



THE CITADEL LINK

Volunteers
Needed for
Fundraising
Casino

SACA outdoor
Volleyball
Programs

Planning
a safe
Vacation

Happy Easter!



EASTER BRUNCH

**SUNDAY,
APRIL 8**

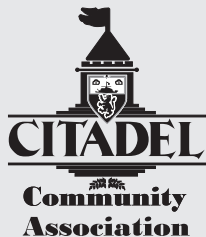
Join us for one of our feature brunches this year, where our talented team of chefs will dazzle you with specialty-themed cuisine



CANADA
OLYMPIC
PARK

RESERVATIONS REQUIRED
Contact Guest Services at 403.247.5452

Citadel Community Association



860 Citadel Drive N.W.
Calgary, AB, T3G 4B8
(Please note: this is only a mailbox)
www.citadelca.ab.ca
boardmail@citadelca.ab.ca
403-397-3454

Newsletter Submissions and Classified Ad Inquiries:
citlink@citadelca.ab.ca

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Public School Liaison: Corey Feodoroff
Volunteer Coordinator: Angela Henders

The Citadel Link is published 12 times a year and delivered to residents of Citadel by Canada Post. This newsletter is also available for pickup from local retail outlets.

Article submission deadlines are the 8th of each month, prior to the distribution month. The ad booking deadline is the 14th of the month, prior to the distribution month.



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For the best return on your advertising dollar, call Pam today at 403-880-1819 or email Pam@SuburbanJournals.ca

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Citadel Community Association Membership Drive

YES!

I would like to become a member of the Citadel Community Association

☐ NEW MEMBERSHIP

☐ RENEWAL

Current membership # _____

Date: _____

Name: _____

Address: _____

Postal Code: _____

Phone: _____

E-mail: _____

Number of People in Household: _____

Signature: _____

Would you permit the Association to contact you regarding Citadel events? ☐ Yes ☐ No

Would you permit the Association to contact you regarding Citadel volunteer opportunities? ☐ Yes ☐ No

Membership questions?

Email membership.cca@gmail.com

Mail this form, along with a cheque for \$25.00, to 860 Citadel Drive NW, Calgary, AB T3G 4B8 (note: this is a post box address only).



Privacy Policy – www.citadelca.ab.ca/privacy/

Community News

Citadel Residents: Tell Us What You Think!

Visit our website at www.citadelca.ab.ca and take part in our online poll, where we ask Citadel residents to voice their opinions on a variety of community issues.

Our current question is: ***Do you think the Citadel Community Association should make significant upgrades to the community rink??***

Visit us today to give us your feedback! If you have an idea for something you would like to see on the website, please email boardmail@citadelca.ab.ca.



Citadel Monthly Meetings

The Citadel Community Association Board normally meets the last Tuesday of each month at 7:00 p.m. in the boardroom of the **Hamptons Co-op**, unless otherwise specified.

Our next meeting will be held on **Tuesday, April 24th.**

Meetings are open to the public. Please email boardmail@citadelca.ab.ca for more information.



Winter Festival Cancelled

Due to unpredictable weather, the Winter Festival was cancelled this February past. We are working on alternate plans for next year, in case similar conditions (i.e., unseasonable warmth) occur.

With winter mostly behind us though, our events committee is gearing up for the annual Stampede Breakfast this July. Keep an eye out for information in the coming months in The Citadel Link.

We would like to thank **Run Digital** (www.rundigital.ca), the official printer for the Citadel Community Association, for their generous donation of signage for all of our events!

It's Your Link

The Citadel Link is your **link** into what is going on with the Citadel Community Association Board; it provides information on your community and city and it highlights topics of interest.



The newsletter is produced monthly, is distributed to every door in Citadel and is also available from the Citadel Corner at Esso.

We want to hear from you! Does the Link meet your needs? Is there some topic you would like to see covered? Are you interested in submitting your own article for possible inclusion?

Let us know your feedback by contacting citlink@citadelca.ab.ca.



Classifieds

MEET YOUR ACCOUNTANT IN YOUR COMMUNITY!

Personal Tax,
Business Accounting,
Corporate Tax.
Contact Ranjan
Nandy CGA. 403-
467-9712. Affordable & Timely service
guaranteed!

Volunteers Needed for Fundraising Casino

The Community of Citadel is starting to recruit volunteers for an upcoming Fundraising Casino. The date of the Casino is May 6-7, 2012 and will be held at the Elbow River Casino. We require a total of 40 volunteers for the two day event (food and snacks are provided). The shifts are: Day 10:30 a.m. – 6:15 p.m., evening 6:15 p.m. – 2:00 a.m. and night, 10:00 p.m. – 2:00 a.m.



If you would like to help out the Citadel Community Association please email Corey Feodoroff at qumafe@hotmail.com for more information.

Community News

Citadel Community Association Membership Benefits

Have you bought or renewed your Citadel Community Association Membership Yet?! October was the start of the new year. Membership to the Citadel Community Association gives you...

Cost: A one-year Membership to The Citadel Community Association costs \$25. Upon receipt of payment, you will be provided with a Membership card, which is valid from October to October of each calendar year.

Here's what you get for only \$25 a year:

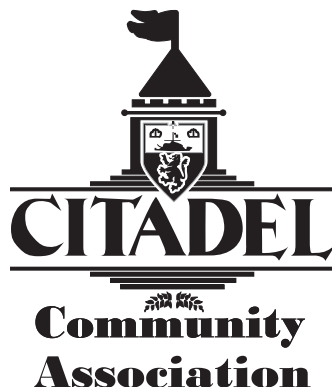
- Special Events (Stampede Breakfast & Winter Gala)
- The Citadel Link Community Newsletter Monthly
- Citadel Association website www.citadelca.ab.ca
- Ice Maintenance equipment and supplies
- Building fund for a future small community center
- Association and Public Meetings
- Annual Insurance Premiums for the community site and equipment
- Monitoring green-space maintenance quality
- Bulletin Boards
- Sports Association user fees and insurance
- Free access to tennis courts and basketball court
- One of the best community hockey rinks in the City
- Volunteer appreciation
- Landscape/Christmas Light Awards
- Citadel Block Watch is a sub-committee of the Citadel Community Association

Most importantly membership gives you a Community Association that

supports Citadel residents in a myriad of Community, City and Provincial issues, such as enhanced maintenance of the community, traffic concerns, program funding, local development, and much more.

