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Monday	CLOSED
Tuesday to Friday	
Lunch	11:30am - 2:00pm
Dinner	5:00pm - 10:00pm
Saturday & Sunday	
Brunch & Lunch	11:00am - 2:30pm
Dinner	5:00pm - 10:00pm

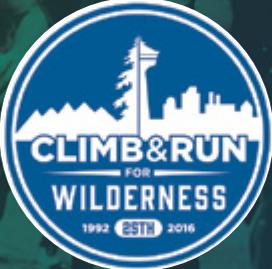
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BY THE LIGHT OF THE MOON

Gardening by the phases of the moon

- April 7 New Moon (waxing)**
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.
- April 13 First Quarter (waxing)**
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.
- April 21 Full Moon (waning)**
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.
- April 29 Last Quarter (waning)**
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

news@great-news.ca

Editorial Content DEADLINE

1st

of each month for the next month's issue

CALGARY PUBLIC LIBRARY

The Book Truck

Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

Central Library

To register, visit calgarylibrary.ca

IN & AROUND CALGARY

BIKE TO WORK DAY

FRIDAY, MAY 6

2016



Join in on the fun!

- 10 Energy Pit Stop Locations around Calgary
- Free Breakfast & Giveaways at Eau Claire Market
- Fun, fresh air, fantastic people & free stuff!
- Get on your bike and join other Calgarians on Friday, May 6th from 6:00 am - 9:00 am for Calgary's 10th Annual Bike to Work Day!

For more information or to volunteer, contact the Event Coordinator at jennaherbach@familylaw-balbl.com.

Like. Follow. Share. Connect.

www.bikecalgary.ca

f Bike to Work Day Calgary

t #Bike2WorkDayYYC

i #Bike2WorkDayYYC

211

211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>



Mount Royal Community Association

2317 10 St. S.W. • Calgary, AB – T2T 3G7
president@moutroyalstation.ca
www.moutroyalstation.ca

Elected Officials



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Calgary-Buffalo
#130, 1177 - 11 Avenue SW
Calgary, AB Canada T2R 1K9
Phone: (403) 244-7737
Fax: (403) 541-9106
Email: calgary.buffalo@assembly.ab.ca



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P.O. Box 2100, Station M
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Phone: 403-268-2430
Fax: 403-268-3823
Email: ward08calgary.ca
Web: www.calgary.ca/ward8



MLA Greg Clark
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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING MOUNT ROYAL
FOR 6 YEARS!

YOUR COMMUNITY business of the month

Alchemy Communications Inc.

Mount Royal Community

What's Your Story?

If Your Business Is Unique, Your Message Shouldn't Blend In

I'm Kathryn Bechthold, I lead the team at Alchemy Communications, a Calgary PR and marketing agency that partners with small businesses, entrepreneurs and nonprofits to raise their profile, deliver their message and grow their business. As a serial entrepreneur and business owner, I've personally experienced the power of a good public relations and marketing campaign, and launched Alchemy Communications to help other businesses achieve success.

Idea, Meet Your Market!

Alchemy drives engagement through innovative marketing and strategic partnerships so your business and brand generate sustainable profits and build your client base. Our media and business relationships are invaluable to build your brand and your bottom line. Our goal is to increase your visibility, reputation, recognition and your earnings.

Alchemy Communication's services include:

- Marketing Campaigns: inbound • digital • traditional • content marketing
- Public Relations and Communications: speech writing • pitches and press releases • community relations
- Media Relations: training • crisis management
- Content Development: content writing • copywriting • web content • blogging • email campaigns • newsletters • SEO and keyword strategy • annual reports • proposals
- Visual Marketing: video • graphics • animation • infographics • slide decks
- Social Media: strategy • content calendar • training
- Branding: logo development • messaging • consistency • recognition
- Non-profit Marketing: brand visibility • stakeholder engagement • fundraising campaigns

We understand the needs, priorities and budgets of small business owners:

- As the founder of The Mompreneur Magazine, I took my idea from concept to national publication.
- I'm the author of The Entrepreneurial Mom's Guide to Running Your Own Business.
- I speak across the country to small business owners, entrepreneurs and non-profits to help them leverage the power of marketing and PR to grow a business.
- In 2005, I launched Alchemy Communications to share my

knowledge and help other small business owners and entrepreneurs achieve their business goals.

