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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

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Saturday & Sunday

Brunch & Lunch 11:00am - 2:30pm
Dinner 5:00pm - 10:00pm



Killarney/Glengarry
Community Association

2828 - 28th Street SW Calgary, Alberta T3E 2J3

Phone: 403-246-6668 | info@killarneyglengarry.com

www.killarneyglengarry.com

CONTENTS

President's Message 5

The Essence of Successful
Long Term Planning 8

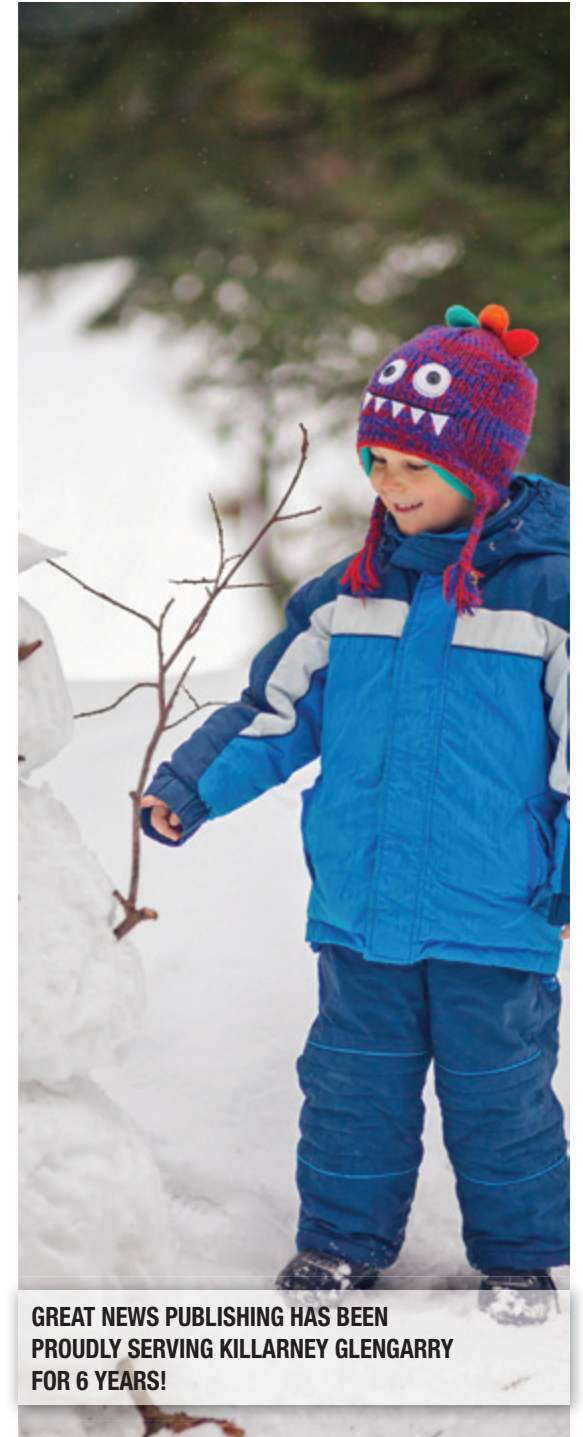
Imagine 10

The Importance of Reporting
Crime 12

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Community Association (noun): An organization of people and groups working for the common good of a neighbourhood.

This is your community – all are welcome.

Come down, get a membership, enjoy the wide range of facilities, join the board, volunteer, and make new friends of your neighbours.

If you have any questions or concerns, or would like to find out more about how you can participate in your community, call us at the hall at 403-246-6668. If we are busy flooding the rink or setting up for a community function, please leave us a message and we'll get right back to you.



Killarney-Glengarry Community Association Board of Directors

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KILLARNEY GLENGARRY COMMUNITY



VISION STATEMENT

Together, let's build and live
and thrive and love Killarney,
and make it the best place in the world

KGCA Facilities KGCA Hall Rental Perfect for any function!

