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YOUR OFFICIAL
Community Newsletter
CIRCULATION | 3000 HOMES AND BUSINESSES MARCH | 2018

Happy Easter



**SECA
EASTER EGG HUNT**

Saturday, March 31, 2018
Starts at 9:00 am
at South Gate Alliance Church
See more info. on page 2.

PURCHASE YOUR CA MEMBERSHIP ONLINE:

WWW.SHAWNEE-EVERGREEN.CA

FEATURED ADVERTISER

I Love My Diamond

SEE AD ON BACK PAGE



SECA President's Message

Brad Smith, SECA President

Happy
Easter

SECA EASTER EGG HUNT

**Saturday, March 31
Starts at 9:00 am**

This year's **Easter Egg Hunt** is **Saturday, March 31 at 9:00 AM** at **South Gate Alliance Church**: 1436 James McKeivitt Rd SW. Plan now to bring the kids and enjoy the Easter egg hunt, face painting and bouncy house! Free admission for SECA members.

My thanks to the folks that volunteered to work at the **Deerfoot Casino** on February 28 and March 1. Your help will mean that SECA will receive approximately \$70k for a future Community project.

Our **next Board Meeting** is scheduled for **Tuesday, March 20, 2018** in the library at South Gate Alliance Church. SECA members are welcome to come to any of our Board Meetings. Your input is valued! **Board Meeting cancellations will be posted at the SECA web site**

(<http://www.shawnee-evergreen.ca/>) so please check web site for notifications. Contact Peter Snell at 403-254-6660 if you need more information.

EARLY SPRING WALK WITH WAYNE MEIKLE

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park It is because of our members, volunteers and donors that the Friends have accomplished so much. Join us to have your voice heard, and meet our board and staff at the Annual General Meeting. Enjoy a special presentation from Michelle Mueller about our 25th Anniversary Survey results!

MARCH 24, 2018 1– 2PM

FOR MORE INFO VISIT FRIENDSOFFISHCREEK.ORG



25th Anniversary Brick Program

Thank you to everyone who dedicated a brick, we sincerely appreciate your support! An anniversary brick would make an amazing gift for anyone you know who enjoys visiting Fish Creek or as a memorial to a loved one. Become part of history and show your support for this cherished natural area by dedicating a brick today. Bricks are only \$250 each and you will receive a tax receipt. For more information contact the Friends or visit www.friendsoffishcreek.org/brick

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



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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
- Complex Association
- 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-Evergreen Community 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.

YES, IT'S THAT TIME ALREADY! ADVERTISE YOUR BUSINESS TODAY!

EASTER SERVICES MEDICAL

I can't believe it's
almost Spring!

PLUMBING

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RENOVATIONS

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CHILD
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TRAVEL



Mind's Design Community Newsletters: 403-203-9152 info@mindsdesign.ca

The power to **help end homelessness** in Calgary is in **your hands**.

RESOLVE
Making Calgary a better home for everyone.

Homelessness has many faces. It could be the man in the suit sitting next to you on the C-Train on his way to work, the woman in the hardhat doing roadwork, the senior sipping a coffee at Tim Hortons or the parent waiting to pick their child up from daycare.

There are over 3,000 Calgarians experiencing homelessness and more than 14,000 households at extreme risk of homelessness. The RESOLVE Campaign is a collaboration of nine social service agencies, working together to create affordable rental housing with support services for up to 3,000 homeless and vulnerable Calgarians. RESOLVE is built on the proven Housing First approach – providing individuals with the stability of a home, first, coupled with the support they need to live healthy lives. RESOLVE's fundraising effort will conclude on March 31, 2018, but the need remains urgent.

RESOLVE's nine Partner agencies are:

- Accessible Housing
- Bishop O'Byrne Housing Association
- Calgary Alpha House Society
- Calgary Homeless Foundation
- Calgary John Howard Society
- Horizon Housing Society
- Silvera for Seniors
- The Mustard Seed
- Trinity Place Foundation of Alberta



"Sometimes it's easy to walk by because we know we can't change someone's whole life in a single afternoon. But what we fail to realize is that simple kindness can go a long way toward encouraging someone who is stuck in a desolate place."

- Mike Yankoski

To date, with the help of our generous donors and the Government of Alberta's unprecedented investments, we have raised enough to provide 1,592 Calgarians with a key to an affordable rental home with the support they need to thrive.

