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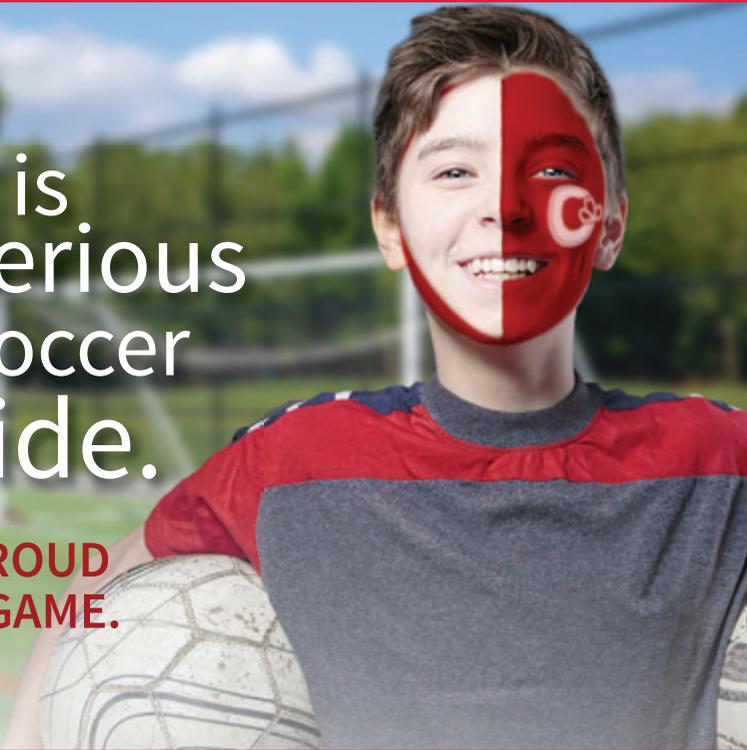
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We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



Marda Loop Communities Association
3130 16 St SW
Calgary, Alberta T2T 2P8
Phone:(403) 244-5411
hall@mardaloop.com | www.mardaloop.com

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MARDA LOOP COMMUNITIES ASSOCIATION: EVENTS & NEWS

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www.mardaloop.com

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.

Upcoming Dates: Monday, May 2, and June 6, 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 neighbours. Coffee and light snacks are served. MLCA membership (\$10 annual) is required to attend this program. For more information call 403-244-5411 x22. Members may e-mail with questions or suggestions.



Upcoming dates: May 2: Theme - Early Stampede; June 6: Guest - Jon Cornish, ex-Calgary Stampeder
 Starts: 9:00 am with Fitness
 Location: MLCA Hall, 3130 - 16 Street SW

Community Cleanup Day

The Community Cleanup day, organized in conjunction with The City of Calgary, saves residents a trip to the landfill for items that do not fit in their waste and recycling carts or do not have cart service. Free service. For more details on what will be accepted visit www.mardaloop.com.

Date: Saturday May 7, 2016

Time: 9:00am - 2:00pm

Location: Outside MLCA Hall, 3130-16 Street SW

Wine & Cheese Tasting

Join your friends and neighbours as Sean, from Springbank Cheese, and Claude, from Highlander Wine, talk us through this month's selection of wine and cheese. To attend, please register at www.mardaloop.com.

Date: Wednesday May 18, 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 neighbourhood! Tickets are available at www.mardaloop.com and include unlimited food and wine samples between 6pm and 9pm, live music and bus home within Marda Loop area.

Date: Saturday, May 28, 2016

Time: 6:00 pm - midnight

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

Cost: \$70 per person

MARDA LOOP COMMUNITIES ASSOCIATION



President's Message

Spring is Membership Awareness time across the City of Calgary and we would love to have you become a Member of

the MLCA. You can sign up on our website or by mailing us the application form found in this newsletter. Your membership fee helps support the many programs and events that we offer throughout the year but more importantly it connects you and your family to this community. I encourage you to sign up or renew today if you haven't already done so.

I also want to invite everyone to the upcoming Indulge event - the MLCA's annual fundraiser on May 28. Our Indulge committee, headed by Emily Scherman, have done a fantastic job and lined up a terrific evening. If you have not been before, you are missing out on a great opportunity to support your community association while enjoying good food, wine and beer and having lots of fun with neighbours and friends. What better way to sample the fine fare from our local businesses and have a great evening of music and dance. I hope to see you there.

And, maybe you've noticed something exciting happening over at Altadore School? Owl's Nest Too, Altadore School and Community Edible Garden is up and running. It's the first of its kind in Calgary and offers a unique opportunity for both the children and the community to learn about food and plant gardening. Congratulations to community member and gardener extraordinaire Andrea Toth and her team who have worked hard to bring this vision to our City and our neighbourhood.

As always I welcome your feedback and any questions or comments. Drop me a note anytime at president@mardaloop.com.