We have a personal commitment to help nonprofit organizations promote their cause:

- My agency is proud of the work we provide to Calgary nonprofits.
- Our nonprofit clients enjoy increased success in their fund development and awareness campaigns as a result of our unique ideas and concepts that let them stand out from the crowd.

How to monetize your idea is a challenge faced by every entrepreneur who has a great idea, most need guidance to translate that idea into a business.

- Authors, artists, consultants, speakers, trainers, and other talented people need to promote their service to build a client list and generate income.
- Athletes, charities and schools benefit from strategic partners who support their efforts in return for brand recognition.
- Translating a failed idea into a relaunched and profitable business.

Alchemy's track record demonstrates campaigns that drive organizational change and increase impact.

Contact us today for a free consultation:
info@alchemycommunications.ca. Visit our portfolio and see what our clients say: www.alchemycommunications.ca.

alchemy
COMMUNICATIONS INC.

**IF YOUR BUSINESS IS
UNIQUE
YOUR MESSAGE SHOULDN'T
BLEND IN**

- PUBLIC RELATIONS
- INBOUND MARKETING
- GRAPHIC DESIGN

Idea, Meet your Market

alchemycommunications.ca
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5940 Macleod Trail SW, Suite 514
Macleod Place II
Calgary, Alberta
T2H 2G4



IN & AROUND CALGARY

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding "hidden" lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping, peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

Calgary Fire Department. Yours for life.

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Art of the world



Dogs Playing Poker refers collectively to a series of sixteen oil paintings by **C. M. Coolidge**, commissioned in 1903 by Brown & Bigelow to advertise cigars. All the paintings in the series feature anthropomorphized dogs, but the nine in which dogs are seated around a card table have become well known in the United States as examples of mainly working-class taste in home decoration. Critic Annette Ferrara has described *Dogs Playing Poker* as "indelibly burned into ... the American collective-schlock subconscious ... through incessant reproduction on all manner of pop ephemera."



MP CALGARY CENTRE HON. KENT HEHR

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

It has been over 100 days since I was appointed Minister of Veterans Affairs and Associate Minister of National Defence. Each and every day I am honoured and proud to serve those who wear—or who have worn—our nation's uniform.

The opportunity to work with my caucus colleagues from across Canada is rewarding, and being a strong voice for Calgary and Alberta at the cabinet table is a tremendous privilege and responsibility that I do not take lightly.

The Prime Minister has given me an aggressive mandate, one that I plan to fulfill through stronger relationships with veterans and the organizations that represent them.

During my first days, I participated in a number of Veterans' Week activities, including Remembrance Day ceremonies in Ottawa. This special day was humbling and concluded a week of learning and listening. It reconfirmed my commitment to ensuring that we get Veterans the care they need, when and where they need it.

Within the first month, I travelled across the country to engage with Veterans and Veterans' organizations, and held my first Veterans' Stakeholder Summit in Ottawa in December. Next, I travelled to Poland and Ukraine to meet our Canadian Armed Forces troops during the holidays and to thank them for their service on behalf of all Canadians.

Veterans will once again be able to access services in offices closed in recent years. And, we have already re-hired more than 175 front-line staff to provide more support to Veterans across Canada.

I know that times are tough for Alberta and Canada. In the first 100 days as a government, we have quickly begun work on key campaign promises that I believe will make a real difference in the lives of Canadians.

We have already reduced taxes to the middle class. This will put more money in to 9 out of every 10 Canadian pockets.

We have implemented a consultation process for pipeline projects that allows for industry, communities, first nations and people who are concerned about the environment to take part. I truly believe we are on a path to build public trust in our approach so that we can move forward in a thoughtful manner that will see success for our industry in the long run.

The Prime Minister confirmed that \$700 million in Infrastructure funds would start flowing to Alberta in the weeks ahead. Those investments in projects identified by our Provincial partners and their municipal partners will create thousands of jobs and generate economic benefits for our great province.

My first 100 days have been exciting and I look forward to achieving much more in the future. My door, and my mind, will always remain open to the input and ideas of Canadians. We were elected on a mandate of real change, and part of that real change is a commitment to evidence based decisions and consultation with all of you.



Our Pets And Unwanted Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

Jennifer L. Scott, D.V.M.