We've made great strides, but there is still work to be done. Calgary, will you resolve to help end homelessness in our city? Text HOME to 30333 to donate \$10, \$20 or \$25 or visit www.resolvecampaign.com to learn more.



www.resolvecampaign.com

Recipe Corner

Let's talk lemons. Most of us use these little guys for giving baked goods a zesty kick, adding flavour to savoury dishes, and making the infamous lemonade; but not only do these powerhouses pack a flavour punch, they're also health superstars! Lemons are a good source of vitamin C, they promote digestion, and help give you healthier-looking skin. And don't let the sour reputation fool you; when diluted in water, lemons make your water taste great!

Especially this time of year, lemon water can be a great way to stay energized. The ideal way to enjoy lemon water is served warm (not boiling) first thing in the morning, to kickstart your digestive system. This also stimulates the liver, so your liver is in tip-top shape for flushing out toxins during the day. The only thing you should be wary of is your tooth enamel. Lemons are quite acidic which can erode away enamel if you drink too much lemon water. Either enjoy it through a straw, or rinse out your mouth after to protect your pearly whites.

To craft delicious lemon water, follow our formula below.



Perfect Lemon Water:

- A big glass of warm - not boiling - water (about 750 mL)
 - ½ - 1 lemon
 - Optional: fresh ginger
1. Zest the lemon and keep the zest in a container in your freezer. Use this zest for baked goods, marinades, or fancy cocktails later on.
 2. Wash your lemon well. Squeeze the juice into your water and add the whole lemon into the glass, too.
 3. Slice ginger root and add to the jar, if using.
 4. Enjoy!!

About the author: Carli is a content creator for Blush Lane Organic Market. While she's incredibly passionate about healthy and wholesome food, she'll never turn down a sweet treat. Ever.

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!

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WHETHER YOU LIVE TOO LONG OR DIE TOO SOON... there's an insured plan that will meet your needs. I would like to hear from you. Please call Sabrina at 403-620-1287 with SteppingStonesFinancial.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

On June 23, 1990, my father, E. Gordon Sheasby, wrote me a letter acknowledging my decision to study theology. He wrote "I sincerely hope you will find satisfaction for yourself in this line of study. Remember, idealists are often rewarded with frustration, as ideals are very honourable, but to translate them into meaningful positive contributions to society or satisfaction to one's self, one has to have in mind a practical application which is realistically doable. Good luck..."

28 years later, I have a response to my Dad in *Inspirational Core Values*. (I believe he now listens from another dimension.) If you can imagine an upright triangle with Practicality represented on the bottom left corner and *Spirituality* on the bottom right corner, then consider - as you move to the top from the right - you reach what I call Your Grace Land; and, if you move up from

Inspirational Core Values are Practical

"Inspirational Core Values have practical applications which are realistically doable" Rev. Bruce R.E. Sheasby

the left you reach what I call *Inspirational Core Values*. Depending upon your perspective, either Divine Grace or Inspirational Core Values or, both of them together, can be the bridge between the Practical and the Spiritual for you!

In his book, *Northern Tigers – Building Ethical Canadian Corporate Champions*, my father's former boss Dick Haskayne (the highly successful and ethical businessman, and renowned philanthropist) points out that, while so many corporate entities have values and ethics statements in their mandates, sadly, too many fall short of their own standards. Mr. Haskayne notes that "strategy is one thing, execution another". Often, it is not enough to ask people to simply "do the right thing", and a bottom-line of making money without an ethical and value-embued framework can be disastrous.

Working from what I consider to be six foundations are 18 *Inspirational Core Values* with practical applications to assist in overcoming obstacles by bridging different interests and motivating success, both internally and externally, which can lead to positive societal contributions and meaningful change. The foundations and values are: (i) Be honest! *Truth* is connected to *Authenticity*, *Purpose and Synergy*; (ii) Do the right thing!

Ethics is connected to *Respect, Helpfulness and Passion*; (iii) Believe in what you are doing! *Strength* is connected to *Tenacity, Prosperity and Transformation*; (iv) Have a clear conscience! *Peace* relates to *Wellness, Meaning and Bridge Building*; (v) Be optimistic! *Hope* relates to *Vision, Enlightenment and Growth*; and (vi) Have Fun! *Joy* relates to *Creation, Adventure and Generosity*.

