

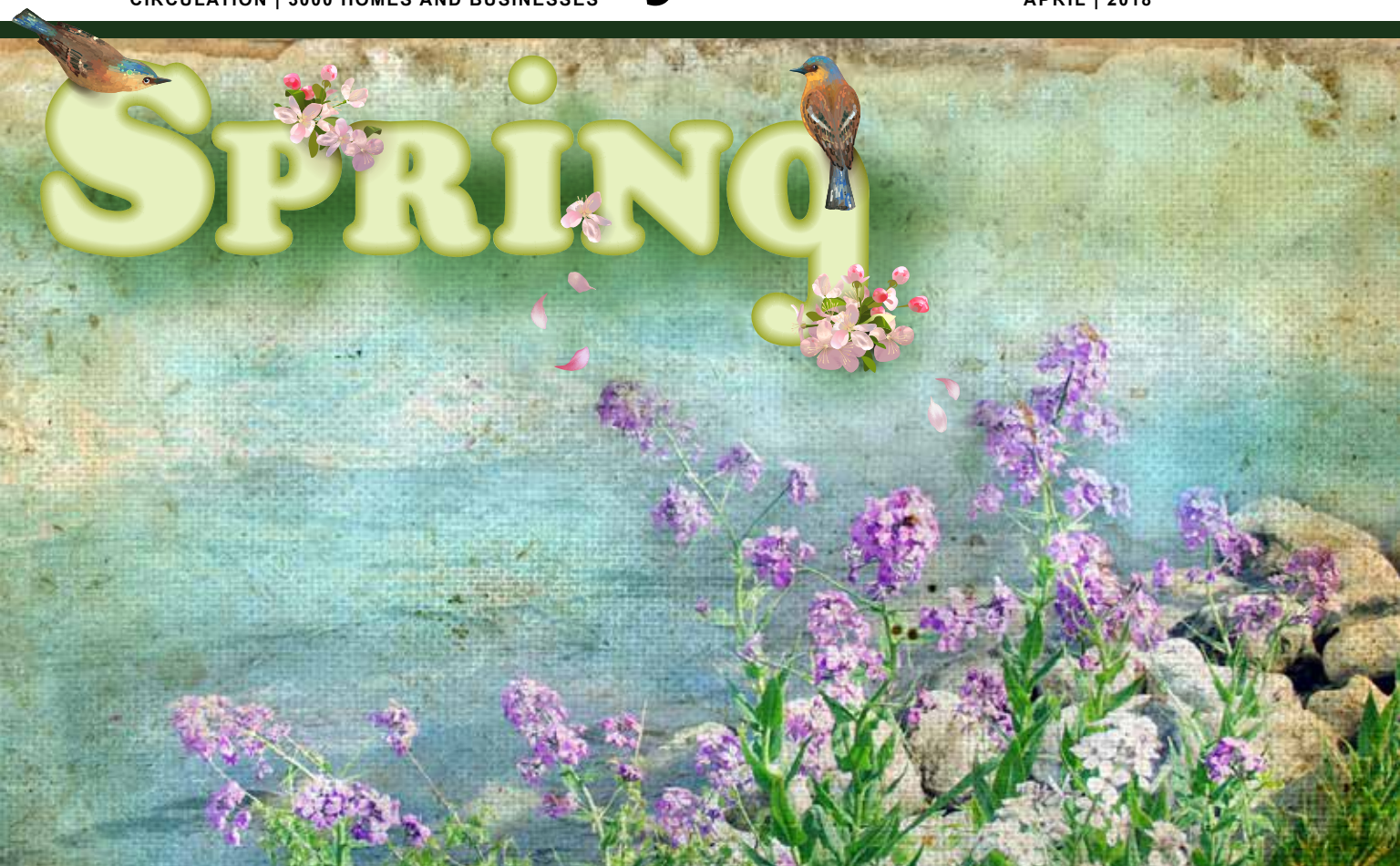
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Shawnee  Evergreen
Community Association



YOUR OFFICIAL
Community Newsletter
CIRCULATION | 3000 HOMES AND BUSINESSES

APRIL | 2018



PURCHASE YOUR CA MEMBERSHIP ONLINE:

WWW.SHAWNEE-EVERGREEN.CA

FEATURED ADVERTISER

Calgary Cat Show

SEE AD ON BOTTOM OF PAGE 2.

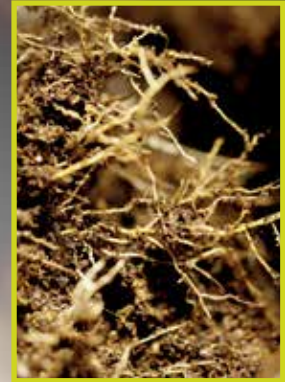
Happy Gardening! Gardeners say it all the time, but what does it actually mean? In the simplest way, it just means to have a good time gardening, but did you know that dirt itself can make you happy? Not just in the way gardening is a fun and satisfying hobby, but scientifically.

