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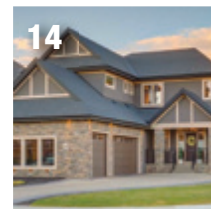
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(THE BEST) GUINEA PIGS!

Chinook. Photo by Alexander Litvak

CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to news@great-news.ca.

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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Editorial Submissions

news@great-news.ca

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Somerset **INFORMATION for SOMERSET RESIDENTS**



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website www.Somersetwaterpark.org.

QUESTIONS OR COMMENTS?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

VANDALISM

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

ANNUAL INVOICE

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.somersetbridlewood.ca.

Contact information:

SOMERSET RESIDENTS ASSOCIATION
Phone: 403-807-8736 Email: somersetresidents@shaw.ca; Website: www.somersetwaterpark.org.

Churches

Peace Lutheran
14640 6 St SW, Calgary, AB
T2Y 0E1. (403) 256-1439

The Church of Jesus Christ of Latter-day Saints
30 Everstone Blvd,
Calgary, AB T2Y 4S5
(403) 571-5613

Red Deer United Church
96187 178 Avenue West,
Foothills, AB T1S 2R9
(403) 256-3181

St. Patrick Parish
1414 Shawnessy Blvd SW,
Calgary, AB T2Y 2L7
(403) 254-6878

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SOMERSET & BRIDLEWOOD COMMUNITY ASSOCIATION

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T2Y 4T9
info@mysbca.ca | www.mysbca.ca

ELECTED OFFICIALS



Councillor Diane Colley-Urquhart
Ward 13 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA Rodney
Calgary-Lougheed
#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@assembly.ab.ca



MLA Graham Sucha
Calgary-Shaw
#328, 22 Midlake Blvd SE
Calgary, AB
Canada T2X 2X7
Phone: (403) 256-8969
Fax: (403) 256-8970
calgary.shaw@assembly.ab.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



Volunteer Links South Calgary

For full descriptions go to the website <http://calgaryarea.com/index.php?p=volunteer>

Alberta Cancer Foundations Events Office
Suite 120, 707 7th Ave SW Calgary, AB T2P3 H6
403.775.4676

Alberta Health Services
Calgary, AB
403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)
Calgary, AB
403.291.0002

Calgary Opera
1315 7 Street SW Calgary, AB T2R 1A5
403.262.7286

Calgary Public Library
616 Macleod Trail SE Calgary, AB T2G 2M2
403.260.2600

Calgary Reads
105, 105 12 Ave SE Calgary, AB T2G 1A1
403.777.8254

Canadian Mental Health Association Calgary
400, 105 12 Ave SE Calgary, AB T2G 1A1
403.297.1700

Canadian Progress Club
Calgary, AB
myraskerrett@shaw.ca
<http://www.progressclub.ca/calgary-city-centre>

Cerebral Palsy Association In Alberta
12001 44 Street SE Calgary, AB T2Z 4G9
403.543.1161

CNIB Alberta and Northwest Territories
15 Colonel Baker Place NE Calgary, AB T2E 4Z3
403.261.7225

CNS volunteer opportunities. City of Calgary
800 Macleod Trail SE Calgary, AB T2P 2M5
403.476.7224

CUPS Health Education Housing
1001 10 Ave SW Calgary, AB T2R 1M4
403.221.8780

Habitat For Humanity
210, 805 Manning Road NE Calgary, AB T2E 7M8
403.253.9331

Immigrant Services Calgary
1200, 910 7th Avenue SW Calgary, AB T2P 3N8
403.261.1120

Mary's Meals
PO Box 76144, Millrise RPO Calgary, AB T2Y 2Z0
1.855.702.0330

Meals on Wheels
5759 80 Avenue SE Calgary, AB T2C 4S6
403.243.2834





Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the concept

was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.

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The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/ubermoogle/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bards on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.

- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgary-wildlife.org for more information.

