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THE CHRONICLE

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Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media and the Shawnee-Evergreen Community Association and/or Residents' Association. The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and Shawnee-Evergreen Community Association do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

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Send e-mail to info@shawneeevergreen.ca

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Director – Development	Norm Rousseau
Director – Membership	Jane Watson
Director – Trico Centre	Ajay Khanolkar
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Shawnee-Evergreen Community Association Area Boundaries

If you live in the area shown below (inside the lines) and your street address name contains EverGREEN or Shawnee, or you are a resident of the Beacon Hill condominiums at 14645 6th Street SW, you are eligible to be a Regular Member of Shawnee-Evergreen Community Association (SECA)

On the North	South of Fish Creek Provincial Park boundary,
On the East	West of Macleod Trail SE,
On the West	East of Fish Creek Provincial Park boundary and east of Evergreen Blvd SW
On the South	North of James Mckevitt Road and Evergreen Boulevard SW

"Cat got your tongue?"

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

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

SECA PRESIDENT'S REPORT

May is SECA Membership Month. For the first time since 2015, thanks to our new Director Memberships (Jane Watson), SECA will have a door-to-door canvassing of the community to sell memberships. If you can spare a couple of hours to canvass one of our routes (average of 25 homes), please contact Jane at membership@shawneeevergreen.ca. She will fill you in regarding what is involved and provide you with a simple canvasser's package. If you would like to pre-empt the door-to-door canvasser, you may purchase your 2019 SECA membership at the **SECA website** (www.shawnee-evergreen.ca/). You can pay using e-transfer or use your credit card. Alternatively, you can complete and mail the Membership Registration Form on page 8.

Your support of SECA will enable us to continue to hold events such as the Easter Egg Hunt and Stampede Breakfast (Saturday June 22, 2019). We are pleased that we will be holding the Breakfast again this year on the Church parking lot! Our thanks to Pastor Friesen for his continuing support of SECA activities.

Sincerely,

Brad Smith, SECA President

YOUR CITY OF CALGARY

Calgary Landfills Move to Summer Hours

From April 1 to October 31, City landfills will run extended operating hours. All locations have a residential Throw 'n' Go area that accepts:

- household chemicals and propane tanks for safe disposal
- electronics recycling
- clothing and textiles recycling
- tire recycling

Visit calgary.ca/landfill for driving directions and hours of each landfill site.

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SECA

SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church (free for SECA members)
- Hosts the June Stampeded Breakfast at South Gate Alliance Church (free for SECA members)
- Sponsors the Annual June "Community Parade of Garage Sales"
- Sponsors Community Clean-up in September at South Gate Alliance Church
- Provides input and authorizes monthly Community Newsletters delivered to all 3000+ households
- Provides a director for the Board of the South Fish Creek Recreation Association (Cardel Recreation Centre South)
- Provides SECA members with a 10% discount on Cardel Rec Centre South programs
- Provides a director for Trico Centre for Family Wellness
- Works with Cardel Homes, Graywood Developments and the City to try to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding Fish Creek Lacombe LRT station
- Involved with the City in transportation issues (e.g. SW Ring Road, traffic and safety issues, etc.) that impact our community
- Address speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6 Str. SW intersection)

MEMBERSHIP REGISTRATION FORM

To purchase a membership in Shawnee-Evergreen Community Association, please go to our web site at **shawnee-evergreen.ca/membership**. Alternatively, fill in this form and mail or deliver to Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary, AB T2Y 1W5

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: _____ Given Name: _____

Surname 2: _____ Given Name: _____

Street Address: _____

Postal Code: _____ Phone: _____

E-mail address: _____ _____

E-mail address is especially important if you want to receive SECA communications

Please mark (√) your choice as a volunteer:

___ Board of Directors member

___ Stampede Breakfast helper

___ Don't know, ask me!

Payment ($20.00): Cash: _____ Cheque # _____

SECA Easter Party Thank You

Thanks

to Pastor Perry and the South Gate Alliance Church
for so generously sharing their space.

Thanks also

to Cardel Homes
for their generous donation,

to Tim Hortons on Bannister Road
for the hot chocolate and coffee and

to Sobeys Millrise
for the bottled water!