Anne Kaufmann, President

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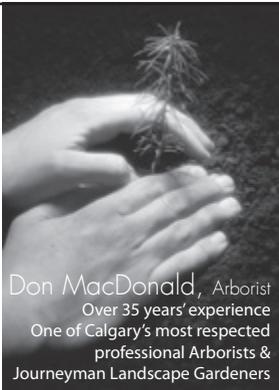
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EXECUTIVE

President	Anne Kaufmann	president@mardaloop.com
Vice President	Tom Rosettis	vp@mardaloop.com
Secretary	Johnny Hammill	secretary@mardaloop.com
Treasurer	Doug Fraser	treasurer@mardaloop.com
Past President	Vacant	pastpresident@mardaloop.com

DIRECTORS

Sports & Rec	Lisa Conboy	sportsrec@mardaloop.com
Planning & Development	Anne Derby	development@mardaloop.com
Events	Felicity Aston	events@mardaloop.com
Pool	Matt Wilson	pool@mardaloop.com
Ice	Johnny Hammill	ice@mardaloop.com
Facilities	Cedric Nicholson	facilities@mardaloop.com
Volunteers	Catherine Fraser	volunteer@mardaloop.com
Farmers' Market	Shawn McDonald	farmersmarket@mardaloop.com
Mobility	Tony Norman	mobility@mardaloop.com
Preschool	Cathy Wood-Connolly	preschooldirector@mardaloop.com
Marketing	Melanie Trottier	marketing@mardaloop.com
Membership	Jennifer Thompson	membership@mardaloop.com
Director at Large	Vacant	atlarge1@mardaloop.com
Director at Large	Pat Paterson	atlarge3@mardaloop.com
Director at Large	Vacant	atlarge2@mardaloop.com
Hall Rentals	Stuart Preston	rentals@mardaloop.com

VOLUNTEERS

Indulge Event Coordinator	Emily Scherman	indulge@mardaloop.com
Seniors Group Coordinator	Heather Bhatti	seniors@mardaloop.com
Source Newsletter Editor	Stephanie McCarthy	source@mardaloop.com
Wine Night Coordinator	Shen Gaidhar	wine@mardaloop.com

STAFF

Program Coordinator	James Spragins	programs@mardaloop.com
Services Manager	Barb Bexson	services@mardaloop.com
Accountant	Karen Murphy	accounting@mardaloop.com
Hall Rentals Manager	Samantha Johnston	hallrentals@mardaloop.com



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 or send the form below to the MLCA hall.

MLCA Membership Form

First Name: _____ \$15 Individual

Last Name: _____ \$25 Family

Street Address: _____ \$10 Senior

Postal Code: _____ I'd like to volunteer

Telephone: _____

Email: _____

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www.mardaloop.com/membership



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 morning of fun and art.

When: Tuesday, May 31 from 9:00am – noon.
Cost: \$15/person/class (GST not included)

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

Registration for the 2016/17 season will begin on April 1st for current participants and siblings.

Registration will open to the general public on May 20.
Cost: \$300.00 (includes a \$50.00 non-refundable administration fee).

Peanut's Soccer

Registration begins April 1, 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 to June 25, 2016
Cost: \$45 (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

April 15 to June 24, 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

May 4, 11, 18. June 1, 8, and 15

6 classes

Cost: \$50.00 members, \$60 non-members (GST) not included

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 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)

South Calgary Outdoor Pool Opens June 18!

Finally it's that time of year when we can dust off our Speedo's in anticipation for another amazing summer season at the South Calgary Outdoor Pool. Lane swimming, kids swimming classes, ice-cream bars, and affordable pool prices await you again this year.

Swimming instruction programs offered for children ages 3 to 14 years, adults, and seniors. Programs start in June and run through until August.

Registration for swim lessons begins May 1.

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.

Summer Day Camps Return

Registration is on now.

Little Chef's Day Camp (Ages 8-10 and 11-13)

Treat your Little Chef to the experience of a cooking camp this summer at the MLCA. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. Participants will cook their own lunches so no need to bring a lunch! Other activities include swimming at the South Calgary Outdoor Pool, beach volleyball, and other fun outdoor games.

Please note that although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment.

Dates: July 4 – 8, 2016 8:00am-4:00pm

Cost: Members - \$275, non-members \$305

MLCA Superstars – Multisport Camp (Ages 6-7, 8-9, and 10-11)

Your child is a Superstar no matter what their level of ability. Children will love playing a variety of sports throughout the day in our MLCA Superstars, Multisport camp. Sports include: soccer, tennis, beach volleyball, basketball, and baseball. Campers will also have a daily swim lesson at the South Calgary Outdoor Pool! Your child will also have the opportunity to play games, make crafts and sing some great camping songs! Children must be the required age prior to the first day of camp.

Dates: July 11 – 15, July 18-22, and July 25-29, 2016 8:00am-4:00pm.

Cost: Members - \$225, non-members - \$255

Tennis Summer Camps:

Tennis is a life time sport. This summer camp is designed to teach kids the fundamentals of the sport of Tennis. With Tennis Pro Kevin Gardner instructing footwork, stroke basics, hand-eye coordination. Lessons will run Monday-Thursday and if it rains a back-up day will be held on the Friday. These are morning only classes running from 9:00am to 10:15am.

Dates:

July 4-7 for ages: 4-6 and 7-10.

July 18-22 for ages: 4-6 and 7-10

August 1-4 for ages 7-10 and 11-14

Cost: \$75/child, must have current membership.

Please email programs@mardaloop.com if you have any questions and to receive the registry.

MLCA Farmers' Market - 2016 Season!

The MLCA is happy to announce the return of our summer Farmers' Market at the MLCA Hall beginning Saturday, June 25 from 9am - 1pm. The market will run each Saturday until the Thanksgiving weekend.

Join the Committee!

