

MAY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

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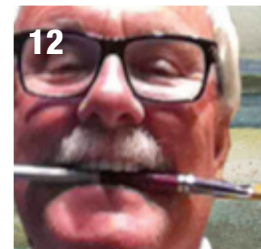
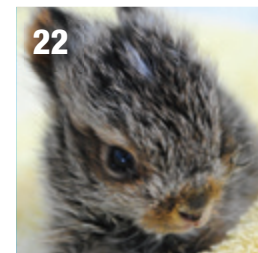
HOURS OF OPERATION

Mon. & Wed-Friday 11:30 am – 10:00 pm
Tue. & Sat. 3:00 pm - 10:00 pm
Sunday and Holidays 4:00 pm – 9:00 pm
(2:00 pm - 3:00pm Lunch Break)

#8 - 7337 Sierra Morena Blvd. SW T3H 3V4

CONTENTS

- 8 MY BABYSITTER LIST
- 9 NEIGHBOUR DAY DINNER AND DANCE!
- 10 MARK YOUR CALENDARS
- 11 2017 SOCCER NEWS
- 12 PAINT NIGHT
- 13 RING ROAD INFO
- 14 GLAMORGAN GREATS: AARON HORNE
- 15 ELBOW VALLEY SITE UPDATE
- 20 AT A GLANCE
- 22 CALGARY WILDLIFE:
DO THEY REALLY NEED OUR HELP?
- 28 REAL ESTATE UPDATE
- 29 CALGARY HUMANE SOCIETY: DOG SAFETY
AT SUMMER FESTIVALS





GLAMORGAN COMMUNITY ASSOCIATION

4207-41 Ave. SW
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info@myglamorgan.ca

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

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

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

IMPORTANT NUMBERS

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



SENIORS CORNER

The first Tuesday of every month
1 – 3 pm at the Community Centre
4207 - 41 Avenue SW
Phone: 403-246-8218

Email: info@myglamorgan.ca
Website: www.myglamorgan.ca
Come out and enjoy an afternoon
with your neighbours!

Different activities each month:
MAY 2 - CALGARY PUBLIC LIBRARY
JUNE 13 - BBQ

For more information, contact the
Glamorgan Community
Association



On-Site




Computers


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Vibrant

COMMUNITY PROGRAMS

ADULT FITNESS – Adult Fitness – Mon, Wed, Fri Mornings. Call Linda at 403-931-7539.

BROWNIES / GUIDES / SPARKS – Programs are offered Tuesdays at the community hall. Please call 403-283-8348.

INTEGRATED WELLNESS WITH RHONDA – Body Sculpting exercise program Mon. & Wed. AM & PM

Call Rhonda at 403-681-3439 wellnesswithrhonda.com.

ALL LEVELS YOGA - Tuesday nights 8:00pm. For information or to register email ashleydaveyyoga@gmail.com

FIRST STEP FITNESS – classes Monday & Wednesday info@firststepfitness.ca or call 403-463-2908.

GLAMORGAN CHILDREN'S CENTRE – Before & After School Care Program. Supervised Lunch Program. Call 403-217-6677 for info.

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KARATE & KICKBOXING – Tue & Thur from 6 – 7pm. Call Todd at 403-850-1845 with the Provincial Martial Arts Assn.

SIGNAL HILL LIBRARY – There is something for everyone at the Library! Mon to Thur 10:00 am – 9:00pm, Fri and Saturday 10:00am – 5:00pm. Sundays 12:00-5:00pm. www.calgarypubliclibrary.com 403-221-2000.

WEST CENTRAL COMMUNITY RESOURCE CENTRE
 Access computers, crisis support and more at the WCCRC, located at 3507A 17th Ave SW. Other programs include: Parenting Support, Women's Group, Summer Camp and more. Call 403-543-0555 or visit www.closetohome.com for more information.

Do you have a program to offer or want to see a program come to our community? **Contact Sara Polzen** our assistant General Manager.

BOSTON PIZZA
Bounce Back Program
RICHMOND ROAD LOCATION

Every time you eat at Boston Pizza Richmond Road let your server know that you support the Glamorgan Community Association and your server will stamp your receipt for you. Drop your stamped receipt off in the Community Association mailbox (by the front doors). Boston Pizza will give the Glamorgan Community Association 10% back of the receipt total!



GLAMORGAN
 COMMUNITY ASSOCIATION

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2
 Phone: 403-246-8218 • Fax: 403-240-1394
 Office Hours: Tuesday - Friday 10:0am – 4:30pm
 Office is Closed Mondays
 Website: www.myglamorgan.ca • email: info@myglamorgan.ca

BOARD MEMBERS		
President		Beryl Ostrom
Vice President		Kevin Hawes
Secretary		Leslie Gowing
Treasurer		Nicole Liesemer
Director at Large		Dale Wilson
Director at Large		Sara Haney
Director at Large		Robin Matrai
Director at Large		Alana Redding
Director at Large		Morgan Scully
Director at Large		Frøde Skjølvingstad

LIAISONS
 Calgary Police Service Community Resource Office 403-428-6200
 Community Partnerships Coordinator – Hayley Saunders 403-476-7185

COMMUNITY ACTIVITIES		
Adult Fitness	Linda Court	403-931-7539
Brownie, Guides & Sparks	Leanne Armstrong	403-265-7774
Calgary Minor Softball Assn	John Keith	403-266-9559
Children's Centre Director	Heather Eastgaard	403-217-6677
Gaming Manager	Bonnie Ladner	403-246-8218
Girl Guide Centre		403-283-8348
Glamorgan Community ECS	Louise Hardy	403-242-8694
Karate	Todd Johnson	403-850-1845
Outdoor Soccer	Beth Richardson	403-246-8218
Paddle Tennis	Barry McDonald	403-246-1411
Trails West Hockey	Jim Moriarty	403-246-3757
Triwest Soccer	Gerry Conaty	403-240-1014
Youth Bowling Council	Shirley Hession	403-242-9933

STAFF		
General Manager	Bonnie St. Pierre	403-246-8218
Asst. General Manager	Sara Polzen	403-246-8218

Board Meetings are held on the 3rd Thursday of each month. Community members are welcome to attend. Call 403-246-8218 for more information.

