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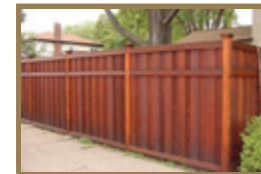
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# MARDA LOOP COMMUNITIES ASSOCIATION: EVENTS & NEWS

## MLCA Board Meeting

Board meetings are held the first Monday of every month (except in July and August). If you would like to address the Board, or simply attend one of these meetings, please contact: [president@mardaloop.com](mailto:president@mardaloop.com)  
Upcoming Dates: Monday, March 7 and Monday, April 4, 2016

Starts: 7:00 pm

Location: MLCA Hall, 3130 - 16 Street SW

## Seniors Gathering

Join us on the first Monday of every month to hear guest speakers, participate in light fitness activities and games, and meet some of your neighbors. Coffee and light snacks are served. MLCA membership (\$10 annual) is required to attend this program. For more information call **403-244-5411 x22**.

Upcoming dates: March 7, April 4, May 2, and June 6

Starts: 9:00 am

Location: MLCA Hall, 3130 - 16 Street SW

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## Wine & Cheese Tasting

Take a night off from the New Year's resolutions and join your neighbours as we enjoy a selection of wine and cheese from local vendors. To attend please register at [www.mardaloop.com](http://www.mardaloop.com) by February 15 or email [events@mardaloop.com](mailto:events@mardaloop.com) for more information.

**Date: Wednesday, March 16, 2016**

Starts: 7:30 pm

Location: MLCA Lower Hall, 3130 16 Street SW

Cost: \$25 per person (guests are welcome but must be accompanied by an MLCA member)

## Save the Date - Indulge

Enjoy a wine and food affair in your backyard! Join us for a fantastic evening of culinary treats, wine and beer, all served up by local restaurants and merchants. Tickets go on sale March 1 at [www.mardaloop.com](http://www.mardaloop.com)

**Date: Saturday, May 28, 2016**

Time: 6:00 pm

Location: Big Top Tent next to the MLCA Hall (3130 - 16 Street SW)

Cost: \$70 per person

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# MARDA LOOP COMMUNITIES ASSOCIATION



## President's Message

The Marda Loop Communities Association year-end is March 31st and with that comes the close of one fiscal year and the start of a new year on April 1.

In addition to preparing new plans and budgets for the year, the Board of Directors attend a Strategic Planning Day to talk about how we did against our plans from last year and what the key priorities are for the association in the upcoming year.

There were numerous achievements and lots of programming and events that occurred throughout the 2015/16 year, and I've spoken about those in previous editions of The Source and at our Annual General Meeting. So now I'd like to share with you the three Key Priorities that were identified last year for 2015/16 and let you know how we did. Our key priorities were:

**1. Increase Community Participation** – involve a broader, more diverse range of community members in programs and events through increased participation, expanded volunteer opportunities and selective programming and events.

**Status:** Progress was made in establishing benchmarks, increasing participation and putting in place a Volunteer Appreciation Program. A community survey was conducted to get feedback from community members on programs and events.

**2. Pre-school Space Project** - ensure that focus is maintained on completing the plan to renovate and open the new pre-school space for the 2015-16 school year, on plan and within budget in order that the MLCA pre-school can continue to operate.

**Status:** The new Preschool space opened on time and on budget at the Calgary Community Reformed Church providing the MLCA with long-term space in which to run the program.

**3. Hall Rental Optimization and Operational Improvements** - in order for the MLCA to continue to be sustainable and successful as it continues to grow, operational

improvements are needed, in particular in the area of facility rentals and rental revenue.

**Status:** A new Hall Rentals Committee was established and is chaired by a new Director of Hall Rentals. We hired a part time dedicated Hall Rentals Manager and updated the Rental Agreements and rental rates to remain competitive. We will continue to focus in this area.

Stay tuned for next month's Source where I will tell you about the 2016/17 Key Priorities that were identified at this year's Strategic Planning Day. But for now, rest assured that we will continue to work towards achieving the MLCA Vision – an evolving, vibrant, urban community that is engaged, connected and desirable.

As always I look forward to your feedback and welcome any questions or comments. Drop me a note anytime at [president@mardaloop.com](mailto:president@mardaloop.com).

*Anne Kaufmann, President*

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## MLCA Membership

Kids splashing in the outdoor pool on a hot day. A game of shinny on the local rink. A social gathering for seniors. These are just some of the great scenes brought to life by the Marda Loop Communities Association. Show your support for the great programming we all enjoy by purchasing or renewing your community association membership today. It's an easy and affordable way to show your commitment to the neighbourhood.

- support the great programming we all enjoy
- have a voice in the affairs and direction of the MLCA
- receive advance notice of special events and programming
- access to member only events and programs



**Buy or Renew Your Membership Today!**

Get your membership online at [mardaloop.com](http://mardaloop.com) or send the form below to the MLCA hall.

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Telephone: _____	
Email: _____	<input type="checkbox"/> I'd like to volunteer

*Please make cheque payable to "Marda Loop Communities Association".  
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# 2016 FIRESIDE CHATS Words West Wins!

MLCA hosted another successful Fireside Chats series on February 8.