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 11

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Millrise / Shawnessy mybabysitterlist

Name	Age	Contact	Course
Alyssa	17	403-801-6248	Yes
Amy	18	403-247-9228	Yes
Amy-Jo	25	403-467-0857	Yes
Ana	24	403-477-9911	No
Anna	17	587-999-5607	Yes
Belle	16	403-256-5551	Yes
Brooke	14	403-969-3520	Yes
Bryson	17	403-720-0345	No
Deborah	17	403-619-7037	Yes
Ella	20	778-212-9102	No
Emmalie	14	403-998-1051	Yes
Faith	18	403-805-6988	Yes
Faith	18	403-805-1985	Yes
Jacy	18	403-254-4949	Yes
Jeffery	17	403-256-7828	Yes
Karla	43	403-689-1296	No
Katie	21	403-540-3878	No
Laura	16	403-287-9380	Yes
Leah	19	403-862-2487	Yes
Monika	20	403-805-1224	Yes
Polina	16	403-455-3067	Yes
Rhodora	38	403-690-7190	No
Samantha	28	587-284-1154	Yes
Sean	15	403-870-7126	Yes
Sierra	14	403-201-2164	Yes
Stephanie	27	403-991-9545	Yes

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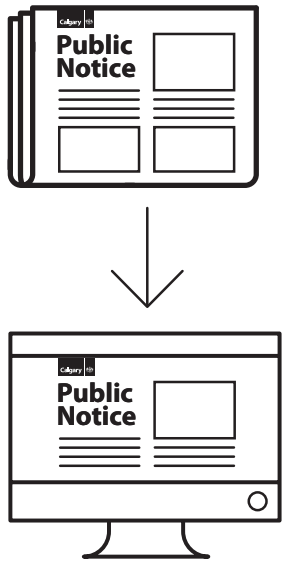
Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: *We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.*

Calgary

Development Permit Notices are Moving Online

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



19-00217417

BRAIN GAMES SUDOKU

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

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MAY IS SECA MEMBERSHIP MONTH

SUPPORT YOUR COMMUNITY ASSOCIATION BY JOINING THIS YEAR

PURCHASE ONLINE AT

www.shawnee-evergreen.ca

OR FILL OUT THE MEMBERSHIP FORM ON PAGE 8

10 Tips for Dating Safety

by Lorna Selig, Personal Safety and Self Defense Facilitator

Dating can be a wonderful and exciting experience, or it can be an outright disaster! Either way you experience it, make sure you have your wits about you and take precautions for keeping yourself safe.

1. Let your people know where you are going, and with whom, and when you expect to be home. Provide the name and number of the person you will be meeting, and the exact location of your date. If anything changes, keep your people updated.
2. Use your own transportation. Never ride in a vehicle with someone you are just meeting. You need to keep you home address private, and if you need to make a quick getaway, you can!
3. Meet in a well-lit public place. A coffee shop, a restaurant or event where there are people, lights and activity.
4. Never leave your food or drink unattended. Accept a drink only from a bartender or waitress and keep it with you.
5. Stay sober and alert! Every. Single. Time!
6. Protect your personal information—keep your wallet and phone with you, and do not offer any details about where you live or work.
7. Establish your personal boundaries in advance of the date. Plan for when you will leave, and how you will get home, even if you are having a good time. Decide on what type of conversation and interaction you will welcome, and what you won't. Be solid in your decision.
8. Google them. Find out what kind of activity they engage in online, if you have any reservations, cancel the date.
9. Follow your gut. If you feel reticent or uncomfortable, leave the situation. DO NOT worry about hurting someone's feelings…it is better to offend them than be harmed.
10. Take a self-defense class. Learn the skills for awareness, avoidance and escape.

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The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com

VOLUNTEER DIRECTORS:			
Community Affairs			
Community Events Advertising	Dana Fyles		danafyles@gmail.com
Fundraising - Gaming			
Grant Application Director	VACANT		
Membership	Marilou Sustento Fairhall	403-813-0632	Majonzak@shaw.ca
Community Planning	Vacant		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Amber Hall	403-991-2547	newsletter@shawnessy.ca
Social Director	Vacant		
Volunteer Director			
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Paula Kendrick	403-254-1012	barnrentals@shawnessy.ca

Annual Book Drive & Sale

Crossroads Market, 1235, 26th Ave SE

Book Collection: April 5 – 24, 2019
10am – 4pm daily
Book Sale: May 1 – May 5, 2019
(hours vary)

For more information email
resetbookdrive@gmail.com

Flea Market and Craft Sale

Saturday, May 25
9am- 2pm

Free Admission

Cardel Rec South
333 Shawville Blvd. SE
West Common Area

Hosted by:

Evergreen, Shawnee-Evergreen and Shawnessy Community Associations

To register to be a vendor please email fleamarket@myceca.ca by May 4, 2019

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Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km^2. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

May in Fish Creek

Every Brick Tells a Story
Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit **www.friendsoffishcreek.org/brick**

Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators
Thursday, May 16, 2019 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park
Presented by Catherine Dowdell of cath-earth-sis Services Inc.
Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. **www.friendsoffishcreek.org/event/may**

Capture Nature Photo Contest runs May 1 to July 31
Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year, the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement https://friendsoffishcreek.org/programs/capturenature/

Good Grief: Nature Walking Through Grief and Loss
Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Greif is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. **www.friendsoffishcreek.org/programs/wellness-clinics**

Creekfest – Your Local Park's Day Event!
Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park
Creekfest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekfest for the first time this year! For more information stay tuned to **www.friendsoffishcreek.org/event/creekfest**

The Amazing Step Up 4 Calgary Kids Race
Presented by CIBC, NSTEP
(Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek
Saturday, June 1, Hull's Wood, Fish Creek Provincial Park
This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit **www.events.runningroom.com**

Geraniums

by Barbara Shorrock

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

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

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

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

Regals (most often seen labeled 'Martha Washington') have dramatic large flowers with wavy, fringed, pansy or simple shapes. The petals are blotched or streaked with darker colors, providing an endless variety to choose from. I have not found these as hardy to over-winter as the zonals but am determined to keep on trying.

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

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

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

MARDA LOOP JUSTICE FILM FEST justREEL FILM SERIES

Marda Loop Justice Film Festival justREEL film series presents screening of:

Most Likely To

May 14, 2019

Event: justREEL FILM SERIES
Film: Most Likely To
Where: River Park Auditorium (3818 14a St SW, Calgary, AB T2T 3Y2)
When: Tuesday May 14th, 2019 at 7:00PM
Cost: FREE

Each year the Marda Loop Justice Film Festival strives to present innovative and meaningful documentaries that encourage Calgarians to take positive action in their communities, this nation, and the world. The film featured in May is a Calgary Police Service (CPS) production.

Synopsis: Children are not born criminals. And one city is making sure of that.

Most Likely To... A look at the Calgary Police Service's approach to youth at-risk crime prevention through intervention, education and most importantly, human connection.

Disruptive. Defiant. Dangerous. Everyone remembers that one kid in their class unanimously voted "most likely to end up behind bars'. If we know that kids need help, then why aren't we helping them? *Most Likely To...* follows the lives of Kevin and Timmy, 8 and 18, over the course of a year as they fight for a better life that they were born into. With the help of one of the most progressive police services in Canada, Kevin and Timmy realize that their future doesn't have to be decided by their past.

We hope that we will be able to not only improve our attendance and following, with your assistance, but that we may also inspire Calgarians to change our communities, nation, and world.

http://www.justicefilmfestival.ca/

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Straight from the Unicorn's Mouth: An Overview of Unicorn Mythological History

by Alexa Takayama

This month, I decided to look at unicorns because they just feel spring-y. My research taught me two things: unicorns are one of the oldest depicted mythological creatures, and Europeans liked to write descriptions of rhinoceroses, but no one ever bothered to draw pictures to go with them. Which makes the journey of how we got from rhinoceros to glittering white, horned horses a bit of a disjointed mess. I'll do my best.

Let's get some unicorn basics out of the way: as we understand them today, unicorns are white horse-like creatures with a long, pointed horn protruding from their foreheads, sometimes with cloven hooves or a lion-like tail. Unicorns are untameable, strong, proud and haughty, and would rather die than be captured. They can only be calmed and captured by a virgin. Their horns are made out of a substance called alicorn which is believed to have magical medicinal properties, such as being able to nullify poisons and cure diseases. Some "official" measurements state a unicorn's horn is between 1 cubit and 1.5 cubits (roughly 50 to 70 cm). You know unicorns are old when we're measuring things in cubits!

We also need to talk about the monoceros, which was a creature that was conceptually related to the unicorn but was not a unicorn. At the same time, the term monoceros was used interchangeably with the term unicorn. (Which doesn't complicate things at all.) And like the unicorn, a lot of descriptions of them seem to bear a closer resemblance to rhinoceroses.