Vibrant

MEMBERSHIP

Downloadable version at www.myglamorgan.ca
 Enclose this form along with your membership fee & drop-off or mail to:

GLAMORGAN COMMUNITY CENTRE
 4207 – 41 Ave SW Calgary AB T3E 1G2

Note: Do not send cash through the mail. Make cheque payable to
"Glamorgan Community Association"

Memberships can also be purchased online at www.myglamorgan.ca

Please choose your desired type and length of membership:

Membership Type	1 Year	3 Year	5 Year
<input type="checkbox"/> Resident Family	<input type="checkbox"/> \$20	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75
<input type="checkbox"/> Resident Adult	<input type="checkbox"/> \$10	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40
<input type="checkbox"/> Resident Senior	<input type="checkbox"/> \$7	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25
<input type="checkbox"/> Associate *	<input type="checkbox"/> \$20	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75

* Choose if you do not reside within the Glamorgan Community Boundaries

Please list the member(s) of your household to be included on this membership: **A/Y = Adult or Youth**

First Name	Last Name	A/Y

Address:	
Postal Code:	
Primary Phone #:	
Alternate Phone #:	
Primary E-mail:	
Total Amount Enclosed:	Receipt #

☐ Yes, I would like to receive information by email from the Glamorgan Community Association



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CANADA 150

CELEBRATING CANADA'S FUTURE

PLEASE JOIN CALGARY SIGNAL HILL MEMBER OF PARLIAMENT, RON LIEPERT, ON SATURDAY JUNE 10TH FOR A PICNIC TO CELEBRATE CANADA'S 150TH BIRTHDAY AND BEYOND.

THERE WILL BE ENTERTAINMENT AND ACTIVITIES FOR ALL. LOCATION GLENDALE & GLENDALE MEADOWS COMMUNITY HALL SITUATED AT 2405 GLENMOUNT DRIVE SW

SATURDAY JUNE 10TH, 2017 FROM 1:00 PM - 4:00 PM.

RSVPs are required so please use <http://www.ronliepertmp.ca/150>

For more information, please go to www.ronliepert.ca or call 403 292-6666.

To ensure compliance with fire regulations, we reserve the right to cut off attendance in the event we go over capacity.





Glamorgan Bakery
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Glamorgan mybabysitterlist

Name	Age	Contact	Course
Caitlyn	20	403-862-9770	Yes
Carolina	12	403-667-2755	Yes
Elvin	39	403-667-3552	Yes
Josh	15	403-249-0080	Yes
Rachel	14	403-399-8633	Yes
Sienna	14	403-240-1128	Yes
Ya'ara	16	403-467-2636	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.



BOOK YOUR EVENT

Book your Family or Corporate Party here at the Glamorgan Community Association!

We offer a full bar service, commercial kitchen and much more. Call the office for pricing and availability.

NEIGHBOUR DAY DINNER AND DANCE!



JUNE 24 2017

ALL AGES WELCOME!

WATCH OUR WEBSITE FOR FURTHER DETAILS

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8 MAY 2017 | Call 403-263-3044 for advertising opportunities

GLAMORGAN | MAY 2017 9

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 31



Mark your calendars

- MAY 2 SENIORS CORNER
- MAY 24 PAINT NIGHT
- MAY 24 & 25 SOCCER PICTURES
- JUNE 24 NEIGHBOUR DAY
- SEPTEMBER 23 COMMUNITY CLEAN UP




2017 Soccer News

For Important Dates and Information Visit www.myglamorgan.ca

Soccer Pictures
May 24 & 25

Wind Up Party
June 25



GLAMORGAN CHILDREN'S CENTRE

Before, Lunch & After School Program Grades 1 to 6

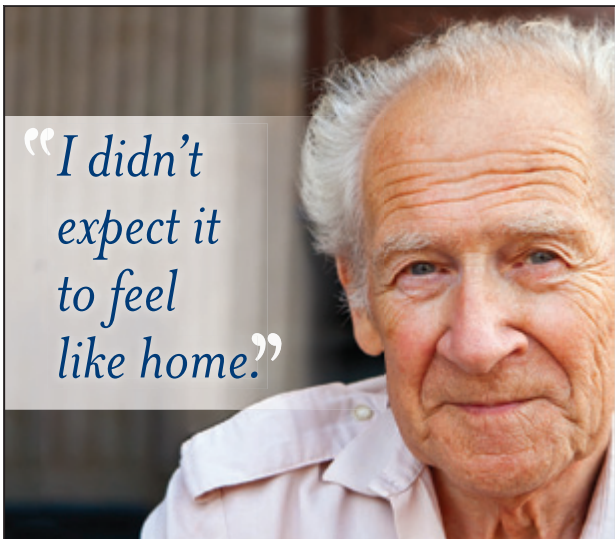
- * Licensed, accredited, non-profit program, run under the Glamorgan Community Association
- * Exclusive, dedicated space for our children's program
- * Breakfast and Afternoon Snacks provided
- * Lunchtime program for Glamorgan TLC students
- * We offer a variety of fun and stimulating indoor/outdoor activities designed to: teach new skills, foster creativity, enhance social skills and friendships, build self-esteem, develop problem solving skills and much, much more!
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For More Information Call 217-6677 or visit www.myglamorgan.ca

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PAINT NIGHT!

With Paula Henschell & Dan Fallwell



Fun-Night-Painting
In Watercolours!

Wednesday May 24th
6:30 - 9PM
Includes All Materials and Paints
Please Register at
GLAMORGAN
COMMUNITY ASSOCIATION
403-246-8218

\$25
Per Person



Enjoy A Night With Your Friends While Having A Fun Time Painting in Watercolours!

Ring Road Info

Start of Construction Season

As spring rapidly approaches, KGL Constructors is preparing for the first full construction season on the Southwest Calgary Ring Road (SWCRR). Updates regarding specific construction activities and traffic impacts are regularly posted on our project website at www.SWCRRproject.com.

Road construction is expected along the length of the project corridor in 2017, including earthworks, paving, piling and interchange work:

1. Highway 8/Glenmore Trail to 37 Street S.W.

- Construction of new eastbound lanes along Highway 8 and Glenmore Trail
- Earthworks for the interchange south of Sarcee Trail S.W.
- Work at the Grey Eagle Resort & Casino to establish a new entrance/exit to Glenmore Trail
- Preparations for realignment of the Elbow River, including excavation of the new section of river channel, erosion control and planting of native vegetation
- Utility work along the length of the road segment
- Development of a gravel pit and crushing operations near Old Banff Coach Road S.W.
- Construction of a haul road from the gravel pit to Highway 8 (crossing 17 Avenue and Lower Springbank Road S.W.)

2. 90 Avenue to 162 Avenue S.W.

- Construction of the road segment, including new southbound lanes west of 37 Street S.W.
- Initial work for bridge structures at 90 Avenue, Fish Creek, and 146 Avenue/Fish Creek Boulevard S.W.
- Traffic realignments along Fish Creek Boulevard and 37 Street S.W.

- Preparations for the realignment of Fish Creek, including excavation of the new section of river channel, erosion control and planting of native vegetation
- Utility work along the length of the segment

3. 162 Avenue S.W. to Macleod Trail S.E.

