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**Silverado Community Association**  
P.O. Box 32003 Silverado PO  
Calgary, AB – T2X 0X4  
info@silveradoca.ca • www.silveradoca.ca

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## Silverado Community Association Board of Executives

Michael Shaw	President
Nick Bartok	Vice President
Ashley White	Treasurer
Danielle Turmaine	Secretary

## Board of Directors

Alex Sazanovitch	Website Director
Stefanie McDonald	Community Garden Director
Jonathan MacPherson	Communications
Heather Dean, Liz Kane, Sara Engelhardt	Events



Follow Silverado Community Association on Facebook

# MAY MOON CALENDAR



New Moon  
May 6



First Quarter  
May 13



Full Moon  
May 21



Last Quarter  
May 29

## 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



## 1st Annual SCA Golf Tournament

Sunday, June 26, 2016

Tee times start at 12 pm

McKenzie Meadows Golf Club

Golfers of all levels who want to have fun and support the community.

Best ball format, dinner banquet, prizes and giveaways!

More information to come! Keep an eye on [www.silveradoca.ca](http://www.silveradoca.ca)

Register to play, or volunteer to help out. Contact Joseph Purcell at 403-612-5298 or [joseph.purcell@shaw.ca](mailto:joseph.purcell@shaw.ca).

### Sponsorship opportunities are available.

Gold level – three spots available

Silver level – 20 spots available

Bronze level – unlimited available

Local businesses are already stepping up. Get in touch now to secure your sponsorship position:

- Purcell Mortgage Team, Dominion Lending Centres
- South Calgary Recreational Hockey League
- Tucker Hockey Camps
- Longevity Painting
- Cardel

Contact Joseph Purcell at 403-612-5298 or [joseph.purcell@shaw.ca](mailto:joseph.purcell@shaw.ca).

## South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

## When was your last PAP test?

- Our women's clinic provides a safe informative environment for your routine PAP tests and breast exams. Female physicians only.
- Patients may also self-refer for early prenatal care.
- STI testing, contraception, HPV counselling.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment.  
Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

*The Sundance Clinic*

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building  
31 Sunpark Plaza SE Calgary T2X 3W5

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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](mailto:pol3114@calgarypolice.ca)

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Community Liaison Officer  
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Office: 403-428-6800  
Email: [pol3114@calgarypolice.ca](mailto:pol3114@calgarypolice.ca)

Siverato  
Community Association  
info@siveradoca.ca

**Editorial  
Content  
DEADLINE**

**1<sup>st</sup>**  
of each month  
for the next  
month's  
issue

“We Care”  
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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](mailto: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](mailto: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

### Picnic Tables and Garbages

The Silverado Residents Association is looking at putting together a plan to install picnic tables in our greenspaces for our residents to enjoy along with a couple of more garbage receptacles. This is a request coming from our residents for these items to be installed to enjoy with their families. We plan to move forward with this in the spring and summer, 2016. More information to follow.

### Annual General Meeting

The Annual General Meeting will be May 4, 2016 at the Cranston Century Hall. Notices will be sent out to all home owners.

### Silverado Pond

Our Silverado Pond is considered a storm water management pond, it is an artificial pond that is designed to collect and retain storm water. These are built to hold water before entering the storm water drainage sys-

tems. The function of a storm water pond is to contain the surge and release of water. This slow release mitigates the size and intensity of storm-induced flooding. Overall our pond can never become a skating surface due to the fluctuation of water. As you can well imagine it will never be clean enough to swim in. We as the Silverado Residents Association ask that you **do not** go on the pond when you think that it is frozen enough to skate. This pond is not a regulation skating surface deemed by the City of Calgary.

This year had been very mild and the pond is not frozen, please do not go on it as we would hate to see anything happen. There are signs up advising to not go on the pond.