Somerset/Bridlewood mybabysitterlist

Name	Age	Contact	Course
ABC Babysitting	13	403-201-0247	Yes
Abdullah	14	587-889-4532	Yes
Alexandra	14	403-201-4971	Yes
Amber	31	587-438-4789	Yes
Andreea	14	403-202-5610	Yes
Ariana	25	403-470-8649	No
Ariana	12	403-993-9146	Yes
Brianne	18	403-999-6906	Yes
Brittney	19	403-464-0213	Yes
Carolina	39	calgarydayhome@yahoo.ca	No
Chayce	23	587-227-8296	Yes
Cynthia	16	403-276-4548	No
Dana	14	403-285-0209	Yes
Erin	16	403-254-2020	Yes
Gabriel	16	587-777-4616	No
Jewelyn	38	403-926-3703	Yes
Lili	12	403-483-2922	Yes
Lois	14	403-700-2331	Yes
Nicole	17	587-968-6201	No
Paige	13	403-201-0247	Yes
Rochelle	17	403-700-2881	No
Sabrina	20	587-500-8073	Yes
Shamaya	16	403-464-5443	Yes
Shay	15	587-899-3512	Yes
Sonya	21	403-389-5921	Yes
Yuliya	18	403-401-6283	No

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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.

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The Indoor Gardener

by Cindy DeJager

Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern

Microsorium musifolium 'Crocodyllus'
Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern

Nephrolepis cordifolia 'Lemon Button'
Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern

Adiantum raddianum 'Fritz Luth'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot

Humata tyermanii

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.
Platynerium bifurcatum
Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern

Asplenium nidus
Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern

Pteris cretica 'Mayi'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern

Microsorium diversifolium
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern

Most common indoor fern.
Nephrolepis exaltata 'Fluffy Ruffles'
Medium to bright light and high humidity
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde



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Ask Charles

I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

- 1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
- 2. collecting or offering or attempting to collect money payable for the use of real estate;
- 3. holding money received in connection with a lease or rental of real estate; and
- 4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a

property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at www.reca.ca.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with 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.



Last 12 Months SomerSet MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$421,250	\$415,000
December 2016	\$409,900	\$401,500
November 2016	\$412,450	\$408,750
October 2016	\$452,450	\$444,750
September 2016	\$412,450	\$402,500
August 2016	\$418,950	\$408,250
July 2016	\$452,394	\$441,000
June 2016	\$455,000	\$447,500
May 2016	\$429,900	\$421,000
April 2016	\$449,900	\$435,000
March 2016	\$450,000	\$447,000
February 2016	\$438,888	\$422,500

Last 12 Months SomerSet MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	8	6
December 2016	3	7
November 2016	7	8
October 2016	13	8
September 2016	4	6
August 2016	9	6
July 2016	13	10
June 2016	4	8
May 2016	10	8
April 2016	11	9
March 2016	11	7
February 2016	7	5

To view more detailed information that comprise the above MLS averages please visit somerSet.great-news.ca

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YOGA

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[4.5 km west of Spruce Meadows, off 22X, south of Red Deer Lake School]

Spring Classes start April 4th, 2017

Tuesday 9:30 - 11:00 AM

Thursday 7:30 - 9:00 PM

Beginners Welcome!

For more information, phone Tracy Borden at 403-281-5558 or email: jtborder@shaw.ca

CALGARY LAW DAY



APRIL 22, 2017 | 9AM - 3PM

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*Right bottom:
Redhead Duck
at the Bridlewood Wetlands.
Photo by
Pam Bloomfield-Hawkes*

*Right: Morning in
Bridlewood.
Photo by Lisa Hanson*

*Left: Photos were taken at
Bridlewood Wetlands Park
by Olga Osi*



URBAN SCENES





Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit worldofideas.ca for details.

Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library
March 21 | 7:00 pm

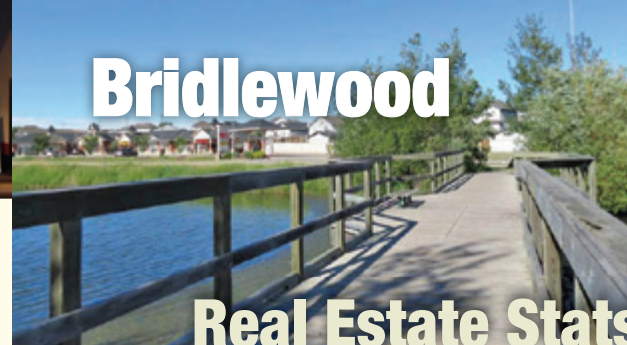
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Bridlewood



Real Estate Stats

Last 12 Months Bridlewood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$409,900	\$400,000
December 2016	\$382,450	\$372,500
November 2016	\$433,500	\$423,000
October 2016	\$389,900	\$385,000
September 2016	\$429,800	\$417,500
August 2016	\$389,000	\$378,750
July 2016	\$410,000	\$398,400
June 2016	\$439,450	\$429,950
May 2016	\$411,000	\$402,500
April 2016	\$394,450	\$387,250
March 2016	\$409,900	\$407,500
February 2016	\$423,900	\$402,500

Last 12 Months Bridlewood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	14	7
December 2016	5	4
November 2016	9	8
October 2016	11	13
September 2016	17	15
August 2016	14	10
July 2016	11	11
June 2016	18	16
May 2016	22	16
April 2016	14	12
March 2016	12	12
February 2016	15	9

To view more detailed information that comprise the above
MLS averages please visit bridlewood.great-news.ca

Calgary



Upcoming Information Session:

The City of Calgary invites citizens to attend an information session that will provide updates on four transportation projects in the area.

These projects include:

- Macleod Trail/162 Avenue S Interchange
- Macleod Trail/194 Avenue S – West Connection
- 162 Avenue S.W. connection (a Calgary-led ring road project)
- Spruce Meadows Way S.W. widening (a Calgary-led ring road project)

When: Wednesday, March 15, 2017

Time: 6-9 p.m.

Where: Bishop O'Byrne High School –
333 Shawville Boulevard S.E.

No RSVP is required.

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Tuesday, April 11:7:30 pm Compline @the Midnapore Chapel on 146 Ave. and Bannister Road

Wednesday, April 12:7:30 pm Tenebrae

Maundy Thursday, April 13:7:30 pm Holy Eucharist

April 14 - Good Friday:9:00 am (for children) & 11:00 am

Saturday, April 15:Easter Vigil - 8:30 pm

Sunday, April 16 - Easter:8:30 & 10 am Easter Services of Holy Eucharist
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FIND SOLUTION ON PAGE 32

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EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year 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 hot surfaces (stoves), or making contact with electrical outlets. 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 at least clean material to protect 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;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

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APRIL 8-9, 2017 KITTIES 'N' BLOOMS CAT SHOW – SHOULDICE ARENA

The 2017 Kitties 'N' Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: www.calgarycatshow.com



APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE – RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSC are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: www.calgaryjazzorchestra.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

❖April 1, MAKEFASHION 5.0 - Telus Spark Science Centre

MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: www.sparkscience.ca

❖April 7-9, Make it! The Handmade Revolution (craft show)

– **Big Four Building.** Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: www.makeitshow.ca

❖April 17-23, Calgary Underground Film Festival – various venues.

Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: www.calgaryundergroundfilm.org

❖April 18-May 7, Calgary Performing Arts Festival (formerly Kiwanis Festival) – Mount Royal University

In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: www.cpaFestival.ca

❖April 20, LOVE HER presented by Ovarian Cancer Canada – Hotel Arts.

LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: www.ovariancanada.org

❖April 21-22, The 2017 Dairy Classic Championship Show – Stampede Grounds

This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: www.ag.calgarystampede.com



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we've heard!

- 1. How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
- 2. How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
- 3. What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit's vet is the best person to tell you how much a rabbit should eat.
- 4. Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an "exotics" veterinarian – they have special training about how to look after rabbits!
- 5. Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at www.calgaryhumane.ca.

