \$25!

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

Donate books: We welcome donations of good quality, gently used adult and children books for the book sale! (We cannot accept encyclopaedias, dictionaries, text books, Harlequin Romances, Reader's Digest, cassettes, magazines or agendas)

Book collection locations, dates and times:

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

- Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm
- Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

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

- Tuesday to Friday May 3 to May 6 from 9am - 7pm sharp
- Saturday and Sunday May 7 and 8 from 9am - 4 pm sharp

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



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WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly bi-weekly or monthly cleanings. I also specialize in post construction clean ups move in or move out cleanings as well. Please call Malou at 403-698-3958.

YOUR RENOVATION SPECIALIST: For all your renovation projects. 25 years experience. Kitchens, bathrooms, basements, garages, additions from start to finish. Call Clive for a free quote 403-926-8144. Or email clivescholfield@gmail.com.

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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CAROLINE'S CLEANING: I am a very experienced, hard working, reliable and honest house cleaner, with lots of excellent references. Fantastic attention to detail - satisfaction guaranteed. Please call Caroline at 403-201-0503 or 403-990-4630.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

GARDENING: It's spring! Let us take care of your flower bed clean-up. We remove debris, prune shrubs, weed, turn and re-edge beds, add compost/mulch. We also do weekly garden maintenance, and design and install new gardens. For beautiful, weed-free flower beds and more time to enjoy them, call GardenWise Renovation & Design 403-278-6109.

ELEMENTS PLUMBING & HEATING: Residential service work including repairs and installations water heaters furnaces gas lines and renovations. Free estimates and flexible hours. Professional service at affordable rates. 403-281-8089. www.elementsplumbing.ca.

HIGH GRADE LANDSCAPING: Offering weekly lawn maintenance, spring/fall cleanups (for weekly maintenance and snow removal customers), aerate, fertilizer applications and snow removal. Installation of landscape fabric, wood chips and crushed rock products. 19 years experience. Licensed, reliable, courteous service. Please call Brian at 403-863-4298 or email highgradelandscaping@shaw.ca. Midnapore resident.

ET CLEANING IS LOOKING FOR NEW CLIENTS: I have an openings for weekly, bi-weekly or monthly cleaning. I am hard working, reliable and honest lady with 15+ years of experience and great references. Call 403-975-3679 for your free estimate.

QUALITY PAINTING SERVICES: Experienced painter specializing in exterior and interior paint jobs, base board and casing installation, as well as many other handyman services. For advice or a free quote call or text Paul the painter at 403-836-1007 or email PaulthePainter2016@hotmail.com.

HARDING'S SERVICES: offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at www.hardingsservices.com.

AREN'T YOU TIRED OF CLEANING? Let us do it for you! Residential home cleaning at a fair price. Weekly, bi-weekly, monthly, move in or move out cleaning, one time deep cleaning, we can customize to suit your needs. Give us a call for your free estimate. Johanne 587-215-0765 or Jenn 403-540-0934, or send us an e-mail at jsquared@hotmail.ca.

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

MADELEINE'S CLEANING SERVICE - FOR ALL YOUR CLEANING NEEDS! Reliable, affordable, and meticulous. References available. Call for your quote today! 403-850-9752 or email madeleinescleaning@gmail.com.

MILLRISE CLEANING SERVICE: has availability for weekly and bi-weekly. Call 403-714-2508 or Email: millrisecleaningserv@shaw.ca.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

~cont'd next page~

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DO YOU NEED YOUR GRASS CUT: on a weekly or vacation basis? If you are going to be away you might need someone to pick up your mail and water your Garden. Eavestrough cleaning or other odd jobs. Call Gerry/Patricia at 403-201-2030.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

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.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

WINDOW CLEANING DONE THE RIGHT WAY! Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$900 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

HOME REPAIRS AND RENOVATIONS: Affordable pricing and high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Insured. Mon-Fri 8-5pm. Call 403-703-8648 TH Maintenance Services. Find us on Facebook.

THE HOMESTEAD HELP COMPANY INC: Based in Lake Chaparral - I am pleased to provide regularly scheduled home maintenance and minor repair services to homes in South Calgary. For more info visit www.homesteadhelp.ca or call Scott 403-648-0771.

TUTORS / LESSONS

MATH: Individual instruction / tutoring Grade 9 to Math 30. Specializing in Pure Math. Daytime adult / upgrading / home-schooled students also welcome. In Sundance. Call Claudia 403-873-6720.

PERSONAL

BLOSSOM SALON SPECIAL OFFER: Looking for a stylist? Call and book with our new talented stylist Comfort, and enjoy up to 50% off your first service. For more information, call us today or request an appointment online at: 403-254-5441, www.blossomsalon.ca. Don't forget to mention this ad!