According to studies done by Mary O'Brien, an oncologist at the Royal Marsden Hospital in London and later, Dr. Chris Lowry at the University of Bristol and University College London, it seems the culprit is the bacteria *Mycobacterium vaccae*. This particular bacterium appears to be a natural biological antidepressant that is present in soil and has no discernable adverse health effects. Just a tablespoon of earth can contain as many as 50 billion microbes of which the *Mycobacterium vaccae* bacteria are just a portion. This bacterium seems to work on us like antidepressant drugs such as Prozac.

Interest in this natural miracle arose after cancer patients were treated by O'Brien with *Mycobacterium vaccae* as a cure for lung cancer. Although the treatment failed as a cure, subjects unexpectedly reported increases in happiness, vitality and quality of life. Lowry tested the theory on mice and reasoned that this effect could be caused by activation of neurons in the brain that contained serotonin.

Serotonin is a chemical messenger that's believed to act as a mood stabilizer. It also assists in motor skills, healing of wounds, digestion and bone health. It helps produce healthy sleeping patterns and is commonly linked to feeling good and living longer. Conversely, a lack of serotonin is linked to depression, anxiety, obsessive-compulsive disorder and bipolar problems.

These antidepressant microbes are easy to utilize as they are introduced to our bloodstreams through physical contact with earth and by breathing them in. To reap the benefits, all you need to do is garden. Perhaps we should all be spending more time playing in the dirt!



Most avid gardeners say that their green spaces are happy places; that gardening is a stress reducer and mood lifter. Therefore, the presence of a soil bacteria antidepressant isn't surprising to them. The science is fascinating, but not shocking to the happy gardener.

After this past long and cold snowy season, simply wipe out your winter blues with a quick whiff of soil! Need motivation to hoe out weeds, plant trees or sow that garden? Worry not. Just rub some dirt on your hands, take a deep breath and carry on. You have harnessed the natural antidepressant in the dirt! You'll be happier, healthier and getting things done in the garden.

Happy Gardening!



COME & CELEBRATE CATS - APRIL 14-15, 2018

Bring your family and explore the amazing world of cats! See the majestic Maine Coon, the hairless Sphynx, and for the first time in Calgary the unique Lykoi or Werewolf cat. This event is for cat lovers to celebrate cat culture and to raise awareness of local cat rescue organizations. There will also be many vendors selling both human and cat products. You will be purr-fectly enchanted!

Location: Village Square Leisure Centre Arena, 2623 56th Street NE, Calgary, AB T1Y 6E7

Admission Prices: \$6 Adults; \$2 for children 6-12 and under 5 Free; \$4 for Seniors 65+ years.

Cash at door please. For More Information: <http://www.calgarycatshow.com/>

Shepard Landfill **RE-OPENING** to residents from April to October



The Shepard Landfill Throw 'n' Go will accept waste from residential customers between April 3 and October 26, Tuesday to Friday from 8 a.m. to 5 p.m.

The Throw 'n' Go accepts household chemicals, paint, electronics, appliances, tires, yard waste, separated construction and demolition materials (asphalt shingles, drywall, construction lumber), and garbage that is too bulky for your black cart. Charges may apply.

Are you a business? Interested in a weekend visit? The East Calgary landfill is just 15 minutes away, and accepts residential and commercial waste Monday to Saturday year-round, and on Sundays between April 8 and October 28.

For more information, visit Calgary.ca/landfill.

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10am - 4pm

plus
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SECA Community Connection

WE HAVE VACANCIES ON OUR BOARD.

Do you want to make a positive difference? if so, please contact us at info@shawneeevergreen.ca



We need you to be a member!

Please send in your membership today!

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church
- Hosts the June Family Stampede Breakfast (free for members and their resident family) at South Gate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at South Gate Alliance Church
- Provides input and authorizes the monthly Community Newsletter delivered to all 3000 + households
- Provides a director for the Board of the Cardel Rec South
- Membership in SECA provides an opportunity to enjoy 10% discount for Cardel Rec South programs if registered before the registration deadline
- Provides a director for the Board of the Trico Centre for Family Wellness
- Supports the Friends of Fish Creek Provincial Park Society
- Works with Cardel Homes, Genstar, Graywood Developments and the City to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding the Fish Creek-Lacombe LRT station
- Is involved with the City on transportation issues (e.g. SW Ring Road development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6th Street SW intersection improvements)
- Join or renew at www.shawnee-evergreen.ca/Membership.page or complete form below

COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2017/18)

SEND EMAIL TO: info@shawneeevergreen.ca

Officers	
Brad Smith	President
VACANT	Vice President
Peter Snell	Secretary/Treasurer & Membership Secretary
Other Directors	
Sarah Breu	Director - Social
Richard Dingwall	Director
Zeinab El Kady	Director- Cardel Recreation Centre South
Liala Elrafihe	Director - Social
Lynn Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
George Payson	Director - Beacon Hill
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development
Katherine Stasiuk	Director

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made out to Shawnee-Evergreen Community Association, and mail or deliver to: **Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary AB T2Y 1W5**

Household Information (Held in confidence):

Surname 1: _____ Given name: _____

Surname 2: _____ Given name: _____

Street Address: _____

Postal Code: _____ Telephone: _____
(residence)

E-mail Address: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer: ☐ Board of Directors member
☐ Stampede Breakfast Helper
☐ Don't know, ask me!