Happy spring everyone!

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Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to SB@great-news.ca



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 passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

Spring/Summer Program Guide

Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs from 12 months to 14 years.



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Register for Spring/Summer Programs

Registration for Spring/Summer programs (including day camps) starts Monday March 6 and Tuesday, March 7 an ongoing for pass holders and begins Wednesday, March 7 for non-pass holders.

Adults/Older Adults

Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Families

- Children's Drop-In activities: check out our new expanded schedule of parented drop-ins for preschoolers. Drop-In Playtime is now offered 5 times a week, Drop-In Gymnastics is 3 times a week. Plus Drop-In Crafts on Sundays, Drop 'N Go on Saturdays, and the brand new Storytime, Thursdays at 2pm. All drop-ins are free for pass holders.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

Children & Youth

Spring Break Day Camps: week-long and daily camps available. Choose from Adventurer Camp for 6-8yrs or 9-12 yrs or Aqua Adventurers for 6-12 yrs, all running March 27 to 31. Daily Spring Break Camp for 6-12yrs is also available for full-day, mornings or afternoons. Pre-care is available from 7 to 9am and post-care from 4 to 6pm.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less passes than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

South West Communities Resource Centre

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

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



The SWCRC is your local resource centre that helps families and individuals develop skills and build resilience to move forward when times are challenging. We are located in the Oakridge Coop Plaza and have a warm and welcoming space that is open and inviting to everyone who calls south west Calgary their home. Please stop by and let us tell you more about the programs and services we offer at **no-cost**. There is something for everyone!

Now Accepting Registration:

Positive Discipline in Everyday Parenting – Tuesday mornings April 11 to June 6th 2017.

Our social workers provide free parenting programs that teach children, youth and parents on how to manage behaviour, develop empathy, and enhance self-respect and respect for others. This 8 week course provides insight for parents of children of all ages and helps everyone manage stress, handle conflict and consider people's feelings. This popular course fills up quickly so give our office a call at 403 238-9222 if you are interested.

We are happy to partner with Chartered Professional Accountants who will be offering low-income families living in SW Calgary a **free** Tax Clinic on March 28th and 30th. If you are interested in getting your taxes done and your family income is less than \$50,000.00, call our office to register for a time at the end of March.

We are always looking for outstanding **volunteers** to help with a variety of tasks. This spring we are engaging community residents who are interested in social media, writing stories of impact, or have an interest in photography, please call our office if you would like to support our work. You can also follow along with all our news at www.facebook.com/calgaryswcrc or on [twitter@SWCRC_YYC](https://twitter.com/SWCRC_YYC).



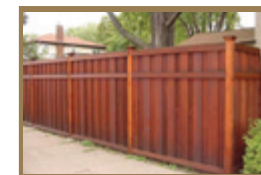
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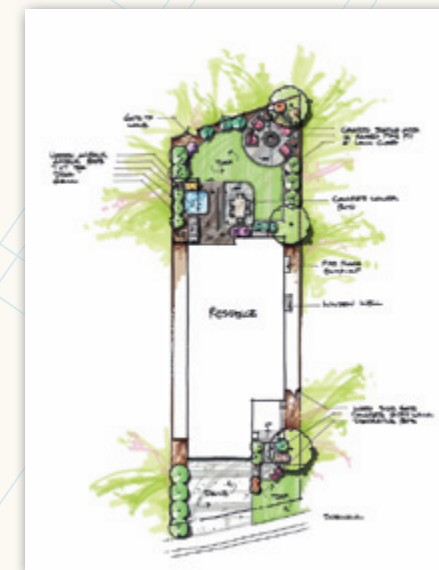


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Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

“Most children learn to use the toilet between the ages of two and three,” says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they’re peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children’s education in toileting began only “when they had an inter-

est in it and they seemed ready.” Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: “Oh, oh.” But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There’s no need to rush.