Your Killarney-Glengarry Community Association Hall is available for rental use at competitive rates, with preferred rates for KGCA members.

The KGCA Hall is a valuable resource for the citizens of Killarney-Glengarry. When you hold your birthday parties, special events, team parties, and group meetings there, you invest in your community.

Weekdays	(Monday – Thursday)
Non-members	\$35/hr (min 4 hrs)
Members	\$30/hr (min 4 hrs)
Weekends	(Friday – Sunday)
Non-members	\$55/hr (min 4 hrs)
Members	\$50/hr (min 4 hrs)

- A \$250 damage deposit is required to secure booking.
- \$75 janitorial fees charged on ALL bookings.
- GST will be added to all rental fees.

Renting the KGCA Hall is easy! Just call Lola at 403-474-3845 or email killarneyhallrentals@gmail.com.



PRESIDENT'S MESSAGE

Happy New Year! I hope everyone had a wonderful holiday break.

We have our casino fundraiser coming up on February 28 and 29. We raise around \$75,000 for the Community Association every 18 months from these casinos. A large portion of the last casino went towards the new playground, and the remainder was essential for the operation of the hall. This fundraiser has a very large payback for one day or evening of volunteer time, so if you can only do one thing for the community, this is it. Thanks to those who have already signed up. Please send me an email (pres@killarneyglengarry.com) if you are interested and I'll send the signup sheet link.

We are looking into the costs and grant opportunities to upgrade the hall kitchen and also improve the skating rink for better winter use and also potential summer sports activities. Once we have some options lined up, we will be looking for your opinions so please stay tuned!

Happy January!

Art of the world



School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.

COMMUNITY NOTES

VOLUNTEER FOR OUR CASINO!

If you are able to help out at the Community Association's most important fundraising campaign of the year, please check Facebook to sign up! We need volunteers for all types of times on February 28 and 29.

Your community thanks you!



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	1	4	3					5

FIND SOLUTION ON PAGE 13

IN & AROUND CALGARY

Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place



IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

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Editorial Content DEADLINE

1st of each month for the next month's issue

On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

The Essence of Successful Long Term Planning

Preservation of the Oregon Coast by Oregon State Governor Oswald West

Imagine KILLARNEY is the Killarney Glengarry Community Association's commitment to ensure that every decision we make is measured for its 100 year long term plan for Sustainability and Resilience.

This past fall while travelling along the Oregon Coast we saw a decision made 100 years ago that spoke volumes to the impact today on the public's joy of long term decision making.

Oswald West was born in Guelph, Ontario in 1873. He moved with his parents to Salem, Oregon when he was 4 years old. He went on to become a bank teller, a gold prospector, a land agent and then was appointed to the Oregon Railroad Commission. He gained a reputation as an effective reformer and won the election for Governor in 1910. He worked tirelessly on a progressive agenda to improve conditions for ordinary people. And, he also worked to preserve Oregon's natural resources.

The major contribution he made that has changed the face of the Oregon Coast was to make it 'forever' available for public use.

His reputation as a conservationist proceeded him. Teddy Roosevelt said of West in 1911, "I found a man more intelligently alive to the beauty of nature...than almost any other man I have ever met holding high political position."

So how did Governor West come up with the idea to save Oregon's shoreline in 1913? In 1958, Chester Armstrong, Superintendent of Oregon State Parks wrote to West and asked how he had gotten the idea to make Oregon's beaches a highway.

West wrote back on a postcard in the Oregon State Archives:

"Dear Armstrong,

This is my old saddle horse, Fred the Freak, I rode him from Elk Creek down Cannon Beach, and via Arch Cape over the Neahkanie Mountain mail trail to Nehalem. This was when and where I caught my inspiration. Your friend, Oswald West"

On February 13, 1913, Governor Oz, as he was fondly called, signed landmark legislation that set aside Oregon's beaches for public use:

"The shore of the Pacific Ocean, between ordinary high tide and extreme low tide, and from the Oregon and California State line on the south, is hereby declared a public highway and shall forever remain open as such to the public."