Payment (\$20.00): Cash: _____ Cheque # _____

ADVERTISING OPPORTUNITIES are available on our publisher's website www.mindsdesign.ca. Please visit to get more information.

THE SHAWNEE EVERGREEN COMMUNITY NEWS is the official newsletter of the Shawnee-Evergreen Community Association and is distributed free to all residents of these areas eleven times a year. Circulation is approximately 3000.

SUBMISSIONS - Please direct editorial enquiries to info@shawneeevergreen.ca and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Shawnee-EvergreenCommunity Association or the publisher.

Shawnee-Evergreen CA Membership Benefits



- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You, and residing members of your family can participate FREE at the Annual Shawnee-Evergreen Stampede Breakfast in June.
- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased - at any functions, the Annual General Meeting in September, OR fill out the form on page 4 and send it as directed on the form to S.E.C.A. Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

NOTE: If you have any item of interest for **SHAWNEE SLOPES** and/or **EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at **INFO@SHAWNEEEVERGREEN.CA**.

Submissions for the Newsletter are due on the 4th day of the month for the next month's issue.

MEMBERSHIP INFORMATION SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

If you live in area specified below (inside the lines and your street address name contains EverGREEN or Shawnee) or you are a resident of the Beacon Hill condominiums at 14645 6th Street S.W., you are eligible to be a regular member of the Shawnee/Evergreen Association. (S.E.C.A.)

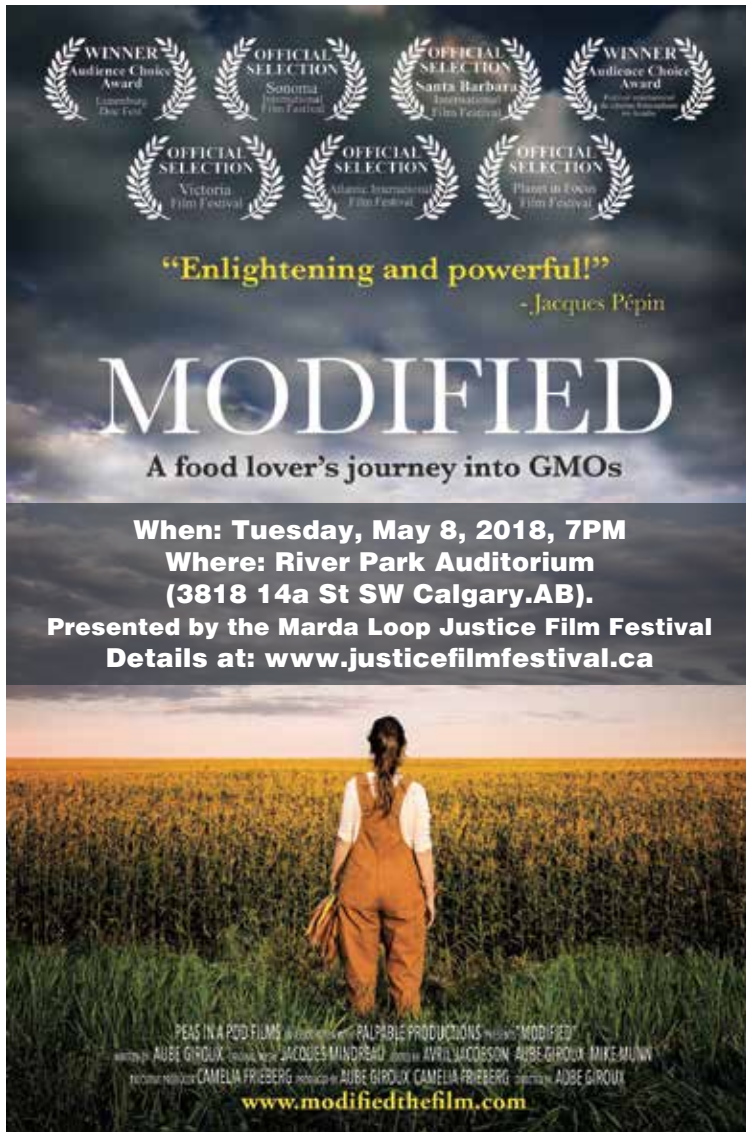


**SUPPORT YOUR COMMUNITY
ASSOCIATION.
BUY A MEMBERSHIP TODAY!**



Cardel Rec South offers a variety of recreational and educational program for all ages. We are a strong supporter of the Home Schooling community as well and offer several options for children aged 6 and up.