- Construction of new eastbound lanes along Highway 22X
- Construction of bridges over CP railway and new westbound bridges at Macleod Trail S.E.
- Closure of 24 Street S.W. near Highway 22X (spring 2017)
- Ongoing gravel processing from the excavation near 162 Avenue S.W., with an asphalt plant set up on the site in the summer of 2017
- Utility work along the length of the segment
- Traffic realignments for ramps around Macleod Trail S.W.

Project Hours of Work:

Monday to Saturday from 7:00 a.m. to 10:00 p.m.

Sundays and Holidays from 9:00 a.m. to 10:00 p.m.

Occasionally, KGL may apply for exemptions to work on critical activities outside of these times.

Noise and dust will be regularly monitored throughout the project area and mitigation measures applied as needed. There will be an increase in equipment traffic along the project corridor and in neighbouring communities.

Please keep in mind that the Transportation Utility Corridor is an active construction site and only authorized personnel are permitted in the area.

KGL appreciates your patience during this period of construction.

If you have any questions or would like SWCRR updates, please call us: 403-212-0565
info@SWCRRproject.com. www.SWCRRproject.com

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403-246-1774
Glamorgan Shopping Centre

Glamorgan Greats! Aaron Horne

Aaron Horne is in the enviable position, at age twenty-two, of having a clear focus for his future. As he told me, "I believe strongly in having a plan." In his second year in Education at Mount Royal University (MRU), he intends to teach Grade 1 or 2 for a few years, then get a Master's Degree in Psychology, in order to become a high school guidance counsellor.

In addition to his full-time studies, Aaron holds two part-time jobs. He serves on the Governing Board of the Students' Association of MRU (SAMRU), and is an Army Communications and Information Systems Specialist with the Army Reserves, 41 Signal Regiment, 3 Squadron. He also volunteers on campus, leading two clubs, the Education Undergraduate Society and the Firearms Club, and serves on the Advisory Committee to the Vice-President Academic of SAMRU.

Aaron eloquently describes the profound impact that the army has had on his life:

"I was in cadets when I was young, and as I was nearing the end of high school, I didn't know what I wanted to do. I thought it would be fun to join the reserves, and figured I could learn some new things. I was quite a procrastinator in high school – a skinny kid, not confident, a moderate achiever. The army 180'd my life – I'm a completely different person now." Aaron enlisted in August 2012, and puts in between 12 to 80 hours a month, depending on the exercises being held. His primary function is to ensure that communication needs in the field are being met. Adam says that he "became passionate about education" when he had the opportunity to teach navigation, communication and radio systems in the army. He overcame the possible barrier of teaching people much older than he is through his thorough knowledge of the subject, since "my confidence in knowing my job inspires confidence". Aaron intends to stay with the Reserves for several years, in order to learn more about communication systems, and do a tour.



Aaron loves to travel and experience new cultures. Last summer, he spent two weeks with the Reserves on a multinational joint training exercise as a signaller in the United States, and then volunteered in Guatemala on MRU's Operation Groundswell, as a teaching assistant for a roaming school in small villages.

Aaron spent the first six years of his life in Beiseker, some 70 kilometres northeast of Calgary, before moving into the southeast area of the city with his mother. He attended Lord Beaverbrook and Centennial High Schools. Aaron has lived in Glamorgan for two years, in the former home of his deceased grandparents, Bob and Eleanor Riley. He appreciates the community for "how calm and relaxing it is. Everybody respects the place and respects their neighbour. Here I've never been woken up by sirens! It's a close-knit community – a neighbour brought me a pie when I moved in." Arron walks to school, "a good 20-minute walk a day. It keeps you healthy. Fitness is celebrated as a fundamental part of membership in the Reserves."

He shares his home with his girlfriend, Valerie Caden-Baptiste, and two rescue cats, Annabelle and Nova. Valerie describes Aaron as "amazing", but she, herself, is no slouch! She is in her 4th year of Policy Studies at MRU, and has served on the Executive Council of SAMRU as Vice-President of Student Life. She said she "looks for opportunities to get involved".

Valerie and Aaron are a "power couple" indeed, but their relationship got off to a rocky start. As they tell it, Aaron was campaign manager for one of Valerie's opponents for the Students' Association, so they started off dislik-

ing each other, especially after Aaron made a comment on a social media post that, Aaron jokes, "Valerie will not let me live (it) down". But as they had to work together on committees, and got to know each other better, their relationship flourished. They enjoy having friends over for theme parties, are learning Spanish together through YouTube, and Valerie is teaching Aaron how to play the guitar.

In the little free time that Aaron has available, he has competed some renovations to his home and collects clocks of all kinds. In his dining room is the large grandfather clock that, fittingly, belonged to his grandfather. "I like clocks – they are kinda like art – stop watches, pocket watches, all kinds of watches." He laughs as he tells me that "I'm always on time – it's an army thing!" Aaron bought his first original piece of art, a mountain landscape, when he was eighteen years old, and likes to dabble in painting.

Aaron and Valerie, I hope you realize all of your dreams. You are so accomplished, at such a young age, that I expect we will be hearing much more from you in the coming years!

Do you know an individual or organization that you would like to see in this feature?

Contact Loretta Biasutti at biasutti@shaw.ca or 403-249-5945 or drop off a suggestion at the community centre. We need your input!

Elbow Valley Site Update

Silvera for Seniors and WHISSEL Contracting Ltd. would like to thank the Glamorgan Cres. SW neighbours and the entire community for your patience and cooperation as the site utility connections were completed. Work was delayed by winter weather but the utility connections behind the homes on Glamorgan Cres. SW were completed in April. Now that the utility work is completed, Horizon Housing is moving forward with its project on the east portion of the site.

In May and June, contractors will be focused on completing 50 Ave. SW, including sidewalks and curbs along the south property line adjacent to Glenmore Trail SW. During construction, access to Westview will be maintained on the old road bed and every effort will be made to ensure safe pedestrian access. Residents of the community are reminded, however, that until development is complete that this is a work site and that they should all take the necessary precautions to ensure their safety.

Thanks again for your patience. Our continued focus is to be a good neighbour and be a part of the community. For your safety, please do not enter the fenced-off construction areas and follow signage directions when you are on the site.

Information is available on our website at www.silvera.ca. If you have questions, please send them to contact@silvera.ca. You can also find information about Horizon Housing Society at www.horizonhousing.ab.




8th Annual Garage Sale

Register with Flo Volcko by emailing
flo@gowithflo.ca

SAVE THE DATE
SATURDAY JUNE 10, 2017

403.542.9501 | www.gowithflo.ca



Maxwell South Star Realty



Community Program – and we're hiring!!

We are an Accredited Out of School Care Program located in SW Calgary close to downtown. Our program was started 26 years ago and continues to thrive right in the heart of Glamorgan! This is a full time position Monday thru Friday. We're looking for a Child Development Supervisor, Assistant, or Worker to join our team (OR Any level of certification will be welcomed!) We offer competitive wages in a positive creative environment.

