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Geraniums

by Barbara Shorrock

Barbara Shorrock has been gardening in Queensland for over 40 years.

All geraniums are perennials—they are just not all perennial in our zone. They belong to the Geraniaceae family and are separated into the genus *Geranium* and the genus *Pelargonium*.

Most gardeners are familiar with the typical bedding plant or potted variety available in garden centres and retail stores everywhere in the spring. We plant them in beds, flower boxes and hanging baskets, and enjoy the blooms from June through September, until we toss them into the composter and plan for next year. These familiar “geraniums” are actually *pelargoniums*, despite the common geranium label. They grow naturally in some areas of Africa, Saudi Arabia, the Mediterranean, Australia and New Zealand. They like lots of sun, warm to hot temperatures, and a little lime in their soil. *Pelargoniums* are not frost tolerant but can be kept alive for many years if moved indoors or to a heated greenhouse during winter. The most common varieties we see here are Ivy, Scented, Regals and Zonals.

Zonal *pelargoniums* are upstanding, erect plants with stiff succulent stems, and fairly rounded leaves. They are most popular in our area and are so named because of the leaf coloration—the zone takes a uniform position around the heart-shaped leaf and is set well inside the leaf margin. The leaf may be green, white or cream, with the zone color contrasting or complementing. Flowers can be single, double or semi-double all clumped into a ball on a single succulent stem. Each individual bloom has 5 petals, although there are exceptions. Colors occur in the warm to hot ranges, from white through all the pinks and peaches to red and burgundy. Sizes include dwarf (max 12 inches in height), miniatures (max 7 inches), and a whole range of others up to shrub size. Gardeners with limited space pinch the branch tips back to encourage compact bushy growth. Easy to grow and maintain with regular watering and warm to hot sunshine, they provide a splash or a carpet of color all summer long.

Regals (most often seen labeled ‘Martha Washington’) have dramatic large flowers with wavy, fringed, pansy or simple shapes. The petals are blotched or streaked with darker col-

ors, providing an endless variety to choose from. I have not found these as hardy to over-winter as the zonals but am determined to keep on trying.

Scented varieties are chosen for the leaves, which come in such scents as rose, mint, citrus, lavender, chocolate, and even Jell-O! Ideally, you should place these plants where their leaves will be brushed in passing, releasing their perfume to be enjoyed.

Ivy-leaved varieties are most popular for hanging baskets, as they have been hybridized to emphasize a trailing habit. They will also climb, if given some help. Forgetting to water or feed can have beneficial results. The stress sometimes changes the pigments in the leaf so that attractive pinks appear in place of greens especially around the edges of the leaves.

True *Geraniums* are the real perennials here, as many of them are comfortable in Zones 3 and 4. Coming from wild species that have been toughing it out on mountain sides and forest edges, they fit very nicely into our Chinook belt. Commonly referred to as “Cranesbills”, the fruiting body has a long point that looks like its namesake. The flowers are smaller and fewer per group, although maintaining the 5-petals pattern. Colors range from white through purple, with some blues. At the base of each petal is a nectary which produces a sugary nectar. Bees are greatly attracted to these flowers and will flock to your garden if you have geraniums planted. The foliage of wild geraniums is diverse and beautiful. The leaves are mostly divided into five, each of which is much indented. They typically grow in a mound or hummock, or tall, with an open rosette at the base. Useful as a ground cover, they are known to stop weeds in their tracks. They can be naturalized in meadows and woodland gardens and will self-seed in the right conditions. The blooming period is much shorter, (late spring to midsummer) although you can encourage a second show by cutting off all the spent blooms before they set seed. In the meantime, enjoy the leaves and shapes. They can be grown in a sunny bed, or part shade under trees, with more moisture. A lime-type soil (as most of us have here) is welcome.