Let's talk about some of those descriptions, shall we? The oldest recorded writing describing a unicorn was in Indica, written by Greek physician and historian Ctesias the Cnidian. He described them like "wild asses" (probably specifically the onegar, an Asiatic animal closely resembling a donkey) with a horn that is red, white, and black. In his book, Natural History, Pliny the Elder described a monoceros having the head of a stag, body like a horse's, the feet of an elephant, and the tail of a boar. He also said it made a deep bellowing noise and has a black horn. There is record that Marco Polo claimed to have seen a unicorn, saying they are smaller than elephants with heads like a wild boar, feet like an elephant's, rough hair like a buffalo, and a big black horn. He described them wallowing in mud and called them ugly. (Rude.) He also expressed disappointment that they were nothing like the way Europeans imagined them.

Every instance just seems to me as someone trying to describe a rhinoceros, but after the world's oldest game of telephone, we somehow ended up with our modern rendition of the unicorn.

But let's not forget about the virgins! What's up with that? Well, in the Middle Ages and the Renaissance, a book called Physiologus had an elaborate allegory about a unicorn, which represented the Incarnation of Christ, laying its head on the lap of a maiden, which represented the Virgin Mary. It seems from here that the idea that a unicorn can only be captured by a virgin originates from. From there, there have been many pieces of both religious and secular art showing the hunt of the unicorn. It is sometimes depicted wearing a collar with a broken chain. The unicorn is very popular in heraldry as well.

Now you have a brief overview of unicorns. There's a lot I didn't get to cover, so stay tuned for next month's article where I'll talk specifically about the unicorn's horn.

Shawnessy Real Estate Update

Last 12 Months Shawnessy
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	$454,900	$443,000
February 2019	$404,900	$381,000
January 2019	$339,900	$325,000
December 2018	$388,950	$369,750
November 2018	$399,900	$420,000
October 2018	$433,900	$420,000
September 2018	$399,000	$375,000
August 2018	$398,888	$382,500
July 2018	$428,900	$420,000
June 2018	$435,150	$424,500
May 2018	$409,999	$389,000
April 2018	$399,950	$399,900

Millrise Real Estate Update

Last 12 Months Millrise
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	$399,900	$388,000
February 2019	$319,900	$292,000
January 2019	$375,000	$363,500
December 2018	$369,649	$365,000
November 2018	$417,900	$398,000
October 2018	$399,900	$384,250
September 2018	$362,450	$352,750
August 2018	$419,900	$395,000
July 2018	$429,450	$422,000
June 2018	$388,800	$377,900
May 2018	$439,900	$425,000
April 2018	$449,900	$440,000

To view more detailed information that comprise the above MLS averages please visit **shn.mycalgary.com** or **mlr.mycalgary.com**

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About Wine

by Nik Rasula

***About Wine** features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under $50 retail) all the while demonstrating careful Earth consideration.*

2017 Bodegas Verum (BV), Malvasia (bodegasverum.com)

About the Region: One hundred km southeast of Madrid, Spain, BV sits at 660 metres above sea level on the Castilla–La Mancha (C-LM) Plateau. High, flat and breezy, it features the largest area under vine, combined with the highest yield, of all the world's wine regions.

About Terroir: C-LM's Continental climate (hot summers/little rainfall), enables vigorous vine growth. Its calcareous stony soils providing effective drainage, arid conditions offering vine stress, prevailing winds contributing cooling and aeration.

About the Estate: Founded in 1788 by the López-Montero family, BV has traditionally grown the Airén grape for making higher-alcohol spirits (Orujo, brandy). In 2004, under direction of precocious son Elías, the family diversified into small-scale wine production.

About the Winemaker: After earning a Masters of Viticulture in Rioja, Elías interned at Aalto (Ribero del Duero, Spain) then at Bergkelder (Stellenbosch, S. Africa). Acknowledging C-LM's bulk-wine reputation—and recognizing its opportunities—the then-24-year-old inquisitive Spaniard embarked on improving reality; through strategic planting, better vineyard management and selective yield. Sectioning off the bodega, Elías planted varietals unfamiliar to C-LM (Graciano, Malvasia, Mazuelo, Tinto Velasco), with best production reserved for markets abroad. In 2018 (February), Decanter Magazine recognized Elías López-Montero's efforts, naming him one of its "Ten next-generation Spanish winemakers to know."

About the Grape: Pronounced "Mal-*VA*-sia," it can be either red or white. Partial to warmer climes, vine historians believe it to have originated on the Greek Island of Crete during the Middle Ages. Proliferated throughout the Mediterranean by Venetian traders; Malvasia is used to make Still, Sparkling (Champagnino/Italy), and Dessert (Madiera/Portugal) style wines.