The Farmers' Market is looking for Committee members to take on the following tasks:

- Entertainment & Busker Organizer: Are you interested in organizing our weekly entertainment schedule? Love to throw a good party? This position is for you! Help bring a touch of energy to the market!
- Kids Zone and Activity Planner: Love to organize crafts, games and activities for kids? We're looking for someone to help make our market fun for the whole family.
- Muscle! We always need help setting up and taking down each Saturday. This usually takes 20-30 minutes and requires a small amount of lifting.
- Smiling Faces: looking to get involved with the MLCA and want to learn more? Come hang out at the MLCA "Welcome" table at the market and tell the community about what makes us tick! You learn more by telling others, so come learn about your MLCA!
- Vendors: We are a food-focused market and are always on the lookout for new, exciting vendors so please spread the word.

All inquiries and questions can be sent to: farmersmarket@mardaloop.com.



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MLCA Preschool Update

Spring has sprung at our preschool and with that comes spring celebrations, and school photos (but not as you know them).

Both the 3 year olds and 4 year olds will be celebrating their families this spring. The 4 year old class visited Wild Flower Arts Centre and got their hands dirty creating a special something for their special someone's.

Meanwhile, the 3 year olds have been working on musical performance with Melissa Hemsforth from Simple Harmonies Music Studio that will be presented to parents and care-givers in an "I love you day" celebration in class.

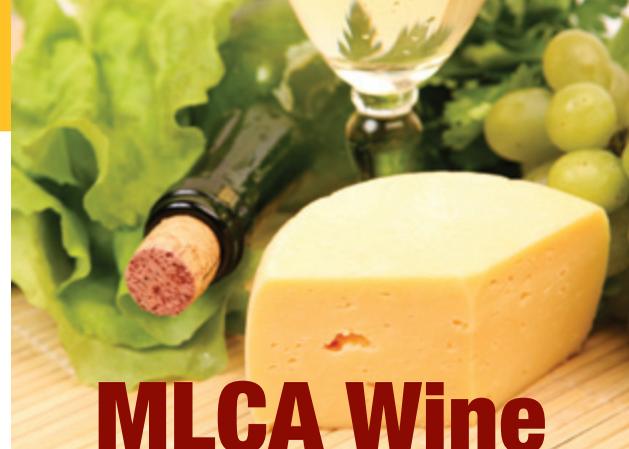
Remember when school photos were a horrible staged affair, set in front of crinkled blue back drop? Well, they've changed. We have the absolute pleasure of working with local photographers Visual Hues to photograph the children outside in their natural environment. We look forward to sharing the results!

We are also happy to share that our preschool is working with BIG PLANS for Little Kids, an Early Child Services agency funded by Alberta Learning. This optional program provides specialized services for preschool-aged children with difficulties in speech and language and other common developmental delays. Early intervention provides parents with strategies to help children minimize these difficulties so that they will succeed in any educational setting.

By partnering with these types of local services, we are enriching our children's preschool experience and having a lot of fun while doing it!

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. www.mardaloop.com/programs-list/preschool.



MLCA Wine Nights!

Have you heard what your neighbours are saying about the MLCA Wine Nights?

"I was at the March wine night (first time) and it was fantastic."

- Kristin

"Wine Night at MLCA is a lot of fun and a great value. It's a really nice way to meet people in the community."

- Jennifer

"A fun way to learn about wine and cheese pairings from two experts."

- Doug

"Best deal in town."

- Jill

Join us on Wednesday, May 18 at 7:30 pm at our Community Hall, 3130 16 St, SW

\$25 a person for six wines and six delicious cheeses!

Lots of fun and laughter and draws for door prizes!

Register online at Marda Loop Communities Association/Events.



Editorial Content DEADLINE
15th of each month for the next month's issue
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Preschool spots available for 3 year old children!

Contact Us

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✉ lindy.arndt@msofc.ca
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MLCA VOLUNTEERS COLUMN

No one can do Everything, but Everyone can do Something.
- Unknown

This month our Super Volunteers are a group of winter loving guys, who faithfully but stealthily kept the ice on our two rinks smooth and clear for as long as they could. Most of them are so sneaky about when they do their work we don't even know all their names but we know they were under the very capable leadership of Johnny "Ice" Hammill and that we owe each of them a HUGE THANK YOU for a job well done. See you next winter!

Thanks:

Our March Wine Night was another great success with some great wines and cheeses being tasted. Thank you to our volunteers from that evening – Felicity A, Carol (Felicity's visiting Mom), Jennifer and Casey B, Ian B, Kath O, Irene L and Lucy S.

Opportunities:

Ice – We are still looking for someone or someto to take on this important job next season. If you would like more information please contact me at volunteer@mardaloop.com or Johnny at ice@mardaloop.com

May Wine Night – Interested in being on the wine pouring team? Our next Wine Night is Wednesday, May 18. Contact me at volunteer@mardaloop.com if you would like to be part of this fun team. Ask about our new volunteer price!

Indulge – Do you have a few free hours and would like to help out this year's Indulge committee by setting up chairs, displaying the silent auction items, working the door and a few other jobs? There are several different work shifts available from Friday, May 27 – Sunday, May 29. Contact me for more details at volunteer@mardaloop.com .

Stampede Breakfast – We are saddling up for our Annual Stampede Breakfast and we are looking for pancake flipping, coffee brewing and syrup pouring cowpokes for Saturday, July 16. Get your name on the list early for your choice of job.

That's the Volunteer News for this month. Want to get involved in your neighbourhood? Email me at volunteer@mardaloop.com.

Catherine Fraser, Volunteer Director



COME MOVE WITH US

DJD's Summer Camp sessions are still accepting registrations!