Exercise an openness to Inspirational Core Values

1. Consider a roadblock you are facing.
2. Review the *Inspirational Core Values* (above) and choose at least one to focus upon to overcome an obstacle, and at least one to motivate fulfilment.
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



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.

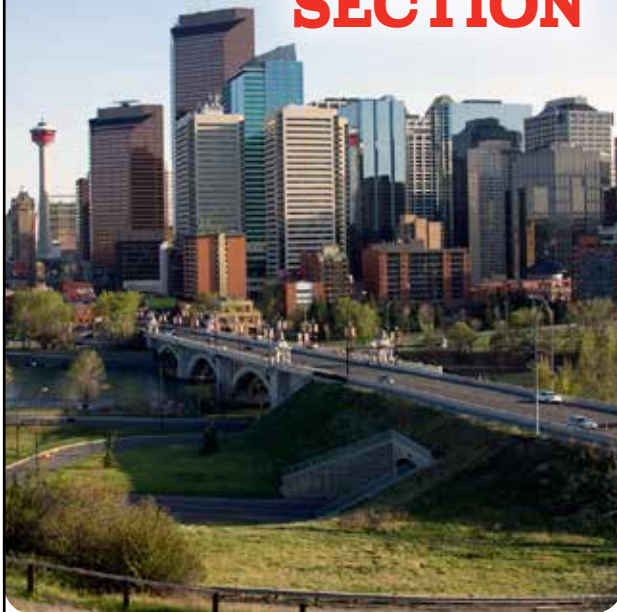
www.yourgraceland.com/services



**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

Be a Snow Angel. When you clear your walk - clear a neighbour's at the same time. It helps people get around and makes a community proud! Calgary.ca/SnowAngels

The City of Calgary can help keep your kids active and busy this summer, close to home. Visit Calgary.ca/DayCamps to learn more and register. Calgary.ca/DayCamps

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Visit Calgary.ca/Recreation or call 311 to find a facility near you. Calgary.ca/Recreation

The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26. Calgary.ca/Register

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

ST. PATRICK'S DAY WORDSEARCH



Can you find: SHAMROCK, LEPRECHAUN, SAINT, SNAKES, IRELAND, IRISH POT OF GOLD POTATO, RAINBOW, PATRICK, JIG



> SCHOOL'S OUT! FUN ACTIVITIES AT YOUR LIBRARY

Kids ages six to 12 can drop in to the Library anytime on PD Days for games, crafts, and other fun activities. No registration is required. Learn where and when this program is offered by searching "School's Out All Day" at calgarylibrary.ca/programs or downloading or picking up a copy of our program guide Library Connect.



> READ HUNDREDS OF MAGAZINES FOR FREE

Did you know you can read hundreds of magazines for free with your Calgary Public Library card? Use RbDigital Magazines to read digital magazines on your computer or download them to your mobile device. Browse more than 300 titles, including Canadian Living, The Economist, Esquire, National Geographic, The New Yorker, Reader's Digest and WIRED. Plus, there's no checkout periods or limits on the number of magazines you can download. Access RbDigital, and view all our eResources, at calgarylibrary.ca/E-Library.

> SPOTLIGHT ON MEMBER BENEFITS: CHANGES TO UNPAID FINES

To ensure the people who need the Library the most have access to as many services as possible, Calgary Public Library recently changed its policy related to unpaid fines. Previously, anyone with more than \$10 in unpaid fines was blocked from many Library services and resources. Those barriers have been removed; now, regardless of your fine amount, you'll still be able to book rooms, access the E-Library, register for programs, and use Wi-Fi, Chromebooks, and printers. Learn about more membership benefits at calgarylibrary.ca/membership-benefits.

BE A SNOW ANGEL!

"LUCKY AND PROUD."

That's how a lot of people describe their feelings when they nominate a Snow Angel.

Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his or her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.



"You never know
what worse luck
your bad luck has
saved you from"

- Cormac Mccarthy





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**



Alberta Energy Industry Under Attack - Again: At the end of January, the BC government announced that they would be restricting the transportation of oilsands crude by pipeline and rail. This constitutes a full frontal attack on Alberta's economy and in so doing is violating the law and our Constitution, the Economic Union of Canada. In July when the B.C. NDP came into office I said that if they did something like this Alberta should make it clear that there will be consequences. That we will retaliate. That we need to respond, not just with words, but with concrete actions. Specifically, I said that we should look at boycotting BC hydroelectricity. That we should consider imposing tolls on BC natural gas flowing through Alberta toll free to US markets. That we should consider, ultimately, replicating what Peter Lougheed did in the early 1980s by refusing to permit the shipment of oil from the current Kinder Morgan pipeline that fuels much of the BC economy. When I called for Alberta to have a fight back strategy, the Premier mocked and ridiculed me. Today, I am glad to see the Premier has had a change of heart, and may be considering action. But it's still too early.