### Website to Calgary Outdoor Skating Rinks:

[www.calgary.ca/CSPP/Parks/Pages/Locations/Outdoor-skating-rinks.aspx](http://www.calgary.ca/CSPP/Parks/Pages/Locations/Outdoor-skating-rinks.aspx)

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

If you are new to the Silverado Community please make sure to contact Simco Management to make sure that your information is properly updated in the Silverado Residents Association files. You the owner are fully responsible to make sure that we are aware of your contact information.

Information regarding the Silverado Residents Association (SRA) can be found at [www.silveradora.com](http://www.silveradora.com)

### Simco Management New Address:

Simco Management (CALGARY) Inc.  
2478 91 Avenue S.E., Calgary, AB, T2C 5H3  
T. 403.234.0166 ~ F. 403.234.0172  
Website: [www.simcomanagement.ca](http://www.simcomanagement.ca)  
[silveradora@gmail.com](mailto:silveradora@gmail.com)

*Board of Directors*  
*Silverado Residents Association*

## KEYBOARD SHORTCUTS

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FIND TEXT, FORMATTING AND SPECIAL ITEMS



Now that is  
some serious  
Calgary soccer  
pride.

AND WE'RE PROUD  
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

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

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## 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](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



### Parent Talk – Register Now

**Thursday mornings, 10:00 – 11:30, April 14 – June 16, 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

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You can register and start the program anytime over the 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

### Connecting you to the Resources you Need

You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

### 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 program. 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.



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](http://www.tricocentre.ca) to find out more.

### May 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, skate, or play shinny, plus with a membership 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. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

### Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

### Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

### Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- 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 numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://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.

### Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See 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 leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

*Trico Centre is located at 11150 Bonaventure Drive SE. 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](http://www.tricocentre.ca) to find out more.*



Located in Chaparral

## SUMMER DANCE CAMPS

**July 4-7 • July 18-21  
August 15-18**

"A Frozen Summer"

"Pirates and Pixies"

"Dancing with Fairies"

"Discover Dance"

## REGISTRATION IS NOW OPEN

[Elizabeth@devotiondanceworks.com](mailto:Elizabeth@devotiondanceworks.com)

**(403) 828-9675**

[www.devotiondanceworks.com](http://www.devotiondanceworks.com)



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Trico Centre for Family Wellness

11150 Bonaventure Drive SE  
403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)



From fitness to skating, personal training to children's programs – we are committed to providing a range of quality programs and services that make active living fun, affordable, and for everyone.

We make it easy to find your perfect fit.



Check out our membership specials - on now while the pool is getting a makeover.



## Silverado Real Estate Update

### Last 12 Months Silverado MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$469,000.00	\$453,000.00
February 2016	\$450,000.00	\$440,000.00
January 2016	\$479,900.00	\$466,000.00
December 2015	\$437,900.00	\$440,000.00
November 2015	\$444,900.00	\$425,000.00
October 2015	\$428,450.00	\$423,125.00
September 2015	\$434,900.00	\$427,500.00
August 2015	\$529,900.00	\$519,000.00
July 2015	\$483,500.00	\$477,500.00
June 2015	\$424,900.00	\$420,000.00
May 2015	\$439,900.00	\$431,350.00
April 2015	\$422,400.00	\$417,500.00

### Last 12 Months Silverado MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	13	9
February 2016	24	7
January 2016	14	9
December 2015	5	5
November 2015	9	7
October 2015	7	10
September 2015	20	9
August 2015	15	5
July 2015	9	10
June 2015	11	11
May 2015	12	12
April 2015	11	8

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [silverado.great-news.ca](http://silverado.great-news.ca)

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

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

### JUNE 1 AND 2 POPS IN THE PARK

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



### JUNE 5 LILAC FESTIVAL

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



### JUNE 24 TEDXYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxYYC.ca](http://www.tedxYYC.ca)





**HIGH RIVER  
LITTLE BRITCHES  
WEEKEND  
MAY 21-22, 2016**

**Little Britches Parade**

Sat, May 21  
Downtown High River  
Parade starts at 10 a.m.  
*Lions Club beef on a bun in George Lane Park*