About the Wine: Made from white Malvasia, the lovely golden appearance impresses. Viscous on the swirl, aromas of flowers and orchard fruits impress. On the palate, the nicely weighted tongue of ripe peaches and apricots leads into a crisp, mineral-based finish.

About Pairing: Gouda-stuffed chicken, seafood paella/linguine, fruit & cheese salad.

About Closure: Cork

About Sustainability: Certified Organic (E.U.). Suitable for Vegetarian and Vegan diets.

About Alcohol Level: 13.5% (abv)

About Availability: Check liquorconnect.com (call the listed store too) confirming availability.

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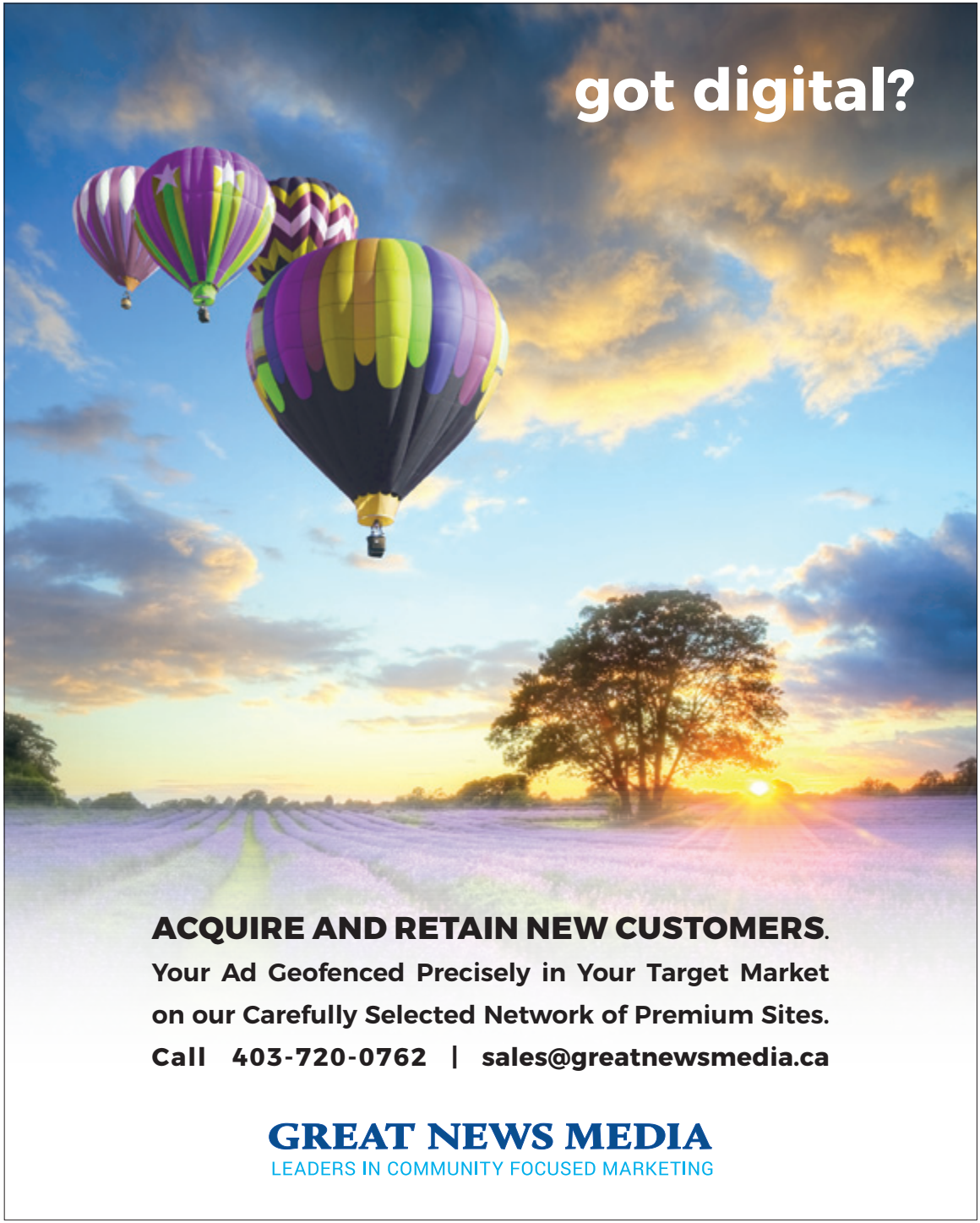
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May Programs for Kids