Visit our website at:
www.cardelrec.com for a complete listing of our programming.



FIRE PIT REGULATIONS HELP CREATE GOOD NEIGHBOUR RELATIONSHIPS

When you ask Calgarians what they love about this city, the answer is often “the people.” While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That’s where the Community Standards Bylaw comes in.



Did you know that the Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits? The regulations for fire pits include:

- Using a mesh screen or spark guard to reduce the spread of embers and sparks
- Extinguishing the flame by midnight on weekdays and 1 a.m. on weekends
- Restricting the height of the flame to one metre
- Building a fire pit within maximum size limits
- Listing materials that cannot be burned
- Ensuring the fire pit is at least two metres from other structures and is not under a tree or overhanging branches
- Ensuring you have a means of extinguishing the fire on hand and that you put it out before you leave it unattended

The bylaw includes fines for unsafe fires and burning prohibited materials, so it pays to understand the bylaw. For more information, visit Calgary.ca/firepits. If you have a concern or complaint about fire pits, call 311.



THE PROCESS... *we help make it easier!*

Renovating your kitchen can be an experience of a lifetime and a positive one if you have the right start. However daunting as it may seem at first, the apprehension about following through with a kitchen renovation can definitely be removed from the equation. Once you are seriously sure that you are moving forward, the first person you should speak to is your Design Consultant, who has been through the process with many other clients and can educate you on what to expect and where you need to start.

At that point, you can set your sights on what you need to do next, enabling you to set an approximate end date. There will definitely be bumps in the road, but if you are prepared to go with the flow and just look to solving the problem at hand, it will go a lot easier. Your Design Consultant at Merit kitchens is there to answer any questions you might have.

Whether you are hiring a contractor or coordinating the renovation yourself, you will still need to be aware of the process. Here are a few tips to get you started:

1. **Meeting with your Design Consultant** – Visualize what your dream kitchens looks like to you. Bring pictures that

you've seen online and keep in mind that not only is it important to have a beautifully designed kitchen, but it's also just as important to have great function.

2. **Have a Site Measure Completed** – Your Design Consultant will need to complete a site measure to get the perfect fit for your kitchen cabinetry. This also allows you to have a discussion about your thoughts while you both are actually in the space.
3. **Meet at the Showroom** – After your site measure, your Design Consultant is ready to 'put pen to paper'. Based on all of your thoughts and ideas, your kitchen design begins to come to life. At this point, a quote for budgeting purposes is also created. Your Design Consultant will set up a time with you to review your kitchen drawings and costs.
4. **Final sign-off** – Once your Design Consultant has captured all of the items that you are wishing for, they will ask you to come into the showroom for a final sign-off meeting. This involves reviewing the 3 dimensional layout of your new kitchen, all colour choices, cabinet door style and hardware.

Visit our Merit Kitchens showroom for a FREE consultation.

www.meritdesigncalgary.com



MERIT
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DESIGN CENTRE
CALGARY

Phone: 1-877-569-9037
1-6130 4 St SE, Calgary, AB



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LECTUS
CABINETS

Recipe Corner

Sauerkraut has had a bad rep. Literally "sour (or "pickled") herbs"

in German, it's often been known as the tangy topping to bratwurst or served alongside meat and potatoes. Out here in the fresh produce-obsessed west, that hasn't been too appealing, at least until recently when sauerkraut has made a resurgence in the health and wellness world.

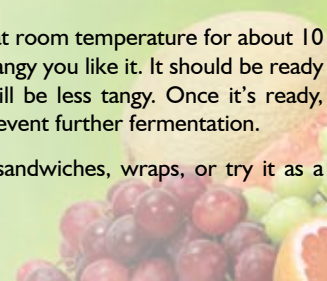
Sauerkraut is actually a nutritional powerhouse. Okay, powerhouse might be a stretch, but hear us out: First, it's an anti-inflammatory food. It's also a good source of antioxidants and fibre, and provides a great source of nutrients - including vitamin K, vitamin C, calcium, potassium, and phosphorus. And last (but certainly not least!), it's high in probiotics.

Probiotics are key for gut health, and balanced gut bacteria is crucial for overall well being. Gut dysbiosis affects your vitamin and mineral absorption, hormone regulation, digestion, vitamin production, immune response, and mental health - to name a few. Probiotic supplements on their own definitely help, but won't solve your gut dysbiosis woes on their own. It's important to include probiotic-rich foods into your diet, too. So basically, if you eat sauerkraut on the regular, there's a good chance you'll feel less anxious.