**Little Britches Rodeo**

Sat, May 21, 1 p.m.  
Sun, May 22, 1 p.m.  
High River Rodeo Grounds

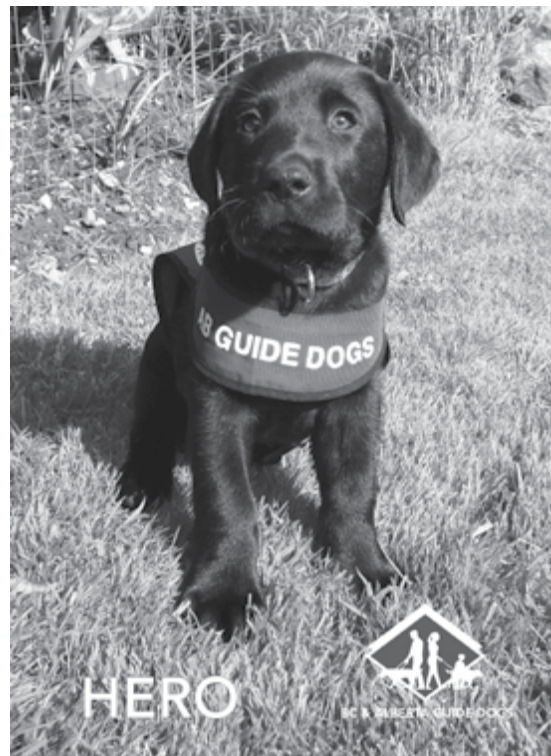
**Cultural Taste of High River**

Sat, May 21, 12 p.m.  
International food festival.  
10 countries. High River United Church.

**River of Music Festival**

Sat, May 21  
Buskers throughout downtown High River  
Sun, May 22  
George Lane Park concert

**www.highrivertourism.com**



## Alberta Guide Dog Services

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

*Photo Credit: Alberta Guide Dogs*

## IN & AROUND CALGARY

### EMS: Window & Balcony Safety

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

#### Windows and screens

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

#### Balconies

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

#### Further prevention tips

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

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

### Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit [calgary.ca/myhome](http://calgary.ca/myhome).

### City of Calgary Map Gallery

The Official City of Calgary Map Gallery is a collection of online maps that show locations and information for City parks, recreation centers, flood recovery efforts, drop-off locations, landfills and much more. Based on citizen feedback over the last several years, this collection of maps is now organized by categories, allowing easy navigation throughout the gallery. In addition, we've improved functionality of our maps by hosting multiple custom-made maps instead of only one generic map. There are over 30 maps available in the gallery, and each tells its own customized story. There is much information to discover in The City of Calgary Map Gallery, available from your personal computer or mobile device.

To use the Map Gallery, simply go to [calgary.ca](http://calgary.ca) and click on the map link from the home page. Browse through the several categories available, and then click on the map of your choice.

See what services are available in your community or take the Historical Downtown Calgary Walking Tour – the Map Gallery has it all.



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

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Name	Age	Contact	Course
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Jordan	14	780-215-7558	Yes
Gracie	15	403-807-6893	Yes
Faith	17	587-892-2101	Yes
Marianne	18	403-909-8654	No
Sara	18	403-700-8675	No
Elmarie	57	403-702-2084	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

**BRAIN GAMES** **SUDOKU**

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**FIND SOLUTION ON PAGE 25**



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as “cat” is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example “The phrase ‘domesticated cat’ is an oxymoron” (George Will). Or “A god among creatures. Yet also a stray like me” (Tony Ross).

Some quotes reflect on a cat’s attitude towards us. “To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding” (Haskel Frankel). “Cats always know whether people like or dislike them. They do not always care enough to do anything about it” (Winifred Carriere). “Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings” (Oliver Herford).

Other quotes revel in the cat’s beauty and femininity. “Every cat is really the most beautiful woman in the room” (E.V. Lucas). Carol Lawrence says “They’re the most graceful, sinuous, sexy, truly sensuous creatures in the world”. My absolute favorite reflection by Robert Heinlein “Women and cats will do as the please, and men and dogs should relax and get used to the idea”.