Many thanks to moderator Shaun Hunter and to our panel of authors Brian Brennan, Sharon Butala and Ruth Scalp Lock. Their readings and words were entertaining and inspirational.

We would also like to thank the Fireside Chat audience, the event volunteers, and the MLCA Board for their support, especially Pat Paterson for organizing this great annual event. Our appreciation goes to Monogram Coffee, Highlander Wine and Springbank Cheese for keeping us hydrated and nourished during the evening.

See you next year!

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



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## MARDA LOOP COMMUNITIES ASSOCIATION: MLCA PROGRAMS



### Summer Day Camps in the Loop are returning for 2016!

Stay tuned for more details in April's issue of The Source, and on the MLCA e-mail blasts!

### Art in the Loop

The MLCA is proud to offer a series of beginner-level Art classes hosted in the Upper Hall of the MLCA building. All art supplies will be provided by our Art Teacher. This is meant to be an introductory art class for everyone; however, we welcome anyone who wants to come for an enjoyable afternoon of fun and art.

When: Tuesday, March 29 from 1:00pm – 4:00pm  
Cost: \$15/person/class (GST not included)

### Babysitters Registry

This service is available to all Marda Loop Communities Association (MLCA) members with current active memberships. Both the babysitters and the interested families must have valid memberships. Individuals aged 11-17 will require a parent/guardian's signature on the waiver form (available by emailing programs@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The Marda Loop Communities Association and its Board of Directors will not be pre-screening / sanctioning / verifying any credentials for those using this service. The employer takes on full responsibility of interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed.

### Marda Loop Swim Club

Join our recreational, non-competitive club for swimmers, ages 7 to 18 years. Our goal is to improve each swimmer's stroke ability, endurance, and confidence through coaching and training. Although the club is recreational, the focus is on competitive swimming skills (i.e. speed, efficiency, and endurance) making our club attractive for youth looking to "springboard" into a more competitive club in the future. MLCA membership is required to register in this program

\*\*\*At this time our Swim Club is fully booked; however, you may still add your children to the wait list by going to [www.mardaloop.com/](http://www.mardaloop.com/)

### Playgroup

A Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighborhood. For infants and children up to 4 years. Playgroup is currently fully booked and we are no longer taking any additional children on the waiting list. Please stay tuned for Fall 2016 registration dates.

### Peanut's Soccer

Registration begins April 1<sup>st</sup>, 2016

Please join us this year for fun, exercise, friends, and soccer skills! Child must be at least 3 years old prior to June 20, 2016.

**3-5 year olds. Program runs from May 7<sup>th</sup> to June 25<sup>th</sup>, 2016**

Cost: \$45 (MLCA Members Only)

### Seniors Fit

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength

## MARDA LOOP COMMUNITIES ASSOCIATION: MLCA PROGRAMS CONT'D

and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun. MLCA membership is required to register in this program

Ages 60+

Wednesdays, 11:15 am – 12:15 pm

January 6<sup>th</sup> to March 23<sup>rd</sup>, 2016

12 classes

Cost: \$60

(GST not included)

We will be taking the month of April off from the class, but we will resume in May!

### Tennis Lessons with Tennis Pro Kevin Gardner

Tennis is a life time sport. The novice/beginner level emphasizes footwork that is unique to racket sports, hand eye coordination, stroke basics, and having fun! We hope to see your kids on the court! MLCA membership is required.

Lessons will run Wednesdays and Thursdays beginning May 11<sup>th</sup> for 6 weeks.

Wednesdays: Level 1 class – Learning the basics of tennis.

Thursdays: Level 2 class – Tailored for students who attended last year's lesson to learn new skills.

Ages 4-6: 4:30-5:30pm (parented)

Ages 7-8: 5:30-6:45pm

Ages 9-10: 6:45-8:00pm

Cost: \$110 (MLCA members only)

### Yoga

Participants must bring their own yoga mat.

**Yoga (Hatha)**

Hatha yoga is a structured physical practice that connects breath & movement, body & mind, heart & spirit. If you can breathe, you can do yoga.

All abilities are welcome. For participants ages 16 and up. Instructor - Sophie.

Fridays, 9:30am – 10:30 am

January 15<sup>th</sup> to April 1<sup>st</sup>, 2016

12 classes

Cost: \$100.00 members, \$120 non-members

(GST not included)

### Yoga (Multilevel)

This class will move at a gentle pace, introducing basic yoga poses (asana). New students will learn the basics of yoga, while more seasoned students will gain a better, more detailed understanding of the alignment of the poses. Students work on flexibility, strength and balance, while warming the muscles and flushing toxins from the body.

Wednesdays, 7:00 pm – 8:00 pm

January 13<sup>th</sup> – April 6<sup>th</sup>, 2016

12 classes

Cost: \$100.00 members, \$120 non-members

(GST) not included

Please email [programs@mardaloop.com](mailto:programs@mardaloop.com) if you have any questions and to receive the registry.

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# MARDA LOOP COMMUNITIES ASSOCIATION

## MLCA PRESCHOOL UPDATE

### Intergenerational 'Grandfriend' Program Starts

Our Preschool and Seniors have partnered up to bring the best of both worlds together. The seniors came last month to our 4's class to read and interact with the students. What an enjoyable time for all.