Find sauerkraut at any Blush Lane store, or if you're feeling up to it, try making your own! Simply:

1. Cut a head of cabbage into thin strips, and add it to a large bowl with a tsp of good quality sea salt.
2. Massage the cabbage & salt well until its juices begin release (this is the brine - this will ferment it) and place it in a mason jar. Add a layer of olive oil or a leaf of cabbage on top of your 'kraut to keep it submerged in the brine.
3. Cover and let it ferment at room temperature for about 10 days depending on how tangy you like it. It should be ready after several days, but will be less tangy. Once it's ready, store it in the fridge to prevent further fermentation.
4. Add it to salads, bowls, sandwiches, wraps, or try it as a midday snack.
5. Enjoy!



BOOK YOUR AD TODAY!

Your Community CLASSIFIED ADS!

To place your classified ad, contact us at 403-203-9152 or email: newslettersales@mindsdesign.ca today!

BASEMENT WINDOWS R-US: New or larger window openings - includes complete install. Digging, concrete cutting, windows supplied, installed. Window well, backfill, excess material/dirt hauled away. Call 403-201-0317.

Cell: 403-660-0612

BRH HOME HANDYMAN SERVICES:

Doing it right the first time. **FREE ESTIMATES!** With over 35 years experience in plumbing, electrical, drywall, carpentry, painting, tiling, flooring, decks and all areas of renovation/construction. For your **FREE ESTIMATE**, call 403-481-1774

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SATISFACTION: Unfinished, prefinished, engineered, laminate flooring, new installs or repairs, exceptional crafts-manship, free estimates! Les at 403-399-0243 or 403-236-7991

MGH LANDSCAPES is now booking Spring Clean Ups and is accepting new clients for Summer Lawn Maintenance for the 2018 season. We service Residential and Commercial clients. Call Mike @ (587)435-4255 or email mghlandscapes@shaw.ca for your free quote or more info. Senior discounts offered. Ask about my Year-Round Property Maintenance packages.

NEPTUNE PLUMBING & HEATING LTD.: Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

PERITUSYARD MAINTENANCE: is currently booking clients for weekly lawn care. Fully insured, WCB clearance, and an A+ BBB accredited business. Providing unparalleled professional service since 2003. Peritus (Latin for skilled). Please contact Charles at www.peritusyards.ca, peritusyards@shaw.ca, or call 403-201-7182 and leave a message.

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. Expires April 30th, 2018. BBB Accredited Business. Call today! 403-452-2911 www.plumbingparamedics.ca



Tune into Your Grace Land Radio
Saturdays @ 6pm on Am 700 The Light

Living with Inspirational Core Values™

REV UP YOUR LIFE!

Join Reverend Elvis,
Sundays @ 10:30 @ the
Delta Calgary South



Rev. Bruce R. Elvis Sheasby

As a minister, I know that the celebration of Easter is at the heart of the Christian faith. If Jesus had not been raised from the dead, then the Christian faith would be in vain. Yet, given the faith that he was raised, opens the doors of heaven and much more. For those of you who are Christian, I encourage you to grow in your Christian journey and, if you are looking for a church to share and grow in Christian fellowship and worship, please know that you are invited and so welcome to join us each Sunday at the Delta Calgary South.

As a life coach, however, I feel my calling is to people of all backgrounds and beliefs and walks of life who are looking for encouragement in their own unique journey. As such, my Invitation to Your Grace Land is also an invitation to explore *Inspirational Core Values* which resonate with all aspects of life. The truth that I've

discovered through my own relationship with God has, I believe, led me to a calling to translate this into values that are relevant whether or not you share my Christian faith.

The universal *Inspirational Core Value* that I believe is at the heart of Easter is Transformation; breaking through to the next level. Just as Jesus often used parables describing natural phenomena to lead people to the supematural, so I believe that the Divine truth of Easter is indelibly imprinted on nature itself. Consider the Transformation of Your Grace Land to be like a caterpillar turning into a butterfly, or a bulb surviving the cold of Calgary's past winter and then bursting through the soil to become a flower this spring!

The Transformational power of Easter can also be seen in the WW1 Canadian Victory at Vimy Ridge, and the unforgettable goal by Paul Henderson in Canada's come-from-behind victory in the 1972 Canada-Russia hockey series.

The promise of Easter, when stripped of its glory and power, can become something people embrace simply because they want heaven insurance. That kind of faith is shallow at best, and does not embrace the full glory of Easter. But faith in a real dynamic divine power that shakes the world up and opens the possibility of breakthroughs in each

of us can be found in the *Inspirational Core Value* of Transformation regardless of your religious belief or whether or not you have one.

The six pillars of Transformation are • that Truth wins over falsehood; • Love wins over hate; • Strength is felt in weakness; • Peace is felt in the storm; • Hope shines through adversity; and • Joy rises above sorrow!

Exercise an openness to Breakthroughs!