Cat, a word synonymous with independence. “A cat is there when you call her - if she doesn’t have something better to do” (Bill Adler). “Cats know how to obtain food without labour, shelter without confinement, and love without penalties” (W.L. George).

We all know cats are smart. Hippolyte Taine said “I have studied many philosophers and many cats. The wisdom of cats is infinitely superior”. Carl Van Vechten noted “The cat seldom interferes with other people’s rights. His intelligence keeps him from doing many of the fool things that complicate life”. I agree with them and H.G. Frommer’s observation “Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn’t let on that he is”.

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared “Cats refuse to take the blame for anything – including their own sins”. Mark Twain wrote “If man could be crossed with a cat, it would improve man but deteriorate the cat”. And finally, “The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)”.

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

## IN & AROUND CALGARY

### How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

#### Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

#### Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check [www.calgary.ca/firebans](http://www.calgary.ca/firebans) to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting [calgary.ca](http://calgary.ca) and searching the term 'fire pits'.

### Friends of Fish Creek

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

#### Run for Fish Creek in the Scotiabank Charity Challenge!

**Sunday May 29**

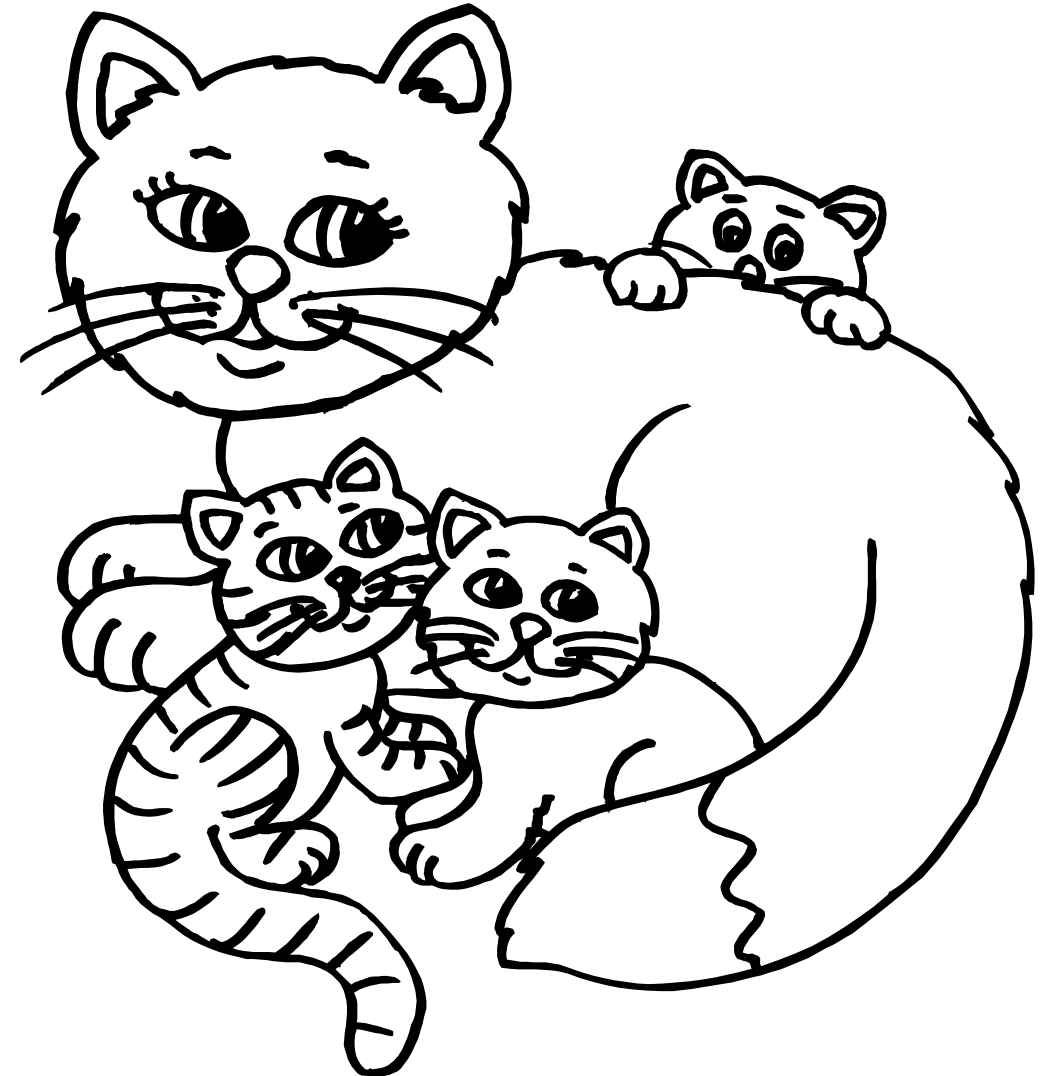
If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