### Music Enrichment Program at the Preschool

We are delighted to have Melissa Hemsworth of Simple Harmonies, as a new regular fixture in our preschool class. Simple Harmonies is a much loved local music studio and Melissa will be bringing her style of fun, interactive and engaging music style to all the children of MLCA preschool monthly.

### Registration:

Thanks to everyone who came out to the MLCA preschool open house and to all those who have registered. We had an overwhelming turn out and lots of registrants for next September. If you haven't yet registered, you are invited to sign up for the waiting list as we do see shifts in registration over the summer months. <http://www.mardaloop.com/programs-list/preschool>.



**The Chrysler building** attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.

# MLCA VOLUNTEERS COLUMN

*"Volunteers are paid in six figures....S-M-I-L-E S."*  
-Gayla LeMaire

### THANKS:

Our January Wine Night was another great success with some great wines and cheeses being tasted. Thank you to our volunteers from that evening – Ian B, Brenda P, Felicity A and Lucy S.

Also helping the evening of our Fireside Chat are these special volunteers who helped to make everything run smoothly. They were – Carol B, Dan T, Robert B, Jane M, Freddy T, Helen G and Brenda P.

### OPPORTUNITIES:

**Ice** – We are looking for someone or sometwo to take on this important job next season. If you would like more information, please contact me at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com) or Johnny at [ice@mardaloop.com](mailto:ice@mardaloop.com)

**Stampede Breakfast** – We are looking for a few keen cowgirls or cowboys to help with the planning of our Stampede Breakfast this year. This is a short term commitment which touches hundreds of people in our community. Ready to giddy-up and help, contact me at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com).

Looking for a one-time opportunity, how about volunteering to help with set up and take down for our **Indulge** event on Saturday, May 28 or manning a table or spot at our **Cleanup/Recycling Day** on Saturday, May 7.

**March Wine Night** – Interested in being on the wine pouring team? Our next Wine Night is **Wednesday, March 16**. Contact me at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com) if you would like to help with this fun event. Ask about our new volunteer price!!

That's the Volunteer News for this month. Want to get involved in your neighbourhood- email me at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com)

*Catherine Fraser, Volunteer Director*



# JOIN US AT MARDA LOOP COMMUNITIES PRESCHOOL



**A BEAUTIFUL BEGINNING FOR OUR COMMUNITY AND THE CHILDREN WHO ARE THE FUTURE**



The MLCA Preschool has relocated to 1638 - 30 Ave SW. We are offering a fresh new educational play space for teachers and children to thrive in.

If you would like to set up a preschool tour, please email:[preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com)

Some 3 year old afternoon spaces are still available



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### Seniors snowshoe in the Association Hall backyard

The February gathering of the Marda Loop Seniors group started with a fitness session with Megan, as in the past few months, but this time, it was a warm-up for the snowshoeing that followed.

Despite the fact that many of the Seniors were snowshoeing for the first time, there were hardly any wobblers and many were willing to continue their trek for longer than expected. We have to thank Barb Dick for making all the arrangements to rent our equipment, personally checking out the trails for us (we snowshoed behind the Marda Loop Community Hall), for briefing and coaching us for the event and for ensuring that all of us had a safe and enjoyable experience. Hopefully, we can do something like this more often before we bid final farewell to our elusive Winter this year. Check out these pictures attached.

Those who did not take part in snowshoeing also had a very pleasurable morning just hanging out with each

other or playing bridge or board games.

The Preschool Intergenerational pilot project was launched in February and from initial reports, was well received by the Senior volunteers, teachers and the students. The project will continue on each month till the Summer break after which the success of the project will be evaluated through a survey.

We would still like to get a few Senior volunteers to join us in this wonderful experiment. If you are a 55+ Marda Loop resident looking for a meaningful contribution of time and talent to make to your community, come and get involved. Only 1 hour of your time is required each month and there is a choice of a morning or afternoon shift. We can provide you with more information if you e-mail us at [seniors@mardaloop.com](mailto:seniors@mardaloop.com).

Our next gathering will be on Monday, March 7th between 9 a.m. and 12 noon at the MLCA Hall. A presentation on Medical Alert services will be given at 10 a.m. by Philip Lifeline. Come and listen with us.

*Heather Bhatti, Coordinator "Seniors in the Loop"*

## Indulge?

What are we raising money for?

Last month we outlined what Indulge is and what you can expect when you attend the event – a fabulous evening with food, drinks, silent auction and music all in our own community.

A question that immediately comes to mind is – What does the MLCA do with the funds raised by Indulge?

The very first Indulge was held to raise funds for the outdoor pool; money was needed for repairs and ongoing maintenance. Our community pool is now very busy and thriving with lessons, lane swims, birthday parties, and a prosperous swim club. On the last day each season, our four-legged friends are invited to have a swim and close out the 'dog days of summer'!

In subsequent years the funds were directed towards kids' programs such as the ever popular playgroups and the newly-opened preschool, an incredible parent-run cooperative.