It was a remarkable achievement and when asked how he managed it, he said: *"I pointed out that thus we would come into miles and miles of highway with no cost to the taxpayer. The legislature took the bait - hook, line and sinker. Thus came public own-*



ership of our beaches". Politics at its finest - nothing's changed, has it?

At the time there were no highways along that stretch of landscape but now you can drive Highway 101 from one end of Oregon to the California border with complete access to the beach in magnificent public parks many of which he had the foresight to create.

This is one of the most exemplary actions of genuine 100 year planning as the Oregon Coast celebrates its 103rd anniversary in February.

Joey Stewart is a nature lover and truly appreciates the value of long term planning. Photography by Lorne Kingwell. Photos by permission of the Oregon State Archives

DEVELOPMENT COMMITTEE UPDATE

Opportunities!

You would expect that the recent economic doldrums would stop development and construction. Not so. Although the Development Committee now sees fewer permit and zoning applications than before, those we receive represent interesting opportunities for the Community. Gloomy news from the oil patch overshadows the fact that people are still moving to Alberta. A September 29, 2015 article in the Calgary Herald (www.calgaryherald.com/business/local-business/alberta-recession-not-stopping-canadians-from-moving-to-province) identified the net number of people who moved to Alberta between April and June - just three months - as 8,200. Calgary, as one of Alberta's large cities, can still expect a steady inflow of people looking for homes.

We all know that the current downturn will swing back up. The City of Calgary knows it too. Taking into account the current and future inflow of people, City Planning and Development continue to encourage solutions now, to ensure we have affordable and rentable housing in the future.

One of these solutions is the TOD (transit oriented development) at Westbrook Station. Phase One of the development will be three buildings of rental apartments sited on the corner of 17th Avenue and 33rd Street, oriented around a central plaza in front of the Station. Very dense and compact. Naz Virani, Traffic Director and I, as representatives of Killarney, were invited to participate in a town hall hosted by the Shaganappi Community Association to hear the presentations of Matco, developer, and BKDI, architect. Killarney's main concern is the impact of the development on traffic and walkability - our comments have already led to adjustments to the buildings. Naz will work on joint traffic initiatives with Shaganappi to ensure residents of both communities, and future residents of the TOD, will have easy access to the station and to and from Killarney and Shaganappi.

A smaller scale solution for affordable housing is the potential rezoning of two lots fronting on 37 St. for a three-storey stacked townhouse complex. The new Ring Road will inevitably push more traffic up 37th Street so it makes sense to add denser housing along this road. The plan for the townhouse complex includes ground

floor 'bungalow style' units, which will be interesting to people who don't care for the stairs in a traditional townhouse, above which will be built two-storey townhouse units. A row of townhouses that has controlled entries and brings more eyes on the street will be more secure for future residents and will help maintain the traditional style and quiet of the street behind.

Maintaining a sample of the traditional Killarney streetscape is also the intent of a Development Permit application for a laneway house. Although it would be more profitable to raze the old house and rebuild a new side-by-side, after considerable consultation with their neighbours, the owners of an old bungalow have chosen to restyle their home into a Craftsman design and to add a matching new two storey carriage house with garage below and suite above.

Redevelopment renewal in Killarney brings new families with young children into the Community. Another opportunity that attracted a daycare to the corner of 36 St and 26 Ave. The owners requested zoning purposed for a new building, the size of a typical semi-detached, that will be dedicated to a daycare. Access for the parents will be on 26th Avenue reducing traffic disruption to the residents of the street.

Calgary is a great place. The pressures of a downturn often opens up new businesses and new opportunities. Bring it on! As always, we would love to hear your comments!

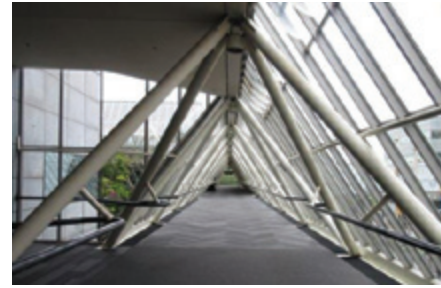
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Director, Development
Killarney-Glengarry Community Association
landuse@killarneyglengarry.com

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...*imagine*.....