Since we are located right in the Glamorgan Community Centre, we have access to two school playfields, parks, the ice rink, as well as other amenities at the community centre. We ensure that outdoor activities are a part of our daily programming. Our space also allows for a variety of indoor activities where children can choose the different play stations including: crafts, foosball, games, hot wheels, dress up, baking, etc, etc, etc!! Our leader's main goal is to ensure the kids are safe and engaged at all times. Our leaders are all professional, creative, energetic, value driven and truly enjoy working with children.

If you are a community minded individual who is friendly and reliable and want to be a part of our incredible team, we would love to hear from you! Send your resume to: gcc@myglamorgan.ca

Our program runs from September – June, which means you would get the summers off!

We look forward to meeting you☺



June 3, 2017 Striking Out Homelessness with Boys & Girls Clubs of Calgary

Striking Out Homelessness is a fun, interactive community bowling event designed to bring friends, family and colleagues together to raise funds for Boys & Girls Clubs of Calgary's children and youth. The afternoon will be filled with bowling, food and refreshments, prizes, raffles and much more! Create a team, join an existing team, volunteer or sponsor the event, there are opportunities for everyone to join in on the fun! Prizes will be awarded to top fundraisers, winning teams and best team costume. The event takes place June 3, 2017 at Mountain View Bowl, 3919 Richmond Rd SW. For more information please go to www.boysandgirlsclubsofcalgary.ca.

IN & AROUND CALGARY



Celebrate Neighbour Day on Saturday, June 17

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

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

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

Make Saturday, June 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

Planning a really BIG event? Special event and festival permit applications are due March 17. Block party and greenspace permit applications are due May 26.

Give A Mile brings dormant loyalty points to life

Put your unused loyalty points into action and make a difference during someone's last days. The Calgary-based charity Give A Mile puts donated Aeroplan and loyalty program points to work by turning them into flights that bring together someone who is critically ill or dealing with palliative illness with a family member or close friend.

Plans that transfer loyalty points to Give A Mile include American Express, CIBC, Hertz and Wyndham Rewards, among others. One hundred percent of all donations go to flights of compassion and associated travel fees (taxes, transfers). The operating costs for Give A Mile are raised separately.

Give A Mile is recognized as a charity by Beyond Miles, the charitable pooling program operated by Aeroplan. In January 2017, the organization facilitated its 300th flight, reuniting a Calgarian with her dying mother in Argentina.

Visit giveamile.org to find out how your donation can make a difference.



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Walk150 takes place in May & June

Book Discussion Groups

May Theme: Great Canadians!

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Various Library Locations & Dates

Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.

Alexander Calhoun Library

May 12 | 7 pm

Sage Hill Library

Temporary location to open in June! Visit our website for details.

To register or learn about other events, visit calgarylibrary.ca or call 403.260.2620.



The Indoor Gardener

by Cindy DeJager

Peace Lily (Spathiphyllum wallisii)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for *Spathiphyllum*.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.

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IN & AROUND SCHOOLS

St. Andrew School

Did you know that St. Andrew School is a hidden gem in the community of Glamorgan?

Students in Grades Kindergarten to Grade 6 have been involved in creating stop motion videos and learning about digital photography and technology. The videos were featured at our Academy Awards in February!

Young Entrepreneurs in Grades 4-6, working with the Bank of Montreal, are currently planning and developing one of a kind family travel kits! The proceeds from the kits are being donated to the Children's Make a Wish Foundation and the Calgary Humane Society.

With a focus on Catholic faith formation, children work with their teacher champion on developing self-confidence and resiliency as 21st century learners.

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JUNE 3 WHEELS FOR WELLS CHARITY BIKE RIDE – SOUTHVIEW CHURCH

Help Wheels for Wells bring clean water to those without. Choose to ride a 10 km family-friendly route or the longer 30, 50, 70, or 90 km on routes in and around Calgary. All rides are fully supported and the 10 km riders can take part in a skill building session. More info at wheelsforwells.ca.



JUNE 3 – 4 CALGARY UKRAINIAN FESTIVAL – ACADIA RECREATION COMPLEX

This festival celebrates our vibrant Ukrainian heritage, rich Ukrainian culture and cuisine, shop until you drop in the vendor market place, and join us for our Zabava and dance the evening away to live Ukrainian music. More info at calgaryukrainianfestival.ca.



JUNE 18 RAD DAD DAY – CALAWAY PARK

What better way to celebrate all things dad than treats and rides and games? It's Rad Dad Day at Calaway Park! Bring your father or grandfather to celebrate how great he is! The best part is dads and granddads get free admission when accompanied by a child. Open 10 am to 7 pm More info at calawaypark.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Marda Loop Farmers' Market – 3130, 16 Street SW, June 3 – Oct. 7

Call for 2017 Farmers' Market vendors, food trucks and buskers! The Marda Loop outdoor Farmer's Market is growing this year, showcasing local makers, bakers and growers along with live music, kids' zone, cool activities for the whole family including monthly special events! More info for all vendors (and great stall rates starting at \$30/day) at mardaloop.com/farmers-market/farmers-market.

Suncor Stage One Festival of New York – Lunchbox Theatre, June 9 – 24

Next June marks the 30th anniversary of Stage One. For 30 years Lunchbox Theatre has been dedicated to the creation, development and production of new Canadian one-act plays, many of which have gone on to great acclaim after their premiere on our stage. Celebrate 30 years of playwriting history in our city with Lunchbox. Free admission. More info at lunchboxtheatre.com/suncor-stage-one-festival.

Vintage with Flair – Bragg Creek Community Centre, June 16 – 17 at 4 p.m.

A country garden party in the woods; a gathering of Alberta artisans, designers, makers and curators of vintage inspired to rustic farmhouse fresh designs. Including unique, artisan-inspired art and stained glass, hand-designed jewelry with a story, rustic home decor, maker-made ceramics, curated vintage home and garden decor, repurposed shabby and chic finds and up-cycled and cool clothing. Join us for a garden party in the country.

Sled Island Festival – various venues, June 21 -25

Sled Island's thoughtful, eclectic programming and independent spirit have fused with Calgary's youthful energy to produce a one-of-a-kind festival experience. Each June, the five-day music and arts festival brings together a community of over 250 bands, comedians, filmmakers and artists, as well as over 30,000 attendees in more than 35 venues, transforming the city into an arts lover's paradise that has earned rave reviews from artists, fans and media from across the globe. More info at sledisland.com.

The Glenn Miller Orchestra – Jack Singer Concert Hall, June 29 at 7 p.m.

The world famous Glenn Miller Orchestra brings timeless classics like In the Mood, Moonlight Serenade, Chattanooga Choo Choo, Pennsylvania 6-5000, String of Pearls and Tuxedo Junction back to the stage. Even 50 years after founding his famous orchestra Glenn Miller's music is alive and well. More info at artscommons.ca.