The ice rink has been a beneficiary thanks to Indulge funds. One year Indulge auctioned hockey boards and sold spots for family names, signatures and business ads. These new hockey boards along with improved ice surface allowed us to bring Grass Roots Hockey back to our community! We now have a dream to purchase a mini-zamboni sometime in the future; money raised through Indulge would help that dream become a reality.

As you can see Indulge funds are not restricted to programs and facilities for one age group or demographic. We have a very active community of older adults and seniors who participate in a variety of programs, including yoga, fitness classes, and our increasingly popular Fireside Chats. Money raised by Indulge helps cover the operating expenses of any program, especially during the formative stages.

In summary, Indulge funds support all programming and events at the MLCA and have also allowed us to improve our facilities. This year we require your support more than ever so that our programs continue to be relevant and responsive to community needs. If you would like to become a sponsor, vendor, donate or volunteer for Indulge, please email [indulge@mardaloop.com](mailto:indulge@mardaloop.com)

This year the Indulge committee consists of the following members:

- Brooke Archibald
- Tonya Baboneau
- Jennifer Bray
- Lisa Conboy
- Megan Gough
- Brenda Preston
- Emily Scherman

If you would like to become a sponsor, vendor, or donate to our silent auction, please email [indulge@mardaloop.com](mailto:indulge@mardaloop.com).

Tickets go on sale March 1 at [mardaloop.com](http://mardaloop.com)

Join us on May 28th. Eat. Drink. Indulge.

# Indulge

Eat. Drink. Indulge.

A night of culinary treats, wine & beer served by local merchants.

**Saturday, May 28, 2016**  
Doors 6pm

**MLCA Hall**  
3130 – 16<sup>th</sup> Street SW

**Tickets \$70 at**  
[mardaloop.com](http://mardaloop.com)

Print Issues: [mardaloop.com](http://mardaloop.com)

Proceeds support Marda Loop operations and community recreational programs that bring children, youth, and adults together.

# ASK SAM

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FIND SOLUTION ON PAGE 26

## IN & AROUND CALGARY

### Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!



## IN YOUR COMMUNITY

### Spring is in the air!

Get ready now for our Community Recycling Day May 7th!

On Saturday, May 7<sup>th</sup>, we are hosting an organized Community Recycling event from **9:00 a.m. to 2:00 p.m.** in the MLCA parking lot at 3130 16 Street SW.

The goal is to save residents a trip to the landfill for items that do not fit in their waste and recycling carts and for those who do not have cart service. This service is free of charge to all Marda Loop Communities residents (South Calgary, Altadore, River Park and Garrison Woods)

The City of Calgary supplies three packer trucks (two for waste and one for organic materials).

There are several items that the City of Calgary's packer trucks will not accept. So, we have arranged support from the following community minded businesses:

- \* **Kal Tire** will take your old tires
- \* **Women In Need** will take your women's and children's **clothing and household goods**
- \* **Mustard Seed** will take your men's **clothing**
- \* **Electronic Recycling Association ("ERA")** will take your home electronics
- \* Made by Momma will accept formula, diapers, strollers, car seats (manufactured 2012 on), baby and toddler clothing, baby monitors, bassinets, etc. See website for details: <http://madebymomma.org/donated-items/>
- \* **Kidsport Calgary** is looking for **sports equipment** in good condition

#### Yard Waste:

Leaves, branches, plants, grass clippings and other yard waste (excluding sod) will be accepted at Community Cleanup events for composting. Yard waste must be separate from other items. All of the organic materials collected will be taken to one of the Calgary's composting facilities.

#### Free Zone:

Stuff you don't want and can't be bothered having a garage sale? Bring it to our Swap Centre.

Any questions or suggestions for other recycling services? Please email me: [jillchambers@shaw.ca](mailto:jillchambers@shaw.ca)

*Jill Chambers, Project Volunteer, MLCA*

## Women's English & Social Group

Meet your Neighbours & Practice English!

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Our **Marda Loop** group meets every Wednesday from 10:00am – noon. We meet once a week for 2 hours to practice English, make new friends and have fun! No cost, no immigration requirements and no minimum English level necessary. Free childcare provided for children 6 months to 6 years old. Come visit us at 3818 14A Street SW (River Park Church basement). For additional information contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752.

*Debra Colley, Program Coordinator*  
*New Friends and Neighbourhood Groups*  
*Calgary Immigrant Women's Association*  
*Phone: 403-444-1752*  
*Email: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)*  
*Visit our website: [www.ciwa-online.com](http://www.ciwa-online.com)*

## SCHOOL IN YOUR COMMUNITY

### Mount Royal School

This has been a phenomenal month at Mount Royal School! We started off with Robb Nash and his Band, the students enjoyed a concert and the message to be resilient and not to get stopped by any challenges that they might face. We had a visit from our School Trustee, Judy Hehr who stopped by to see the changes that have been made to the building. Our grade 7 students took part in the Kidcaster program and worked with Lisa Bowes from CTV sports to prepare students to interview players from the Calgary Roughneck Lacrosse team. After researching the players they were going to interview, they spent a day at the Saddledome interviewing the players and being interviewed by Roughnecks TV. The leadership students in our school hosted a very well organized Valentine's Day Dance. Our leadership students also visited Earl Grey School to judge their Science Fair, great work from the elementary students and great to have a relationship with our neighbours.