“Prepare yourself mentally and put all the other things aside for a couple of weeks until it’s dealt with,” Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. “You don’t want to push it so it turns into a negative thing.”



HOME GARDENING WITH BARBARA



The Bad and Noxious Guys

Barbara Shorrock

There are weeds and then there are noxious and invasive species. The latter are seriously bad for the environment, taking over and crowding out native plants that belong here and provide benefit to other flora and fauna.

Leafy Spurge (*Euphorbia esula*) is native to Europe and Asia. It found its way to North America in the early 1800’s and was first reported in Alberta in 1933. It is an aggressive invader and, once present, can completely overtake large areas of open land. It displaces native vegetation in prairie habitats by usurping available water and nutrients and through plant toxins that prevent the growth of other plants near it. The stems contain a white sap that is toxic to most livestock and is a serious irritant to human skin. Goats are unaffected by the sap and graze on the young plants without ill effect, but will only eat them in the spring when they are fresh and succulent. Sheep have also been used along with herbicides and flea beetles, to fight it. The small light green flowers produce massive amounts of seed, which explode from the seed pod and travel as far as 6 meters. In addition, the root system is deep and very efficient in producing new plants as it creeps extensively underground.

Scentless Chamomile (*Matricaria maritima*) is a member of the Aster family, having single, white, daisy-like flowers with yellow centers at the ends of each branched stem. It produces rapidly by seed, with a single plant producing up to 1 million seeds that are mature as soon as the flower forms. Seeds remain viable for up to 15 years in the soil and are readily dispersed by wind or water, on equipment and vehicles, or as a contaminant in soil, fill material, crop seed, and animal

feed. Seeds can float on water for up to 12 hours and new infestations are often found around watercourses. Not eaten by livestock, dense stands of scentless chamomile can reduce crop yields in hay fields, pastures, and other cultivated crops. Like many of our invasive species, it originated in Europe, and has no natural enemies here, except for man, who has found chemicals to control it. We are not terribly fond of herbicides in our parks, however, and mechanical and manual removal is our best line of defense.

Purple Loosestrife (*Lythrum salicaria*) has had a lot of press in recent years, as Alberta works hard to keep this species with no natural enemies under control. Native to Europe and Asia, Purple Loosestrife was likely introduced when its seeds were included in soil used as ballast in European sailing ships. The plant was also spread by early settlers and is still used in flower gardens and occasionally sold in nurseries today. The plant forms dense stands with thick mats of roots that invade and destroy wetlands, spreading over large areas, degrading habitat for native birds, insects, and other species. By crowding out native plants it reduces biodiversity. If you have *Lythrum* in your garden, you should consider replacing it with something less noxious. To dispose of Purple Loosestrife, put the plants in plastic bags, seal them, and put the bags in the garbage. Do not put them in the compost or discard them in natural areas. Discarded flowers can still produce seeds.

Barbara Shorrock is a writer, reader, traveler, retired realtor, ESL teacher, Spanish student and brand new great-grandmother! She can be found most first Wednesdays at the Queensland Garden Club, which welcomes all gardeners, experienced and new. We don’t care where you live.



Hamsters, Gerbils, and (the best) Guinea Pigs!

Small rodent-sized pets, otherwise affectionately known as pocket pets, include mice, rats, gerbils, hamsters and Guinea pigs. These little animals are not expensive to maintain and can be an entertaining pet, especially if space is limited. The basic requirements of most pocket pet species are similar and the life expectancy for most species is in the two to four year range; except for the Guinea pig which has a life expectancy of eight years.

Pocket pets should be kept in cages specially designed for their needs or aquariums with a good wire top. Openings in the wire should be small enough to prevent escape and not too large to allow a foot to be caught or twisted. Surfaces should be metal, smooth plastic or glass to allow proper cleaning. Cleaning should be done weekly with tunnels and small corners scrubbed with a bottlebrush. Chlorhexidine based cleaners are best. Many products make good bedding but avoid cedar shavings which can cause respiratory and skin problems, and never use straw.