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CALGARY WINTER CLUB

SUMMER MEMBERSHIP: JUNE 1ST – AUGUST 31ST, 2016

This summer we are offering a three month trial membership so you can try the private club experience before you invest. There is no entrance fee required unless you decide to join. Come see our brand new, upscale, family restaurant, sports bar, private dining and adult only lounge.

THE CALGARY WINTER CLUB FEATURES:

- 2 Salt Water Pools with Lazy River, Hot Tub, Lanes
- 6 Indoor Tennis Courts
- 5 Badminton Courts
- 7 International Squash courts
- 10 Curling Sheets
- Indoor skating rink
- 10 Lanes of Bowling
- Fitness Studio
- Running Track (172 m)
- Multi-purpose Gymnasium
- Gymnastics Centre
- Climbing Wall
- Child Care, Preschool & Summer Camps
- 55+ Lounge and Activities
- Music Centre

COST: \$300 per family member. This fee includes all of your drop in use of the club from June 1 – August 31st, 2016. There are additional fees for summer programs, camps, classes.

*Limited number of trial memberships available

SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.

For more information or to book a summer trial membership, contact
Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com

MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **February 3 to May 29 - Herein We Dwell: Unexpected Images of Calgary in the 1890s:** A rare glimpse into the everyday life of 1890s Calgary is presented with little-seen historical images of early neighbourhoods and people. www.lougheedhouse.com
 - **April 22 to June 26 - Young Frankenstein:** Young Frankenstein tells the story of Frederick Frankenstein, Victor Frankenstein's grandson, and how he inherits the family's estate in Transylvania. With the help of two sidekicks, he tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
 - **April 28 to May 1 - Arab Nights Film Festival:** The Calgary Arab Arts and Culture Society presents the annual Arab Nights Film Festival at Festival Hall. The organization uses a variety of film to present a positive view of Arab life and society. www.calgaryarabartsociety.ca
 - **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first YYC Taco Fiesta kicks off on April 29. It is a week-long celebration of the best tacos in the city. The inaugural food festival comes to a close on May 5 with a Cinco de Mayo bash. www.yyctacofiesta.ca
 - **May 2 to 21 - Flora and Fawna's Field Trip:** As well as developing survival skills and creating crafts that your mom will love and put up on the fridge, the heartwarming play is all about the power of being a little bit different. www.lunchboxtheatre.com
 - **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend festival of free neighbourhood walking tours. Register to learn about different neighbourhoods and buildings in the city from passionate volunteers, and share your knowledge of the areas, too. www.janeswalk.org
 - **May 13 to 15 - Calgary Reads Big Book Sale:** More than 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
 - **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
 - **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/

calgary reads

Why and how to host a BOOK DRIVE:

It's fun and you can make a difference in the lives of children in Calgary!

A Book Drive is when you collect gently-used books that people are finished with and give them to someone else. Sometimes the books are sold to raise money to support the work of a charity.

Consider collecting books for Calgary Reads. We help teachers, families and community members help children learn to read with confidence and joy. We do this through programs, events and activities that build children's literacy skills and their love of reading and books.

If your family, neighbours, school, sports team, Girl Guides, Scout troop or work colleagues would like to collect books to support the work of Calgary Reads... there are two easy ways to hold a Book Drive:

1. A Central Collection Point: This donation spot can be in your school, office, home, or your club venue. Place boxes to collect the books. Let people know why and when you are collecting.

2. A Door-to-Door Book Drive: Distribute a flyer to homes in a chosen area. Detail your drive and the date that someone will be back to collect books. The homeowner puts the books they wish to donate in a bag and places them outside their front door on the day of the drive.

Books donated to Calgary Reads are used in two ways.

At this time of year we collect pre-owned adult and children's books (fiction and non-fiction) to sell at our annual fundraising event: the **CBC Calgary / Calgary Reads Big Book Sale** that happens in May. Year-round we welcome donations of gently-used or new books for children aged 0 to age 8 for our **Calgary Reads Book Bank** that, in collaboration with the **Calgary Food Bank**, brings books to children in Calgary who have few or none of their own at home.

Or, spread the joy of reading another way. If your group or community does not have an excess of books to give to others, start a 'Borrow-a-Book shelf' in the entrance of your business, club venue or school—or, stew-

ard a Little Free Library in your neighbourhood and keep books circulating!

CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

Friday May 13 • 9am – 9pm

TGIBs (Thank Goodness It's Books) Author reading 7pm.

Saturday May 14 • 9am – 9pm

Back by popular demand! **Jazz & Books Night!** Shop to the musical sounds of **Midnight Blue Jazz Society** with cash wine bar 6 – 9pm.

Sunday May 15 • 9am – 1pm

Childcare in the **Children's Story Tent** this morning with crafts and storytelling by Girl Guides.

Special Today! Fill the bag we give you with books for just \$25!

Other special activities during the Big Book Sale will be announced on our website as they are confirmed: calgaryreads.com

Donate books: We welcome donations of good quality, gently used adult and children books for the book sale! (We cannot accept encyclopaedias, dictionaries, text books, Harlequin Romances, Reader's Digest, cassettes, magazines or agendas)

Book collection locations, dates and times:

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

- Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm
- Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

- Tuesday to Friday May 3 to May 6 from 9am - 7pm sharp
- Saturday and Sunday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com



ASK SAM

Q: How important is marketing in real estate?

A: Marketing matters tremendously. I spend far more than most realtors on marketing — as much as \$300,000 a year — and that's a very strategic investment. Good marketing can make all the difference in a slow market. In fact, some of Calgary's "slowest" years in real estate have been some of my best, and my clients have seen great results.

samcorea



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Mount Royal mybabysitterlist

Name	Age	Contact	Course
Avery	14	403-891-8149	Yes
Chandria	26	587-227-4107	Yes
Connie	16	403-862-2081	No
Marisa	25	289-922-8544	Yes
Peyton	14	403-607-6025	Yes

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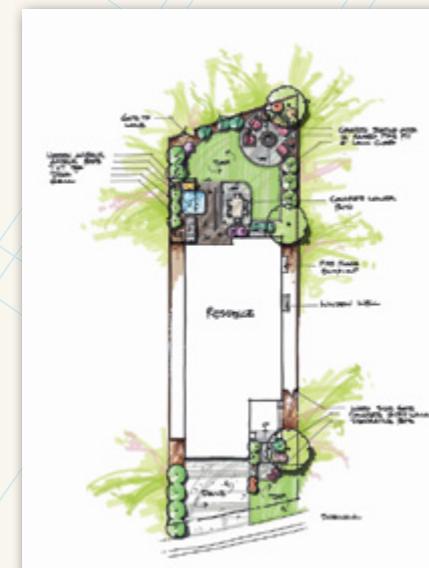
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Article by J. Turner
Photo by Andrea S. H. Hunt

The Porcupines – A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

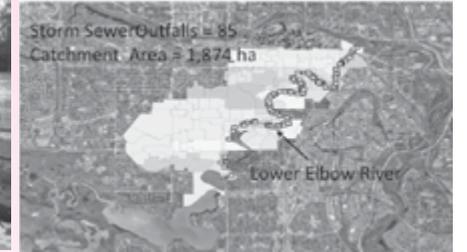
adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

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

"We All Live Downstream: Part 1 - Storm water Runoff and the Lower Elbow River"



What is storm water runoff?

When it rains or when snow melts, water not absorbed into the ground runs across the land often flowing into the nearest stream, creek, river, lake, or ocean.

As urbanization and development occur the amount of permeable land cover decreases and the flow of storm water across the land increases.

The problem with storm water is that as it travels across the landscape it picks up pollutants along the way. These pollutants can include: fertilizers, pesticides, oil soap, sediment, wildlife and pet waste, grass clippings, leaves and salt. If there are enough pollutants (quantity and concentration) entering a water body, water quality is effected which in turn affects the health of terrestrial wildlife, aquatic life and recreational users.

High storm water flows also contribute to erosion, flooding and drought. As an example a parking lot under a 25mm rain event will shed 16 times the amount of water as a meadow. In addition, storm water from hard surface areas flow into receiving water bodies at a

faster rate and with more energy not allowing time for absorption and recharging of groundwater and contributing to erosion.