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Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

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Original Centre Street Bridge Lions

800 Macleod Trail S.E., 1917 - 1999

Early in 1917 the four Original Centre Street Bridge Lions were installed upon the newly completed, reinforced-concrete Centre Street Bridge (1916) and became the most impressive ornamental features of the structure. Original blueprints for the bridge included lion sculptures and other carvings, but this ornamental work was almost eliminated from the plans due to the high cost estimates. However, an economical option was apparently discovered when Alderman Hornby recalled seeing a lion sculpture on a northwest Calgary property. The owner and artist was a Scottish-born stonemason, James Langlands Thomson, who had come to Calgary in 1913 and happened to be employed as a stone carver for the City. He agreed to create the artistic ornamentation for the bridge and was seconded from his regular job to complete the four lions.

The four original Centre Street Bridge Lions are cast-concrete sculptures. They each measure 12 feet in length, 5 feet in width, and 8 feet in height including pedestal, and weigh approximately 12,730 kg each. Of the four original lions, one has been restored and was reinstalled in its current location in front of the Calgary Municipal Building in 2003; another that wasn't restored but left in its original condition now overlooks the bridge that was its original home from the Rotary Park bluff. The four sculptures were initially located from 1917-99 atop kiosks on the Centre Street Bridge.

According to a contemporary newspaper report, the dry process of sculpting with cement used to create the lions was new to western Canada and nothing of this scale had yet been done. It was also new to Thomson, who drew on his great artistic skill and experience working in hard stone and marble, to complete both the model and final sculptures.

The figures of the reposing lions are based on Sir Edwin Landseer's bronze lions at the base of the Nelson monument in London's Trafalgar Square. Originally, the lions represented the city's strong associations to Britain and its empire, being a widely recognized British symbol. With Calgary's large Anglo-Saxon population, the young city retained close ties to Britain, particularly given the immediate context of the First World War in which many Calgarians served in allegiance to the British Empire. Other symbolic sculptural ornament such as the rose, shamrock, thistle, maple leaf and buffalo adorned the bridge to represent the British Empire and western Canada, yet the lions were by far the most prominent features.

Historically, the lions were also associated with local legends, being said to leap from their pedestals at midnight to roam through Chinatown in search of food.

Over time the lions became well-known Calgary icons and the subjects of strong emotional attachment among Calgarians. The lions' image has been frequently featured in a wide variety of formats, such as tourism materials and interpretive displays, solidifying their familiarity with Calgary citizens and visitors. Notably, the lions' image is also the basis of the Calgary Heritage Authority's Lion Awards which recognize local heritage conservation initiatives. The prominent placement of one of the original lions at the entrance to the Municipal Building has served to put a large number of Calgarians in continued contact with the lions with the effect of making the lions almost a de facto symbol of Calgary's civic affairs. Originally a symbol of Calgary's ties to Britain, the Centre Street Bridge Lions have come to identify Calgary itself.



The installation of one of the Centre Street Lions in 1917. Image via the Southern Pioneer's Heritage Collection, pioneersalberta.org.



The lone restored lion at the Municipal Building entrance, installed 2003. Image via City of Calgary.

Article and images provided courtesy of City of Calgary's Inventory of Historic Resources

Ask Charles

I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of 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.

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BOB – The Benefits of Bootcamps

by Nora Anash

Spring is here and warmer weather is approaching. A new season may mean changing up your workouts or increasing your level of activity, but what activity should you do? You could start running, hiking, biking, or trying a group fitness class like *bootcamps*.

Bootcamps have achieved a reputation for being a non-sense workout. There are many different types that have plethora of fitness benefits. Here are some things to know to help you find a class that fits your needs.

Bootcamp is a type of class that includes different training methods and approaches. For example, High Intensity Interval Training, a.k.a. HIIT, could be one part of a bootcamp class or the lead actor. An instructor may also include classic strength training techniques like super setting, performing an exercise back-to-back with no break, or running you through mini circuits that include a combination of cardio, strength, and flexibility exercises. Creative instructors may also incorporate partner training, games and obstacle courses into the class, which builds camaraderie and infuses fun into the workout.

Bootcamp classes are great for people who get bored easily, appreciate variety in their workouts, and enjoy working out in a group setting. These classes can help meet your fitness goals, whether you're looking to lose weight, improve your strength and power, or maintain your current fitness level.

The most important thing is to not be intimidated! Before you start looking for a bootcamp class or any fitness class understand your fitness goals, your fitness personality and what motivates you. Also, investigate the class and the instructor who runs it. Is the class moderate or high intensity? Inside or outside? Are modifications offered?