One last highlight of this month was the Grade 6 Open House. Students came from all the feeder schools in the area and enjoyed a tour of the building. Students were able to see the many varied options that students can do at Mount Royal as well as academic courses that are relevant, personalized and rigorous for a 21<sup>st</sup> century learner. If you have any questions, or would like to come see the great work going on in our school please do not hesitate to contact us.

*Submitted by David Fettes Assistant Principal at Mount Royal School*

## Maria Montessori Education Centre

2016 is off to a wonderful start at Maria Montessori Education Centre!

Due to the unique philosophy and method, Montessori students are well known to be internally motivated critical thinkers. The Montessori method stresses authentic experiences; student businesses are up and running to support our students in gaining real life skills. The Upper Elementary classes run a recycling business and a honey business. The Erdkinder (Jr. High) runs an apple business. The students plan and implement all of the elements of these businesses. They use team meetings to plan, commu-

nications to connect with the larger community of suppliers and buyers, and accounting to ensure proper financial management. Students learn and practice numerous academic skills through these businesses as well as soft skills like customer service, grace and courtesy.

The Student Leadership Team (SLT) has been holding Friday hot lunches and other events. This team of students in grades 3-5 is led by the grade 6 Steering Committee who plan the year's events. Our recent Bake Sale was a delicious success raising over \$500. We hold our annual Lloyd's Rollerskating Family Night in February and Games Night each May. As part of their rich Montessori experience the students fully plan, work, and carry out these special events.

Our busy community continues to learn and grow!

*Amanda Kershaw, Principal, Maria Montessori Education Centre*

## Richmond Elementary School

My first two months as Principal of Richmond School have been remarkable. From a leadership perspective, I enjoyed working and learning from my predecessor, Kevin McDougall. We continue to have conversations to ensure that the decisions we make as a school are in the best interest of our students. My initial interactions with parents and community partners, along with getting to know all the staff and students at the school, gave me great confidence that this is a wonderful place to learn. Our dedicated teaching staff is always striving to better understand which practices help struggling students achieve, and how to continue the work to ensure all students feel successful at our school.

A special thank you to all our newest members of our Richmond community for joining us on our School Tour and Preview on January 18th. We had over 15 families join us for this event and extend an invitation to all new families in our area to contact the school to learn about our wonderful programs and offerings.

February saw our students take part in the Alberta Governments "Winter Walk Day" on February 3rd. We welcomed all families to join us as we walked for 15-20 minutes around our community and school grounds to explore the neighbourhood and get some exercise. The students have been hard at work in the new year, and are looking forward to their spring break, which takes place March 21-28.

At Richmond School our door is always open, and we welcome the opportunity to work with you and your children, as we are "Educating Tomorrow's Citizens Today".

*Duncan White*  
*Principal*

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**Good Friday Service at 10 am**  
 March 25, 2016  
**Easter Sunday Celebration at 11 am**  
 March 27, 2016



# BIG IDEAS for Small Outdoor Spaces

Jan Houghton, Landscape Architect

Successful garden design is all about the details, especially in small spaces. If your outdoor space is under-used, uninviting, and basically lacking in personality, here are ten ideas to help give it a make over.

Before we can re-design together you will have to measure your outdoor space and transpose this information onto grid paper so we can see what we are working with. Be sure to include the width of the garage, height of adjacent fences and where the windows and doors are located. Note the direction your outdoor room faces and note whether or not any sunlight is blocked by a neighboring tree or building.

Once the site analysis is complete we can start thinking about the design possibilities and opportunities your space offers. Use colored pencils and loose circles, or bubbles, as I like to call them, to identify specific use areas. In my residential design practice I create at least two specific use areas in the back yard. They can be as simple as a dining area and a play area. Be sure to include your family in the design process as they probably have their own wish list to be included.

One of the most important guidelines, (notice I didn't say rules) when designing a small outdoor city living space is to consider scale and proportion. Take your cues from the architecture of your home. The building's rectangular shapes and straight lines, when replicated on the ground plane, link the house and the yard. Other geometric shapes such as circles and angles can also be used, but use them carefully. Elect a few key shapes and use repetition to create unity.

Now, for the big ideas...

1. Make the small space appear larger. Create a view along a diagonal of the space to give the illusion that the space is bigger than it really is. Use the grid paper to rearrange rectangular spaces on an appropriate angle to see the possibilities.