1. Consider a roadblock you are facing.
2. Review the *six pillars* of Transformation above and decide on one breakthrough to open yourself to and focus on this spring!
3. Join us this Sunday at 10:30 at the Delta Calgary South for *Your Grace Land* where we focus on a positive faith and living with *Inspirational Core Values*.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land – Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com

YOUR
Grace Land™

**SUNDAY
SERVICES**

Relaxed, informal, focus on God,
Grace, Spiritual Prosperity and
Inspirational Core Values

10:30 a.m.

Delta Calgary South East Atrium Side
135 Southland Dr. S.E.

www.yourgraceland.com/services

Spiritual Prosperity



**with Rev. Bruce R.
Elvis Sheasby**

**Encouraging a positive faith, putting God
first to claim rich blessings**

YOUR CITY SECTION



CHECK OUT THESE IMPORTANT UPDATES FROM THE CITY OF CALGARY

Complete the census online! Watch the mail for your access code and visit calgary.ca/census from April 1 to 19.
Calgary.ca/Census

City supported Community Cleanups run from April through September saving residents a trip to the landfill.
Calgary.ca/Cleanup

The Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits.
Calgary.ca/Firepits

The City is recruiting Off-Leash Ambassador volunteers. If you are passionate about responsible pet ownership in off-leash areas, visit calgary.ca/offleashvolunteer or contact Jennifer Lawlor at 403-268-1814.
Calgary.ca/OffLeashVolunteer

The City is asking Calgarians to help us make our spring street sweeping program run smoothly by keeping streets clear for crews. **Calgary.ca/Sweep**

STAY CONNECTED TO THE CITY OF CALGARY

- facebook.com/cityofcalgary
- twitter.com/cityofcalgary
- calgarycitynews.com

Community Services

ALL EMERGENCY CALLS

	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Fish Creek Library	403.221.2090
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Trico Centre	403.278.7542
Weather Information	403.299.7878



Annual walk makes health and safety *personal*

Deaths and injuries in the workplace happen across Canada every single day, and they leave families grieving and struggling to cope. But the annual Steps for Life – Walking for Families of Workplace Tragedy event gives Calgarians a chance to show support for families affected by these tragedies, and prevent future ones.

Steps for Life Calgary

Sunday, April 29, 2018

Fish Creek Park - Hull's Wood Area

Registration begins at 9:00 am

Opening Remarks at 10:30 am

The 5-km walk is the primary fundraiser for Threads of Life, which provides support programs and services to people in the wake of a work-related fatality, life-altering injury or occupational disease.

Rebecca Orr's husband Lance was a rigger on a construction site and was killed when a load of heavy concrete forms slipped from the chains of the crane overhead, crushing him. Rebecca is the spokesperson for Steps for Life in Calgary.

"Since I joined the Threads of Life organization, it has given me the opportunity to share my own story of workplace tragedy," Rebecca says. "By sharing my story I hope to raise awareness of the effect workplace tragedy has on the families left behind. Threads of Life gives us the chance to stand together to raise awareness of the importance of workplace safety and also to support the families so that they are not forgotten."

For more information and to register: www.stepsforlife.ca

SEE A HARE, LEAVE IT THERE!

Throughout the spring and summer many wild mothers will raise their young in both rural and urban environments. It is important to know when to intervene, and when the mother is just out of sight.

Hares are common throughout Calgary and Southern Alberta. They don't construct nests for their young, but rather deposit the babies (called leverets) in protected areas like bushes and shrubs nearby. The leverets are born fully furred and with their eyes and ears open, unlike rabbits that are born naked, blind, and deaf. The mother tends to stay nearby but keeps her distance to avoid drawing predators to the leveret's location, reuniting with her young twice daily at dusk and dawn for feeding.

While usually well hidden, occasionally people stumble upon a lone baby hare. **LEAVE THE HARE ALONE**, it is more than likely not orphaned, but rather tucked away for the day. If the leveret is in a conspicuous location, it is okay to move it to a nearby bush or shrub. The mother and leveret will vocalize to each other. If the hare is under threat of attack from a crow or magpie, the best thing to do would be to shoo the birds away and place a cardboard box over the hare until the birds have lost interest and moved away. Be sure to remove the box by the evening to make sure it can be found by its mother in time to be fed. If the hare is injured in any way, contact a wildlife rehabilitator for advice. If the leveret has been attacked by a cat, it is important to intervene. Cats have bacteria on their teeth and claws can be deadly, and small puncture wounds can be difficult to see. It is always a good idea to contact a wildlife rehabilitation organization for advice.

When in doubt, call for help! Don't accidentally kidnap a hare, they have a much better chance of survival with their mother! Please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions, and advice, or look at the website at www.calgarywildlife.org for more information.