Who Benefits from Community Association Funds?

- Residents who have concerns within the community. Volunteers with the community association handle these concerns and liaise with The City of Calgary, the province of Alberta, or the government of Canada.
- Residents who have children who use the hockey and free-skate rinks, tennis and basketball courts, play areas, parks, and Park 'n Play programs. These items are very expensive to maintain and replace.
- Residents who have children in organized sports. The community association pays for the insurance for these sports. This is why it is mandatory that parents must purchase a Membership if their children wish to register for organized sports.
- Residents who enjoy the safety of traffic lights at major intersections along Country Hills Blvd. It was the Citadel Community Association that was instrumental in getting the city to install these traffic lights.



Citadel Board News

Summer Skate Park is coming back to Citadel!

Citadel will be hosting the City of Calgary Summer Skate Park this summer. The board has committed the funds to this fantastic program. Dates and times to follow in the spring.

Badminton Nights at Citadel Park School

The Badminton Nights (beginning at 7:00 p.m.) are as follows: March 20, April 3, April 10 and April 24. May and June dates have also been secured.

Friday Night Youth Drop-In

The Friday Night Drop-In program continues until the summer. If interested, please 'drop-in' Citadel Park School on Fridays from 7:00 p.m. – 9:00 p.m.

Immigration Biggest Boost to Population

Canada's population increased at a faster rate than that of any other member of the G8 group of industrialized nations between 2001 and 2011, according to a recent report from Statistics Canada.

The population of Canada increased 5.9% during 2006 and 2011. Among the provinces, Alberta (+10.8%) had the fastest growth rate.

Immigration accounted for two-thirds of Canada's population growth during the last 10 years.

Community News

Calling all Babysitters!

Are you 12 years or older? Have you taken a babysitting course? (Available at the Crowfoot YMCA and other places).

If you would like to advertise your name, age, and phone number in future issues of the Link, with a parent's permission (for those 12 to 17 years of age), please go to the Citadel website and download the waiver form (<http://www.citadelca.ab.ca/groups-babysitters.php>). Get a parent to complete the form and send it to the Citadel Community Association at the address on the form. If at some point in the future you decide you no longer want your name on this list, then you must contact us via phone or e-mail and let us know.

Note: The Citadel Community Association and the Citadel Link are only compiling and publishing a list of names. We are not responsible for any other services with respect to this listing. The employer takes on full responsibility of interviewing and hiring the babysitters and the parents of the babysitters are responsible for screening the prospective employer of their child.

Available Babysitters:

Grace - 20 years old, 403-830-4149 (c) or 403-239-7690 (h)

Tyneka - 12 years old, 403-697-1460

Caitlin - 16 years old, 403-275-0516

Bailey - 12 years old, 403-208-0057 (h) or 403-796-7233 (c)

Kathy - Adult, 403-241-8896

Dannea Minty - 14 years old, 403-547-7477

Kassaundra - 12 years old, 403-453-4323

Megan - 13 years old, 403-651-1235

Alexander - 15 years old, 403-239-1011

Hailey - 23 years old, 403-366-5142

Vanessa - Adult, 403-247-8535



Breton - 12 years old, 403-239-2748

Cassandra - 12 years old, 403-208-5024

Andrew - 13 years old, 403-275-0516

Kamilah - 12 years old, 403-547-3197

Sadie - 12 years old, 403-239-7784

Elise - 15 years old, 403-286-3712

Seanna - 14 years old, 403-547-7799

Catherine - 15 years old, 403-719-6792

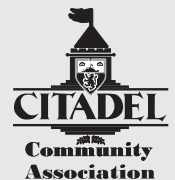
Chantal - 12 years old, 403-241-6836 or 403-241-9010

Emily - 14 years old, 403-276-6205



Classified Ad Form

Citadel Community Association



Name: _____ Telephone: _____ Email: _____

Please check the month(s) the ad will run:

☐ January ☐ February ☐ March ☐ April ☐ May ☐ June ☐ July ☐ August ☐ September ☐ October ☐ November ☐ December

Ad text (please print):

Amount Paid (enclosed with this form): _____

Payment Method: ☐ Cash ☐ Cheque (Please make cheques out to: Citadel Community Association)

Please fill out the form, put it in an envelope with your payment and place in the drop box at the ESSO station.

Fees per issue: \$15.00 for up to 25 words, \$25.00 for 26 - 50 words, \$35.00 for 51 - 75 words.

The maximum per ad is 75 words (no exceptions). Maximum number of ads per advertiser is 2 per issue.

DEADLINE: 5th of each month, prior to issue month. For example, for the March issue, the ad form would need to be submitted by Feb. 5th. For more info, please contact citlink@citadelca.ab.ca.

Community News

Alderman's Report

The issue of secondary suites comes up repeatedly with Ward 2 constituents, and I would like to provide some further information on this to constituents.

I have and will continue to oppose the introduction of secondary suites into developed communities or areas zoned RC1, without first conducting a full community consultation process. My reason is as follows: the biggest single investment most of us will make is our home. And, most of us put a huge amount of thought into where that home will be, how much it will cost and what we want from the community and street in which we choose to locate. The choice to locate in an area zoned for single family residential is generally deliberate, and the expectation is that the land use conditions within that community will not change without the community as a whole being consulted – be it the change from single-family to multi-family; or the addition of commercial or retail activities into the community resulting in changes to the overall community plan. In each case I believe the City has an obligation to consult with the community, to at least learn from the community's perspective the impact of the change and determine from the community how the planned change might be incorporated into the community. "Spot" zoning can have unintended consequences for the community as a whole.

For the past five or more years as a member of the Calgary Planning Commission I ensured that all new communities contained parcels specifically identified to accommodate secondary suites. The developers were very co-operative with this approach and identified lots – virtually always on a

laned parcel, often on corners where the dual flankage offered increased access and parking, and always within walking distance to proposed bus stops and retail areas. The concept was simple. First, provide the opportunity for those who wished to include the potential for a secondary suite in their home to select a lot where it was enabled; to ensure all who purchased in the community knew these opportunities were present and where they were in relation to the building site they were considering; to minimize to the extent possible parking and traffic issues resulting from secondary suites; and finally to provide an option for those living in the secondary suite the opportunity not to have to rely on an automobile for transportation – to work, to school or to simply get their groceries. These communities are now developing out and it will be several years before we know the impact of these decisions.