A bootcamp class can be challenging but understanding your needs and what to expect in the class will set you up for success.



South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health & wellness programs (mostly free!). See our Spring/Summer Program Guide for a full list of programs, descriptions and registration information at <http://www.ahs.ca/shcwellness> or call 403-956-3939.

FEATURED PROGRAMS

Living Well on Prednisone May 14 10:00am-12:00pm
Do you take corticosteroids (Prednisone) and find it challenging to manage side effects such as increased appetite and weight gain? Do you want to take extra steps to help protect your bones? Learn about how corticosteroids affect your body and how your diet can help manage some of the side effects.

Talking with Your Family About Cancer May 29 6:00-7:30pm

1 in 2 Albertans will have cancer in their lifetime. Knowing how to have meaningful conversations with your family members about cancer and your treatments may be challenging. This presentation will provide tips for talking with children, teens and adults while exploring the 5 – W's to help you begin.

Mind Fit! May 31 10:00-11:30am

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative presentation called Mind Fit where you will learn about proactive ways to enhance cognitive functioning. This presentation includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!

Parkinson's Speech and Swallowing Disorders June 3 10:00am-12:00pm

For people diagnosed with Parkinson's and their families to learn about: How speech and swallowing can be impacted by Parkinson's Disease, what normal speech and swallowing look like and how things change, and when to see a speech –language pathologist to help diagnose and treat problems when they arise.



The Power of Positive Self-Talk for Young Athletes and Dancers

by Brianna Thorogood, office manager at a dance studio in SW Calgary

There is one rule of thumb that we like to follow when we are encouraging young dancers—treat yourself as you would your best friend. Sometimes we need to take a step away from ourselves, not just kids but adults too, and realize that we've got a negative radio show happening in our heads!

So, we say, "treat yourself as you would your best friend". We treat our best friends with kindness, support, and love. We try to teach our young dancers and athletes to treat

themselves this way too. Be gentle and encouraging with yourself and with others. It's amazing how thinking with a positive mindset can change everything! Instead of "I can't do four pirouettes" or "I won't be able to run that far" try "I'm going to try my best to do four pirouettes" or "I can definitely run that far".

We encourage kids to train their minds as well as their bodies. You can train so hard, for hours and hours and still have something holding you back. Having a positive mindset and positive radio station playing in your head can be the difference between achieving your goals and staying where you are.

Not only can this positive self-talk help with a healthier mindset, but it can also relieve stress!

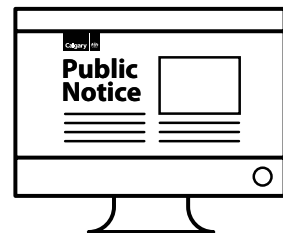
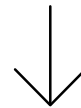
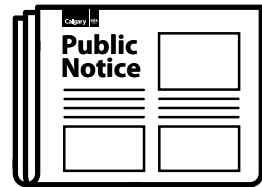
So, encourage your athlete to try something new today... encourage them to treat themselves like a best friend; try speaking kindly to themselves!

"I will try my best and lean on my teachers and teammates for support." You'll be surprised what a simple mindset shift can change.



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit Calgary.ca/publicnotices to see detailed information on development activity in your neighbourhood.



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~cont'd on pg 15~


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Lakeview Real Estate Update

Last 12 Months Lakeview
 MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| March 2019 | \$1,245,000 | \$1,140,000 |
| February 2019 | \$674,700 | \$665,000 |
| January 2019 | \$725,000 | \$700,000 |
| December 2018 | \$559,500 | \$550,000 |
| November 2018 | \$874,900 | \$840,000 |
| October 2018 | \$889,450 | \$885,200 |
| September 2018 | \$679,900 | \$652,000 |
| August 2018 | \$817,500 | \$806,500 |
| July 2018 | \$495,000 | \$479,500 |
| June 2018 | \$594,850 | \$580,000 |
| May 2018 | \$599,900 | \$590,000 |
| April 2018 | \$664,900 | \$657,500 |