IN & AROUND CALGARY

EMS

National Paramedic Services Week is May 28 – June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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Do they really need our help?

Article by J.G. Turner
Photo by Andrea Hunt

In the spring and summer, Calgarians often come across little critters that are a part of our urban wildlife population. Humans are often eager to assist young animals and birds that they think are on their own, but how do you tell if they really need our help?

Is it orphaned/abandoned?

If you are not sure if the animal is orphaned or abandoned, watch it from a distance so as not to frighten the parents from returning. Check on the animal periodically for 24 to 48 hours to see if it is still there. DO NOT touch or move the young animal unless you are absolutely certain that it is orphaned or is in immediate danger. With some species, it is normal for parents to leave their offspring alone for extended periods of time. Many infant mammals are left on their own while their parents are foraging for food. In many bird species, the offspring outgrow their nest and their parents continue to raise them on the ground. Many species return to their young to care for them near dusk and dawn.

A young animal that looks well-fed, has bright eyes and clean fur or feathers, and is showing no signs of distress, is probably not orphaned.

See a Hare, Leave it There!

Both Snowshoe and White-tailed Prairie Hares will be having babies throughout the spring and summer. Hares are born fully furred and with their eyes open. They can hop

around within hours of birth. It is the strategy of hares to leave their young for long periods of time under bushes and in the grass to protect the babies from predators since young hares have no scent. Mother hares return to feed their young as little as twice per day and baby hares will freeze (not moving at all) when threatened. Most baby hares are not orphaned and will have best chance of survival with their own mothers.

Fledgling Birds

Did you know that many young birds spend time on the ground? Fledgling birds that are too big for the nest but cannot quite fly yet, may end up spending some time on the ground while learning how to fly. This is normal behavior! Parents will be nearby protecting and feeding their young during this transition. Most fledglings have almost all their feathers, and are only slightly smaller than adults. If you see a fledgling bird, admire it from afar. As long as the parents are around, and it is not being threatened, it doesn't need help.

Fawns

Most fawns are born in May and June. They are routinely left alone by the mother deer (a doe) during the first two weeks of life. They are simply unable to keep up with mum during that time. These babies, like the hare, have no odor to attract predators, and have natural camouflage because of their colouring. The doe feeds well away from their baby, leaving the fawn hidden in long grass or underbrush, and returning to feed, clean, and move them regularly. Even if you think a fawn is not being cared for by its mother, DO NOT TOUCH IT or your scent will be transferred to it, discouraging the mother from caring for it if she does return. Come back the next day to check on it. If it is in exactly the same spot and bleating (crying), or wandering around appearing to be distressed, it may need help. Most fawns have the best chance of survival with their own mothers.

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

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Communications & Community Liaison: Eileen Badowich, CAward6@calgary.ca

www.calgary.ca/ward6

Finally spring is here! Here are some things you should be aware of this month, and various ways to get involved:

Spring Clean-up

The City's annual Spring Clean-up program is well underway and runs until June. Crews sweep up winter sanding materials and other debris from over 16,000 lane kilometres of city roads and along major sidewalks and boulevards. We're asking all Calgarians to help make the city beautiful by moving vehicles from the street when you see the No Parking signs in your neighbourhood, which will be placed at least 12 hours prior to sweeping.

Visit calgary.ca/sweep to check the schedule for your street, track sweeper progress on the online map, and sign up for notifications.

Take part in your Community Cleanup!

Have you participated in a Community Cleanup yet? This is a great opportunity to meet your neighbours and save a trip to the landfill. Each year the City teams up with local community associations to help residents get rid of unwanted household items and property waste. Last year, a record of one million kg of waste and nearly 200,000 kg of organics was collected!

Some of Ward 6's Community Cleanups finished in April. Here are the remaining dates:

May 6 - Coach Hill/Patterson Heights - 6229 Patina Drive SW

May 13 - Springbank Hill - 150 Ambrose Close SW

May 28 - Discovery Ridge - 532 Discovery Ridge Boulevard SW

June 4 - West Springs/Cougar Ridge - 700 77 Street SW

June 24 - Signal Hill - 3200 Signal Hill Drive SW

September 23 - Glenbrook - 3524 45 Street SW AND

Glamorgan - 4207 41 Avenue SW

The City will supply three packer trucks with crews (two for waste and one for organic materials) and funds for gloves, garbage bags, food and refreshments for the

group of community volunteers. If you would like to help out, please contact your community association.

Visit calgary.ca and search "Community Cleanups" for more information.

If you are looking for other ways to contribute and get engaged, visit calgary.ca and search "Volunteer" for opportunities with the Calgary Police Service, Parks, Recreation, Animal and Bylaw, Calgary Neighbourhoods, and more!

Get ready for Neighbour Day!

Calgary celebrates its fourth annual Neighbour Day on June 17, and anyone can plan an event! Reach out to your neighbours and host a block party on your street, hold a street chalk drawing competition, or share a picnic potluck or afternoon tea in the park. Whatever you do, be sure to invite The Mayor, me (please email Richard.Pootmans@calgary.ca), the Calgary Fire and Calgary Police Services—we'd love to join. Last year I attended 12 events on Neighbour Day, I'd love to increase that number this year!

An important note: If you are thinking of closing your street or hosting your event at the local park, you must get your block party permit or greenspace permit by May 26, 2017. The City will be waiving the fees for this day.

Visit calgary.ca/neighbourday or call 3-1-1 for more information.

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Ask Charles

I hired a real estate professional to sell my home. The seller representation agreement (listing agreement) I signed is for four months. It's only been two months, but I want to terminate the agreement, can I?

The short answer is yes, but it can be complicated. The agreement you signed is a legal contract between you and a real estate brokerage to sell your home. It contains a start date and an end date, as well as provisions for ending the agreement early. If you and your real estate professional agree in writing to end the agreement before the end date, the agreement immediately ends. If you change your mind about selling your home and your real estate professional agrees to end the agreement early, you may be responsible for reimbursing your real estate professional for reasonable expenses they incurred while your property was for sale. Those potential expenses need to be listed on the agreement when you sign it; your real estate professional can't add them after the fact. These expenses may include, but aren't limited to, reimbursement of advertising, measurement, or photography costs. But, what happens when you want to end your agreement early and your real estate professional doesn't agree? If you want to end your agreement early because you want to work with a different real estate brokerage, there could be consequences. For example, if you begin working with another real estate brokerage, and your property sells, your first real estate brokerage could

make a claim that commissions are payable to them since the brokerage didn't agree to release you from the obligations of your agreement. You could find yourself owing commission to two brokerages. Think carefully about why you want to end your agreement early. If it's because you genuinely changed your mind about selling, perhaps your employment situation changed, be open and upfront with your real estate professional. You won't be the first seller who has a change of heart or financial circumstances, but your real estate brokerage is under no requirement to release you from your agreement. Another possibility is that your real estate professional may agree to a conditional termination of your agreement. Conditional terminations typically require the seller to agree in writing that they won't re-list their property for sale with another real estate brokerage before the end of their original agreement. If you want to end your agreement early because you and your real estate professional are not working well together or you have concerns about their performance, RECA encourages you to speak to their broker. "Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

AHS: Oral Health



Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health? Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise. Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies. Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer. The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong. If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional. To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively. For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.