Late last year Council decided – without my support – that all single-family residences in new communities would be secondary suite enabled. New communities approved since that date all carry a land use which enables secondary suites in any property within the community. These communities will come into the market in the next year or so.

Council to date has resisted several attempts to simply have secondary suites permitted in all residential communities – developed and developing throughout the City. This 'inclusionary zoning' was advocated by Mayor Nenshi during his election campaign and will no doubt be brought to Council again by those advocating this action. And I will continue to oppose it – for the reasons stated above.

The consultation process I ask for has been described as onerous, cumbersome and expensive – and yet it is the same process which was carried out in some developed communities with huge success! The idea of secondary suites was not rejected out of hand, but rather embraced and accommodated on a planned basis – the result being increased density, vibrancy and harmony within the community.

Gord Lowe

Crowfoot Library

Programs for Children and Youth

- **Hippety Hoppety, Spring is on its Way:** Apr. 3, 10:30 a.m. – 11:00 a.m. Ages 2 – 5.
- **Teddy Bear's Picnic:** Apr. 24, 10:30 a.m. – 11:00 a.m. Ages 2 – 5.
- **Drop-in Family Storytime:** Wed. & Sat. 10:30 a.m. – 11:00 a.m. Ages 2 – 5.

Programs for Adults

- **E-Book Doctor:** First Monday of each month at 7:00 p.m.
- **Drop-in Computer Coaching:** Every Tuesday at 10:00 a.m.
- **Film Night:** Apr. 19, 6:30 p.m. – 8:30 p.m.
- **Plumbing 101:** Apr. 23, 7:00 p.m. – 8:30 p.m.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



Community News

Hawkwood/Citadel Scouts

Did you know that Citadel has a Scout pack that is thriving and looking for kids to join? The Hawkwood Scouting 214 pack is your pack and although the name says Hawkwood (as the pack was made prior to building Citadel), our Citadel members are equally important as our Hawkwood members.

As a mother of three boys, I've often wondered, "Why wouldn't you join Scouts?" Through scouting children develop respect for nature, volunteerism, and adventure, plus they build skills like teamwork, communication, tenacity, and basic outdoor survival. The benefits of joining Scouts far outweigh any hesitation regarding time commitment and cost. The cost is minimal - the Scouts use fundraising and volunteers to run the bulk of their programming - and the time commitment is as nominal or as encompassing as you want to make it. The Beavers, Cubs, Scouts meet once/week and the Venturers meet the 2nd and 4th Monday of each month. If you are the parent who wants their child to spend more time outdoors learning about ecology and life, Scouts is the place for you. Just think of the discoveries and newly-acquired skills awaiting your child!

December and January were busy months for our groups as they explored diverse venues throughout the

city. Our Scouts participated in: night hikes at Bowness Park; winter bottle drives; wood-working projects at the Home Depot; swimming; tours of the Operation Christmas Child Depot; Safety Boss (the fire-fighters who worked in Kuwait); newly constructed ice rinks (to learn about HVAC systems); the Police Station (drug awareness education), and the Chinese Cultural Center.

During March and April Scouts are encouraged to bring a friend to a meeting - so why not test out Scouts this month?

Upcoming Events:

- 1) Registration: June 6, 6:30 p.m. - 8:00 p.m. at St. Thomas United Church (100 Hawkwood Blvd NW)
- 2) Summer Camps: chinookcamps.ca

More Information about our Scouts pack can be found at our website: <http://www.calgaryarea.com/nw/hawkwood/scouts/hawkwoodscouts.htm>

Can you correctly name the Scouts groups?

Beaver colony (5-7 years-old)
Cub pack (8-10 years-old)
Scout troop (11-14 years-old)
Venturers company (14-17 years-old)

SACA Outdoor Volleyball Programs



The Scenic Acres Community Association will be offering recreational outdoor volleyball programs this Spring for anyone 10 years old or older (Grade 4 plus). Designed and Instructed by U of C Dinos Volleyball Players. Each program will run twice a week for 8 weeks starting the week of April 30th ending June 21st. Each session will be split into a half hour of skill development and a half hour of fun volleyball based games and scrimmages. Court surface will rotate between grass and sand as the weather permits.

Introductory class participants will learn the basic skills to be able to enjoy playing both grass or beach volleyball at a fun recreational level.

Intermediate level players will continue to develop their skills and learn to take their game play to the higher level.

Fees: \$99 for SACA members, \$129 for non-members

Schedule:

- Intro classes from 6:00 to 7:00pm on Monday and Wednesday or Tuesday and Thursday
- Intermediate classes from 7:00 to 8:00pm on Monday and Wednesday or Tuesday and Thursday

Registration is ongoing at www.scenicacresca.ca or through the SACA Office 403.547.9589.

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Buddha

Community News

École St. Luke School News

Easter: A Time to Celebrate New Life

The many lively activities and initiatives happening at École St. Luke these past few months make it clear that the school is a vibrant learning environment.

Throughout February and March, the school's focus on learning and achievement has been enhanced by many enrichment activities.

The Mardi Gras Dance was a successful, fun-filled event for both students and their families and friends. 119 families attended and \$6500 was raised for continued student enhancement initiatives.

Students at École St. Luke have been fortunate to have enjoyed so many enhancement initiatives this year. As part of our BPA+ Energy Grant funding, students participated in a one week Science Theatre residency by "Evergreen Theatre." Students worked with theatrical instructors to develop a classroom performance related to grade-specific science learning outcomes. The culmination of the week resulted in a school-wide theatrical performance on the afternoon of Friday March 16th.

Also in connection to our "Evergreen Theatre" Residency and our BPA+ Energy Grant-Funding this year, we will have French-speaking singer/song-writer Alex Mahé visit us this month to teach students songs in French. These songs will be directly related to what students learned in science during the "Evergreen Theatre" residency.

In February, Roger D'Allaire's "Vis-à-Vis" drama presentation engaged

students in all aspects of a dramatic production on the theme of finding happiness in life. Also in February, on Franco Day, students enjoyed French Canadian performers "Chakidor".