“Keep Portland Weird” Proudly Proclaimed

Portlandia prides itself in being unique, absurdly individual and the best place to live in the US. How did this happen? It came out of a devastating 1990s recession, the collapse of their economy and the power of individuals to reclaim their city.

The geography of the Willamette River gifted Portland a port that was the envy of the world since 1851. They still load more wheat and other grains for export than any other port in North America. But in 1990, ships began to be built larger than the port could accommodate and the transportation of goods into and out of Portland collapsed. At the same time the forestry industry began to decline rapidly.

That led to an economic collapse - the people who could leave left, and those who were left behind built a local economy to hold the city together. As they did this, interesting small villages within the city began to emerge. Craft brewers sprang up, local grocers were booming, wildly diverse restaurants pushed gourmet tastes to their limits, bikes were a thrifty way to get around and from that an environmentally friendly culture grew that has become a way of life for Portlandians.

At the turn of the millennium, young college graduates discovered the joys in living in this newly recreated city - it was walkable (note the architecturally appealing Plus 15), heavily treed and a pleasant place to live. These millennials focussed on a great place to live before they went job hunting. That resulted in the city now becoming recognized as a city with a valuable “brain

trust”. Google noticed, Intel noticed, as did many other intellectually intensive industries and they flocked to Portland to take advantage of the freshly minted young university minds.

This eclectic mix of old time Portlandia and young people have lead to a culture that is hip and individualistic to the extent that the city’s mantra is to “Keep Portland Weird”.

We have just spent a week in Portland visiting friends and were enthralled with the wild, wacky and funky local businesses and learning how easy it is to live in Portland on bike alone. We stayed at the Ace Hotel, a hundred year hotel that seven years ago, new owners took it back to its stark beginnings. Square corner sinks, old newsprint as wallpaper and grey military blankets were preserved as a ‘preserve the old, welcome the new’ approach to a kinder, gentler impact on the environment. It didn’t have any of the glitz that five star hotels have, but it had a down home, comfortable feel without the constant cravings of modern consumerism - it was refreshing!

The bike culture in Portland is thriving and growing. We rode for miles along the Willamette River in much the same way as we do in Calgary along the Bow and the Elbow. At the Ace Hotel we had choices of bikes to rent. We could ride the seven speed Step Through Bike for free but for a small charge could ride a made by hand, exclusively for the Ace Hotel by a local bike maker, transport that is reminiscent of a midcentury French porter

bicycle with velocity wheels and soma components - they were great ride!

The Portland cycle paths have even built in fishing wharfs where people come down daily to fish for dinner, that are even set up for people in wheelchairs, as well. So cool!

Cycling is such a way of life in Portland that the Downtown Marriott Hotel in Portland is in the process of renovating their hotel to accommodate cyclists so that each room provides for bike storage and other conveniences specifically designed to make cyclists very happy.

Portland has a lot going for it and lessons that many other cities could emulate. They have built sustainabil-

ity and resilience into their systems seemingly without effort by building on their local economy.

The real lesson is to know what works for your neighbourhood, your community and your city and then chase the ideas down that speak to the minds and hearts of the locals and make them work in your small corner of the world.

Oh, and did I mention the craft beer and the food - a gourmand’s delight!

Joey Stewart is a consummate traveller and community volunteer doing everything possible to make Killarney the best place in the world to live.

Photography by Lorne Kingwell.



FAMILY MEMBERSHIP APPLICATION

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Name: _____

Address: _____ Postal Code: _____

Home Phone: _____ Email: _____

Interests: (dance,soccer,etc.) _____

Thanks for supporting your local community association!

Cut out and mail with cheque for \$25 made payable to Killarney Glengarry Community Association or sign up online at www.killarneyglengarry.com



The Importance of Reporting Crime

Did you know that a substantial amount of crime isn't reported to police?