Feed a commercial diet appropriate for your pet. Buy in small quantities and store food in sealed dark containers to ensure freshness, and that vitamin content is not diminished by exposure to light and air. Small amounts of fresh fruits and vegetables should be provided daily. Avoid abrupt changes in diet. Avoid iceberg lettuce, fruits with pits; and outdoor grasses or dandelions possibly exposed to chemicals. Clean food dishes daily and use dishes that cannot be tipped. Use an inverted water bottle and change the water daily. Monitor your pet's stools and urine for amount or change in appearance. This could be your first clue if a problem is developing.

Exercise is important, especially to Guinea pigs. Buy the largest cage you can and add the appropriate sized

wheel for hamsters and gerbils. Exercise balls are fun but can be dangerous; I once saw a Guinea pig left in a ball in direct sunlight dead of hyperthermia. Gentle handling allows you to monitor your pet for illness and reduces stress as your pet becomes comfortable with you.

A nest box is nice so long as condensation doesn't form inside and appropriate bedding allows air circulation. Toys make a more stimulating environment. Paper towel rolls, wooden spools, and most commercial products are great.

A hamster is probably the favorite pocket pet of the pet industry but it is a solitary territorial creature. Only get one! Guinea pigs, my personal favorite, need a much larger cage but it can be uncovered. Pigs can't climb, and they are social animals, so get two and you can have them spayed or neutered. Guinea pigs are prone to scurvy, a vitamin C deficiency, and they must be given a daily source of fresh fruit and vegetables. Guinea pigs need fresh hay, preferably Timothy hay, to aid digestion. I really like rats and they make wonderful smart pets. I had pet white rats at university, but unfortunately, it is illegal to own a pet rat in Alberta.

Obviously there is a bit to learn if you get one of these "pets in your pocket" so buy a book or get on the internet and learn about your prospective choices before purchasing. Our local Calgary Humane Society has pocket pets for adoption. Many veterinarians now treat these small exotic pets routinely as our knowledge of their care has increased exponentially in recent years.

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



New Year Resolution to Family Conflict

by Erin McLaughlin, Q.Med.

The holidays are over, our New Year' resolutions now a distant hazy memory. Life is getting back to normal. What does your normal look like? Is it the tranquil blissful state of your dreams or is it running from job, to home, to activities, to obligations, that leave you tired and resentful? Nowadays, stressful family life is the norm. Many of us find ourselves in the "Sandwich" generation pinned in by caring for children and parents while holding down a job. We need help caring for parents but siblings, for whatever reason, are not stepping up to the plate. Does it seem that asking for help appears to be begging and you don't have the time to figure out what exactly you need, let alone have the patience to verbalize it? Well you are not alone.

A 2013 study conducted by PEW Research states that 47% of adults in their 40's and 50's have a parent age 65 or older, and are either raising a young child or financially supporting a grown child (age 18 or older). About one in seven middle-aged adults (15%) is providing financial support to BOTH AN AGING PARENT AND A CHILD. Nearly four in ten (38%) say both their grown children and their parents rely on them for emotional support.

Is the solution to your stress to grit your teeth and bear it? Not necessarily, but you need a plan, a straightfor-

ward simple non-judgmental plan to have siblings come to the table to divvy up the responsibility. To calmly let people know how they can contribute. Simple but not easy. You need to set up the environment to make it conducive to having the conversation. There are 6 things you need to consider when setting up the meeting.

- Choose a quiet mutually convenient time. Don't try and squish a meeting in between groceries and laundry. About 2 hours should be enough time. After that you are probably too tired to make cohesive decisions.
- Neutral space without distractions where no one will feel at a disadvantage.
- Turn off your phone for the duration of the meeting. You need to focus on the task at hand.
- Use your best listening skills. You are there to discuss your needs, but do not dismiss their needs. Don't assume that you know what is happening in anyone else's life. No matter how close you are, you don't know what is going on with them unless they tell you.
- Do you hear what others are saying or do you just wait for them to stop talking so you can get your point across. If you expect respect give it.
- Write up a plan. No matter how in sync you may think you are, you may have a different interpretation of what heard the next day.