Grades 5 and 6 students also enjoyed their three day speed skating sessions at the Olympic Oval while Kindergarten to Grade 2 students enjoyed in-line skating. Grades 3 and 4 students will be taking swimming lessons later this month.

Meanwhile, the virtues project continued throughout the month of February. Students developed an understanding of the following virtues: modesty, moderation, mercy, loyalty and love. These five leaves have since been added to our St. Luke Virtues Tree, found on the welcoming bulletin board near the office as you enter the school.

Along with these activities, the end of the Lenten Season is approaching, and families at École St. Luke are preparing for Easter celebrations, the celebration of new life.

Students can enter the French Immersion program at École St. Luke in Kindergarten and Grade One. An enhanced ECS program at the school allows for full day care for Kindergarten children. A before and after school program at the school also provides flexibility for families. For additional information about École St. Luke, feel free to contact the school at 403-500-2039.

Arbour Lake School News

It is spring and that means we are beginning to plan for next year. Students of Arbour Lake School, and grade four students from Scenic Acres and Citadel Park, will be enrolled automatically. If you attend a different school, then please contact our main office to learn about registration procedures.

On April 23rd we will be hosting a student orientation for all students new to our school. This will take place from 10:00 a.m. to 2:00 p.m. Students will see the dress rehearsal of our spring production "Grandpa Knows Best", eat a hot dog lunch, and have a tour of the school and our programs. If you do not attend Citadel Park or Scenic Acres, then please call the school to let us know of your intention to attend.

On May 10th we will host a parent and child open house. At this time you can see the school, learn about our programs, and meet the staff. The open house begins at 7:00 p.m. in the main gym.

We would like to announce the appointment of our new principal. Karen Barry joins our community from her current position as system principal with Community Engagement and Operational Planning. Welcome Karen!

"Attention is the rarest and purest form of generosity."

Simone Weil

Community News

At Home and Away: Planning a Safe Vacation

Whether you're heading out of town on a weekend getaway or the trip of a lifetime, keeping your family and belongings safe is the key to a happy vacation. The Calgary Police Service recommends the following steps to reduce your chances of becoming a victim of crime.

Before you leave

Staying safe during a vacation starts at home – make sure it's protected while you're away by making it look like you never left:

- Check that all door and window locks work – and then use them.
- Keep curtains and blinds in their normal positions, or have a neighbour occasionally reposition them.
- Cancel mail and newspaper deliveries, and have someone remove advertising flyers.
- Put household lights and appliances such as radios on a variable timer so that they don't come on at the same time every day.
- Arrange for yard chores such as lawn mowing and snow shovelling to be done.
- Ask a friend or neighbour to park in your driveway.

- Check with your home insurance company about the length of time your home can be left vacant before it affects your insurance coverage. Have someone check on your property daily, if necessary, especially during the heating season.
- Don't pack up your car in full view of the street – use your garage if possible.

Packing your bags

Protect yourself by putting a little extra thought into what you're taking:

- Clean out your wallet or purse and take only essential cards.
- Don't take valuables – leave them behind, in a safety deposit box if possible.
- Use credit cards or traveller's cheques if possible – they're easier to replace than cash.
- Make copies of important documents such as identification and traveller's cheques. Take one copy with you and leave another at home with someone you trust.
- Wear a money pouch under your clothes or carry purses or wallets close to your body.

- Pack as lightly as possible and avoid using expensive designer luggage.
- Make a record of your luggage contents – keep it and any valuables with you.

Out and about

Tourists can be tempting targets for crime. Try as much as possible to blend in with the crowd, and always stay aware of your surroundings:

- Check maps before you leave for the day so you know where you're going.
- Stick to well-lit, populated areas; ask hotel staff about areas to avoid.
- Always lock your car, even when you're in it, and hide valuables in the trunk. Don't advertise that you're a tourist – keep maps and guidebooks out of sight.
- Ensure that everyone in your family knows where you're staying and what to do if they get lost or separated. Agree on a meeting place just in case.

Make your vacation a memorable one – be safe! For more crime prevention tips, visit www.calgarypolice.ca.

Children and Lead: Did You Know?

Lead can cause many harmful health effects, especially in children. Exposure to even low levels of lead can damage the nervous, cardiovascular and reproductive systems, and the kidneys. It can cause learning disabilities and other harmful conditions as children develop, and pregnant women must also be careful as lead can pass through the placenta and later can be transferred through breast milk.

One way to reduce exposure to lead in children is to keep your home as clean as possible. Dirt and household dust are among the main sources of lead for children under six years of age. Dusting, vacuuming and wet-mopping will help to keep dust levels down.

News Canada, www.healthycanadians.gc.ca/hazardcheck

In Our City

Calgary Connection

The Strengths in ADHD research study is recruiting children 8-11 years with or without ADHD to learn more about the strengths and supportive influences that can promote academic, social, and emotional success among these children. 1-2 visits to the University of Calgary. Free parking and refreshments, a \$25 gift certificate and a special toy! For info, contact 403-210-6726 or adhdkids@ucalgary.ca or visit www.ucalgary.ca/adhdkids.

The Calgary International Children's Festival is looking for volunteers aged 14+ from May 22-26. Visit www.calgarychildfest.org under 'Volunteer Opportunities' for positions.

Volunteers Needed: The Foothills Hospital, volunteer staffed, Friends Gift Shop, requires volunteers interested in providing compassionate retail service to patients, visitors and staff in a busy, beautifully merchandised retail environment. Experience not necessary as training is provided. Contact chris.paddock@albertahealthservices.ca.

Let's Clean the Bow! The largest group clean-up in the city is happening in south Calgary and you are invited to be a part of it on Sunday, May 6. Free childcare for kids under 5. Kids ages 5 - 12 can take part in a playground clean-up. A hot dog lunch will follow the clean-up. To register go to www.canyoncreek.ca or call 403-256-3167.

Help Us Investigate the Strengths in Children: The ASERT lab at the University of Calgary is currently recruiting typically developing children between 8 - 12 to participate in a study that is examining strengths in children with various developmental disorders. Participation involves 1-2 visits to the

UofC. Parking passes will be provided, as well as snacks, a small toy, and a \$25 gift certificate. For more info, contact 403-220-2112 or asdrsch@ucalgary.ca, or visit www.ucalgary.ca/asert.