Calgary



Upcoming Information Sessions: Sarcree Trail/Richmond Road S.W. Interchange Functional Planning Study

The City of Calgary is undertaking a study for the Sarcree Trail/Richmond Road S.W. interchange. In late 2016, we sought input on potential designs and your priorities for the interchange. We are holding two information sessions to share the results of our evaluation and gather feedback on the recommended plan.

Information Session #1: Tuesday, May 30

Time: 5 to 8 p.m.
Location: Glamorgan Community Centre,
Main Hall – 4207 41 Ave. S.W.

Information Session #2: Wednesday, May 31

Time: 5 to 8 p.m.
Location: Glamorgan Community Centre,
Main Hall – 4207 41 Ave. S.W.

Please visit www.calgary.ca/sarceerichmond for more information on the study. No RSVP is required.

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Budget 2017 Represents a Lack of the Real Change the Government Promised

As part of the Official Opposition, when we see the federal budget, we are naturally going to look for places to criticize. Budget 2017 doesn't give me a lot of opportunities to do that – not because the measures it takes aren't questionable – but instead it refuses to make nearly any choices or take nearly any measures at all. Most of the funding is being earmarked away for things that most of us would find difficult to even understand – like funding for innovation “superclusters” (pg. 79), or an “infrastructure bank” (pg. 129). The initiatives that we do understand won't see actual dollars being spent until 2019 or later.

Nevertheless here are a few tangible takeaways from the budget:

- No plan to balance the budget before 2050-2051.
- Forecasted, structural deficits of around \$20 billion per year for the next five years.
- \$8.4 billion cut to defense procurement.
- An acknowledgement that Gross Domestic Product (GDP) growth was significantly below the expectations of the last budget.
- A plan with more funding for the CRA to continue to target small businesses for additional audits, as well as new restrictions on how family members can be involved in small businesses.
- Taxes on alcohol rise by 2%
- GST will now be collected on ride sharing services, such as Uber.

I'm disappointed not only that Budget 2017 doesn't represent the priorities of Albertan families, nor does it provide any tangible relief for those who are unemployed (a \$30 million one-time grant to the Alberta is offset with higher taxes on oil and gas drilling), but even more so that the Government doesn't really seem to care. The Finance Committee, which I am Vice Chair of, had its meetings typically devoted to pre-budget preparation cancelled because the Government put forward no business to study, and used their majority to defeat multiple motions from myself and my colleagues to study both the long term financial impact of the last budget, and Alberta unemployment.

The media has been equally negative in its assessment of the budget. Here are two quotes that have stood out to me:

- Andrew Coyne (National Post): “I have read a good many tedious, empty budgets in my time. I cannot recall ever reading one quite as mind-bendingly empty as this one.”
- Konrad Yakabuski (Globe and Mail): “... barely 18 months into their mandate – the Liberals are stuck. They can neither move ahead with their progressive agenda – all Mr. Morneau's recent talk about soaking even more the rich turned out to be just talk – nor turn off the spending taps they opened last year, lest they repudiate more or less everything they proclaim to stand for.”

I am always grateful to hear your feedback on Budget 2017, or any other matter. Please feel free to call my office or email me at any time.



MP Calgary Centre

Hon. Kent Hehr

950 6 Ave SW • Calgary, Alberta T2P 1E4

kent.hehr@parl.gc.ca • 403-244-1880 • www.KentHehrMP.ca

Budget 2017 is about putting people first and delivers the programs that Albertans – and all Canadians – can benefit from today, not a decade from now. It is an essential step to restore prosperity to the middle class and support Alberta.

As one of the youngest and most innovative and dynamic provinces, Alberta is at the forefront of those who can most benefit from investment and support for young families. With an average median age of 36.1 years old (according to Statistics Canada), Alberta has the highest proportion of working-age persons of any province (70.6%) and is characterized by a high birth rate and immigration from other provinces.

With these realities in mind, Budget 2017 positively impacts our city, province, and country directly with our commitment to middle class families.

Let's take a look at some of the key points for Alberta.

There is a strong connection between child care and the economic security of families. To support Canada's families, Budget 2017 proposes measures that will increase support for early learning and child care, so that more parents here in Alberta can pursue new opportunities to learn and to work. To make sure Canadian children get the best start in life, and to better support Canadian families, #Budget2017 invests \$7 billion over 10 years, to support and create more high-quality, affordable child care spaces across the country.

Being a working parent is hard. That's why we're committing \$152 million over five years and \$27.5 million per year thereafter to help working parents navigate the challenges that come with a growing family by allowing them to choose to receive EI parental benefits over an extended period of up to 18 months at a lower benefit rate. And, for expecting parents, \$43.1 million over five years and \$9.2 million per year thereafter to allow expectant mothers to claim EI maternity benefits up to 12 weeks before their due date—expanded from the current standard of 8 weeks—if they so choose.

For too many families, the lack of affordable, high-quality child care means difficult choices—some parents may

have to sacrifice retirement savings to pay for child care, while others may leave their careers because child care is unavailable or unaffordable. These choices are especially hard for single parents – we all know single parents who are making incredible sacrifices for their children, and how a lack of affordable, high quality childcare places even more stress on them and their children.

It's why I ran for office and that's what I'm promoting in Ottawa every day I am there: help for families and the middle class, along with those we are helping to join them.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.



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Glamorgan Real Estate Update

Last 12 Months Glamorgan
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$559,000	\$532,500
February 2017	\$479,900	\$475,000
January 2017	\$489,900	\$484,000
December 2016	\$549,900	\$542,500
November 2016	\$529,800	\$518,000
October 2016	\$499,900	\$487,500
September 2016	\$532,400	\$529,250
August 2016	\$589,800	\$578,500
July 2016	\$566,250	\$561,194
June 2016	\$609,900	\$615,000
May 2016	\$499,500	\$495,500
April 2016	\$487,400	\$477,500

Last 12 Months Glamorgan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2017	11	7
February 2017	5	3
January 2017	7	5
December 2016	2	1
November 2016	2	1
October 2016	2	6
September 2016	13	6
August 2016	8	3
July 2016	3	8
June 2016	7	4
May 2016	5	5
April 2016	6	4

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



Nowruz (No-Rooz)

By Robina Kapadia

Nowruz is the traditional Persian festival of spring which starts at the exact moment of the vernal equinox, commencing the start of the spring. It is considered as the start of the New Year among Iranians. Nowruz means “new day” and is celebrated either on March 20 or 21 each year, depending on the time the sun enters Aries and spring begins. It marks the beginning of the solar calendar.