Young Artists in Residence at the 32nd Annual Exhibition of Children's Art

Join us for our 32nd Annual Exhibition of Children's Art from May 2-16, 2019 at the Municipal Building Atrium (800 Macleod Trail S.E.). Come celebrate sculpture, painting, drawing and mixed media artwork, all created by young artists aged 3-17 from North Mount Pleasant and Wildflower Arts Centres. On May 2 our artists will be in residence, talking about their work. Everyone welcome! Details at calgary.ca/calendar.

Register Now for City of Calgary Spring & Summer Recreation Programs

Try something different. The City's Spring & Summer Recreation Program Guide has 1,012 affordable ways to have fun. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Registration is now open. Find your fit at Calgary.ca/register.

Summer Day Camp & Playschool Registration Now Open

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit calgary.ca/register.

Mobile Adventure Playgrounds: A Different Way to Play!

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at calgary.ca/play.

Skip the Work and Plan Your Kids' Birthday with The City of Calgary

Birthday wishes….no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties.

Visit calgary.ca/birthdays for options.

The Fun Starts After the Bell with Calgary Afterschool

The fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to keep kids productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.

Keep Your Mouth Healthy As You Age

As you get older changes that affect your mouth health can be related to aging, disease or medication. Prevention is always the best way to keep your mouth healthy at any age. This includes daily brushing and flossing and regular dental visits. A healthy mouth is important for a healthy body and mind.

Remove plaque twice a day
The challenge is to get rid of plaque, the bacteria that collects daily on your teeth and dentures. It leads to tooth decay and gum disease, which are both infections in your mouth. These infections can impact other health conditions like diabetes and heart disease.

Keep up your dental visits
Plan a dental visit every year. As well as looking for plaque, tooth decay and gum disease, your dentist is skilled at observing changes in your mouth that may be related to general health conditions. Finding dental problems at their earliest stage can save money when budgets are tight or you have no dental benefits. It may also have an impact on your overall health.

Help for a clean mouth
As you age, you may not be as skillful removing plaque with your toothbrush or dental floss. And old dental work can trap plaque making it harder to get at and remove. There are different styles of tooth brushes, flossing aids and other cleaning tools that can help you keep your teeth clean. At your next dental appointment, ask you oral health team about different techniques as well as products that can help you in your fight against plaque.

Medication affects your mouth
Medication that is either prescribed or available off the shelf can have side effects. Side effects can include bleeding or enlarged gums, changes to taste, mouth sores, and dry mouth. Tell your health professional the names of all the medications you take. If you have any side effects, they can suggest ways to help. Keeping your mouth clean and healthy is the first step to coping with side effects.

Don't let dental pain, infection or bad breath keep you away from friends and the things you like to do.

Find more information about mouth and dental health information at MyHealth.Alberta.ca

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

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

The Unimposing House Finch

by J.G. Turner

The House Finch (*Haemorhous mexicanus*), a *passerine* (a song bird), is found year-round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

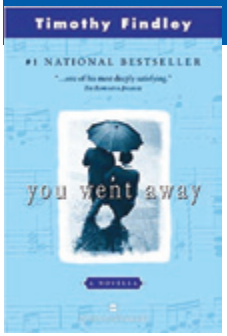
It is a medium-sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wingbeats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



You Went Away

by Timothy Findley

Review by Tasneem Capacee

You Went Away, a novella written by Timothy Findley is a story of loss and heartbreak that occurs during World War II. Mi is a mother of 2 children whose husband, Graeme (Gray) is enlisted in the Navy as a pilot. This tale is about Mi, Gray and their eldest son, Matthew.

Graeme, the last of his mother's children, suffers from the guilt of being unable to enlist in World War I, just like his decorated father and brother. So, when the second world war is declared, Gray cheerfully enlists in the war as a RCAF pilot. Instead of picking up a bicycle for his son on his birthday, he goes to enlist in the war. This sets the tone for the whole book. As the war progresses, Graeme's romantic thoughts about the war fade, and his drinking and affairs with other women increase. Amidst all this, Mi tries all that she can to continuously forgive her husband and keep Matthew and Gray's bond strong. *You Went Away* focuses on all the emotions one would feel if their partner was away from extended periods of time. It also brings forth the mindset and emotions of a person who is going through infidelity and alcoholism. Lastly, it shows the emotions of a child who has an absent father/parent.