Volunteers Needed: Home-Start (run through the Boys and Girls Club) is looking for volunteers who are Moms, Grandma's or individuals with parenting experience to visit young families. The time commitment is about three hours once a week. Training provided. For more info, call Marion at 403-660-6809.

10th Annual CBC Calgary Reads Book Sale: Friday, May 11 – Sunday May 13 at the Calgary Curling Club, 720 3rd St. N.W. One of the best opportunities all year to stock up on quality used books while helping struggling young readers learn the joy of literacy. We also welcome all volunteer applicants, and are particularly keen to speak to readers with a passion for specific genres. If interested, apply online at www.CalgaryReads.com.

Twins, Triples & More Association Spring Sale: Don't miss Calgary's largest sale of quality used children's items, all under one roof! Join us on April 28 at the Bowness Sportsplex (7904 43 Ave., N.W.) at 9:00 a.m. Admission only \$1 -with all proceeds going to help support Calgary area families with multiples.

The City of Calgary Recreation is Celebrating its Centennial in 2012: The theme for REC 100 in April is accessibility. Since 1912, Recreation has been breaking down barriers to support an active, creative and healthy lifestyle for all Calgarians regardless of income, ethnicity, or disability. A special accessibility insert has been created in the Spring Recreation Program Guide

available on stands and online at www.calgary.ca/recreation/programs. To learn more, visit www.calgary.ca/rec100.



Toast 'n' Jam registration: Are you a budding musician? Are you between 12 - 18? Do you have a band or sing solo? Then, Toast 'n' Jam is for you! Apply now to meet industry professionals, understand the music industry and play a gig at The New Black. Application deadline is April 20. www.calgary.ca/toastnjam, www.facebook.com/toastnjam.

Theatre Summer Camps for Kids: Looking for something fun and active to keep your child busy this summer? Calgary Young People's Theatre offers a brand new line-up of unique and exciting creative drama camps for kids ages 4 - 17. Check out www.cypt.ca or email cypt@cypt.ca or call 403-230-2664 for more information.

The Samaritan Club of Calgary: We are a women's charity dedicated to helping working Calgarians who need financial aide for sudden medical or daily living emergencies. Attend our Spring Garage Sale, Sat. April 28, 9:00 a.m. - 1:00 p.m. at Hillhurst-Sunnyside CC, 1320-5th AVE. NW. Household items, books, clothing for all, shoes, fine china, linens, toys, etc. Big Bargains. www.samaritanclub.ca.

Stewards of Children Program: Saturday, May 5 at 1:30 at St. Thomas United Church, 100 Hawkwood Boulevard N.W. A 3-hour session about how to help prevent, recognize and react responsibly to child sexual abuse. Registration fee \$20. Register by contacting pshier.stthomasunited@shaw.ca.

In Our City

Spaying or Neutering your Pet: Benefits and Beyond

When you choose to own a cat or a dog, you are making a commitment to care for that animal for the duration of their life. Proper care for your cat or dog includes not only providing food, shelter and exercise, but also licensing your pet and acting as a responsible pet owner by spaying or neutering your cat or dog.

Research has shown that spaying or neutering cats and dogs has benefits for the pet, the owner and the community. For example, spaying or neutering:

- Reduces or eliminates disease, infection and cancer of the reproductive system, increasing the likelihood that your pet will enjoy good health and a longer life.
- Reduces pet overpopulation and the thousands of homeless and unwanted animals that end up in rescue organizations and shelters every year.
- Eliminates crying, howling, nervous pacing and frantic attempts to get out and find a mate.
- Reduces or eliminates inappropriate spraying in males and heat cycles in females.
- Results in more social and affectionate pets that are calmer and more content to stay at home.

Since cats and dogs reach sexual maturity at approximately six months of age, it is recommended that pets are spayed or neutered prior to this age. Consult your veterinarian to discuss what the optimal timing is for your pet.

Two assistance programs are available in Calgary. The City of Calgary Animal & Bylaw Services operates the No Cost/Spay Neuter program which provides free spaying or neutering of cats and dogs owned by low income Calgarians. The MEOW Foundation

offers the Spay/Neuter Assistance Program (SNAP) to help low income cat owners with the cost of spay and neuter surgeries.

By spaying or neutering your pets, you help to ensure that all animals are

wanted and have a home.

For more information about the No Cost Spay/Neuter program, visit calgary.ca/animalservices or call 3-1-1.

Animal & Bylaw Services

Fostering Safe Communities: Graffiti

- Graffiti makes citizens feel unsafe.
- When graffiti is left in a community, it suggests to vandals that residents don't care.
- Graffiti left unchecked attracts more graffiti and other forms of vandalism and crime.
- You can help prevent graffiti by following the 3Rs: RECORD, REPORT, REMOVE.
 - RECORD the address where

graffiti is located.

- REPORT the graffiti by calling 3-1-1. If you see graffiti being applied, call 9-1-1.
- REMOVE any graffiti from your property within 72 hours.

For information on graffiti resources, call 3-1-1 or visit calgary.ca.

Animal & Bylaw Services

Sunshine May Be Lacking



Daylight Savings Time means more daylight hours, but not necessarily enough sunshine for our bodies.

The skin's exposure to sunshine helps the body to produce vitamin D naturally, say specialists in this field. Vitamin D is important because it helps your body absorb calcium and phosphorus—two minerals that are important in bone and tooth growth. It also helps the body regulate their use, so bones don't become soft and weak. In addition, more recent studies show that a deficiency in Vitamin D can be linked to a number of chronic diseases

including depression.

Here are some ways to avoid being vitamin D deficient provided by the Canadian Health Food Association:

- **Take a short walk outside**—A few minutes of non-burning sun exposure to the skin can make thousands of units of vitamin D naturally.
- **Consider a Vitamin D supplement**—But talk to your healthcare practitioner first.
- **Eat well**—Many foods that contain vitamin D such as canned wild salmon, cod liver oil, sardines and organic egg yolk.

News Canada, www.chfa.ca

In Our City

Screening Fences Update

The City is responsible for maintaining screening fences on public property, for their low-income housing, and on the LRT right-of-way. Do private property owners have to maintain a screening fence? The Bylaw is enforced only when the fence is dangerous or hazardous. Since the City asked developers to put screening fences inside private property lines, it was never the City's intention to maintain them. On private property, it is trespassing to repair or paint the fences, without permission.

