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SCA Marketplace Benefits

Please show your SCA membership card to redeem your discounts

Business	Discount
Longevity Painting	10% off
SKAJA LAW	10% off (on legal fees, excl. disbursements)
Global Pet Foods	10% off
Sobeys	10% off (first Tuesday of every month)
Hot Yoga & Spin	10% off (Class Packages and One Month Unlimited)
Beyond Bronze	10% off
Daisy Fresh Dry Cleaners	10% off (total bill for all drycleaning services)
Fitness on the Go	10% off (all personal training packages)
Denim and Smith	10% off (all cuts)
Kung Fu Restaurant	10% off (all pickup orders)
Papa John's Pizza	10% off
Rush Salon	10% off (all products)
Silverado Veterinary Hospital	10% off (services)
Spices - East Indian Dining	10% off
STITCH 4 YOU Alterations	10% off
Tobacco Outlet	10% off (accessories)
Hairapy Parlor	15% off
One Time Shot Photography	10% off

PRESIDENT'S MESSAGE

Hello Silverado,

Thank you to all who attended the Silverado Community Association AGM on February 25th at Cardel South (formerly South Fish Creek Recreation Centre). We are excited for the New Year ahead with many events and programs available to you and your family. SCA garden opening will be at the beginning of May. If you are interested in garden plot please contact our garden coordinator Stef McDonald by email at stefmcdonald4660033@gmail.com.

SCA will be hosting the community clean up on Sunday, June 19, 10 am to 2 pm. City of Calgary garbage trucks will be on site to take any items from your spring cleaning that you don't need and can't sell or recycle. Items like old couches, mattresses, left over building materials. We are not able to take paint or household chemicals. Please use the bio-hazard disposal area located by the Evergreen Fire Hall. Please note: The drop-off location at Midnapore Fire Station #26 will be temporarily closed on Feb. 26, 2016 and moved to the Evergreen Fire Station #37 (2511 Eversyde Avenue SW) and available for use effective Mar. 1, 2016. Also the SCA community clean-up will have two City of Calgary garbage trucks on site. One truck is for garbage and the other will be for compost from residents doing yard clean-ups. This is a great way to clean up old house hold items and yards with out having to make a paid trip to the dump. There is no charge to come down to the SCA garden and dump old garbage items in the trucks.

Following the Community Clean-Up the SCA will be having a Golf Tournament Fundraiser for the Community Rink at Mackenzie Meadows Golf Course on Sunday, June 26th. Sign up to golf and help a great community effort to bring two skating rinks to Silverado. One for family leisure skating and one for hockey. The rinks will also be used in summer months for community events, basketball, box lacrosse, and other great programs through out the year. For more information about the Golf Tournament Fundraiser please contact Joseph Purcell of the SCA Developments team by email at joseph.purcell@shaw.ca

Please check the Silverado Community Association website for updates on events and programs in and around Silverado at www.silveradoca.ca.

PS: Don't forget memberships are due for renewal!

Health Clinics | 10 am – 5 pm
Choose the topic & day that's best for you!

March 6 - 12
Help with Personal Health Goals

March 13 - 19
Blood Pressure Awareness

March 20 - 26
Women's Health Awareness

March 27 - April 2
Diabetes - Are you at risk?

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SILVERADO COMMUNITY POLICE LIAISON OFFICE INFORMATION

Please feel free to contact our community liaison office with questions or concerns. Eugene is working very hard to keep our community safe so let's help him out in any way possible.

Cst. Walter Kachmar
Community Liaison Officer
Calgary Police Service District 8
Office: 403-428-6800
Email: pol3114@calgarypolice.ca

Silverado
Community Association
info@silveradoca.ca

**Editorial
Content
DEADLINE**

1st
of each month
for the next
month's
issue

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DIRT DIGGERS COMMUNITY GARDEN

Hi Silverado Gardeners! A few questions have been raised as to how our community garden operates. The deets: On May Long Weekend of each year, the Stef McDonald, the garden coordinator, accepts applications for plots. Priority will be given to the past years' participants. Any leftover plots grow veggies for the Food Bank. Want to be a gardener? Here are the expectations: keep your garden neat and clear of weeds, assist with the compost system, and keep the shed locked and in good condition. That's it! We'll release info on how to submit your application as of May 2016. Have a comment, question or idea? Email stefmcdonald4660033@gmail.com. Here's to spring!



Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and income if either of you dies or becomes unable to work due to an accident or illness?
- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.