Sworn In: At the end of January, I had the privilege of being sworn in as your MLA for the constituency of Calgary- Lougheed.

I look forward to holding this government to account when the Legislature resumes on March 8, 2018. My commitment to Albertans is to offer an Official Opposition that raises the level of decorum in the Legislature. While there will be clash and disagreement in the Legislature, your Official Opposition will hold itself to the highest of standards.

I welcome input from the constituents of Calgary-Lougheed as I join the Legislature as your MLA, 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.

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 will run from January 10th to March 21st. Registration is preferred, but drop in is available, babysitting supplied.

Please contact Lori at McDougall
United Church: 403-252-1620.

McDougall United Church, 8516
Athabasca Street S.E.

(No religious content, non-
denominational)



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FIND YOUR HEALTH
FIND YOUR FIT**

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www.tricocentre.ca



COMMON EYE PROBLEMS IN AGING ADULTS & RISK REDUCTION TIPS

Like all of our primary senses, we tend to take our vision for granted. It helps us navigate everyday life, from the moment we wake up to the time we go to sleep – and yet, how often do we really stop to think about the biological processes involved, or even the possibility that our eyes might fail us? For many aging adults, the concern of failing eyesight is quite real.

Past the age of 60, a number of eye diseases can begin to develop, a majority of which have the potential to permanently damage one's vision. What's more, the symptoms associated with these diseases often do not manifest until later in the development cycle. So, while one's vision may seem completely normal, there may be problems brewing. Here are the four eye diseases seniors should be aware of:

GLAUCOMA: Technically a group of eye diseases, glaucoma is the result of pressure buildup inside the eye, which ultimately damages the eye's optic nerve. As glaucoma progresses, one may experience his or her peripheral vision to weaken. Prior to that, however, there are no initial symptoms. In fact, it's estimated that nearly 1 million people have glaucoma but are unaware.

AGE-RELATED MACULAR DEGENERATION (AMD): Although it rarely results in blindness, AMD deteriorates one's central vision because of damage to part of the retina called the macula. With this central or "straight ahead" vision affected, activities such as driving or reading become challenging.

CATARACTS: Defined as the clumping of proteins within the lens of the eye, a cataract causes cloudy or opaque vision. Those who have had vision affected by cataracts must have surgery to remove the cloudy lens and replace it with a new one.

DIABETIC RETINOPATHY: This is a complication of diabetes, wherein blood vessels in the eyes burst and bleed, eventually detaching the retina. Those with diabetic retinopathy experience shadows or dark objects that float within their field of vision. While there is no cure, laser treatment is often effective in preventing blindness before the retina becomes too damaged.

RISK REDUCTION: WHAT SENIORS CAN DO

Like all of our organs, eyes are not immune to the process of aging. A gradual decrease in vision may be normal as we age, but it's not uncommon for seniors to have excellent vision. Encourage your aging loved ones to take the following steps to ensure their eyesight remains sharp late into life:

- Schedule a comprehensive eye exam annually (at a minimum), to check for:
Visual acuity (measuring sight at varying distances), Pupil dilation (widening the pupil



THE CANADIAN ASSOCIATION OF OPTOMETRISTS RECOMMENDS THAT ALL ADULTS, 65 YEARS OF AGE AND OLDER, RECEIVE ANNUAL EYE EXAMINATIONS.

using drops, to determine signs of disease), Tonometry (measuring fluid pressure within the eyes)

- Protect eyes from ultraviolet light. If going outside when it's sunny, be sure to wear a wide-brimmed hat and sunglasses.
- Don't smoke, or take steps to quit. The chances of developing many of the aforementioned eye diseases increase dramatically if you smoke.
- Exercise regularly and follow a healthy diet (with physician's approval), with foods high in antioxidants, omega 3 fatty acids, vitamins A and C, and magnesium. Pay close attention to sugar intake especially, as studies indicate sugar has a significant impact on eye disease formation. Always check with your physician before making any dietary changes.
- Notify your optometrist immediately if you notice any changes in vision.



