

JULY 2016

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THE OFFICIAL MEADOWLARK PARK COMMUNITY NEWSLETTER





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## NEWSLETTER AD SALES

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# Meadowlark Park Community Association

## Meadowlark Park Executive Board Contact Information

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www.meadowlarkpark.org  
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## Editorial Content Deadline



## Hall Rental Details

**Non-member rental rate: \$50/hour • Resident member rental rate: \$25/hour • Damage deposit: \$500**

Rental inquiries can be made by emailing [hallrental@meadowlarkpark.org](mailto:hallrental@meadowlarkpark.org) and stating the date and time you are interested in. You will be contacted within 2 days. If the hall is available for your requested date, you will be asked to complete a rental application form. This will give us the required information for the rental contract. If you aren't familiar with the hall, a time will be set up to show you the hall to ensure it will meet your needs. If it does, the rental contract will be completed and payment of the damage deposit and rental fee arranged. Please note that at least 20 days notice is required for rentals.

	UPPER HALL	LOWER HALL	HOCKEY SHACK LOUNGE (available to resident members only)
Capacity (overall 150 in the entire hall at one time)	Dining & beverage – 105 Non fixed table & chairs – 132 Non fixed chairs - 150	Dining & beverage – 105 Non fixed table & chairs – 150 Non fixed chairs - 150	60
Barrier-Free Access	Yes	No	No
Kitchen	Yes	Yes	Yes

## your COMMUNITY business of the month

### Lagree YYC

**Lagree YYC, a bright, open and beautiful fitness studio located in Britannia Crossing at the corner of Elbow Drive and 50<sup>th</sup> Avenue, is the place to be....** thanks to the Lagree Method™, the best core-strengthening, calorie-burning workout available in Calgary.

The Lagree Method™ strengthens the body, tones and elongates the muscles, improves endurance, jump-starts the metabolism, burns fat, increases flexibility and postural alignment, and restores the body's natural balance leaving participants with the potential for a lithe and powerful body, resistant to the everyday stresses of work and life.

Launched in February 2015, Lagree YYC is the first to introduce Calgarians to this low impact, high intensity workout that makes exercise more efficient and effective because of the innovative Megaformer, a moving platform manipulated through a system of springs, straps and pulleys. The Megaformer employs body weight to provide resistance.

Owner Kim Rothenberg and her team of certified and knowledgeable trainers guide classes of up to 12 participants through a 45-minute routine that works all of the muscle groups. The continuous emphasis on slow and controlled movements is what helps to stimulate the body's slow twitch muscles fibres, the ones responsible for giving you the long, lean look and for burning fat. The focus on super quick transitions between exercises is what helps keep your metabolism revved up.

"The gliding motion of the Megaformer's carriage makes the Lagree workout easy on the joints without sacrificing the intensity of the workout. Whether you are brand new to Lagree or coping with joint or injury issues or training for a triathlon, anyone can master the Lagree workout," says Rothenberg.

The sight of the Megaformers may, at first, seem intimidating to the uninitiated, prompting the occasional humorous comparison to medieval torture. But with the solid orientation provided to newcomers and the occasional gentle reminder about how to change the spring load or use the various straps and pulleys, it doesn't take long to get into the rhythm of Lagree. Instructors are enthusiastic about accommodating participants across the fitness spectrum

and offering many modifications, making Lagree a great choice even for those who are beginning their fitness journey.

To keep the experience fresh and effective for their growing clientele, the Lagree team varies the exercises and changes the order in which muscle groups are tackled from class to class. Each Lagree YYC instructor has been handpicked by Rothenberg because of specific fitness, health and lifestyle specialties, and proven track records as motivating – and often highly entertaining – instructors. Some are passionate about winter sports like skiing and snowboarding. Others are accomplished in dance, spin, or yoga. All have found Lagree to be an ideal complement to a wide range of fitness and lifestyle practices.

Located in the SW neighbourhood of Britannia and a second studio opening shortly in West Market (17<sup>th</sup> Ave SW & Sarcee Trail), Lagree YYC is attracting a diverse and discerning clientele who appreciate a fitness method that saves time by combining cardio, fat burning, and strength training in one workout. While the exercises are performed slowly, the results can be quick!

In addition to the popular Full Body and Light Full Body classes, Lagree YYC offers a complimentary Newbies class for first timers. Private and semi-private sessions are available by request.



## NEWBIES LAGREE FOR FREE IN YYC



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Guides  
Canada

# BLACKFOOT DISTRICT

**Even in the Summer!**

July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some Blackfoot units are travelling this summer and others are attending the national camp - Guiding Mosaic. Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Mission
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown East	Kingsland	Stanley Park
Village		
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

*If you live in one of these communities we can find a unit near you!*

On-line registration for the 2016-2017 season has started and is on-going. We are actively looking for not only youth members but adults as well! For more information go to [www.girlguides.ca](http://www.girlguides.ca)

**Girl Greatness Starts Here  
 Have a Great Summer!**





## MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW  
kent.hehr@parl.gc.ca  
403-244-1880  
www.KentHehrMP.ca

### Fort McMurray

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, we watched the city of Fort McMurray declared a state of emergency and evacuate all residents. Our hearts went out to the community as they left entire lives behind at a moment's notice, and touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time, and would support their efforts to rebuild. I was in the airport heading back to Alberta when I received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across departments and take a whole of government approach to recovery and rebuilding efforts in the weeks and months ahead.

Since convening this committee, we have met to discuss strategy, resources and the coordination at all levels of government to assist our friends, families, and neighbours to the north. We committed air support, military, and have matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for us to give back: we will assist during this acutely difficult period, and we understand that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Already through federal leadership and the cooperation of other jurisdictions, we have brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we deployed federal resources to restore communication networks, and the Canadian Space Agency to track the wildfires.