LULUS GROOMING SALON: Professional all breed dog grooming by award winning groomer, Lisa. I am home based located in Midnapore. Please call 403-462-2344 to book an appointment, or visit Lulus Grooming Salon on Facebook.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

MISCELLANEOUS

CHARTERED PROFESSIONAL ACCOUNTANT: 25 plus years' professional experience. Corporate and personal tax returns (Efilng), tax planning, tax minimization, business start-up, GST, payroll, Incorporation, financial statements and bookkeeping. Flexible hours, affordable. Canyon Meadows Shopping Ctr. (Anderson and Elbow S.) Suite 211, 11625 Elbow Drive SW. 403-238-6088. angcga@telus.net Albert Ng, B.Mgt., FCCA(UK), CPA, CGA.

PHOTO SCANNING: Preserve your familys precious photos and memories today! Have your precious family photos scanned and preserved right here in Sundance. Photos scanned at high resolution with white glove service. Rush orders for special events available. Call Lisa for a free consultation at 403-589-0445, email lisa@picturesonpages.com or visit www.picturesonpages.com.

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SMALL BUSINESS BOOKKEEPING / TAX PREP: For small companies and self-employed individuals. Ensure your financial records comply with government regulations and maximize your income. Bow River Business Services Ltd. Please phone Claudia at 403-873-6720 or email to ctiefisher@gmail.com.

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

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

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.



From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another \$4 billion, or 19%. That growth is being driven by consumers' preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. "People are now saying I eat chocolate" because of the health benefits, he said.

- <http://www.ecolechocolat.com/en/news.html>

LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.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 business. 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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Calgary, AB Canada T2X 2X7
Phone: (403) 256-8969; Fax: (403) 256-8970
calgary.shaw@assembly.ab.ca

Welcome to springtime! It's been 11 months since the provincial election. Time sure does fly, doesn't it? By the time you read this newsletter the 2016 budget will have been released – the budget focus is on stabilizing the economy, supporting small business, job creation and information about the climate change strategy. Please e-mail or stop by the office with any concerns or comments.

Business Supports

As we move through this difficult economic time it is important to recognize the work that businesses in the area do as it relates to stabilizing the economy. We are happy to help with programs like the STEP program and the job creation tax credit. If you have any questions on how to apply to these programs feel free to connect with my office.

MLA Expense Disclosures

In the last few years MLA and legislative expense have been a hot topic.

When reviewing them you can see everything under the sun from a \$ 262.50 car cleaning to a \$0.48 parking charge. Over the next few months legislative review committees will be reviewing these expenses and I would be happy to pass on any feedback you may have about appropriate expenses. P.S. I clean my own car.

Stampede July 8 – 17

I know that Stampede is still a long way off but I did want to let you know that my office will be hosting a Stampede B-B-Q July 9, 11:00 am – 2:00 pm. Mark your calendars. July 11, Premier Notley will be hosting her Stampede breakfast at the McDougall Centre. Both are still in the planning stages – watch for additional details available in May and June. Feel free to pass on any special event that you may be having.

April 27 Is Administrative Professionals' Day

Administrative Professionals' Day is celebrated on April 27, 2016. Administrative Professionals' Day - also known as Secretaries Day or Admin Day - is an unofficial secular holiday observed in several countries to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Don't forget to recognize your administrative support person.

Chat With Your MLA

E-mail feedback is always encouraged and appreciated. However nothing beats an old fashioned phone call or one-on-one conversation. If you would like to chat please arrange with my office and I would be happy to give you a call even during non-traditional working hours.

Saturday Office Hours

We haven't worked out all of the details, but I did want to let you know that our office will be open one Saturday a month beginning in April. Give our office a call for details.

I enjoy attending community events, if you would like me to attend yours, I will do my best to be available. If you have concerns regarding community issues you can reach me through my constituency office: 403-256-8969

My office can provide Notary Public and Commissioner for Oaths services (it's a good idea to make an appointment) and provincial pins, if you need a few.



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hey Ward 14!

Spring is now in full swing. I will start with a quick reminder about Counciltalk and then dive in to an important spring topic.

March Counciltalk

Three great Counciltalk discussions are already done. The April Counciltalk will be held at the Sundance Resident's Association (63 Suncrest Way S.E.) on April 23 from noon to 2 p.m. You can find a listing of Counciltalks at calgary.ca/counciltalk, and you can also sign up to get email reminders for Counciltalk and other things at calgary.ca/ward14connect.