You Went Away is a book about loss that occurs during WWII. However, the loss that Findley focuses on is not truly in the form of physical life. Even though Mi and Gray do lose their daughter at a very young age, the focus of the story is about a person who is alive but is just not there anymore – physically and emotionally. Throughout the book, the reader is able to truly connect with Mi and Matthew. They are always the protagonists. Gray, as his name is aptly chosen, is the character that the reader is meant to root for. The reader is meant to hope that he changes and becomes a better person, for the sake of the protagonists. This is what makes this book intriguing and interesting.

What works for this book is the raw human emotions that are expressed and showcased through the characters of Mi, Matthew and Gray. In Mi we see a deep need to keep her family together, especially after her daughter passes away. We also see her contemplative thoughts about leaving the marriage and trying to save the marriage at the same time. One of the most beautiful moments of the book occurs towards the end where Mi finds out that Gray has continued his affair with another woman and everyone around her knows about it. In order to protect herself and her son, she chooses to confront Gray and his mistress in public. The calm behaviour and impactful words that Mi has when she confronts the two and reveals to the mistress that she is Gray's wife, shows the maturity that she possesses as well as the built up hurt and frustrations within her.

We see a lot of Mi and Matthew's thoughts throughout the book however, most of what we know about Gray's behaviour and how he came to become so unhappy and unfaithful is implied. This results in a lot of disconnect from Gray's character. Though, some might argue this is a flaw in the writing and others might say it is purposely done.

I recommend *You Went Away* for the mere reason that it shows you the struggle that people go through when they lose a person.

3.5/5

Ask Charles

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

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

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

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

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

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

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

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

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

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.[1,2] Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.[3] According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.[4]

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.[5]

My Health

- This month we are going to use this checklist to assess your current state of health.Answer "**Yes**" or "**No**" to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family's medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

Yes responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

Endnotes

1. *Lifeline, P. (2011), Lifeline report on Ageing in Canada retrieved from http://www.lifeline.ca/content/english/in_the_news/report_on_aging*
2. *Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. *Statistics Canada (2011), Centenarians in Canada: Age and sex, 2011 Census, http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm*
4. *Office of the Chief Actuary (2014), Mortality Projections for Social Security Programs in Canada.*
5. *Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), Thinking About Aging in Place. http://www.seniors.gc.ca/eng/working/fptf/place.shtml*

BUSINESS CLASSIFIEDS

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~continued on page 33~

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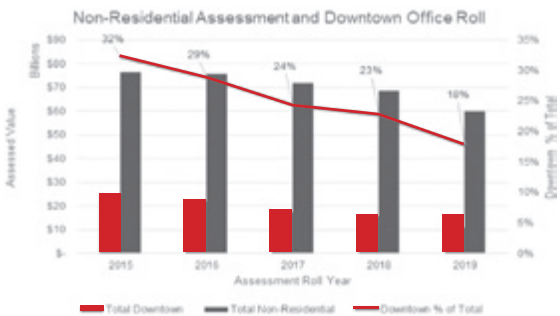
Meet our new Calgary Police Chief Mark Neufeld. Welcome to Calgary Chief.

The Downtown Tax Problem

With the economic downturn persisting over the past three years, I know you're all very much aware that downtown Calgary has been experiencing a **25-30% corporate vacancy rate** for at least the past 18 months. Some are bankrupt. The **lost property value is $14,109,911,200** with a **$257,624,403 tax impact**. An office tower that sold for over $300M a few years ago, recently sold for only $90M. It's no surprise that Calgary currently holds the highest unemployment rate in all of Canada.

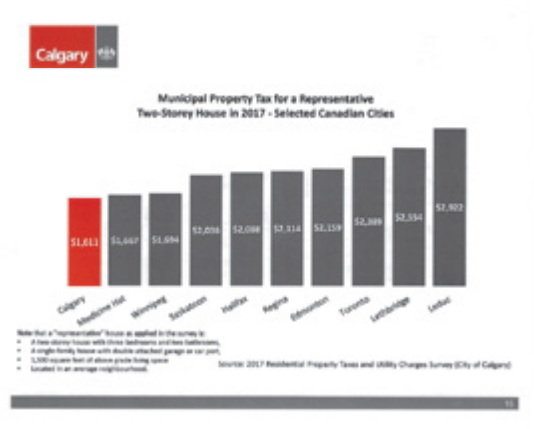
Vacancy rates compounded by a loss in market value assessment (in determining the business tax rate) have left a **tax imbalance of over $250M**. As a result, the remaining businesses are facing a tax increase to make up the difference that is impossible for the 5,000 small businesses in Calgary to shoulder.