DJD summer dance camps are designed to instill a love of dance in your child! With an emphasis on FUN and CELEBRATION, students are encouraged to explore challenges, demonstrate creativity, expand movement vocabulary, build confidence and develop friendships with other students.

JULY SCHEDULE:

JULY 4-8, HIP HOP CAMP, AGES 8-18
JULY 11-15, FINE ARTS CAMP, AGES 6-13
JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18
JULY 25-28, DANCE CAMP, AGES 4-18

AUGUST SCHEDULE:

AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13
AUGUST 8-12, HIP HOP CAMP, AGES 8-18
AUGUST 15-19, DANCE CAMP, AGES 4-18
AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10,
HIP HOP CAMP (MOVEMENT WITH A MESSAGE), AGES 11-18

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SENIORS IN YOUR COMMUNITY



Seniors in the Loop busy over past few weeks

Since the March get together, Seniors from our community joined in a Peace Walk across the Peace Bridge in solidarity with other Calgarians. They did a short walk through downtown to take a stand for peace in our world.

PIPS Board Game Café, a new café on 33rd Ave extended an invitation to our Seniors Group to drop in one afternoon to check out their menu and the 100 odd board games they have on tap. PIPS also announced a discount for Marda Loop Seniors at specific times on week days.

Storytelling hour with the MLCA pre-school children continues with great enthusiasm on a monthly basis. The kids look forward to the interaction with our senior volunteers and vice-versa.

The usual monthly gathering took place in early April starting with a session of light exercises followed by a feast of scrumptious snacks (should really be the other way around, shouldn't it?).



The 2 guest speakers – Seth Leon, Manager of Co-operative Services at the Alberta Community and Cooperative Association (ACCA) and Debra Miko, Managing Consultant of "Aging in Place"- enlightened us about the various co-op initiatives being planned around the city for Seniors. These range from housing to house cleaning, handy persons, snow removal, lawn care and anything else that will allow for seniors to stay at home economically and safely and be supported as they age. For more information on this project, please email Debra at calgaryaginginplace@gmail.com.

As you can see, Seniors in the Loop have a wide scope of activities with really good times to come before we break for the summer. Our next gathering will be on Monday, May 2 between 9 a.m. and 12 noon at the MLCA Hall – we're planning an early Stampede party hosted by the Calgary Stampede Hospitality Committee. Put on your Stampede gear and come join us for a morning of guaranteed fun. See you there!

Heather Bhatti, Coordinator "Seniors in the Loop"
seniors@mardaloop.com

Indulge 2016

Shout-out to our sponsors!

The Indulge organizing committee is thrilled to pass along a message from our Presenting Sponsor, William Blake Homes - Master Builder!

"At William Blake, we strive to create exceptional homes for our clients in outstanding communities. The areas around Marda Loop are just that – a special kind of place to call home. In our time as a homebuilder in Calgary, we have come to know the communities the Marda Loop Community Association serves as some of the best. It's because residents like you support and give back to your community. The funds raised at Indulge will go towards programs that make Marda Loop great – kids programs, day camps, youth sports, preschool and seniors programs. On behalf

of our company and the MLCA, thanks so much for joining us in supporting Indulge 2016!"

Indulge simply would not happen without the support and dedication of all of our sponsors:

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There is still time to become a vendor, sponsor, or donate to our silent auction; contact us at indulge@mardaloop.com. Indulge tickets are on sale, online at www.mardaloop.com!



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SCHOOLS IN YOUR COMMUNITY

Altadore School

By Grade 6 Students at Altadore School

We are hurtling towards the end of the school year! This month our Grade 6 classes are heading for a week-long adventure in the Kananaskis woods as we experience Outdoor School. Learning about the outdoors in the outdoors is the best science classroom ever, and we feel privileged to have this opportunity available to us. Grade 1 classes are going to University School, and we are gearing up for swimming lessons, robotics demonstrations, a circus arts residency and our final visual arts residency of the year! Whew!

Our Grade 6 classes are preparing for Provincial Exams as well as our Spring Concert in early June.

We just concluded our performance at Orff the Wall, a huge concert held at the Jack Singer Hall in the Calgary Arts Commons. It was a musical performance worthy of Calgary's largest concert hall and brought together

students from other schools as well, showcasing world-class music education.

This month, we are also expressing appreciation to our parent and community volunteers at the Volunteer Tea. We invite all volunteers from the community to join us on May 6 as we show how much we appreciate volunteer efforts.

Alternative High School

Alternative High School is located in Altadore.
"Freedom to be who you are!"

It is hard to believe how quickly this school year has flown by!

The whole school will be going to an amazing matinee production at Stage West Theatre on May 4 called Young Frankenstein: The Musical by Mel Brooks.

Naturally, our Grade 12 students are looking forward to their Graduation ceremonies which will be held on Friday, May 27.

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

Some 3 year old afternoon spaces are still available





Recycling

Spring is in the air! Get ready now for our Community Recycling Day May 7!

Saturday, May 7, 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: www.madebymomma.org/donated-items/
- Kidsport Calgary is looking for sports equipment in good condition
- Bikes for Humanity are collecting all kinds of bicycles.
- Calgary Metal Recycling will accept scrap metal items.

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.

Jill Chambers, Project Volunteer, MLCA

MARDA LOOP RUNNING COLUMN

Why do you love Marda Loop? Is it the two ice cream stores? The convenience of so many great pubs, restaurants, and coffee shops? Or if you are like me, it is because it is one of the main gateways for fabulous running routes in Calgary.