The most important thing you can do is to put your differences aside and have an honest open conversation. Not a pity party and not a blame game.

If you don't think you can do it on your own, use a mediator. They help facilitate the conversation and keep things on track to help you achieve a win/win.



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Back at the Legislature

Starting March 2nd the third session of the 29th Legislature will begin. I look forward to continuing work as the Chair of the Alberta's Economic Futures Committee and of course as your local representative. I would also like to have you know that I have been appointed as a member of the Child Intervention Panel. The purpose of this all-party panel is make recommendations to the government on how to strengthen the Child Intervention System. I look forward to working together with panel members from across the political spectrum as we focus, not on politics, but on the safety and wellbeing of children in care. The panel will first look at how to improve Alberta's child death review process, which

is intended to examine deaths and prevent future tragedies. Following that, the panel will examine the ways to improve the system as a whole. This will include meeting with experts and hearing from frontline staff and families impacted by the child intervention system.

Did you know?

- More than 10,300 children and youth currently receive child intervention services. This includes those in kinship or foster care, temporary or permanent guardianships, as well as those receiving supports while still at home.
- The public is also welcome to share their recommendations for improving child intervention in Alberta. Simply email your ideas to CIPanel.Submissions@gov.ab.ca.

In the riding

The past two months have been very busy in Calgary Shaw. I was honored to attend the ribbon-cutting ceremony for Providence Care Centre, a new continuing care center in Midnapore that offers both supportive living and long term care services. I have also attended two openings for schools in south Calgary. I am sure you know that south Calgary is rapidly growing so it is great to see new schools in the area to accommodate that growth. I am proud of our government's continued support for education across Alberta. I have also met with many of the community associations in the riding to stay up to date on the terrific work they are doing in their respective neighborhoods.

Upcoming events

Since spring is (hopefully) almost here, there are a number of events going on around the city. I encourage you to contact your community association to see what fun events they have planned. As for my own plans, my office will be holding an open house on Tuesday, March 28th from 4-7pm. It will be at our constituency office in Midnapore at #328, 22 Midlake Blvd SE. I hope to see you there!



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2017 Online Brochure Announcement

With the current economic challenges many are facing, it is as important as ever to stay connected to what is happening in our City. The City of Calgary offers an abundance of excellent services available to you and your family. I wanted to pull all of these resources together in one place just for you.

By visiting **CouncillorDiane.ca/OnlineGuide**, I invite you to learn more about this remarkable City, share your feedback, connect to City services, give your time to a worthy cause, join your Community Association, help your neighbours, and discover the amazing amenities our City has to offer!

I hope that this Online Guide will provide you with a gateway to being informed about what is available to you. I absolutely love this City and all that it offers to my constituents.

Calgary Woodcreek Lions Club Christmas Hampers Update

I donated \$2,500 from my Community Fund this past December to the Calgary Woodcreek Lions Club. The Lions Club members do such fantastic in Calgary. My Dad was a founding member of the Lions Club in Oyen many years ago, so I have a real soft spot for the Lions. My donation in part, made it possible to add an additional eight-member family to the list of Christmas Hamper recipients. All the families for whom the Club provided hampers for have been extremely grateful and were able to enjoy Christmas with their loved ones.

I had fun gift-wrapping alongside my buddies at the Woodcreek Lions Club for the Christmas Hampers. I thoroughly enjoyed the time spent doing so, and I am truly inspired by the Club. Thank you for having me and for putting me to work with the ribbons and wrapping paper!

Donating my Salary Increase to Our Syrian Refugee Family
The Calgary Catholic Immigration Society (CCIS) was

essential in coordinating the arrival and settlement for Government-Assisted Refugees (GAR) who came to Canada with the help of the federal government's response to the Syrian refugee crisis.