Photo Credit: Andrea S. H. Hunt



Jason Kenney, MLA Calgary-Lougheed

311A, 2525 Woodview Dr. S.W. Calgary, Alberta T2W 4N4
Phone: (403) 238-1212 Email: calgary.lougheed@assembly.ab.ca

**REPRESENTING THE COMMUNITIES OF BRIDLEWOOD, EVERGREEN,
WOODBINE & WOODLANDS**



Pipelines

In January, the BC Government announced that they would restrict the transportation of oilsands crude by pipeline and rail, and in doing so attack Alberta's economy. I said that there must be consequences, not just actions. At the time, I supported and was happy to see Premier Notley take action and boycott BC wine. Unfortunately, the Alberta Government let up on the pressure by dropping the wine ban just two weeks later. The BC government is still working to stop the TransMountain pipeline and pursuing further legal action will add uncertainty to the project. Make no mistake, this is a stall tactic by the BC government and they will try to delay the project to death. The Federal Government can use its authority under Section 92 (10)(c) of the Constitution to declare Kinder Morgan TransMountain pipeline in the national interest, which would end the BC NDPs strategy to delay the project to death.

Reigniting the economy and balancing the budget

On February 28 the Alberta Government released the Third Quarter Fiscal Update, which showed the government collecting less money than anticipated because recent tax increases continue to deter economic activity. On the same day, Stats Canada released data showing projected investment in oil and gas this year is down \$35 billion compared to 2014, a 61 percent drop. Alberta's Government can no longer blame the flee of investment oil prices when investment in oil and gas increases in jurisdictions such as Saskatchewan and the United States.

Session look ahead

On March 8 the Alberta Government will announce their priorities for the upcoming session in the Speech from the Throne. The upcoming session will have plenty of opportunities for the Official Opposition to hold the government account, first with the Speech from the Throne and then with the release of the budget on March 22. I have made the promise that myself and caucus colleagues will bring a high level of decorum to the Legislature. We will ask the government tough questions and stand up for hard-working Albertans and common-sense ideas, but it will be conducted in a respectful manner.

Please feel free to contact me through my Constituency Office, 311A, 2525 Woodview Dr. SW, calgary.lougheed@assembly.ab.ca or by calling 403 238-1212.

the Gutter Doctor
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ACOUSTIC MUSIC NEIGHBORHOOD JAM



Come on out to a circle jam if you play guitar, manolin, banjo fiddle or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself.

Dates set by interested participants.

More info:
beabrightlight@yahoo.ca.



Census 2018

Calgary

Complete your census online! Watch the mail for your access code and visit calgary.ca/census from April 1 to 19. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 20, 2018.

The best investment on earth is earth.

- Louis J. Glickman



FIND YOU FIT!

Did you know? Our affordable membership gives you access to over 70 drop-in classes, including spin, barre and aqua classes.

We are committed to providing a range of quality programs and services that make active living fun for everyone.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



DOWNSIZING

As Spring approaches, many people consider listing their home and looking for a new place and downsizing. Downsizing can be a tough decision, especially for Seniors, if they've spent many years, even decades in the same house. Below are some suggestions to ease the process of downsizing:

- Start with a floor plan and measurements of your new place, so you know what will fit in your new place.
- Reduce your contents by using a sorting system with colored stickers indicating if your items should go to family/friends, a yard sale, charity, storage or if you are keeping them. Begin sorting in areas of your house that you use the least, so you have less disruption. Also start with the larger items and then work toward the smaller items, so you have a sense of accomplishment.
- Set a certain amount of time aside each day to pace yourself, so it doesn't become an overwhelming task.
- Hire someone to help you pack and move to ease some stress.
- Pack an "Open me first" box with essentials such as bed linens, and other important items such as toiletries, change of clothing, medications, etc.
- Most importantly, be patient! Moving is hard. It's normal to be sad about parting with your house and possessions, however, the goal is not to get rid of everything, just to simplify.

~ Submitted by Rocky Ridge Retirement Community



Councillor Diane's *City Hall Update*

Councillor Diane Colley-Urquhart

Email: dcolley@calgary.ca - Phone: 403.268.1624

Website: CouncillorDiane.ca

Twitter/Instagram: @BigRedYYC - FB: Facebook.com/dianecu

FIRE PIT REGULATIONS HELP CREATE GOOD NEIGHBOUR RELATIONSHIPS

Did you know that the Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits? With warmer weather on the horizon, The City wants to ensure all citizens understand common dos & don't as they relate to their own backyards.

Regulations for fire pits include:

- Using a mesh screen or spark guard to reduce the spread of embers and sparks;
- Extinguishing the flame by midnight on weekdays and 1 AM. on weekends;
- Restricting the height of the flame to one metre;
- Building a fire pit within maximum size limits;
- Listing materials that cannot be burned;
- Ensuring the fire pit is at least two metres from other structures and is not under a tree or overhanging branches; and
- Ensuring you have a means of extinguishing the fire on hand and that you put it out before you leave it unattended.