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COMFORT KEEPERS® CAN HELP

The compassionate, professional caregivers of Comfort Keepers can help your aging loved ones live comfortably at home, even if they struggle with their vision. They can provide mobility assistance, meal preparation, and help with areas of daily living. Additionally, caregivers will drive loved ones to scheduled optometrist appointments and other places in town. Contact your local Comfort Keepers today to learn more about how in-home care can help your loved ones.

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TAP INTO YOUR CREATIVE SIDE THIS SPRING!

Think you don't have a creative bone in your body? Think again! This spring, The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often.

Performing and visual arts classes range from beginner drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. The Spring & Summer Recreation Program Guide is now available on-stands and registration is now open.

To learn more, visit Calgary.ca/register.



MEETING YOUR FITNESS GOALS IS CLOSER THAN YOU THINK

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. As well, many City-run events offer family friendly prices.

Free public swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at Calgary.ca/pools. Not available at our [Leisure Centres](#).

- **Saturday and Sunday Splash Swim – \$1 for kids**
Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search Calgary.ca/pools.
- **Terrific Tuesdays at Southland Leisure Centre**
Tuesdays, 4 - 10 p.m. Come join us for 50% off regular admission. (Waterpark access begins at 7 p.m.).
- **Wild Wednesdays at Village Square Leisure Centre**
Wednesdays, 4 – 10 p.m. Come join us for 50% off regular admission. All ages.
- **Thursdays at Southland Leisure Centre**
Toys in the Waterpark from 7:00 - 9:00 p.m. Try out our giant inflatable obstacle course or “walk on water” in one of our WOW balls. Anyone age 7 and up can try them out. General admission applies.
- **Saturdays for 50% off regular admission**
Saturdays, 7 – 10 p.m. at Village Square Leisure Centre. Come join us for 50% off regular admission.
- **Sunday Family Swim**
Sundays, 8 a.m. – 12 p.m. at Southland Leisure Centre. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.



RECREATION

SOCCER DROP-IN Tuesdays & Fridays 11:30 – 1:30 p.m. at Calgary Soccer Centre Age: 18+

Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

DROP-IN CLIMBING WALL

Located at Southland Leisure Centre and Beltline Aquatic & Fitness Centre

An introduction to belay instruction is offered the first half hour each day. Equipment is provided and facilitators are present. Beginners welcome! It's fun for all, ages 4 and up. For drop-in schedules please visit us online or contact 311. Use of Beltline's outdoor climbing wall is weather dependant.

Playschool programs for preschoolers at Southland and Village Square Leisure Centres

Flexible options for preschoolers: registered, drop-in or year round. Visit calgary.ca/playschool for more information and schedules. Playschool – School year programs for 20018/2019 registration began Feb. 12.

Member of Parliament

Bob Benzen, MP

Member of Parliament, Calgary Heritage
T. 613-992-0250

FB: Facebook.com/BobBenzen W: www.chceda.ca



Parliament has returned to session following a winter break, and the legislative agenda ahead is expected to deal with many important and sometimes controversial federal issues for Canadians, including the government's move to legalize recreational marijuana. Where ever they stand on issues of federal concern, I urge constituents to share their viewpoints with me as we begin debate and votes on these matters. Hearing from you helps me to do my job better as your representative in the House of Commons.

The break from Parliament proved a busy and productive time at home in the Calgary Heritage constituency. Over recent weeks I had many occasions for local meetings and fact-finding and I am grateful to the people and organizations that took time to share with me their expertise and their ideas on federal topics ahead of my return to Ottawa. I also appreciated the many offers by local employers, researchers and non-profit groups to tour their facilities and see first-hand the good work they do locally and abroad to help build our economy, expand our international markets and to help people in crisis or need.

Thanks, too, to those who attended recent public events at our constituency office, including a successful Christmas open house. In addition, I hosted an event in February that included representatives of Service Canada to assist with local applications for Canada Summer Jobs grants, and a workshop alongside officials from Procurement Canada to help constituents with the process of bidding on federal contracts.

A busy session of Parliament lies ahead this spring and, as always, I am grateful for the privilege to represent you in Parliament and will work hard on your behalf. Watch your mail for communications from me, which will include surveys to gather your opinions and thoughts.



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Sudoku: *For solution, go to mind's design studio*

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

**Go ahead...and
colour!**