Aldermen, representatives from City Law, Land Use Planning, Transportation Planning and Roads met on this issue three times in 2011. Community fundraising is their preferred solution, as there is little desire to proceed with a formal local improvement tax process.

Community groups should be responsible for conducting and paying for required title searches; obtaining copies of standard easement agreements from The City; distributing the agreements to affected property owners; and then submitting the signed agreements to The City.

- There are more than 200 kilometres of screening fences in Calgary and the City estimates 75% are on private property.
- The cost to register a signed easement agreement on title for an existing property is \$50.
- Easement agreements may be used to access fences, on existing as well as future private properties, for maintenance.
- These agreements would be voluntarily entered into by owners of properties with existing screening fences.

Signing may allow the community to help them with repairs. Even if the City opts to cover the registration costs, there will still be costs for fence maintenance. Although some lower-maintenance fences don't require repair as often, they are more expensive

to repair.

If the plan is approved, 311 will direct callers to the Roads' web link at www.calgary.ca and/or staff for assistance.

Anne Burke

LRT Parking Update

Calgary Transit introduced reserved parking for up to 50% of spaces in LRT park & ride lots, beginning in April 2011. The monthly fee for a reserved space is \$70. Customers may reserve a parking space either online or in person at Calgary Transit.

For 2012, revenue from reserved park & ride is projected to offset the cost of operating LRT parking lots. Reserved parking is full at Crowfoot and Somerset-Bridlewood stations with customers on waiting lists for these lots.

Enforcement is conducted in 5-7 lots each day between 8:00 a.m. and 10:00 a.m. On average, about 350 tickets for the \$40 fine are issued each month, to about 1% of the cars parked in the reserved areas.

Violations are highest at Crowfoot and Somerset-Bridlewood stations. The % of those who report parking in community areas near LRT stations has not changed. The free parking areas reach capacity between 7:00 am and 7:30 am, while the reserved spaces reach



their highest use by about 9:00 am.

As not all reserved customers use their spaces each day, the reserved areas do not reach capacity until after 10 a.m. (when the reserved restrictions end). The City is recommending lowering the price of reserved parking at some lots. The most common changes suggested by customers to attract them to use reserved parking are – “none, lower the price, return to the \$3 daily fee, and guarantee a plug-in”.

Park & Ride adjacent to LRT stations reduces the land available for transit-oriented development which generates more transit trips than parking does.

Anne Burke

**"There are no passengers on Spaceship Earth.
We are all crew."**

Marshall McLuhan

In Our City

News from the Friends of Nose Hill Society

We were asked “So are there any Native Gatherings that take place in Nose Hill Park, as well as other groups that have certain Spiritual Rituals and Ceremonies they might hold in the Park?”

There is a Sunrise Ceremony that I know of and the Native Heritage Site was established by City Council. The Aboriginal Urban Affairs Committee, which is a liaison between the City and the Chiefs and Councils of Treaty 7, is responsible for advising on these matters. The group is primarily composed of Aboriginal members (First Nations, Metis, and Inuit). They meet monthly and report to City Council through the Community and Protective Services Committee.

Nose Hill is a significant archeological resource because of its link to the First Nations People and their activities, celebrations, events, etc. The site relates to pre-contact use of the Hill over the past 9,000 years and is an excel-

lent vantage point from which to survey the surrounding landscape. While many archeological resources are well documented, some of the resources are not specifically identified to protect them. Other portions remain unexplored and little sub-surface testing has ever been conducted.

Plains Indians were living and hunting on Nose Hill for 100s of years. Bands, such as the Blackfoot, Sarcee, and Stoney, have used the Hill. Native settlements were temporary and seasonal, as the people followed herds of buffalo around the prairie. Nose Hill would have provided a great vantage point for spotting herds of buffalo. Teepee (tipi) rings are still evident in the park; unfortunately, many artifacts have probably been destroyed.



The first Europeans settled in the region in the 1700s. There was no significant development of the Hill until the 1800s. It has served as grazing land for cattle and horses and invasive species of vegetation have been introduced. The plateau of Nose Hill has been used for agriculture. In recent years, a gravel pit was located on the Hill.

Anne Burke, President

Community Funding

The Community Capital Conservation Grant (CCG) is a capital funding program that supports community associations (CA) and social recreation (SR) groups. Currently, there are 184 CA and SR groups that hold a lease or license of occupation with the City who are eligible to apply.

The CCG program supports building lifecycle plans, capital lifecycle projects, critical capital infrastructure, and helps in preserving community programs. Some of the needs are aging facilities, as well as less in revenues from gaming and the Alberta Lottery Fund. The City does not provide fund-

ing upon project approval, but reimbursements, and 10% of all approved projects are not completed.

Now there are several recommendations about how to improve the grant:

- Increase the maximum grant yearly per organization from \$125,000 to \$300,000; and % of City funding from 50% up to 75% of total project costs; with 100% for lifecycle studies.
- Include administration costs of projects.
- Groups may not use more than 1 city-funding source for a project.
- Any exceptions must be approved.

The proposed changes were approved at a Council Committee before being forwarded to City Council.

The lease and license of occupation agreements set out the legal relationship between community associations and social recreational organizations with the City of Calgary. These rules have been under review. A new report is due by December 2013. The City will report back on any issues with community associations; any proposed changes to the agreement; and their impact.

Anne Burke

In Our City

Bicycle Helmet Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is 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 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 your own 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 and comfort.

Alberta Health Services

Discoveries, Satisfaction and Disappointment

Percival's Planet (Henry Holt & Company) is a remarkable story about the discovery of the ninth planet in our solar system, Pluto. While the author, Michael Byers, acknowledges this is a work of fiction, a good number of the particulars on the Kansas farm boy, Clyde Tombaugh, who is instrumental in the discovery, are based on historical records.

The story is set primarily in Arizona in the late 1920s-1930 when astronomical discoveries were still a novelty. The discovery of Pluto is woven within the lives of other memorable characters, from a rich dinosaur hunter and his mother eventually devastated by the Depression, a deeply troubled beauty who lands in a mental institution, and Harvard-educated boys desperately trying to achieve.