The bylaw includes fines for unsafe fires and burning prohibited materials, so it pays to understand the bylaw. For more information, visit Calgary.ca/firepits. If you have a concern or complaint about fire pits, please call 311.

CITY RECRUITING OFF-LEASH AMBASSADORS TO PROMOTE RESPONSIBLE USE OF OFF-LEASH AREAS

With the arrival of Spring, Calgary's dog owners will be out enjoying our many off-leash areas more frequently and for longer periods of time. To help promote responsible pet ownership in off-leash parks, The City is once again recruiting volunteers for its Off-Leash Ambassador Program.

This is a unique volunteer program that promotes responsible pet ownership, positive pet interactions and safety in off-leash areas by providing information and demonstrations to dog owners. Volunteers act as positive role models in off-leash parks to encourage owners to adhere to Calgary's bylaws. They answer questions about how bylaws apply to off-leash areas and provide an avenue for citizens to express concerns and pass those concerns along to City staff. Volunteers also promote the services The City provides through its Animal Services centre, such as animal adoption and licensing.

Off-Leash Ambassador volunteers receive training which helps them become familiar with City bylaws, canine body language, and tactics to communicate with the public. If you or someone you know are passionate about the responsible use of our off-leash areas, this may be a great volunteer opportunity to make an impact!

For more information, visit Calgary.ca/offleashvolunteer. To ask about volunteering, please contact **Jennifer Lawlor at 403-268-1814**.



CENSUS 2018

It's census time, and we urge you to participate and complete your census online! Watch the mail for your access code and visit **Calgary.ca/census** from **April 1 to 19**. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of all Calgarians, not just Ward 13. If you are unable to complete your census online, door-to-door census and voter registration collection will begin **April 20, 2018**.

Please take the time and let The City know what our needs truly are.

SPRING BIRDING COURSE STARTS APRIL 2

Get outside this Spring and learn about the birds of



Fish Creek Provincial Park.

Course is offered at eight different times

per week. Registration required. To register and for more information visit www.friendsoffishcreek.org/programs/birding-course

Community Civic Chat

Graham Sucha, MLA Calgary-Shaw

Constituency Office: #328, 22 Midlake Blvd. SE Calgary, AB, T2X 2X7
(403) 256-8969 ~ calgary.shaw@assembly.ab.ca



Hello Calgary – Shaw,

As spring approaches, our government has been busy making life better for Albertans on many levels. At the very end of February Finance Minister Joe Ceci provided Albertans with the third quarter fiscal update. Alberta's economy is leading the country with growth in nearly all sectors. In the third-quarter fiscal update, GDP growth is revised up to 4.5 per cent and the deficit dropped by \$1.4 billion. This is partly because we have taken significant steps to find savings while protecting the services Albertans rely on. For example health care costs were reduced by \$100 million over three years by reducing generic drug prices and \$28 million in 2017-18 from the operational best practices review. Furthermore cutting the salaries and eliminating bonuses for the highest-paid executives of Alberta's agencies, boards and commissions, will save nearly \$16 million annually.

At the end of February, Alberta Transport hosted 2 information sessions to share updates on the South West Calgary Ring Road. In an effort to provide updated information and for residents to view plans and progress, we hosted over 500 people over 2 days who came out to get information and connect with our partners and stakeholders.

On March 9th I was pleased to host Associate Minister of Health, Brandy Payne in the Calgary Shaw riding for the day. We visited some of the many healthcare facilities in Calgary Shaw and learned more about how they are helping our community. It was inspiring to meet the frontline workers at the places we visited and I am grateful for all the work they do to keep Albertans healthy.

As the spring session of the Alberta Legislature resumes, my office is open for questions, feedback and ideas. I can best represent Calgary –Shaw when I hear from you!

NIGHT SKY WONDERS WITH DON HLADIUK

For those who are interested in the stars and planets, you'll have the opportunity to learn some of the basics from local astronomer, Don Hladiuk. Don has been looking up at the stars since he was a little boy; he is best known as the Starman on the CBC EyeOpener for the last 33 years. Night Sky Wonders is a two hour program that includes an indoor classroom component during which you'll enjoy a presentation by Don about what you might see in the sky, followed by an outdoor viewing session (weather permitting) where you can put what you learned into practice.

Only \$15 each and free for children 12 and under.

WEDNESDAY, APRIL 11 7– 9PM
FOR MORE INFO VISIT FRIENDSOFFISHCREEK.ORG



Heritage Time Out

Artisans in quilting, knitting, crocheting, card making, as well as a “do-as-you-wish” table meet



to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Our next session runs from April 4th to June 20th. Registration is preferred, but drop in is available, babysitting supplied.

Contact Lori at McDougall United Church:
403-252-1620.

McDougall United Church,
8516, Athabasca Street SE
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NON-DENOMINATIONAL)

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www.MindsDesign.ca