My name is Aislinn Deenihan and I love to run! I am writing this column to help share my passion with people in Marda Loop.

Marda Loop is great for those new to running because...

- Sandy Beach Park is in the neighbourhood. Running in this gem of a Calgary park will make you forget about the sweat and concentrate on the beautiful Elbow River and cute puppies in the off-leash area.
- Marda Loop is great for those who have been running for a while because...
- It connects to the Glenmore Reservoir and Sandy Beach Park (and thus Stanley Park and then Bow River) paths. This gives one so many options for the long slow distance run without having to use a car;
- There are Strava segments everywhere! Strava is basically Facebook for runners, but way more addictive;
- There are many inspirational runners working out in the vicinity of our neighbourhood. I have seen some of the biggest running names in Calgary and even Canada visit the area for a run.

Have I convinced you yet on why Marda Loop is a great place for runners? If yes, do you want to share your story with The Source? If yes, please email aislinndeenihan@gmail.com and I will profile you as the Marda Loop runner of the month in our next issue.

About the author: She moved to Marda Loop in 2012 for love and is still in love with her Marda Loop gentleman. Her favourite in life things are running and eating ice cream in Marda Loop.

Community Crop Garden Society

Knowing where your food comes from and eating what you grow can be a very satisfying experience. If you do not have the space at home to grow vegetables, herbs and flowers, then joining a community garden can solve your problem.

Community Crop Garden Society is a non-profit volunteer driven gardening society. We have three pesticide-free garden sites in central and southwest Calgary totaling 126 rental garden beds.

Our three garden sites are:

South Calgary Garden – 3130 - 16th Street SW

There are 46 garden plots, a large perennial garden and a small orchard of dwarf apple and pear trees.

Currie Booster Garden – 3410 - 16th Street SW

This garden has 36 garden plots. There are gooseberry and haskap bushes as well as a large rhubarb patch.

Alternative High School Garden – 5003 - 20th Street SW

The 44 garden plots are laid out in a circular pattern. In 2010, we took over the already established Alternative High Garden from the Calgary Alternative Support Service.

To find out more about us, please visit our website at www.communitycrop.org.

If you do not currently garden with us and are interested in renting a garden bed for 2016, please email us at membership@communitycrop.org. We would be happy to add you to our wait list.

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MAY MOON CALENDAR



New Moon
May 6



First Quarter
May 13



Full Moon
May 21



Last Quarter
May 29

ASK SAM

Q: How important is marketing in real estate?

A: Marketing matters tremendously. I spend far more than most realtors on marketing — as much as \$300,000 a year — and that's a very strategic investment. Good marketing can make all the difference in a slow market. In fact, some of Calgary's "slowest" years in real estate have been some of my best, and my clients have seen great results.

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KENSINGTON WINE MARKET

2016 TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

Spring Wine Fest & Birthday Sale	Thr May 12	This Wine Fest will celebrate 24 years of KWM! The fun starts with a store wide tasting and an early bird's peek at our anniversary sale which runs from Friday to Sunday. Sign up now, tickets go very fast.	\$40
The Heart Break Grape: Pinot Noir	Tue May 17	We promise not to break your hearts! Pinot often gets a bad rap as being difficult to grow and far too expensive. Let's debunk that myth. This tasting will travel the globe looking for winners	\$35
Gin Glorious Gin	Thr May 19	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnaissance" on an international scale. Join us for a taste test of the best	\$30
Queen Victoria's Super Savers!	Fri May 20	What better way to kick start the long weekend than with a super saver wine tasting. We'll focus on "best buys" for backyard, balcony and patio BBQs all paired up with chips and sliders! Stand up format.	\$20
Rule Britannia!	Tue May 24	The English, like it or not, have been the inspiration for much of today's craft beer phenomena. Join us for a "taste from the source". Bitters, IPA, Porters, Stouts. You name it; we'll taste it.	\$20
Peasant Cheese Please	Fri May 27	Join us for an Alpine adventure as we climb the steepes to discover the cheeses and wine of high altitude vineyards and grazing meadows in France, Spain, Austria and Switzerland. Stand up format.	\$30
Sauvignon Blanc Doesn't Just Come From New Zealand!	Tue May 31	That's right! Let's celebrate summer with a great taste of what the rest of the world (ok, New Zealand too) can do with this international winner.	\$20
Spring Single Malt Festival	Thr Jun 9	Our biannual festival sells out very quickly. Sign up now for an opportunity to taste over 100 of the finest whiskies in Alberta.	\$60
Everything's Coming Up Rosé!	Fri Jun 10	Used to be you couldn't give away a bottle of Rosé. My, oh my, how times have changed! Get ready for summer and taste some of our global best. Stand up format.	\$20
Lost in Translation	Tue Jun 14	There is no mystery to our love of Japanese whisky, and the tale of how the Japanese came to be one of the world's finest whisky producers, is a worthy one!	\$60
Christmas in Spain	Thr Jun 16	Who said Christmas has to be in December? Our Spanish shipment of fabulous new offerings is in. Let's open them up together!	\$35
Wine Festival: France	Fri Jun 17	We close shop early so we can open the floor for our French Wine Festival. We'll showcase all the regions you know about and promise a few surprises. Cheese and nibbles from Peasant Cheese, mais qui!	\$40
Jean Baptist's Favorite Brews	Thr Jun 23	Ok, we're a day early celebrating Jean Baptist's feast day. But, why wait! Join us for a tasting of some of Quebec's best brews.	\$20
Peasant Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Riviera, Cotes d'Azur and the Mediterranean crescent discovering who makes the best Rosé. Crystal promises des fromages exceptionnel! Stand up format	\$30
Brandy, Armagnac and Cognac	Tue Jun 28	Beer is to whisky as wine is to brandy, and not all brandies are alike. We'll sample a range of spirits from Spain, Italy and France including Brandies, Armagnac and Cognac.	\$40
Border Wars - Canadian v. American Rye	Thr Jun 30	It may surprise many to learn that Canada is not the world's only producer of rye whisk(e)y! The Americans make a load of it too, and are giving Canadian producers a run for their money!	\$35