There are many reasons that people choose not to report a criminal offence. They may feel that it is too minor in nature or that nothing can or will be done. They may feel that it's not worth the time or effort or that police have more important things to do.

The Calgary Police Service pays close attention to reported crime statistics within communities and across areas of the city. In fact, statistical analysis can be a driving force behind how our Service chooses where and how to deploy resources.

Analysis of reported crime allows police to identify 'hot spots' of activity and also helps to measure and pinpoint emerging crime trends. A lack of accurate data makes identification of these locations difficult and unreliable.

So-called 'minor' crimes such as car-prowling (theft from vehicles), vandalism and other property related crime can be an indicator of a larger problem in a community. An increase in these types of crimes can indicate that an offender has moved into an area, that additional police resources are needed, or that something else has changed within the community. Becoming aware

~continued next page~

The Importance of Reporting Crime cont'd

of each of these factors is important for police to move forward in addressing community concerns.

How to report a non-emergency crime

The emergence of technology has made crime reporting much easier and faster, and allows police to obtain an up-to-date glimpse of what is going on in the community.

- Online – www.calgarypolice.ca
- By phone – 403-266-1234 (police non-emergency line)
- Walk-in to your local District office

If there is an ongoing situation within your community, you also have the option of contacting your area Community Resource Officer (CRO) through your local District office to make them aware.

How else can you help?

- Encourage your family, friends and neighbours to report crime or suspicious activity within your community.
- Be aware of your surroundings. If something or someone seems out of place, there is likely a good reason for this. Report any suspicious behaviour to the police.
- Lock it up! Don't provide offenders with any opportunity – secure your vehicle, garage and home (including closing windows when you are away and at night).

BRAIN GAMES SUDOKU

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

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Happy New Year Calgary Currie. Hope you all had a joyful holiday season in our lovely community with friends and family.

Caring and supporting all Albertans is a key part of many things our government does. Alberta is a province that affords great opportunity and privilege, but it is important to recognize that not all people have been experiencing the same privileges and opportunities. Many have found themselves at a great disadvantage simply because their government thought that they needed no protection.

When I look at the accomplishments of Alberta's government since May 2015, I find there is a tremendous amount to be proud of. Of particular note is some amendments made to the Human Rights Code here in Alberta. We finally have legal protections for people in this province to be free from discrimination based on their gender. For the first and only time in North American History, the transgender flag flew above a government building.

We have addressed some major concerns regarding changes to how we help Persons with Developmental Disabilities. We have reached out and consulted with those who have been directly affected and misunderstood, to find solutions that work for us all. In an historical move our government has instituted protections for Farm Workers to ensure that those who work in dangerous environments have the protection of the law on their side when it comes to unsafe working conditions.

We as a government promised to bring dignity to all people, to protect all people, and this is what it looks like. Alberta is a dynamic province, and as Albertans, we stand up for those who need help standing on their own. We are taking forward thinking stands on issues that are going to be on the forefront of public policy for years and decades to come.

I want to thank everyone that reached out so far to my office with their ideas and concerns. I truly feel I can better represent you in the legislature when I have a handle on what your thoughts are with the direction our government is taking.

At this time of year if you want to find me out and about in the community, you are in luck! Along with my constituency staff, you can find me at various skating rinks throughout the riding, ready to fuel wintertime play with hot chocolate and coffee. We hope to run into you and your families on a sunny winter day over the next few months.

See you out there!

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Glendale	K-6
A.E. Cross	7-9
Vincent Massey	7-9
Killarney School	K-6
École de la Rose sauvage (FR)	10-12
École de la Source (FR)	K-9

CSSD

Bishop Carroll	10-12
St. Gregory	6-9
St. Mary's	10-12
St. Michael	K-9
St. Thomas Aquinas	K-5
Ste-Marguerite-Bourgeoys (FR)	K-12
Holy Name (FR)	K-6



The Royal Canadian Legion Millennium Branch #289

2828 -28th Street S.W.
Entrance at southside of the hall
The Legion continues to extend a warm welcome to all residents of the Killarney/Glengarry Community.