While we slashed $607M in operating savings and efficiencies from 2015-2018, the size and scale of this seismic downtown economic shift couldn't be solved by budget reductions alone. All options were put on the table to confront this crisis. As an immediate response in 2017, Council pulled $45M out of the reserve fund thinking this would be a short-term problem to fix—but it wasn't. In 2018, Council pulled another $41M out of the reserve to stop the bleeding. But the problem ensued. This wasn't the answer, as the benefits of this short-term approach didn't trickle down to small businesses.



Relative to other Canadian cities, Calgary's municipal property tax rate is among the lowest. This allows for a tax-shift to accommodate the business tax burden. For months, Council debated a whole host of tax-shift scenarios. The mid-term strategy for dealing with this taxation problem includes continuing to advocate with the Province, creating a Financial Task Force, and encouraging capital dollars to rejuvenate the downtown—including the recently approved 4 mega projects.

The downtown vacancy issue affects us all as Calgarians. An assessment shift strategy is necessary in approaching this issue. We need to work together as a City to overcome this downturn and come out on top. We need to stand together as **One Calgary.**



To view the presentations, please visit:

- http://councillordiane.ca/wp-content/uploads/2019/03/C2019-0352-Downtown-Tax-Shift-Presentation-FINAL.pdf
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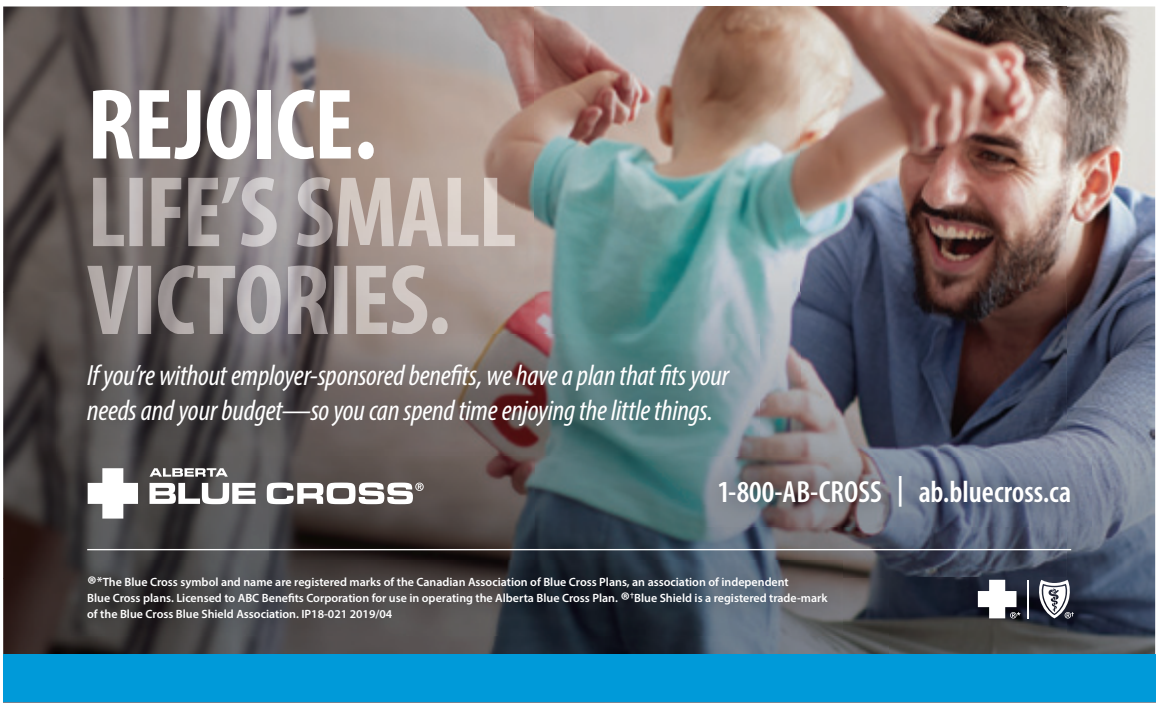
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