1257 Kensington Road, NW | 403 283 8000 | www.kensingtonwinemarket.com

IN YOUR COMMUNITY



cSPACE King Edward School

Public Art Call to Artists - cSPACE King Edward

When Phase I of cSPACE King Edward opens in November 2016, the new arts hub will be a vibrant location for experiencing creativity in Marda Loop. As part of our strategy to revitalize the vacant historic school site, cSPACE is excited to announce our Call to Artists for public art installations in and around the century-old building.

We are seeking public artwork that is contemporary, thought-provoking, and responsive to the legacy of the historic sandstone school for the following three public art locations at cSPACE King Edward:

Historic Grand Entrance:

This prominent site is located in the south-facing historic entrance to the facility which will border the new

public park. Framed by a restored sandstone archway, the celebratory threshold of the grand entrance will function as the main public entrance to the facility;

Contemporary Main Entrance:

Located in the north-facing (former "Girls") entrance, this site will be transformed into an everyday entrance for the entire community. Highly visible from the exterior of the building, the contemporary glass and steel entryway will function as a lit beacon, broadcasting creativity out to the surrounding neighbourhood;

Art Park:

Located outside on the south edge of the new civic park inspired by King Edward's tartan, the Art Park site will welcome visitors and create a sense of arrival to the public grounds of this prominent historical landmark.

Up to three artists will be shortlisted for each location to submit designs from which the chosen artist(s) will be selected by a public art jury. Shortlisted designs and finalists will be unveiled to the public online and through events in the fall of 2016.

cSPACE invites Alberta artists of all career levels and mediums to submit qualifications to create public artworks celebrating the transformation of historic King Edward School into a 21st century Arts Hub and Incubator. The deadline for artists to apply is May 27, 2016, and the full Call to Artists can be found online at: cspaceprojects.com/publicart.

Interested artists, individuals, and cultural organizations are encouraged to visit our website and sign up for our e-newsletter at: www.cspaceprojects.com.

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Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.

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IN YOUR COMMUNITY

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 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
Visit our website: www.ciwa-online.com

50 Avenue SW Corridor Study Open House

Please join us at a public open house to help evaluate potential design concepts for the future of 50 Avenue S.W., between Crowchild Trail and 14A Street.

Tuesday, May 10, 2016
Central Memorial High School
5111 21 St. S.W.
5 – 8 p.m. (drop-in format)

For information about the project and other engagement opportunities, including community events and online activities, please visit www.calgary.ca/50AveStudy.



Currie Barracks

In reading the February 2016 issue of the Source the article entitled "Garrison Pub" appears to be misleading with its comments of military museum and naval museum in that it does not mention the RCAF museum.

In the March 2016 issue MLA Calgary Currie, Brian Malinson remarks that the Currie Barracks were actually a military base and an empty field before that. When the military is involved whether it be Army-Navy-Airforce the facts should not be biased but all-inclusive if so involved. Therefore the Air Force was inadvertently left out of the article.

I would like to advise that a military airfield was established in the 1920's called "Military Air Field". In 1938-1939 two RCAF Squadrons were based at Military Air Field, also known as Currie Air Field. In 1940 hangars, barracks and support buildings were built and runways were paved. This area was used for No 3 Service Flying Training School "SFTS" which trained air crew here until 1945 when it closed. This school was also part of the British Commonwealth Air Training Plan "BCATP". Most of this site is now occupied by Mount Royal University.

In 1941 RCAF opened No 10 Repair Depot (RD) across the air field from No 3 SFTS. Beginning in 1948 married quarters for RCAF personnel were built on the south side of No 10 RD which was called Lincoln Park. This was operated by RCAF personnel until July 1951 when Canadian Pacific Airlines Repair "CPAR" took over operation of the depot until 1964. When No 10 RD closed Atco moved onto the main part of the site.

Hopefully this will indicate somewhat the imprint the RCAF had on this area with RCAF personnel and civilian workers.

I was a member of the RCAF stationed at No 10 RD from July 1947 – July 1951.

Submitted by Bob Lilja

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

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

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



Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, “Hey, let’s have a race and see who can

run the fastest” and we both started to run. After a few seconds, he stopped dead in his tracks and said “Mom, why are we racing?”

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded “Good question, we’re not going to race anymore.” Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn’t serving me well.

How often did this happen, before it occurred to me? I’d hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won’t miss anything. Trust me, I know from experience.

New School Location & Tuition Incentives

North Point School for Boys taps into boys’ natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.

2445 – 23 Avenue S.W.

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016 -17 school year.

Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.

visit our website www.northpoint.school



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Managing Urban Stormwater in Established Areas”

So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

The Answer – capture all that precious rainfall and keep it on your lot!