Street Sweeping

You're reading this in late March or early April, but I'm writing it in February. As I write, the City is way ahead of schedule for its street sweeping program because of the very warm and dry February. In fact, "pre-sweeping" started in February.

"Pre-sweeping" is what it sounds like. We pick up some of the larger debris in strategic areas to make things easier for the final sweep. It is the beginning of our annual program removing debris that has accumulated during winter on roads, major sidewalks, and boulevards. Keeping the roads clear helps everybody get around easier and safely. It is also good for the environment and our wallets. Every pebble that we pick up before the June rain doesn't end up in our storm water system. It also saves us money on maintenance of that system. Removing as much as possible is great, and doing it quickly is best.

So we're trying to take advantage of the good conditions, and there are a few changes to the usual schedule that you should take note of:

1. We are aiming to complete the program by June 1 instead of June 30, and will begin on April 3 instead of April 13 (weather permitting).
2. Daytime sweeping (in residential areas) will be 7 days/week instead of 4 days/week

3. Evening sweeping (of main roads) will now be Mon-Thurs instead of Sun-Wed

If you see a temporary parking sign on your street, that means there is a parking ban in place. Crews will move vehicles to a space nearby at the City's expense if possible, but will tow to an impound lot at the owners expense if not. In both case, the car will be ticketed. Unlike before, vehicles in sweeping areas where there is no parking ban may receive tickets, and the penalty has gone to \$120 from \$75.

Please help the City keep our streets, sidewalks, and parks clean of debris by obeying the posted parking restrictions. It will save the City money, and your neighbours will thank you. Parking ban signs will be posted at least 12 hours in advance, so keep an eye out. I also suggest visiting calgary.ca/sweep where you can find a real-time map showing our progress (a result of one of my innovation fund requests) and look up planned street sweeping dates by address. Check back frequently though—the weather can change plans.

If you have any questions about street sweeping or anything else feel free to contact me.



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Mid-Sun Community Association

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MID-SUN COMMUNITY ASSOCIATION BOARD OF DIRECTORS

President	Keith Pedersen	keithpedersen@live.com
Past President	Devin Elkin	delkin@telus.net
Vice President - Director of Planning & Development	Mark Schmidt	maschmidt@outlook.com
Treasurer/Director of Operations	Keith Pedersen	keithpedersen@live.com
Secretary	Patsy McNish	pmcnish@shaw.ca
Director of Fundraising - Casino	Rose-Marie McKinnon	rmcreations@shaw.ca
Director of Community Relations	Kim Taylor	kimandav@telus.net
Chair - Traffic Committee	Janice Fisher	traffic@midsun.org
Chair - Garden	Kim Taylor	midsungarden@gmail.com
Facility Manager	Sharmaleigh Luft	facility.manager@midsun.org
Community Recreation Coordinator	Lisa Johnston	lisa.johnston@calgary.ca
CPS - Community Liaison Officer	Cst. Walter Kachmar	Pol3114@calgarypolice.ca
Trico/FLC Rep	Jeff Pratt	jeff@theprattfamily.net
Cardel Rec - South Rep	VACANT	VACANT

CONTACTS

Mid-Sun OOSC Program	Servicing Mother Theresa and FJW	403-254-8058 ext. 229 childcare@midsun.org
Midnapore OOSC Program	Servicing Midnapore School	403-254-0288 midnaporeoosc@midsun.org
MLA	Graham Sucha	Graham.Sucha@assembly.ab.ca
Ward 14 Counsellor	Peter DeMong	ward14@calgary.ca

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

CLOTHING GIVEAWAY: Saturday, May 7 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 3-6, between 11:00 am – 2:00 pm. For more information call Retta at 403-201-7500.

BRAIN GAMES SUDOKU

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

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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CHURCHES

Sunwest Christian Fellowship	403.254.2823
Tree of Life Lutheran Church	403.726.0911
St. Paul's Anglican Church	403.256.1428
Deer Park United Church	403.278.8263
First Alliance Church	403.252.7572
All Saints Lutheran	403.256.0262
Lutheran Church of Our Saviour	403.253.1453
New Hope Community Church	403.256.2772
Fairview Baptist Church	403.252.1704
Spiritual Community Church of the West	403.225.4331
Red Deer Lake United Church	403.256.3181
The Church of Jesus Christ of Latter Day Saints	403.254.8679
Canyon Creek Christian Fellowship	403.256.3167
Campbell-Stone United Church	403.708.7729

KEYBOARD SHORTCUTS

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F1 Get Help or visit Microsoft Office Online

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series!

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Apr. 9, 16, 23, 30, May 7, 14, 28, Jun 4, 11, 2016

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