#### A Journey through the Mountains and Meadows of Kananaskis

**Wednesday, May 25, 2016 — 7:00pm – 8:00pm**

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park  
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.







# Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!  
[www.youtube.com/watch?v=pY3S4aMzgxy&feature=fvw](http://www.youtube.com/watch?v=pY3S4aMzgxy&feature=fvw)  
[www.youtube.com/watch?v=VF-LITV1iRA&feature=related](http://www.youtube.com/watch?v=VF-LITV1iRA&feature=related)

By Alan Killian, CFP PGA of Canada

## IN & AROUND CALGARY

### Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

#### Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

#### Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

#### Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

#### Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit [calgary.ca/springcleaning](http://calgary.ca/springcleaning) for more details, locations and hours on the above programs.



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**Animal Trivia**

**Bats are the only mammals that can fly.**





## FENG SHUI

Barbara Shorrock

**Feng Shui** is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

**Living things** have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is

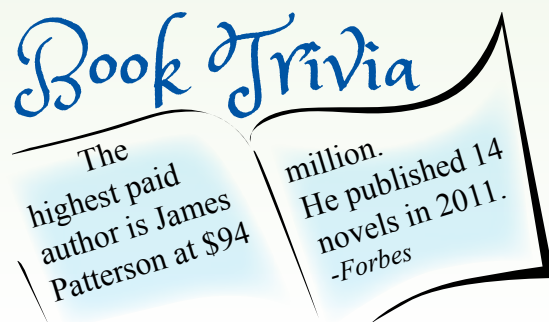
believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

**Pets** are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

### Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

**Barbara Shorrock** is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.



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[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or 403 268-1653

Greetings Ward 14!

Normally in May we would just be starting to venture out into the outdoors after our winter hibernation, but this year it feels like we have had several months of spring already.

**Spring yard waste drop-off at City Landfills**

There has also already been a month for you to bring your spring yard waste to City landfills free of charge. Why mention it now? Because you still have almost another full month left. All City landfills will be accepting leaves, branches, and plants until May 29, but make sure they are in a paper yard waste bag or left loose. Free mulch is also available at all City landfills until May 29. You can find details at [calgary.ca/waste](http://calgary.ca/waste).

**Preventing theft in Ward 14**

I recently came upon some very interesting statistics courtesy of the Calgary Police Service. They broke down Calgary's break and enter (B & E) statistics by community. In all, Ward 14 fared well in comparison, but a couple of salient points were apparent. Almost half of residential B & Es were unforced entries, and the vast majority of garage B & Es were unforced. Can you imagine how much crime we could stop by just locking our doors?

Here are some crime prevention tips from the Police:

- Do not leave garage doors open
- Keep the door to your attached garage locked
- Keep your front, rear, and patio doors locked, even when at home
- Do not leave valuables near the entrances in your home
- Do not leave your vehicles unlocked when parked outside
- Do not leave your garage door opener in your vehicle
- Close all windows and doors at night

They may seem like common sense, but sometimes that seems less common than it ought to be.