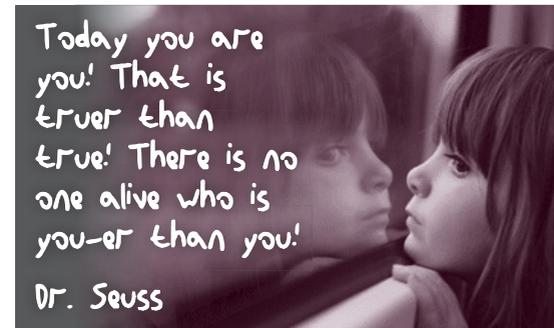
In established areas, developed before the 1980's in Calgary, all catch basins directed runoff to rivers and creeks without prior treatment. If storm water infrastructure has not been considered in the pre-development stage conventional storm water treatment is often difficult to achieve as space is limited and retrofits are generally expensive. **Here, is where it hits home on the Elbow.**

From the base of the Glenmore Dam to the confluence of the Bow River there are 85 storm sewer outfalls dumping untreated storm water into the Lower Elbow River. That is a lot of outfalls for such a small river. The sewers or catch basins drain a catchment area of 1,874 hectares (4,630 acres) located mostly on the west side of the Lower Elbow River. And yes, this untreated storm water does affect water quality, flooding and erosion in the Lower Elbow River.

Stay tuned for **Part II of "We All Live Downstream,"** next month. In the meantime have a look at the catch basins in your neighbourhood and imagine all that "stuff" ending up in the Lower Elbow River!

Robin McLeod

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)





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Veggie-centric: When referring to center-of-the-plate items, that usually means proteins, but that may be changing. Fresh produce as the star of the plate is being championed by more restaurants and culinary professionals, who are serving up vegetable-centric meals that are often vegetarian without being advertised as such. And even when animal proteins are included in the dish, the veg is still the main attraction. <http://www.restaurant.org/News-Research/News/2016-menu-trends-to-watch>

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MLA CALGARY-BUFFALO
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April is going to be a great month for Calgary-Buffalo! I will be spending Monday to Thursday at the Legislature in Edmonton, and will have Friday and weekends to spend at home in Calgary. Alongside my colleagues, we will be sitting for three consecutive weeks in session. I welcome your comments and concerns on any and all government business, and can be reached through my constituency office at: 403-244-7737.

I was able to spend two full weeks in March in the constituency, and had the opportunity to take an extensive walking tour of 17th Avenue SW – a retail and entertainment district at the heart of our city. With over 400 businesses on the Avenue, the area is largely made up of entrepreneurs and small businesses. Under the direction of the active 17th Ave BRZ, I met with small business owners, enjoyed an amazing lunch and sipped many, many outstanding coffees. It was a pleasure to connect with the 17th Ave residents, shop-owners and those who bring such vibrancy, dynamic thinking and innovation to Calgary-Buffalo.

On April 23, the Alberta Wilderness Association will be hosting the Climb and Run for Wilderness at the Calgary Tower in celebration of Earth Day. The stairwell of the Calgary Tower will be transformed into the Tallest Gallery of Public Art, showcasing over 150 wilderness and wildlife murals painted on the stairwell walls. While we appreciate the sights of Canada's great outdoors, there will also be a poetry contest, face painting and games, making this a great family-friendly event. I will be cheering on the climbers, runners and walkers at this event alongside my Caucus colleagues.

Last but not least, April marks the 50th Anniversary of my alma mater, the University of Calgary. Founded in 1966, the University of Calgary has more than 100,000 alumni living and working in Calgary – the nation's most enterprising city. I completed three degrees at the University of Calgary, and sincerely look forward to celebrating this pivotal anniversary with my fellow alumni.

MLA CALGARY-ELBOW
GREG CLARK



Leader - Alberta Party
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 calgary.elbow@assembly.ab.ca
 Twitter: @GregClark4AB

By the time you receive this newsletter the Second Session of the 29th Legislative Assembly of Alberta will have started. This spring we'll be debating a new budget and I'll be keeping a close eye on how the government addresses the serious economic challenges facing our province. They have some tough choices to make and I will again release my own budget to show Albertans how I would address these challenges. I will focus on job creation and support for the energy industry, while ensuring high-quality front line services are maintained while keeping the deficit to a minimum. We will also lay out our plan to purposefully diversify Alberta's economy by building on our strengths in energy, agriculture, logistics and technology.

I've also pushed for greater transparency for the NorthWest Redwater Refinery and have led the charge to ensure MLA's aren't able to claim extra money over and above their actual living expenses when in Edmonton.

Mental Health Review

The province has released the long-anticipated mental health review. You can read the full report and find more information here www.health.alberta.ca/initiatives/Mental-Health-Review.html.