The Syrian family I was a part of sponsoring, arrived in Calgary last October to begin their new life in Canada. Our group was able to rent a home for them to move into and also raise enough money to fully support the family of three for one year.

The Mission Statement for our Group is, "We will support Syrians in their first year of living in Canada by appropriately allocating funds held by CCIS on the family's behalf. We will be assisting in other ways if possible, with the hope and intent to help the family integrate into the Canadian and Calgary communities, and to function independently."

In partnering with CCIS, they are assisting the family with all available Canadian government programs, but they will look to our Sponsoring Group to assist the family with their daily living needs and integration. Our Group helped raise \$42,000, which we are also responsible for allocating and distributing. We are all very proud that our combined efforts have assisted a family coming from war-torn Aleppo to live in a safe, caring community while continuing to build a successful life in Calgary.

BRAIN GAMES SUDOKU

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

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L: After the tragedy in Quebec, I was honoured to visit with our Muslim brothers and sisters at the SW Calgary Mosque. Acts of violence are not acceptable anywhere, at any time: let's find ways to live together in peace during this tumultuous period!
R: Despite the NDP majority and being the only PC MLA allowed to vote on the Committee for Families and Communities, I recently made four motions--and they all passed--unanimously! The NDP proposed a bill that would have done the opposite of protecting motor vehicle repair customers; so I am glad that I was able to help ensure the bill will never see the light of day!

Protecting the Rights of Constituents in Our Part of Town:

You might be interested in the following letter, which I recently wrote to the NDP Minister of Transportation...

URGENT NEED FOR IMMEDIATE CHANGE IN LOCATION OF SW CALGARY GRAVEL PIT SITE
Many of my constituents are pleased to see the SWCRR is beginning to be built--but I write to you today on behalf of constituents who have contacted my office in the past 2 weeks--who are very upset and angry that KGL has placed a gravel crushing operation on the land right behind their homes! A number of residents have been in direct contact with KGL; and some have actually been told that this was a fortuitous decision, if you can believe it. This is not in any way acceptable: there was no public consultation--and all they ever received were household notices--after the operation had already begun to set up on site! The operation is to run non-stop for several years, 9 am - 9 pm, daily. The level of noise--and the smell from an operation of this magnitude--will impact the quality of life of these residents in extremely negative ways. This brings damaging environmental impact on the community's air quality: not just with dust from gravel crushing, but also from the large loaders coming and going...for years!

Even though the site is located 400 meters from the homes, this does not guarantee that the heavy equipment will not be travelling close to the homes of the residents. Again, this is unacceptable. Alberta Transportation has indicated that it is unfortunate KGL did not inform them about the plans to locate the gravel crusher west of Bridlewood until after the public consultations were done; and they also communicated that Alberta Transportation expressed disappointment to KGL over this issue; but that is not good enough in this case!
With the full support of the Bridlewood Community Association and on behalf of their residents--we are formally requesting that Alberta Transportation intercede--and have KGL move this operation to a site which is much more appropriately further away from residents...this month. Your quick attention and action on this request is greatly appreciated.

> As soon as I receive a response, I will let you know!

Progressive Conservatives Actively Advocate for Concrete Child Intervention Improvements:

I am humbled and proud of our caucus for the continued support of the Ministerial Panel on Child Intervention, which held its first meeting recently. Despite being 3rd party opposition, it was the PC's who first suggest this Panel to address serious problems in Alberta's child intervention system! We are glad to see all parties finally getting to work on this critical issue so we can begin to save lives: the safety of our children transcends party lines, and we look forward to tangible outcomes that will address the serious problems in our system. While we are pleased to see the important work of the Panel finally underway, we were disappointed to find out that the public meeting was not live-streamed online--nor were television cameras permitted to record the proceedings (despite the NDP having the resources). This severely limits AB's ability to observe and participate in this process; so our PC caucus will live-stream the Panel's proceedings via our Facebook page--as we did for this first meeting. The more light we shine on the child intervention system, the better!



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