The feelings of intense satisfaction as the characters achieve their dreams are soon replaced by feelings akin to disappointment in the ultimate discovery of Pluto.

Byers has written several *New York Times* Notable Books. This book is notable for the depth of its characters and the recreation of the rollercoaster of emotions that plague our lives.

Jean Andrews

Book of the Month

"Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific. Every negative experience holds the seed of transformation."

Alan Cohen

Your Health

The BEST Exercise is...

Time is tight during the week...Scratch that, time is tight all the time, but especially over the work week.

I've talked about the main thing that makes you fat (insulin) and how to avoid it and now I want to point out the BEST form of exercise to get and keep you lean.

First off, you're going to need resistance training. This is the biggest surprise of all to those women interested in fat loss. Increase your lean muscle tone and increase your metabolism. Fat is dead weight and doesn't take many calories to maintain. Muscle, beautiful shapely muscle, on the other hand, takes more calories to maintain so that you're actually burning more calories at rest when you add a bit of muscle to your frame.

Resistance training doesn't mean you need to 'join a gym'. You'd be surprised at how much muscle you can build with body weight exercises. For example, how many push ups can you do? Many ladies interested in women's fat loss workouts can barely squeak out one push up. Don't tell me that body weight exercises aren't challenging. Many people avoid them because, in fact, they are too challenging.

How many of you have a treadmill? Many people will get on a treadmill and barely break a sweat. They take twice to four times as long to burn half the calories. Who has time for that?

The second thing that you need to is to add HIIT, or 'high intensity interval training'. This is the MOST effective way to do 'cardio'.

An example of HIIT may be as simple

as doing a jog/sprint interval instead of going for a power walk or easy jog. You could do a minute of a jog followed by 30 seconds of a 'sprint' for 15-20 minutes. This would increase your metabolism for a period even after you're done your workout so that you're actually burning calories AFTER your workout.

It's unlikely that you would be able to burn the same amount of calories doing long slow boring cardio in even double the time. How much time do you really want to devote to this endeavor? Aside from eating up your time, long slow cardio tends to get

painfully BORING.

So, your best bet for fat loss then is to do resistance training and HIIT in combination.

Shawna Kaminski



Invisible Disabilities

One in six Albertans has a disability. For many, their disability is impossible to see, but its impact is no less substantial on every aspect of their lives.

Chronic conditions such as lupus, chronic fatigue, brain injuries, fibromyalgia and depression become invisible disabilities when they require lifestyle adjustments, such as stopping work.

The obstacles faced by people with invisible disabilities are considerable. For starters, many are difficult to diagnose, and sufferers find themselves constantly proving their symptoms are "real" to family, friends, employers and service providers. We tend to judge others when we can't see the disability, so the onus is constantly on the person with the invisible disability to educate others about their disability.

People with invisible disabilities also have a greater risk of depression as a result of chronic pain and fatigue. The

misunderstanding exhibited by others and feelings of isolation also contribute.

Self advocating for support may be the best option to overcome judgemental attitudes in others. This means telling people how your disability affects you and how they can help you cope. Disclosing your need for support to an employer, if done in a positive manner, can strengthen your working relationships and create a healthier workplace environment. Sharing your feelings and socializing with others who understand you and support you can generate more positive feelings. And reaching out to service providers can open up doors and connect you to others who share your experiences.

Accept and understand your disability, and ask for help. You are not alone, and there is a strong community ready and willing to help you.

Lisa Moon, Champions Career Centre

Food & Drink

Give Your Brain the Right Fat Every Day

Most of us know now that there are good and bad fats. The bad ones are saturated and trans fats that are found in various deep-fried sweet treats and fast foods just waiting to clog the efficient functioning of our arteries. The good fats are derived from certain grains and vegetables.

“The human body needs dietary fats every day for good brain function and a healthy nervous system,” says Dr. Doug Tkachuk at LifeLabs, a leading diagnostic centre. “That’s why nutritionists and dietitians are always reminding us to be selective, discard the bad fats and choose only the most beneficial ones, like omega-3.”

Data shows that the average North American still gets less than half of the daily recommendation of essential

omega-3 fatty acids. The typical daily diet contains about one gram, when ideally, it should include two to four grams for optimum health. Specialists in this field tell us that approximately 2% of our total daily calories should come from omega-3.

This particular fatty acid is found in a relatively small number of foods so take a look at this LifeLabs guide to get more omega-3 every day:

- **Fish and Seafood:** Salmon, halibut, tuna and scallops are highly recommended a few times a week.
- **Walnuts and Flaxseeds:** Add them to favourite recipes, to salads, soups, baked goods, and granola.
- **Beans and Winter Squash:** Make these a staple on your grocery store shopping list.
- **Olives and Extra Virgin Olive Oil:**



Add olives to salads, pizza, pasta sauces, or serve them on your pickle tray. Use high quality olive oil in cooking, salads, appetizers, and dips.

News Canada

Hot and Spicy: Firecracker Almonds

Makes 8 servings

Ingredients:

- 2 tsp chili powder
- 1 tsp curry powder
- 1 tsp garlic powder
- 1 tbsp olive or almond oil
- 2 cups toasted whole natural almonds
- 1/2 tsp hot pepper sauce, or to taste
- 1 tsp ground red pepper (cayenne), or to taste

Directions:

- Combine chili powder, curry powder, garlic powder and oil in a medium-sized skillet over medium heat. Heat until hot and bubbly.
- Stir in almonds, tossing until almonds are evenly coated and heated through, 3-4 minutes.



Photo courtesy of Almond Board of California

- Remove from heat and cool slightly.
- Stir in pepper sauce and red pepper.
- Allow to cool fully before serving.

News Canada, Almond Board of California—almondboard.com

Almonds Ideal Snack

According to Cynthia Sass, registered dietitian and author of the New York Times bestselling book *Cinch! Conquer Cravings, Drop Pounds and Lose Inches*, snacks including almonds are the smartest way to get through the day because they can help manage your cravings, satisfy your hunger and provide important nutrients.



Travel & Destinations

Yes, Virginia, There is a Shangri-La

For a small city that has been open to foreigners for less than 50 years, Lhasa, Tibet is remarkably welcoming to the thousands of tourists who now flock there and eagerly trek through its most sacred places, cameras in hand.