I'm encouraged that the government seems to be taking this important issue seriously. For too long it has been difficult for people in need to access mental health services when they needed them, and as a result too many people have fallen through the cracks. I'm optimistic the government take action but I will work hard to ensure they follow through on the promise of this report.

This is a good opportunity to remind you of the mental health resources available in our community.

211 Alberta is a 'one-stop-shop' for convenient and stigma-free access to everything from advice on child-care available to information for seniors to mental health supports and suicide prevention. It's a multilingual service providing 24 hour information and referral system for thousands of services available throughout Calgary.

The Distress Centre is there when you need someone to talk to, 24 hours a day, seven days a week. You can reach them at 403-266-HELP (4357) or online at www.distresscentre.com. They specialize in crisis support and suicide prevention services for everyone, including peer support services for teens at www.calgaryconnecteen.com.

The Calgary Counselling Centre provides accessible one-on-one and group counselling services for adults, children and couples. You can learn more and register for counselling here www.calgarycounselling.com/counselling.

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~continued on page 25~

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Plant Trivia



According to blog writers Kelley House and Kate Norvell, both certified professional soil scientists, plant "litter" that remains after a harvest is called "residue." Leaving the residues in place over the winter, instead of pulling them up or tilling them into the soil surface, provides numerous benefits for the soil and your garden.

- <https://www.sciencedaily.com/releases/2016/02/160215124440.htm>

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Book Trivia

Margaret Mitchell wrote *Gone with the Wind* between 1926 and 1929. In her early drafts, the main character was named "Pansy O'Hara" and the O'Hara plantation we know as Tara was called "Fountenoy Hall."

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Do You Want To Hit The Ball More Solidly In 2016?

By Alan Killian, CFP PGA of Canada

I believe this is the most important skill in the game because when you hit the ball more solidly, you have more fun, it goes farther, straighter, higher, spins more and your distance control will be more consistent. If you are not striking the ball solidly and consistently, here is a check list for you to review along with a video tip demonstrating a great drill that should help you out:

Always start with a good review of your **set up/starting position**. Make sure you have good alignment, body posture, knees slightly flexed, arms extended but relaxed and "hanging naturally", and the ball position correctly positioned in your stance.

As you make your golf swing, ensure that your **posture is being maintained until after impact** by keeping your head "still".

Remember, as you approach your impact position, you want to ensure your body is rotating thus your **weight distribution** is moving more into your **target** side (trail heel coming slightly off the ground) compared to your starting position and that you deliver the golf club similarly to that of your address (similar posture, head behind the ball, arms extended, club squared). You also want to ensure that for shots from off the ground (fairway/rough), that your hands are just slightly ahead of the club head at impact (in other words, the grip end of the shaft is **slightly** leaning towards the target). This will

ensure a proper "descending" angle of attack into the ball with a divot being made **AFTER** ball contact.

The challenge for many golfers relates to excessive lateral movement during the swing which results in difficulty delivering the club head consistently into the ball near the bottom part of the arc of the swing (remember...the bottom of the swing should take place just AFTER impact, thus ball impact...**then** divot). This excess lateral movement **and incorrect sequence of motion often** results in hitting the ground first (hitting it "fat") or topping the ball (hitting it "thin"), etc. One great drill to fix this swing fault is to make some swings and hit some balls with a short/middle iron using the "mini swing drill" where your swing length is shorter, your stance is narrower, and your tempo is smooth. Another great drill is demonstrated in the link below by PGA Professional, Rick Smith. Please click on the link, watch the tip and practice both drills at the practice range and watch your ball striking improve!!

<https://www.youtube.com/watch?v=CoerfVLZF1U>

I hope you soon will be off to a great start to the 2016 golf season and remember to allocate some time to **practice with discipline!**

Good Golfing.

Alan R. Killian, CFP PGA of Canada

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.cssd.ab.ca/board-of-trustees/, Email: trustees@cssd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

We hope everyone had a wonderful Easter break blessed with peace and joy. As we celebrate spring, our district Planning and Construction departments remain busy, preparing for the opening of four new schools before the end of 2016 and six new schools in the coming years.

Did you know?