Nowruz has been celebrated for over 3,700 years and is deeply rooted in the rituals and traditions of the religion of Zoroastrianism. Zoroastrianism is the world’s oldest monotheistic religions founded by the prophet Zarathushtra approximately 3,755 years ago (circa 1738 BCE) in ancient Iran.

Zoroastrianism flourished as the imperial religion of three Persian empires, and was the dominant religion from Turkey, and eastward to China during those times.

Nowruz was celebrated for several centuries before other ethno linguistic groups adapted this spring festival. Zoroastrians devote the last 5 days of the year to the souls of the departed by praying through these 5 days. Nowruz then marks the beginning of the New Year and is celebrated as a festival hope, and new life. It brings the message of renewal, gratitude, joy, light and victory of good over evil.

Today the festival of Nowruz is celebrated by over 300 million people of several ethno linguistic groups in Iran, Iraq, India, Afghanistan, Tajikistan, Uzbekistan, Azerbaijan, Kazakhstan, and Kyrgyzstan. In many groups it is celebrated as the start of the New Year while for some it is only a celebratory event.

~continued next page~



Dog Safety at Summer Festivals

Happy May!

We hope you are enjoying the beautiful spring weather. At Calgary Humane Society we are very busy getting ready for this year’s Dog Jog! On June 3 we will welcome hundreds of awesome people, and their dogs, for a day of family fun with proceeds going directly to animals in need! Enjoy delicious food, fun activities and a scenic run or walk through South Glenmore Park! To learn more about how to join us for this family-friendly event, please visit www.calgaryhumane.ca/dogjog.

Dog Jog is just one of the great festivals around Calgary that you can enjoy with your pet, but before you set out with Fido here are a few safety tips to keep in mind!

Pet-Friendly Festivals

- 1. Check that the festival is pet friendly!** Each year Calgary Humane Society receives many calls about dogs locked in hot cars at festivals and events. Dogs left in hot cars (even with the windows cracked) can quickly fall victim to heat stroke.
- 2. Stick to less crowded areas.** Large crowds can be stressful for dogs and each year several dogs in Calgary are injured when they are accidentally stepped on in a large crowd.
- 3. Watch for signs of stress.** Dogs have a number of ‘calming signals’ that indicate stress. If your dog is lip licking, yawning, dry panting, trying to leave or has a stiff body/tense facial muscles, it’s time to find a quiet space!
- 4. Stay away from stray snacks.** Festivals mean food, and food + walking = a LOT of snacks on the ground! Scarfing up these stray snacks could make your dog sick or could even be fatal.
- 5. Watch for friendly strangers.** Lots of people love dogs! Unfortunately they may forget to ask before trying to pet Fido. If you choose to bring your dog to a festival you are responsible to ensure your dog’s safety and the safety of others.
- 6. Please don’t let dogs visit.** Most pets find meeting on leash to be more stressful than meeting off-leash.

- 7. Bring lots of water.** Keep Fido well hydrated and happy!
- 8. Keep it on leash.** Unless you are in a designated off-leash area, Calgary bylaws state that your dog MUST be on a leash. Festivals are no exception.
- 9. Training is key.** Loose leash walking, sitting, staying and heeling are important skills for any dog that will be attending crowded places. Calgary Humane Society offers training classes and private consultations to help Fido work on his manners.
- 10. Watch out for heat and sun!** Just like people, pets can wind up with sunburns. The sun can also heat up asphalt, making it dangerous to unprotected paws.

Nowruz cont’d

A symbolic table is arranged in every Persian home called the “Haft-seen”. This consists of seven items starting with letter “S” in Persian namely sprouts, sweets, garlic, apples coins, flowers each symbolizing life, light, health, wealth, abundance, love and patience.

Families gather at the Haft-seen table and await the exact moment of the arrival of the New Year which is exact time of the vernal equinox.

Nowruz celebrations span over 13 days in Iran. During the Nowruz holidays families, friends and neighbours pay visits to one another in the form of short house visits.

The thirteenth day of the Nowruz festival is called Sizdah Bedar (meaning “thirteen outdoors”). People spend the day with family and friends in day outdoors in form of family picnics. It is a day of festivity in the nature.

The UN’s General Assembly in 2010 recognized the International Day of Nowruz, describing it as a spring festival of Persian origin which has been celebrated for over 3,000 years.

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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

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BRAIN GAMES

SUDOKU

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



Tasty Tomatoes

Barbara Shorrock

Calgary gardeners love their tomatoes, and can get pretty competitive over size and yield and all sorts of other categories. With our short growing season here in the Chinook belt (on average May 25-Sept 15), not to mention cold nights, days that may be warm to sizzling, moisture from drought to drowning, wind and Oh yes, hail, a bumper tomato crop is no sure thing. So, why bother? You can buy tomatoes of all sizes and shapes in the grocery store every day of the year. They come from greenhouses and fields as near as Medicine Hat and as far as California and Mexico. Plant breeders have focused for years on developing a fruit with thick skin, symmetrical shape, disease resistance and toughness to travel from field to store shelf. But in all this hybridization, the one thing that has been neglected is FLAVOUR. Do tomatoes today taste like they used to taste when you were a kid? Not likely.

What is flavour? It is a combination of about 25 volatile chemicals that make up the mouth taste and nose smell, including acids and the #1 chemical – sugar. Let’s compare flavour to a classical musical symphony. If you pull out a single instrument, you may not notice. But pull out another, and then another, and at some point you will definitely know that something is missing. This is what has happened in commercial production, and now there are scientists working on identifying the genome sequences of hundreds of tomatoes, trying to figure out how to selectively put back the pieces that will improve flavour, without messing up all the lovely thick skin and great travel-ability. This is no small feat, but the researchers, producers and customers are all eagerly awaiting success.