2. Create the illusion of depth through the use of parallel lines on a patio or pathway that appear to converge to a vanishing point. To complete the composition use red, yellow and orange colored plants in the foreground to attract your eye and plant cool colors such as blues and purples at the back of your yard to melt horizons and give the illusion of more space.
3. Elevate one or two of the key areas. These raised decks, walls and/or planters, for example, add interest and create different spatial and textural effects.
4. Re-purpose your existing fence as a new and different backdrop. For example, if your fence is constructed of horizontal slats then create a solid wood framed section in front of one panel, paint it a bright color, and place a fountain or a decorative planter in front of it.
5. Mix colors, patterns and textures when selecting pavers for your patio or pathway to add interest and drama. Or, if you are repurposing your existing pathway, consider alternating bands of pavers and low growing plants to give the ground rhythm and movement.
6. Think vertical when space is limited but enthusiasm isn't. Add colorful vines on a painted or one-of-a-kind trellis. You can also attach pots or planters to a sunny wall and fill them with flowers, herbs or veggies.
7. Curating nature for confined spaces requires care. Choose dwarf varieties of shrubs and narrow growing columnar trees. Instead of one of this and one of that plant, create visual impact with large groups of the same shrub, grass or perennial, but pay close attention to their individual spacing needs.
8. Be budget savvy with outdoor furnishings. Select dual-purpose furniture that can also be used indoors during the winter. With all the quality outdoor fabrics available today you will be able to carry the same modern or contemporary vibe you have on the inside to the outside.
9. Channel your inner artist and personalize your outdoor space with a statue or two, a birdbath, or wall painting. Repurposed objects, if you prefer, often have a more interesting story to tell your guests.
10. Reflections of the overhead big prairie sky or a nearby tree create the illusion of space, and are easily achieved with the careful placement of a small mirror or a stainless steel ball, for example.

The design possibilities for small spaces are many.

## IN & AROUND CALGARY

### EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

**1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

**2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

**3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1.**

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## IN & AROUND CALGARY

### March is Community Association Membership Awareness Month!

**Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?**

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

**Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!**

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!



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### Let's Step Forward Towards a Safer and More Active City

Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work, be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on "improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system", Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.

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## IN & AROUND CALGARY

### I Am A Girl

Winner of Best Documentary and Director from the Australian Academy of Cinema Arts

**Release Year:** 2013

**Runtime:** 88 minutes

**Director/Producer:** Rebecca Barry

**Trailer:** [www.youtube.com/watch?v=KaR-UcCpZfA](http://www.youtube.com/watch?v=KaR-UcCpZfA)

**Synopsis:** There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL reveals what it means to grow up female in the 21st century.

**Guests:** **Nadia Ramadan** is a counselor at the Calgary Immigrant Women's Association in the Family Conflict Program and works at the Wheatland Crisis Shelter in Strathmore, a domestic violence shelter for males and females. She graduated with a psychology degree in 2012 from Mount Royal University and has been working in the field of domestic violence since she completed her degree. She has focused on working with immigrant women, supporting them through the barriers that they may face.

**Ashley Jellema** manages Housing and Supports for the YWCA of Calgary including transitional housing, community-based supported housing and winter emergency response programs. Her expertise and extensive experience in the areas of women's homelessness, mental health, addiction, and sexual and domestic abuse coupled with her passion to see women thrive ensures she is an exceptional role model for her teams and positions Ashley as an advocate for women and the issues the YWCA actively addresses.

**When:** Tuesday March 8, 7:00pm

**Where:** River Park Church - 3818 14A St SW

**Cost:** Free

**Website:**  
[www.justicefilmfestival.ca](http://www.justicefilmfestival.ca)



## MP CALGARY CENTRE HON. KENT HEHR

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 403-244-1880

I am honoured and humbled to have been elected as the representative for Calgary Centre and will work hard to deliver on the strong mandate that Canadians have given our new government. Additionally, I am thrilled to serve as Minister for Veterans Affairs and Associate Minister of Defence in Prime Minister Trudeau's Cabinet. I was elected as a passionate advocate for our city and I will continue to be that voice.

I've spoken with neighbours, leaders in the business community, individuals in the non-profit sector, and I've listened. I know that we are facing difficult times in our province. I understand that many people are struggling and seeking solutions, and let me assure you that I've taken that message to Ottawa and to the Prime Minister.

I am confident that we can solve these many complex issues. Our plan is to support Albertans and kick-start the economy, and we already have several policies that will address both short-term and long-term problems.

Infrastructure investment to the tune of hundreds of millions of dollars will provide jobs in the short term and create long term prosperity. These funds will be targeted at projects such as flood mitigation, updating infrastructure, affordable housing, and public transit projects. My colleague and fellow Alberta Liberal MP, Infrastructure Minister Amarjeet Sohi, is taking leadership on this file.

I am discussing with Finance Minister Morneau on the implementation of our platform's Child Tax Benefit that will provide support for struggling families and thousands of children in our province.

Tax relief that will benefit 9 million Canadians, making it easier to join and stay in the middle class.

Changing rules for Employment Insurance – part of our party's platform in the election and even more important to put to work now – is currently being taken on by Winnipeg MP and fellow cabinet minister MaryAnn Mihychuk.

By engaging with provincial partners – such as hosting the first First Ministers' conference in nearly a decade and actively engaging with premiers – a new tone and style of leadership is being brought to the federal government.

Ensure long term access for Alberta oil and gas through responsible pipeline development.

Representing my constituents is a top priority and I vow that your voices will continue to be heard in Ottawa. By the time this letter is printed my office will be operational at 950 6 Ave SW: you can email my team at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or give us a call at 403-244-1880. My door is always open.

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~continued next page~

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## MLA CALGARY CURRIE BRIAN MALKINSON



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Phone: (403) 246-4794; Fax: (403) 686-1543  
[calgary.currie@assembly.ab.ca](mailto:calgary.currie@assembly.ab.ca)

Here in late winter, I'm gearing up for another session at the legislature in Edmonton where we start the next sitting on March 8.