This is in addition to the hundreds of millions that will be sent to the province through the Disaster Financial Assistance Arrangements program.

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



## COUNCILLOR, WARD 11 BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A  
Calgary, AB T2P 2M5  
403-268-2430 • www.ward11calgary.ca

I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9<sup>th</sup>, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50<sup>th</sup> Avenue Corridor Study; the construction of the 20<sup>th</sup> Street Bikeway; the construction of the 61<sup>st</sup> Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes, and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!

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## IN & AROUND SCHOOLS

### St. Gerard School

*Cher Parents,*

*It's hard to believe that this will be my last principal's message for St. Gerard. It has been a great ride and I have enjoyed serving this community for the last 7 years. I am thankful to have had the opportunity to work with such great teachers and kids; they made it easy to come to work every day. I was also blessed to have a supportive and collaborative parent community to work with; together we have made our school even more amazing. St. Gerard has had principals before me and will have others after me; however, although we steer the ship, it is the community that makes this a great school and that will never change.*

*God Bless and thank you for giving me the privilege of working with your kids.*

*Mme Wozny*

Changes at St. Gerard: Our school is excited to welcome our **new Principal, Christian Harries**. He began his position in May. This has allowed him to observe all functions of the school and get a feel for our community. Welcome! Another change in our building was **saying goodbye to St. Cyril School**. It has been a pleasure having you in our

*~continued next page~*



**MLA CALGARY-ELBOW  
GREG CLARK**

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

**Fort McMurray Fire**

As I write this the people of Ft. McMurray have just started to return home nearly a month after a narrow escape from the most devastating wildfire in Canadian history. Having spent a lot of time working in Ft. McMurray over the years it was heartbreaking for me to see family homes and familiar landmarks go up in smoke.

I was impressed (but not surprised) that we were able to evacuate more than 80,000 safely and I was even more impressed by the response of Albertans. It's the perfect embodiment of what it means to be an Albertan. We look out for one another in good times, and especially in bad.

Many of us in Calgary-Elbow have lived through a natural disaster. My most vivid memories are not of what we lost in the flood, but of the tremendous outpouring of support from Albertans. I'll never forget the images of hundreds of Edmonton Police and Firefighters streaming down Highway 2 to help us. I'll never forget the day complete strangers showed up by the thousands and I'll never forget the support of neighbours who would stop work cleaning their own homes to help others.

I'm glad to see the people of Ft. McMurray heading home, but the amount of time people have been out of their homes is a reminder just how long a road there is ahead of us. Albertans stepped up to help Ft. McMurray in their time of crisis, and we'll need to stand with them in the coming weeks, months and years. Ft. Mac will fight back, but they'll need our help.

If you haven't already, please consider a donation to the Canadian Red Cross ([www.redcross.ca](http://www.redcross.ca)) or to one of the many relief agencies working in Ft. McMurray.

I want the people of Ft. McMurray to know that we are here for you. We are here for you today, we will be here for you tomorrow, and we will be here for as long as it takes to rebuild your city.

**Carbon Tax Debate**

At time of writing we are still debating the NDs carbon tax in the Legislature. Given their majority we know the bill will pass and become law, but I am trying hard to

bring forward amendments to make the bill stronger and more effective. I believe that a carbon tax is the right way to reduce emissions, attract investment in new technology and kick-start innovation that will not only help diversify our economy but will also enable the continued success of our oil and gas industry.

I may support a carbon tax in principle, but I'm not sure I support the NDs approach. I have tried to amend the bill to make this program truly revenue neutral by offsetting money collected by the carbon tax with equal cuts to personal and business taxes, as well as other rebates to ensure Albertans are not paying more. Unfortunately the government hasn't accepted this or any other amendments from the opposition. I will continue to work to make this bill better.

You can track my progress on our website [www.calgary-elbow.ca](http://www.calgary-elbow.ca).

This is an important issue for the future of our province and I want to hear from you. You can contact me through my website or get in touch at [Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca) or (403) 252-0346.

**St. Gerard...cont'd**

building for the last 2 years. We are excited for you as you begin the next school year in your renovated building. Thanks for the awesome BBQ you hosted for us on June 9th!

School Supplies - the deadline for ordering school supplies is July 11th. Details are on our website. If you are not ordering supplies through the service, please refer to the lists published.

**Top 10 Highlights of the 2015-16 School Year**

1. Story Telling Residency with Jeff Stockton
2. Special Lunches every Monday
3. In-line skating (gr. K, 1, 2), Skiing/snowboarding (gr. 5, 6), Swimming (gr. 3, 4)
4. A presentation from Calgary Opera: The Magic Flute
5. Carnival Day
6. Celebrating our school and student achievements at monthly assemblies
7. Artist in Residence Gail Bartel
8. Mission Impossible unit in phys. ed.
9. Daily SPARK (physical activity)
10. Openminds to Glenbow School (Mme. Cote's grade 4/5 class)

Wishing EVERYONE a wonderful SUMMER!



**COMMUNITY ASSOCIATION MEMBERSHIP FORM**

Mail or drop off your completed application to:  
Meadowlark Park Community Association, 623 58<sup>th</sup> Ave SW T2V 0H8  
Call or Email Verna Leask – 403-258-3169 or [v\\_leask@shaw.ca](mailto:v_leask@shaw.ca)

**Membership: 1 Year - \$20.00**

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*Be sure to include your email address so we can keep you up to date with community news and events of interest to you.*

Your support through membership is critical to Meadowlark Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

 **LIKE US ON FACEBOOK**  
for instant community updates – join the conversation!



**JULY MOON CALENDAR**

 New Moon July 4	 First Quarter July 12	 Full Moon July 19	 Last Quarter July 26
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