Rain barrels are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See www.shop.greencalgary.org

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: www.alidp.org/uploads/files/s2s_rain_garden_blitz_story_annotated.pdf

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

Limit the amount of impervious surfaces on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale

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](https://www.facebook.com/S2Gplus)



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**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com



Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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On March 22nd, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that puts people first and delivers the help that Canadians and Albertans need now.

For 30 years, we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest one percent. The new Canada Child Benefit - which will put \$930M into the pockets of Albertan families - will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits.

It's been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unemployment levels we haven't seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. EI benefits for Albertans will be extended in some instances to up to 70 weeks and wait times reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment.

The current economic trend is not Alberta's challenge, it is Canada's challenge, and we will meet it together.

With the introduction of this budget, we are beginning



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

to address those challenges and will work with Provincial and Municipal leaders to identify priorities now, and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years.

Finally, we know that global oil prices will stabilize and rebound, and we need to be ready when it does. That's why we are investing \$50 million over two years in research to develop Canada's hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the global marketplace.

Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta's rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada's best days are ahead.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 38

AROUND TOWN



Dreamcatcher

Winner of Best Documentary Director, Sundance Film Festival. DOC NYC, Robert & Anne Drew Award.

Release Year: 2015
Runtime: 95 minutes
Director: Kim Longinotto
Trailer: <https://www.youtube.com/watch?v=PMPXhevhw0U>

Synopsis: Dreamcatcher is a portrait of Brenda Myers-Powell, a former Chicago prostitute, who helps women and teenage girls break the cycle of sexual abuse and exploitation. The film lays bare the hidden violence that devastates the lives of young women, their families and the communities where they live. It is Brenda's compassion and unflinching intervention that turns these desperate lives around.

Guests: Servants Anonymous Society of Calgary is a non-profit organization, providing emergency stabilization, housing, employment training, scholarships, long-term support and recovery for women and girls who are seeking an exit and healing from sexual exploitation and sex trafficking.

Linda Wyatt, Executive Director, is a Chartered Professional Accountant who also holds a Masters Degree in Business Administration and joined the SAS team in November 2015. She has spent most of her career working in the not-for-profit sector, being committed to helping realize business excellence and financial sustainability for these organizations.

Theresa Jenkins, Development Manager, came to SAS over 5 years ago with extensive experience as a business leader working in management, fund development, marketing and public relations.

When: Tuesday May 10, 7:00 PM
Where: River Park Church - 3818 14A St SW
Cost: Free
Website: <http://www.justicefilmfestival.ca/>

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.

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

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FLOW IS A DIFFERENT KIND OF HAIR SALON: Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. www.flowhairsalon.com.

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~continued next page~

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BRAIN GAMES

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

Spring has truly sprung here in Calgary Currie. The snow is gone for another year (fingers crossed), and we relish the days getting longer as we inch closer to summer.

Springtime means many things to many people but for me, the springtime activity that stands out from my youth is the planting of the garden.

I can recall playing at gardening in my grandparents' backyard garden. I marvelled in the skill my grandmother showed in digging the trenches where I would put the seeds. She never took out more dirt than she needed, and she never needed to go back to dig deeper, she just seemed to know how much was needed.

Many years later I now know that this skill wasn't something she was taught, it was something she knew from doing it every year for decades on end.

Looking back, a lot of the things I learned in that backyard garden are lessons I have kept with me for my whole life.

I learned about patience and diligence. No garden grows overnight, nor does one grow without constant attention. The changes that happen when looked at in isolation, are miniscule to the point that they are almost immeasurable. Over the course of a summer, the hard work of weeding, and watering transformed a tiny seed into a giant eggplant. The product of our garden labour is rarely seen up front, but boy, watching gardens grow over the course of a growing season is like nothing else.

The ability to look to the future, to visualize what things will look like at the beginning, middle and end is a skill that I have found immeasurably transferable to my role as an MLA, giving us perspective of where we are on our particular journey in life.

Old, young, or in-between, anyone can get into gardening. To encourage gardening, I have been reaching out to schools, community associations and individuals with gifts of seeds to be planted in community gardens, school planters, balcony flower pots and backyards across the riding.

If you would like some seeds for your own patch of dirt, feel free to stop by our office at 2108B 33ave SW, say hi and pick up your pack of seeds to help keep the tradition of gardening in Calgary alive.



MLA CALGARY-ELBOW GREG CLARK

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

Hello!

One of the things I enjoy most as MLA for Calgary-Elbow is learning about the organizations in the community that assist the people of Calgary and Alberta. There are great organizations that are building stronger community, helping us stay in shape, and helping our neighbours. This month things got even better when I was honoured to present some of these organizations with Community Facility Enhancement Program (CFEP) grant funds.

CFEP grants are in place to nurture the characteristics that make Alberta communities unique. Funds can be directed towards a study, capital project, or a special need that the organization may have, including building, renovating or upgrading facilities.

This year, in Calgary Elbow, several organizations were awarded Community Facility Enhancement Program grants.

In June 2013 the Elboya Heights Community Association hall was severely damaged by flood waters. Community Centres and clubhouses are the heart of the community, where neighbours come together for pre-school programs, playgroups, senior's programs, community events, and indoor and outdoor sport. Unfortunately, since the flood, the residents of Elboya Heights have not had a place to participate in these kinds of ac-

tivities. The association was awarded money under the grant program that will be directed towards rebuilding their hall.