When I'm not in Edmonton, I'm here in the community, spending time with community centres, schools and local clubs. Lately though, I've found myself in and around a number of wonderful seniors groups.

I've been able to visit places such as the Good Companions 50+ Club, Shalem and Bow Cliff Seniors where we spoke in depth about the Bridge club there, just to name a few. I really enjoy visiting people involved in these places because of the kind of conversations I have. We always talk about the problems facing us today, but I also get to hear the perspective that only the wisdom of age can grant. Some of the people I've been meeting have spent their whole lives in this part of the city, and remember not only when the Currie Barracks was actually a military base, but also remember it being an empty field before that.

With the wisdom of age, sometimes the pace of modern life is hard to keep up with. In talking with people, I've noticed many simply are unaware of the kind of programs and services that are available to seniors in this province.

I wish I had space to talk about all the services and supports available in Alberta. If you're interested or in need, I encourage you to give the department of Seniors and Service Alberta a call at 1-877-644-9992. The folks there are able to help in many ways most Albertans didn't think were available.

I will also take the time to applaud the great work done by a couple of organizations I am sure many of you already know about: the Kerby Centre (403-265-0661) and the Calgary Seniors Resource Centre (403-266-6200). They are both fantastic resources for those who are looking for help with something, as well as those simply interested in more information.

Have you got a community club that you'd like me to come visit? I love getting out and meeting people in and around the riding, so if you're involved in a community or club and you'd like to have a visit from your friendly neighbourhood MLA, feel free to get a hold of my office (403-246-4794) and we can schedule something soon.

Look forward to seeing you,  
Brian

## MLA CALGARY-ELBOW GREG CLARK



Leader - Alberta Party  
(403) 252-0346  
[calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca)  
Twitter: @GregClark4AB

Dear Neighbour,

At time of writing the government has just released their royalty review. My first reaction is relief that it doesn't appear the government has significantly increased royalties, especially in these very tough times. I'm also glad to see the expert panel has found Albertans have been getting our fair share of resource royalties all along, and I'm optimistic the proposed changes will help keep our province competitive so Albertans can continue to benefit from oil and gas production for generations to come.

My team and I will study the document in detail to ensure there are no unintended consequences of the proposed changes, and as always I welcome your feedback on this or any other topic.

You can read the full royalties report at [www.letstalkroyalties.ca](http://www.letstalkroyalties.ca).

Another topic of interest to many in Calgary-Elbow and beyond is the status of the homes purchased under the Floodway Relocation Program. On January 29, 2016 I joined Minister of Municipal Affairs Danielle Larivee, Mayor Naheed Nenshi and Councillor Gian-Carlo Carra to gather community input about what should be done with the 17 properties purchased under the program. Although many (including me) would like to see at least some of the homes saved and resold immediately, the provincial government believes the liability risk is too great to allow this to happen.

The open house was very well attended and we heard loud and clear that you want the properties put on the market as soon as possible to make our communities whole again, and to recover some of the money spent on the original program. Based on the information presented in the meeting the Province is open to doing just that, but only once flood mitigation is in place. In the meantime the properties will be landscaped and the clear desire of the community is to prevent unauthorized access to these properties until they can be resold.

I will continue working with both the Minister and the City to ensure the integrity of our community is maintained, that safety is a priority and most importantly that the properties are eventually put back on the market. I will also continue to push the provincial government to build the Springbank Dry Dam as quickly as possible. I have asked for an update on the status of the project and the anticipated completion date. I hope to be able to provide that information to you in my next update.

The next Legislative session starts on March 8 with a budget to follow within the month. I'm always interested to hear what you would like me to raise in the Legislature on your behalf. Feel free to contact my office at any time with your ideas, questions or concerns. You can reach us at [Calgary.elbow@assembly.ab.ca](mailto:Calgary.elbow@assembly.ab.ca) or 403-252-0346.

Finally, we hope you can join us at our next Constituency Office open house on Saturday, March 19, 2016 from 12:00 – 4:00 PM. Our office is located in the Britannia Plaza on the second floor above Sunterra (the address is #205, 5005 Elbow Drive SW). See you there!

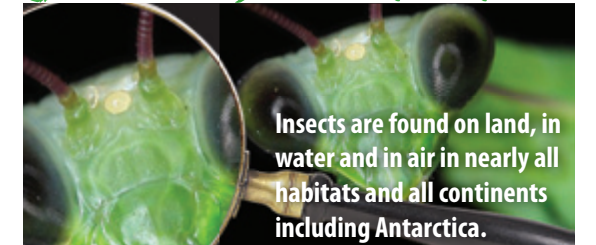
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## Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.

## MARCH MOON CALENDAR







## COUNCILLOR, WARD 11 BRIAN PINCOTT

[www.ward11calgary.ca](http://www.ward11calgary.ca)

My team and I are being asked where the City is in the process of creating a SW Transitway. While we have worked to clarify some of the misinformation in the community before, we hope the questions and answers below will help address further questions and outline the upcoming project path.