Two more key points: do not be afraid to report suspicious activity to the police, and get involved with your local community association. The police visit them regularly to share information and hear concerns. You can contact the police at 403-266-1234 for non-emergencies, and at 911 for emergencies.

**May Counciltalk**

As always, thank you to everyone who turned out for my April Counciltalk meeting. I learn new things every time, and I hope others do too. There are only two more Counciltalks before the summer. We will meet on May 14 between 12 p.m. and 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.). You will always be able to find details and future dates at [calgary.ca/counciltalk](http://calgary.ca/counciltalk), and I also send email reminders about upcoming Counciltalk sessions and other things. You can sign up for reminders at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

I hope you know that you can always contact me in a few different ways. For one, you can fill out the contact form at [calgary.ca/ward14](http://calgary.ca/ward14). You can also call or email. I do not usually include my phone number and email in the body of this column because they are shown in the header, but just in case they are: 403-268-1653 and [eaward14@calgary.ca](mailto:eaward14@calgary.ca).

Goodbye for now!

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

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

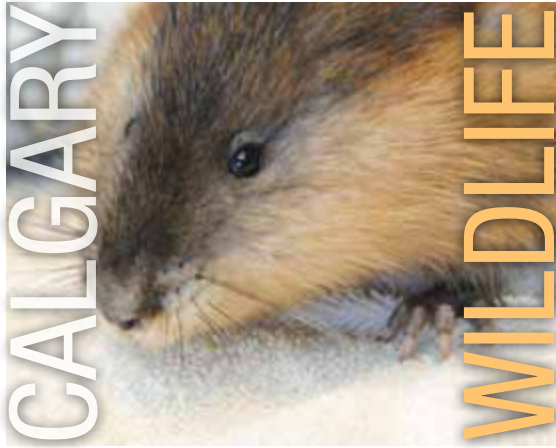
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Article by J. Turner  
Photo by Andrea S. H. Hunt

## Musk rats Hardy Little Creatures

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

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

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

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

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

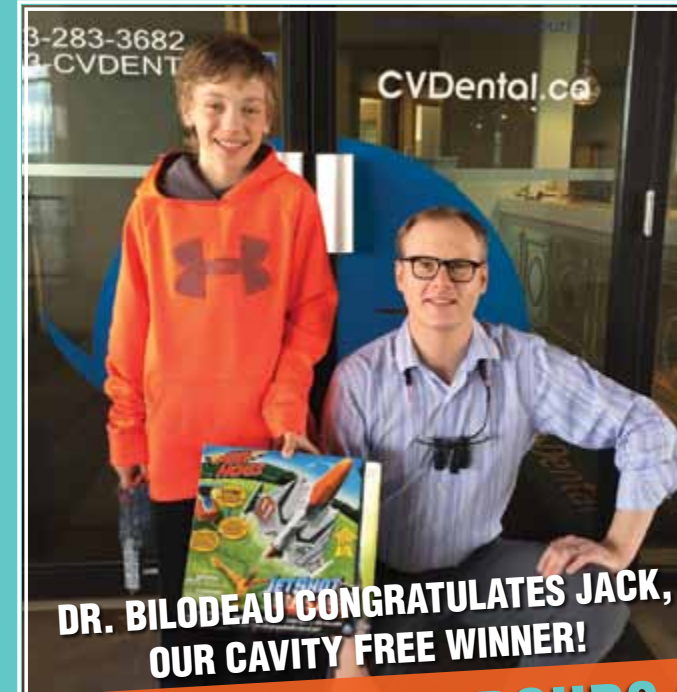
After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing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

What’s unusual about the muskrat?

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

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

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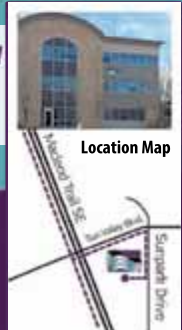


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