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SILVERADO COMMUNITY ASSOCIATION Membership Application

Become a part in your Community! Join the Silverado Community Association

Family Name: Date:

Applicant's First Name(s): Home Phone:

Address: Postal Code:

Email:

- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date of the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



Follow Silverado Community Association on Facebook
www.silveradoca.ca



SILVERADO RESIDENT'S ASSOCIATION

Just a reminder, Silverado Residents Association Fees were due January 1st, 2016. These fees are now overdue and you will be charged interest at a rate of 18% per annum. Please make sure you get your payment into Simco Management as soon as possible. This fee is **not** optional and must be paid once a year by all residents. If the fee is not paid, then we as a community cannot pay for the following services specific to SRA designated areas:

Snow removal contract: Snow removal from pathways; garbage removal

Landscaping contract: Entrance features, SRA planters, garbage removal, grass mowing, weed control

Irrigation Contract: Water the SRA Lands such as grass around the pond and pathways.

Management Contract: Invoice/Collect annual fees from owners; negotiate contracts; assist with annual review of required insurance, attend SRA Board Meetings/AGM, professionally manage our money and property by paying all bills and taxes, preparing/oversee monthly financials, operating fund and reserve fund.

If you have not received your 2016 invoice contact Simco Management in order to have your account information updated.

Simco Management (Calgary) Inc. has moved!

We are excited to announce our new office location in Calgary!

Simco Management (Calgary) Inc.

2478 – 91st Avenue SE

Calgary, Alberta, Canada T2C 5H3

Telephone: 403-234-0166 / Fax 403-234-0172

Afterhours Emergency Number is 403-230-4814

Please update your contact information accordingly and we greatly appreciate your understanding and apologize for any inconvenience this may have caused.

More information regarding the Silverado Residents Association (SRA) can be found at: **www.silveradora.com**.

Board of Directors
Silverado Residents Association

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Book Trivia

Frank Baum named "Oz" after a file cabinet in his office. One cabinet was

labeled "A to N;" and the second was labeled "O to Z:"



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

March at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab, and our numer-

ous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)

- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



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IN & AROUND CALGARY

Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37
2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E.
Cedarbrae Fire Station 24 - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.



EMS: Burns and Scalds

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

Degrees of burn

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

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

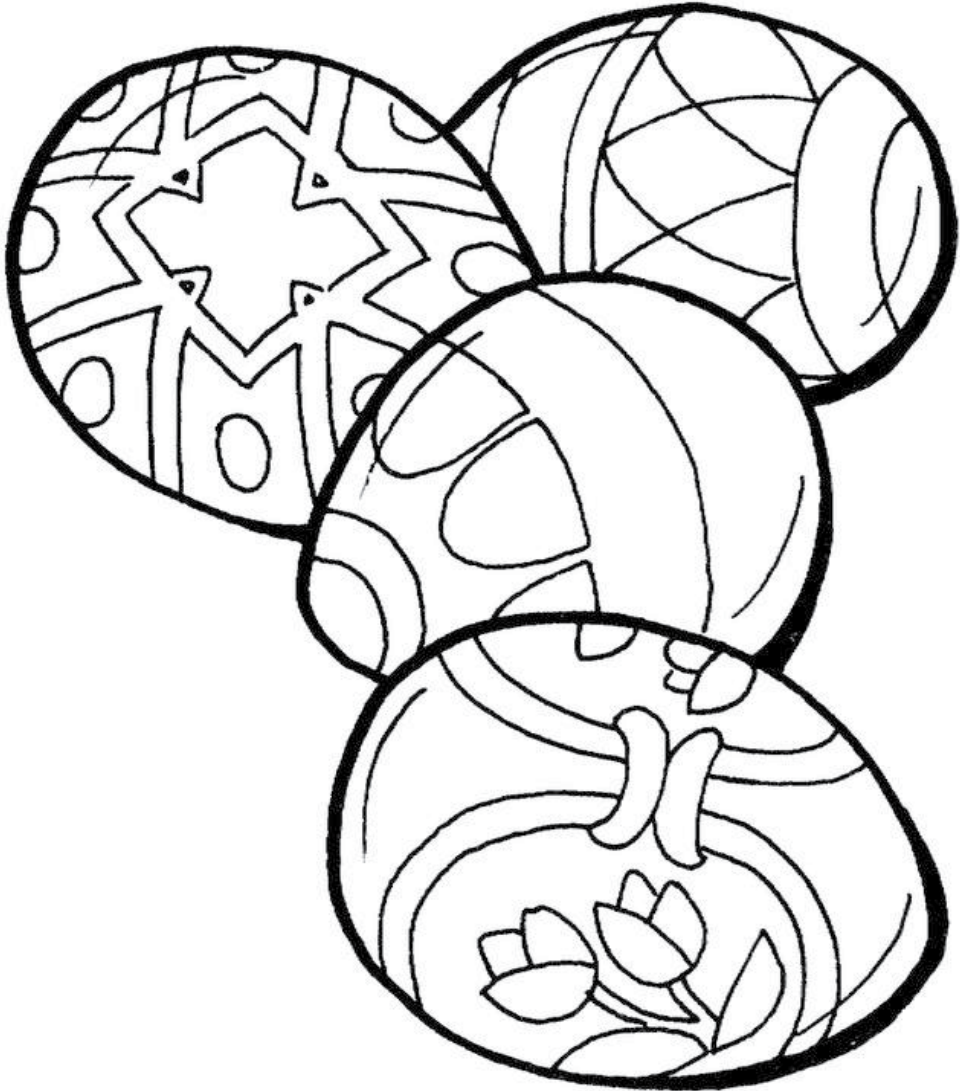
3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