If you have a garden, or even space for large pots, and a sunny location, you too can enjoy the sumptuous

taste of a real tomato. There are varieties in the seed catalogues that are amazing; just reading about them is an adventure. What you must remember, though, is our short season, so choose varieties that will mature in less than 70 days. (Gardeners with greenhouses already know this doesn’t apply to them as the steady heat in the greenhouse makes for a different growing environment). Cherry tomatoes in particular, are well suited to a Calgary garden, as they ripen earlier than larger ones. There are some medium and large ones that will also ripen here, in a good year, before frost necessitates a move indoors. Many gardeners rely upon Heirloom types for flavour, as they are originals that have not been hybridized. Lois Hole’s book Tomato Favorites is an excellent source of information. Here are some she recommends both for their taste and for early maturity:

Tumbler – 49 days (everybody seems to love this one, which is designed to grow in a tall pot and tumble over the rim, producing fruit all the way to the ground.
Early Girl – 52 days
Champion – 62 days
Big Beef – 73 days
Celebrity – 72 days

If starting seeds indoors with lights and all the associated paraphernalia isn’t your thing, just choose your seedlings from the local nurseries with care, keeping FLAVOUR as your first criteria. When reading the labels, sometimes the name will give a clue, such as Ultra Sweet (52 days). By the way, some yellow and orange varieties can be just as tasty as red, if you close your eyes. I tried little yellow pear-shaped cherry tomatoes one year, but although they were super cute in a salad or on an appetizer tray, they were so mild tasting I won’t do it again. It is flavour first in my kitchen.



MLA Calgary - WEST
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Calgary, AB, Canada T3H 0N6
Phone: 403.216.5439
Fax: 403.216.544
Email: calgary.west@assembly.ab.ca

On March 18th, the Progressive Conservative Association of Alberta (PC Alberta) elected the Hon. Jason Kenney as its new permanent leader. As you may know, Jason ran on a platform of unification of conservatives across the province. As a PC MLA, I was proud to support Jason throughout his campaign, and am excited for what lies ahead for conservatives across Alberta in general. I hope you’ll allow me, in this column, to speak more about the recent leadership election.

For me, politics has never been about titles, or about names of parties. It is about ensuring Albertans have representation that is a reflection of the very best of themselves. Some have expressed sadness that this may be the beginning of the end of the party known by the name PC Alberta, but to me, this is simply its continued evolution to be in sync with what the views of Albertans today are.

Albertans have demonstrated their belief in a unification of conservatives for some time. Polling indicates strong support, and donations of time and money to the efforts of unification have been also strong. Albertans expect, I believe, that we as politicians put our team names and titles aside to work together for their best interest.

Indeed, now is the time for strong leadership. Alberta’s economy remains fragile, and the recent NDP budget will do little to help. Gross overspending on pet projects like updating light bulbs, and a lack of focus on continued structural deficits is cause for concern. I am working hard, as your MLA, not only in the legislature to hold the government to account, but also outside of the legislature to make sure that in the next election, you have an alternative to this government that you can believe in.

If you have ever considered becoming involved in the political process, I would encourage you to pick this moment to do so. Now is a very exciting time, filled with fresh ideas and the opportunity to bring your voice to the table. I would appreciate your insight as we move forward to create a plan for an Alberta that is truly the best reflection of ourselves.

CBE BOARD OF TRUSTEES

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

Message from the Calgary Board of Education Board of Trustees

Provincial Budget Announcement

We received the provincial budget on March 16 and are pleased that the Province continues to prioritize public education.

We are the largest school board in the province, representing about one-sixth of all Alberta students. Next year alone, we will welcome over 2,000 new students into our classrooms, bringing our enrolment to over 121,000 students. Each of our students deserves the high quality education that Calgary families have come to expect.

This government has stated it wants to protect and improve public education. Providing funding for each and every child is the responsibility of the provincial government. Even with funding for enrolment growth, we will still have a gap between the amount we receive, and the amount necessary to maintain current educational service levels for our students. Therefore, we are worried that government funding may not be able to protect and improve public education.

We are committed to working with the provincial government and our staff and parents to continue to make decisions based on our values; students come first, learning is our central purpose and public education serves the common good.

We support the government’s intention to make life more affordable for all families with the introduction of Bill 1: An Act to Reduce School Fees. We also have some concerns about this. Our initial analysis indicates that about one in four students who currently ride a yellow school bus will benefit from Bill 1. The rest could see fees increased and services reduced or eliminated.

With Bill 1, the government has taken over responsibility for setting service levels and the related fees. We are worried that we will be required to make decisions contrary to what we heard from parents last year during our transportation engagement.

We look forward to working with the government to ensure we protect and improve public education for each and every student.

More information about the CBE’s budget will be shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Canada 150

Schools across the country are celebrating the 150th anniversary of Canadian confederation in 2017. Throughout the year, we’ll be sharing stories from CBE schools that highlight how students and teachers are marking this milestone. Check our website regularly, as we will be posting stories throughout the year.

Follow the Calgary Board of Education on Twitter @yycbedu



The Alberta Electoral Boundaries Commission will be presenting their interim report to the public on May 31, 2017. The report will provide recommendations to changes to the current provincial boundaries.

Following the report, a second round of public hearings will take place in July and August, with the final report being presented October 31, 2017. Upon receiving the final report, the Members of the Legislative Assembly will debate whether or not to accept the recommendations of the Commission. Should the changes be accepted, the constituency boundaries will change in time for the next provincial election.

The average number of constituents living in each area should be approximately 46,698, with a desired variance of +/- 25%. Calgary-Elbow currently has 47,893 constituents which is well within the 25% variance allowed. However, there are several areas in Calgary where the population has grown significantly and exceeds the 25% variance. For example, Calgary-SouthEast has over 92,000 constituents. This means that the boundaries in Calgary will need to be shuffled, and that could impact some or all of the constituency boundaries. For more information, please visit: <http://abebc.ca>.

April 9, 2017 marked the 100 year anniversary of the battle at Vimy Ridge. To commemorate this battle and

others that helped shape our nation, there are a number of exhibitions taking place in the province.

War Stories: 1917 will be on display at The Military Museums (4520 Crowchild Trail SW) from April 9 – August 25. The exhibit provides personal stories about the battles of 1917, through the eyes of the men and women who were there. For more information on the event visit <https://www.themilitarymuseums.ca/>.

The new exhibition at the Borealis Gallery at the Alberta Legislature, *Alberta & the Great War*, has an immersive, interactive display that explores the impact of the conflict both abroad and at home. The gallery has been transformed to feature a re-creation of a trench, parlour and a public space from the Great War era. Artifacts and archival photos complement the hands-on experiences. This exhibition is a free and runs until May 22. For more information visit www.assembly.ab.ca/visitorcentre.

On April 8 I held a Budget Town Hall to hear what you had to say about the current state of Alberta's finances. I received lots of great feedback on where we should be making cuts and how we could increase our revenue sources. We compiled all the information and have made it available on our website, www.calgaryelbow.ca. If you did not have the opportunity to attend the event, please feel free to share your thoughts and ideas with my office at calgary.elbow@assembly.ab.ca.

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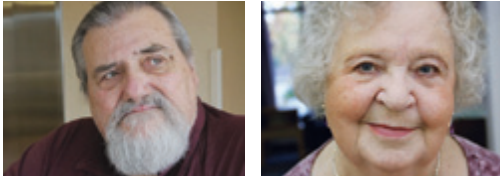
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