### Will the SW Transitway be cancelled?

The SW Transitway will be proceeding. Council voted unanimously for the idea in 2011, and now the transportation project team at The City is working on the detailed design phase while addressing questions they have heard. As this project has been approved by City Council all final decisions will be made by the Project Team and their colleagues.

### Why not wait for the Ring Road?

While the Ring Road is expected to alleviate some of the traffic issues on 14<sup>th</sup> street, Glenmore, and Crowchild, it does not address the needs of all. The Ring Road is a provincial highway that is intended to bypass communities and as such does not work for transit. The SW Transitway is very specifically about improving transit for SW communities and increasing transportation options to move people through the city. The two projects, while complementary to one another, address different needs and serve different users.

### I keep seeing TOD. What is a TOD?

TOD stands for Transit Oriented Development. It is an urban planning term that means the placement of buildings, walkways, and houses within a community take into consideration the ability of residents and visitors to access transit. This typically means greater density development in the area immediately beside these stations. The goal with TOD is to remove the *need* to use a private vehicle to connect to transit.

### Will the City be doing TOD at the SW Transitway bus stations?

No. The City's TOD policy refers only to the development of City owned land surrounding LRT stations, or at BRT stations where an LRT is planned to be in the future. The SW Transitway is NOT planned as a precursor to an LRT line. The City will not be applying its TOD policy to these stations, nor does the City own large tracts of land in the area.

### Brian brought a Notice of Motion to Council last year, regarding Glenmore Landing. What was that all about?



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Consider giving a guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).



Glenmore Landing sits on privately owned land. While the landowner, Rio-Can, has not submitted any redevelopment applications to the City as of February 1, 2016, they have made it clear that they intend to do so in the future. Brian's Notice of Motion directed the City to work with the landowner as much as possible to avoid excessive construction disruption to the community and enable smart planning decisions to be made by both parties. The Notice of Motion can be found on the Ward 11 website.

If you would like more information, please see [www.calgary.ca/swtransitway](http://www.calgary.ca/swtransitway), and remember to sign up to receive updates from your Ward 11 office at [www.calgary.ca/ward11](http://www.calgary.ca/ward11).

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**ONEWALK TO CONQUER CANCER** benefitting the Alberta Cancer Foundation is looking for volunteers! On June 25<sup>th</sup> participants will walk 25km through central Calgary and we need volunteers. Contact Kathryn for more info: [kcoulter@conquercancer.ca](mailto:kcoulter@conquercancer.ca) or phone 403-775-4676.



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# Bobcats in the City

If you live or walk near the lower Elbow River you may have noticed a significant decrease in white hares hopping around and nibbling at your landscaping, or fewer droppings and “bunny” tracks in the snow. The likely culprit? Bobcats!

Bobcats, a type of lynx, are small wild cats, distinguished by their dappled grey-brown coats, black-tipped ears and short “bobbed” tails. These muscular cats have longer hind than front legs, giving them a bobbing gait. This winter, several bobcats, some with kittens, have been sighted in communities along the Lower Elbow including Elboya, Britannia and Bel-Aire. Some were in the open, some perched in trees and another spotted crouching under tree boughs, camouflaged by its spotted coat. One local family even reported that their

pet bunny had been taken from an open outdoor enclosure.

About double the size of housecats, bobcats are adaptable predators, preferring rabbits and hares but will hunt insects, birds, rodents and even deer. They compete with coyotes for prey, are solitary and territorial; moving on when their preferred food source has been depleted. In this way they play an important role in maintaining balance within our biodiverse riverine ecosystem.

They are more active during winter days when their prey is most active, but otherwise are on the prowl around dusk and sunrise. The bobcat hunts by stalking its prey and then ambushing it with a short chase or pounce, grabbing it with sharp, retractable claws. If chased by a dog, they may climb up a tree. The bobcat usually has a main den, and several other shelters within the range of its territory, such as hollow logs, brush, or under low, open structures. While preferring forested areas, bobcats will follow their prey into the urban-fringe. Here their range is limited and isolated by our fragmented natural landscape, resulting in less gene diversity and a build-up of parasites.

The average bobcat lifespan is 7 years. They breed from winter into spring and have a gestation period of about two months. Kittens may be taken by other predators, including owls, eagles, and foxes, as well as adult male bobcats.

Alberta Fish and Wildlife does not consider bobcats a threat to humans and won’t usually step in to remove them from urban environments. Rather, they prefer to

educate homeowners on how to discourage attracting the cats and offer the following tips:

- Remove birdfeeders from your property as they attract the smaller mammals that bobcats prey on
- Close off any open spaces underneath your shed, deck, stairs or anywhere else that might provide shelter for a bobcat
- Motion-activated lights may help scare bobcats away at night
- Keep smaller pets indoors or watch them closely when outside
- Keep pets on a leash when walking them
- Feed your pets inside
- Put your garbage out the morning of pickup, not the night before.

Questions or concerns about bobcats? Call the Calgary District Fish and Wildlife office during business hours at 403-297-6423.

Rather than labeling our bobcat encounters as human-wildlife “conflicts”, perhaps we can reframe this relationship as “co-existence”. And don’t worry; the hare population will bounce back!

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.*

**Plant Trivia**

What is the most common type of plant in the world?  
Answer: Grass

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