Developmental Disabilities Resource Centre of Calgary is a non-profit, charitable organization that started their important work in 1952. They offer programs and resources for children and adults with disabilities, their friends and family, and other people in the community. They work under the belief that communities are stronger when people of all abilities are involved in activities that are meaningful to them. Funds provided will be used for facility renovations to allow DDRC to keep offering these programs. To find out more about the organization, visit www.ddrc.ca.

Garrison Curling Club's mission is to create a great curling experience both on and off the ice. The club opened in the fall of 1961, and has grown since then to over 1,000 members and host to over 10 leagues. They have programs for new to experienced curlers. CFEP funds will be used for facility renovations to ensure the growing club is there for new members who enjoy the club's relaxed atmosphere and camaraderie. To learn more about the Garrison Curling Club, visit www.garrisoncurling.com.

I offer my congratulations to these organizations and thank them for making our community stronger. If you know of an organization or group that could benefit from a CFEP grant, please visit <http://culture.alberta.ca/community/community-grants/community-facility-enhancement-program/> to find out more!

We have a new website!

Please visit www.calgaryelbow.ca to keep up to date on what's happening in Calgary-Elbow and in the Legislature. You can also get in touch with us any time at Calgary-elbow@assembly.ab.ca.

Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine





COUNCILLOR, WARD 11 BRIAN PINCOTT

www.ward11calgary.ca

As we move into spring, Calgarians will be out and about, moving around our city in different ways – walking, cycling, skating, transit riding, and driving. It's key that the city provide different modes of transportation to access different nodes in our city. The provision of different modes is also important so as not to overload one system of transportation.

The City of Calgary has identified and is acting on this need over the years through plans like the 2005 Imagine Calgary, the 2007 Plan It Calgary, the 2009 Calgary Transportation Plan, and the 2011 Route Ahead. From citizen feedback, we know that accessibility, reliability, efficiency and safety are paramount in providing and improving transportation options.

The City is currently embarking on a number of projects along the 14th street- Crowchild Trail corridor to address many of the transportation issues we face on a daily basis. The bottlenecks being addressed are at Crowchild Trail at the Bow River, the new connectors for the Ring Road, and the bit of 14th street south of Anderson Road which turns into Canyon Meadows Drive. Glenmore Trail between Crowchild and 37th street will also be widened soon, which will help traffic flowing over the Causeway.

While these projects are taking place, I have been working to ensure that pedestrians and cyclists still have the ability to move between our communities: greater vehicular infrastructure often makes it hard for those who don't drive, including youth and seniors, to move around on their own. The addition of pedestrian overpasses and bus routes will help to include everyone, and keep us all moving together.

We've got some exciting transportation projects in Ward 11. I'll be updating you on the progress of the 20th Street Bikeway project, the 50th Avenue Corridor Study, the Flinders / Crowchild Interchange construction, phase II of the River Park Redevelopment, and the new Anderson Pedestrian Bridge connecting Cedarbrae and Woodbine.

Lastly, this spring, my office will be hosting an information session on Little Free Libraries, as we've had many communities in the ward express their interest in putting them up! Please call 403-268-2430 or email ward11@calgary.ca if you are interested.

As always, you can contact me at ward11@calgary.ca or feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Keeping the water flowing in Ward 8

The neighbourhoods that make up Ward 8 are some of oldest and most historic communities in Calgary. The countless number of Century Homes, Beltline's Central Memorial Park, Wildwood's Sandstone Quarry Mines, Mission's Rouleau House, the list goes on. This history lends so much character, charm and warmth of each neighbourhood. That said, with inner city neighbourhoods comes aging infrastructure and water mains. There's currently a total of 208km of water mains in Ward 8, with the oldest pipe being cast iron and dating back to the 1910 era and the newest pipe being PVC and installed in 1992.

Interestingly, water main breaks in Calgary spiked in the 1970's with our city experiencing a peak in 1982 with 1,813 breaks per year. In response to these rising rates, The City allocated a budget of \$35M per year (2015 dollars) and implemented innovative asset management programs like enhanced data collection, inspection technologies, and risk analysis techniques. This strategy cut main breaks in half to approximately 900 per year by the early 1990's. Now, in 2016, the City's efforts have resulted in a drastic 85% reduction in breaks and a savings of \$150M over the last 31 years.

I was surprised and happy to see that in Ward 8 specifically, we've seen a significant drop in breaks over the last five years, from 45 breaks in 2010 to only 23 in 2015. This is thanks to the aggressive installation of corrosion protection on our water mains. While our city's population steadily rises and our water network continues to grow, the proactive approach The City has taken will allow us to continue to reduce the numbers of main breaks and most importantly, reduce capital spending.

One of my biggest goals when I chose to run for City Council was to make sure that more of Ward 8 residents' taxes flowed back into their neighbourhoods. Seeing the increased service life and reliability of the water mains in our communities is a great example of how we're working to make our neighbourhoods better.

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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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

GIVE A MILE: PICNIC IN THE PARK: June 5, 2016. Marda Loop Community Centre. Supports Give A Mile's mission to provide flights that unite deserving family members with their critically sick or palliative ill loved ones. Petting zoo, bouncy castle, face painting, craft table, food & drinks, and more. www.giveamile.org

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Dorthea Rydholm
Marc Doll
403-554-9898
Sold@UrbanDollHomes.ca

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Sutton Group - Carwest

Parade of Garage Sales in Garrison Woods & Altadore Saturday, May 28th 9 am - 2 pm

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Call Dorthea to register
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