NEW Hours of Operation

Friday: 4:00pm - 9:00pm
Saturday: 1:00pm - 9:00pm
Sunday: 1:00pm - 7:00pm

If you are looking for a venue for a small birthday or anniversary celebration, the Legion may be your answer. For more details, please leave your number at (403) 685-8820 and someone will get back to you as soon as possible.

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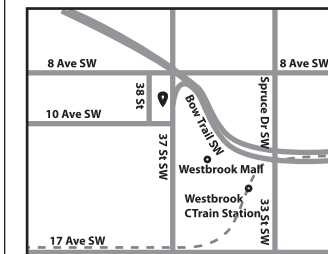
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~continued next page~



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Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit www.calgary.ca to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsible for removing snow and

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

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- ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
 - Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit www.calgary.ca/snow. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2430) or on my website (www.calgary.ca/ward8).



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in & around your community schools

Montessori School of Calgary

The Montessori School of Calgary hopes you all enjoyed an AWESOME! holiday season. As much fun as friends, family and cookies can be ... it is time to get back to the fun of learning.

We are so proud of our current Montessori School of Calgary students, and of our alumni. Our independent learning environment allows the freedom to follow your dreams, delve deeply into learning about what interests you and play to your strengths. Here are two examples.

Theatre Calgary's world class production of A Christmas Carol that ran in November and December featured our own Annabel Beames as Tiny Tim.

Annabel, a third year Elementary student, was AWESOME! Taking on that role in such a major production would be daunting to many; not to Annabel. As the youngest cast member, she had a steep learning curve. Usually our elementary students have two, three hour work periods per day. She had much more than that. Her learning took place in the theatre. The skills she learned and developed in all areas of the Alberta curriculum while being free to follow her passion and talent will be with Annabel for life!



Brothers Rameez Virji and Ali-Faizan Virgi attended Montessori School of Calgary. Both were honored as Youth in Motion's Top 20 Under 20 in Canada. Rameez invented a pill that could be used instead of an injection for immunization and insulin purposes. His grandfather was afraid of needles and he wished he could help. So he did. Ali invented a belt that is worn by the visually impaired. It detects objects in the person's path. The idea began after he watched a blind person struggling on a city sidewalk and crossing the street. Ali spoke at WE Day this year in Calgary. Supporting the development of empathy and encouraging you to put your curiosity into your learning are philosophical pillars of Montessori education.

Lindy Arndt, Head of School, Montessori School of Calgary



Playgroup at the Hall for Kids!

Parents & Tots is a community-based drop-in program that is open to everyone! We are a playgroup that meets every Wednesday morning from 9am to noon. We have cars to drive, an arts and crafts table, and a bouncy castle! If you have a little one and are looking for an indoor activity in the cooler weather or need to connect with other parents in the neighbourhood, please come out and join us for some fun and conversation! There is a small \$2.00 fee per family to help with toy replacement and some craft materials.

Join Us!

TOP Reasons To become a Member:

- > BECOMING MORE CONNECTED TO YOUR COMMUNITY
- > GETTING TO KNOW YOUR NEIGHBOURS - NEW FRIENDS
- > HAVING A VOICE ON PLANNING AND DEVELOPMENT
- > ACCESS TO NEWS, UPDATES, FACILITIES & EVENTS
- > SAFETY, FUNDRAISING, COMMUNITY-BUILDING



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NW - Evidence Sport and Spinal Therapy Cambrian Wellness Centre 201-2000 Veteran's Place NW P. 403-210-9969 Physiotherapy & Physiatry services only *Not redeemable at this location	SE - Momentum Health Ogden Lynnwood Shopping Centre, 1C, 7005 18 Street SE, P. 403-236-0106	SW - Momentum Health West Springs West 86th 2200 8561 8A Avenue SW, P. 403-453-3373

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