Long associated with the fictitious paradise of Shangri-La, Lhasa is the former home of His Holiness, the 14th Dalai Lama. While political differences with the Chinese government compelled him to leave Tibet for a life in exile in 1959, his former home is still a pilgrimage site for the world's many Tibetan Buddhists.

His palace, the Potala, dates back to the 7th century, and is a breathtaking 13-storey structure perched high above the city of Lhasa. While it is perhaps the most striking, the Potala is only one of many sacred temples, palaces and monasteries that attract both Buddhist pilgrims and curious tourists.

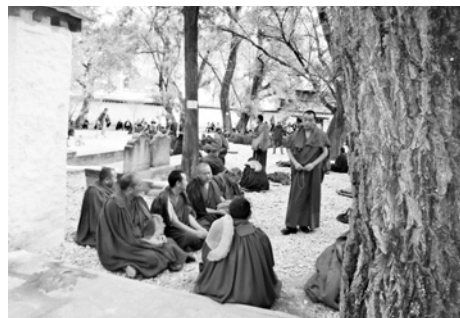
As a means of financing a threatened way of life, facilities and ceremonies which were once hidden from Western eyes are now open and accessible to tourists, including our small group of five. Prayer services, student exams and even activities in the monastery kitchens can be photographed for a small donation.

As the five of us shuffle through narrow, ornately painted hallways, past shrines and statues, we realize that, along with the much larger groups of Dutch, Italian, American and other tourists, we must be making life very difficult for the Buddhist pilgrims who are there not to snap photos, but to perform religious rituals and offer prayers.

I ask our shy, soft-spoken Tibetan guide

about this: are they not irritated by the presence of so many tourists in their holiest sites? He ponders this for a moment, then answers gently, "no, it is difficult but it is necessary."

And this may be the very best feature of Lhasa: its people. Physically hand-



some, spiritually devoted, warm and generous toward strangers, it is the Tibetan people who really make Western tourists feel they have, indeed, found the mythical land of Shangri-La.

Maryann Bredin



Flying The Germy Skies

We asked Sherry Torkos, a pharmacist and the author of *The Canadian Encyclopedia of Natural Remedies*, to explain why air travel makes us more susceptible to catching colds and flu.

"The most important thing is the most obvious," says Torkos. "Studies show that people who wash their hands seven times a day have about 40% fewer colds than the average person. And that's in regular life. Airports welcome viruses from all over the world, so washing your hands becomes that much more important."

Once you're on the plane, do what you can to stay out of the "hot zone." The Centers for Disease Control and Prevention describes the "hot-zone" as an area 2 x 2 x 2: if you're sitting within 2 seats of a sick person, whether beside them, behind them or in front, you're at the greatest risk of catching their illness. According to Allison Janse, co-

author of *The Germ Freak's Guide to Outwitting Colds and Flu*, on a typical plane of 100 passengers, about five of them will have a cold or the flu.

"Since you usually can't change seats, even if you're sitting right next to someone who's sick, I recommend two things: carry a little bottle of hand sanitizer in your carry-on, and take Cold-FX for the week before your trip and until you get home again," continues Torkos.

It's also important to stay hydrated. "The air in planes is very dry—it's like being in a desert," says Torkos, "and when nasal passages dry out, they become less efficient at fending off viruses. Drinking lots of water will help keep your immune system strong, and help you avoid jet lag, too."

News Canada

Home & Garden

Low Maintenance Gardening Catches On

Gardening ranks as one of the most popular leisure-time activities in Canada. Even so, most of us have busy schedules and can't spend the time beautifying our properties that we would like to. This is why low maintenance gardening is catching on in a big way.

"Many homeowners want a lawn and garden that requires less labour but still looks well maintained," says Home Hardware's gardening expert, Mark Cullen. "With some thoughtful planning, you can create landscapes that demand less upkeep and allow more time to enjoy their beauty with friends and family."

Cullen offers the following tips to create a beautiful low maintenance garden:

- **Proper soil preparation.** Soil is at the root of your garden's success and

it benefits from a yearly application of organic matter, such as composted cow or sheep manure. Without it, soil becomes less fertile over time. By adding 2 to 4 centimetres of new organic material in either the spring or fall, your lawn and garden will have nutrients to last all year long.

- **Use mulch.** Mulch is the low maintenance gardener's secret weapon. Among its many benefits, organic mulch will improve the nutrient content of soil, reduce weeding and the need to water, and will protect the soil from temperature fluctuations.
- **Proper irrigation.** To save on both water and time, a quality soaker hose can be placed in your garden prior to applying mulch to minimize evaporation and gently water where it is needed most—the root zone.

News Canada, www.homehardware.ca

Measure Your Savings

With rising energy costs, many homeowners are looking to save money any way they can. One sure way is to get the most out of the money you spend building, buying, or operating your new home. By becoming more familiar with the EnerGuide rating system (ERS), more and more homeowners are taking charge of the way they use energy in their home.

Administered by Natural Resources Canada, the ERS is used to design more energy-efficient homes and it can be used at the beginning, during and after the construction of your home.

Your builder works with an energy advisor to determine the energy efficiency upgrade package that they can offer you for your new home.

After your house is built, the energy advisor visits the home to verify that the energy-efficiency upgrades were included as planned. You are provided with an evaluation report and official EnerGuide label that shows the level of energy efficiency of your home.

News Canada, www.newhomes.nrcan.gc.ca

New "Radical Look" Smoke Alarm



Interior designers, homebuilders and home owners have been quick to embrace the arrival of new, low-profile smoke and carbon monoxide alarms on the market.

"Alarm designs have not changed much since they were first introduced over 25 years ago," says Carol Heller, a safety specialist with Kidde Canada. "So this new radical change in design raised some eyebrows at first. But now it is proving quite popular with new home builders, renovators, and people looking to make sure their design style is not compromised when it comes to fire protection for their family."

Kidde Canada manufactures more than 80% of all smoke and carbon monoxide alarms sold across the country. The company's new Silhouette line of both smoke and carbon monoxide (CO) alarms is considerably lower profile than traditional alarms. The units are wired into a home's electrical system, but feature a sealed rechargeable battery for back-up in case of power outage, lasting for the life of the alarm. For smoke alarms this is 10 years; CO alarm lifespan is seven years.

News Canada, www.kiddecanada.com