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

Prevention of burns

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



IN & AROUND
SCHOOLS

École Blessed Mother Teresa

The first part of our school year has been filled with many exciting moment and engaging activities. Our students continue to support local initiatives for people in need. Such as: the Terry Fox Foundation, Jacket Racket, St Vincent de Paul Food Drive, Holy Childhood, and the HIP program. Our students are benefiting from these rich experiences of giving and service.

Our “Carnival” will be in February and it is always a fun way to highlight the French culture and traditions. Our students look forward to the songs, dance, games and the delicious maple syrup. Vive le Carnaval!

We will be organizing our “Me to We Spring Market” again this year. Individuals can purchase a table and sell their wares; we will also be selling books, jewelry, food, clothing, toys and more. All proceeds go directly to Free the Children for a needy village in India. Blessed Mother Teresa would be so proud of the great work of generosity by our school community. The market will take place on May 20, 2016.

Merci!

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8		1				6		
	6		5			3	1	

FIND SOLUTION ON PAGE 18

We make it easy to find your perfect fit

Trico Centre has been committed to family wellness for over 30 years. We have partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

Insect Trivia



South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

Positive Discipline in Everyday Parenting Register Now

Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks.
Next session is April 12 – May 31 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

Children have the right to protection from physical punishment and to positive discipline that respects their dignity. In this wonderfully affirming program, parents of children 0 – 18 years will learn the four principles of positive discipline: setting goals; creating a positive home climate; understanding how children think and feel; and problem solving in challenging situations. Parents will practice their skills in hands-on exercises and learn to apply these principles across a wide range of situations. The result will be a positive relationship with your child that will last a lifetime.

This program is facilitated by the SWCRC's social workers. To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, January 21 to March 31 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 11 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional, and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

Tutoring Program

Wednesdays, 6:00 – 7:30 pm at the SWCRC. Offered free of charge to students in grades 4 – 12. Registration is on-going throughout the school year.

This program is for students who are struggling with a particular subject(s) and who could make better progress in understanding concepts or improving grades given more individual attention. Qualified volunteer tutors assist students. This is not a homework club. Students must have problems or assignments to work on with the tutors. For more information and to register, please call 403-238-9222 ext. 223.



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hello Ward 14!

The transition from winter to spring brings out one of my favourite traits in the true Calgarian. The slightest reprieve from the harsh weather spurs a wave of activity in this beautiful City. The prohibitive weather seems to inspire a real respect for the ability to take an active role. It breeds appreciation for the chance to take part and be involved.

Citizens' View

We need to nurture and harness Calgarians' strong desire to be involved, which is why I am so happy to see the City of Calgary catching on with initiatives like Citizens' View.

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizens-view.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

Action Plan Check-in: Mid-Cycle Budget Adjustments

You may have seen a City bus at Deer Valley Shopping Centre when you were out and about during February. It is another example of how the City of Calgary is catching on with some great new initiatives. It was a perfect opportunity for Calgarians to get involved. Are you noticing a theme?

We developed the Action Plan in 2014 as the City's busi-

ness plan and budget document for 2015 through 2018. It was based on one of the most robust public engagement efforts that I have seen in my time as a Councillor. Council tweaks the plan every November, but given economic events of the last year or so there is a clear need to revisit the plan in more depth for 2017-2018.

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

March Counciltalk

The February edition of Counciltalk was great. Thanks for coming if you were there. If not, the next is on March 19 at the Deer Park United Church (77 Deerpoint Road S.E.) from noon to 2 p.m. All the Counciltalks are listed at calgary.ca/counciltalk, and you can sign up to get reminders for all the Counciltalk dates at calgary.ca/ward14connect.

ATCO Gas Fish Creek Provincial Park System Improvements

You may have heard about safety improvements being made to ATCO Gas' pipeline system or seen some work being done in Fish Creek Park. I won't go into too much detail because it is best that you get your information straight from the source, but pipeline construction will continue and is scheduled to the end of June. I encourage you to visit atcopipelines.com to learn about the project in detail.

Have a great March!

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettle-

ment for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

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



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

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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	
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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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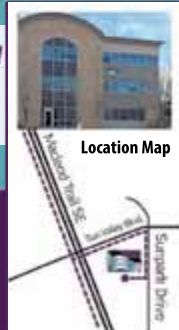


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