- The four schools slated to open before the end of 2016 include K-9 schools in the communities of Auburn Bay and Evanston and K-6 schools in the communities of Cranston and New Brighton.
- These new schools will help relieve overcrowding pressures at current receiver schools and they will also provide room for our district to keep growing. Years of extensive planning and public consultation goes into the decision-making process of every new school we open.
- Naming our schools is a very important part of the process and one of the initial steps to building community among the individuals who will learn and work together. A naming committee is developed for each school, which includes representatives from senior administration, Board of Trustees, parishes and the school council chair.
- The committee meets and reviews a list of potential names, which includes saints and prominent Catholic figures that reflect a commitment to gospel values, exemplary service to others and a willingness to journey in faith with God.
- The naming committee will select several suitable names and then gather input from the school community and parishes and review the data before submitting it to senior administration for final approval.
- In addition to reflecting our district's faith through school names, we also look to incorporate symbols of faith within the building construction. We add a cross to the outside of our buildings, but also look to add meaningful, religious symbolism in windows, floor patterns, foyers and other architectural elements.

For more details and information regarding new schools at the Calgary Catholic School District, please visit our website at www.cssd.ab.ca under Schools/Future Schools.

IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

HOME GARDENING WITH BARBARA



EL CHARCO DEL INGENIO

Barbara Shorrock

the nights were cold (zero plus or minus a few degrees) and the days sunny and dry. There was water in the reservoir (you could easily walk across the dam to the undeveloped part of the preserve) but our guides told us the reservoir would be dry by May, the month when rains typically begin. Within a few weeks, water will be pouring over the dam and flooding the canyon below, causing the revitalization of the flora where everything that has been patiently waiting bursts into leaf and bloom, creating a totally different experience for the human visitors. At the time of my visit, the landscape was dry and dusty, with little colour beyond the gold of the grass and various greens of the cactus. Many specimens have been rescued, such as the giant barrel cactus which grows up to ten feet high and lives for over a hundred years. Rescued plants often come as a result of road building or commercial development somewhere in Mexico.

The area has a rich history dating from Colonial times to the 20th century. Water was originally taken by metal aqueducts to factories in the town, powering industry. You can still see some of the pipes along the canyon walls. The permanent pool, deep in the depths of the canyon, arises from the main spring that gives El Charco its name. The pool can be seen from the trail, but it would take a strong and courageous hiker to get down to it, and then back up again. Regular tourists can just look and take photos from above, which was a relief. The greenhouse area is more manicured, with a great variety of stunning agaves, which are considered the "Tree of Life" for their many uses as food, medicine, textiles and ornaments. El Charco offers a variety of educational programs to both children and adults. There are also many cultural and musical events representing modern and ancient times. We saw an amazing picture of a small symphony performing a concert way down in the canyon, complete with grand piano. One visit to this garden is definitely not enough.

Barbara Shorrock is a gardener, book lover and keen traveler. She can be found at the Queensland Garden Club the first Wednesday of most months.

My January trip to **San Miguel de Allende** in central Mexico included a guided tour of **El Charco del Ingenio**, a botanical garden not far outside the city. The park is a nature preserve on both sides of a deep canyon with dam and reservoir. The preserve is large, covering many hectares, and primarily natural, created 25 years ago for the purpose of environmental conservation, and operated by a Mexican non-profit organization. The garden was inaugurated on July 1991 during a total eclipse of the sun, with much ceremony and fanfare.

There are three distinct **ecosystems** in the park: 1.) **Dry scrubland**, the typical landscape of the Mexican highlands, featuring tough grasses, cactus and trees like acacia. 2.) The **canyon** with its craggy rocks, caves, sheer cliffs and pools fed by natural springs. 3.) **Wetlands** surrounding the banks of Las Colonias reservoir in the heart of the garden with 13 man-made islands, created in co-operation with the Audubon Society to provide a variety of bird habitats for both indigenous and migratory birds. San Miguel has a large birding group who gather here in the early mornings and late afternoons to watch and photograph the impressive variety of species. Of particular interest is the "murmuration" of the Bronze Cowbirds as they assemble in great clouds to prepare to roost in the evening, their wings creating the distinctive murmuring sound like no other.

The areas we toured had hiking paths, art installations by local and international artists, and a large greenhouse which houses the species too tender to survive the local temperatures. Everything in this garden is native to Mexico, and is primarily comprised of cacti and succulents. Because it was winter

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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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- <http://www.ecolechocolat.com/en/news.html>

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