Last 12 Months Lakeview
 MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| March 2019 | 11 | 6 |
| February 2019 | 12 | 5 |
| January 2019 | 8 | 1 |
| December 2018 | 1 | 2 |
| November 2018 | 2 | 1 |
| October 2018 | 3 | 3 |
| September 2018 | 13 | 10 |
| August 2018 | 13 | 5 |
| July 2018 | 4 | 3 |
| June 2018 | 14 | 13 |
| May 2018 | 12 | 6 |
| April 2018 | 16 | 4 |

To view more detailed information that comprise the
 above MLS averages please visit lkv.mycalgary.com

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Website: www.ccsd.ab.ca/BoardOfTrustees

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

On March 13th, the Calgary Catholic School District (CCSD) Board of Trustees approved our 2020-2023 Three-Year Capital Plan. It will be submitted to Alberta Education in advance of the May 31 deadline. CCSD has ten items on our first-year list of priorities. They include:

- 9 new elementary or elementary/junior high schools
- 3 innovative new high schools, including one Extended Learning Centre
- 1 junior/senior high school addition/enhancement in Airdrie
- 11 major modernization requests

These priorities are assessed annually and re-evaluated frequently, which allows CCSD to respond to emerging trends. At CCSD, we anticipate continued enrollment and plan for growth through the lens of innovation, flexibility and sustainability. Currently, we are managing an overall district utilization rate of 86.1 per cent, and in some areas, our utilization rate exceeds 100 per cent, well above the provincial benchmark of 85 per cent.

As the only jurisdiction in Alberta that has metro, urban and rural populations, CCSD is unique in the complexity of its infrastructure and we must ensure that these needs are addressed. As a corporate board, we are charged with ensuring that every decision we make with respect to infrastructure is evaluated through the lens of what is best for our 57,000 students. We see each of these projects as critical, and we recognize the urgency in meeting our capital needs for our families—we need our schools where our students live.

As has always been the case, your Board of Trustees will continue to inform, engage and strategically advocate for families. We value our relationship with the provincial government and will continue to work closely with Alberta Education to address these important infrastructure needs.

The Calgary Catholic School District's 2020-2023 Three-Year Capital Plan can be found at: <https://www.ccsd.ab.ca/AboutUs/ReportsandPublications>

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YELMI 觀용적인 IDIOMATIQUE
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“ Cat got your tongue? ”

Meaning: A question posed when someone is silent in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and fed them to their cats. None of these theories are substantiated, however.

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Councillor, Ward 11
Jeromy Farkas
 Office of the Councillors
 800 Macleod Trail S (#8001)
 Calgary, AB T2G 2M3
 📞 403 268 2430 ✉ ward11@calgary.ca
 Sign up for Ward news: calgary.ca/ward11

Dear Friends,

Conditions permitting, the Glenmore Reservoir is expected to open for recreational use on May 1st, 2019. Rentals available include kayaks, canoes, and sailboats. Rack, mooring, and stall rentals, registered sailing lessons with our Glenmore Sailing School, and even racing opportunities for more advanced sailors are also available. For Reservoir status, rentals, and program registration information visit calgary.ca/sailing.

Construction season is upon us. Thank you all for your patience with the various construction projects happening throughout the Ward. We are working hard in the office to advocate for improvements and reduce the impact of these disruptions. I share your frustration in commuting through lengthy construction zones.

SWBRT construction on 14th Street will continue throughout the summer and is scheduled to finish by the end of the year. The extension projects on Southland Drive and 90th Avenue for the Southwest Calgary Ring Road are nearly complete, and there will be minimal impacts to traffic this year. If you have any questions about these or other projects, please contact us.

Our next monthly town hall is on Thursday May 23 at the Meadowlark Park Community Centre from 7:00 to 8:30 pm. Please join us for light refreshments and discussion on local issues!

As always, please contact our office if you have any feedback or concerns to share. I always enjoy reading your messages and returning your phone calls!

The Goose Predicament

Did you know? In Canada, it's a federal crime to disturb an active Canada Goose nest. They are protected by the Migratory Birds Convention Act and dealing with problem geese can only be done with a permit.

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