



YOUR OFFICIAL COMMUNITY NEWSLETTER

The Breeze

April 2010

Published by Mind's Design Studio. Call 403-257-8345 for advertising opportunities. www.MindsDesign.ca



Happy Easter Every-Bunny!!

**EASTER EGG HUNT
SATURDAY, APRIL 3RD
SOMERSET WATERPARK**



ANNUAL PARADE OF GARAGE SALES: SATURDAY, MAY 29TH. Pre-register on our website to get your signage and be included on the map!

Somerset~Bridlewood Community Association
www.SomersetBridlewood.ca



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PRESIDENT'S MESSAGE

March 2nd and 3rd was our first fundraiser casino at the Deerfoot Casino. We had about 25 of our community members volunteer for this great event. We look forward to receiving our funds next quarter so that we can start to share it amongst our community!

Join us at a meeting and find out what we're up to! We'd love to have you!

Our meetings are the second Tuesday of every month at 7:00pm at South Fish Creek Community Association.

We have a few vacant positions on our board: Secretary - duties include attending our monthly meeting, taking notes and typing out the minutes. Other positions available: Community Infrastructure - attend one meeting a month and find out what is happening in our community and how we can change projects that could have a negative impact on our community. Newsletter Liaison: receive, prioritize & delegate the community content of our newsletter, proof it and update contacts monthly.

Do you enjoy meeting new people? Do you enjoy our community? Would you like to see a change to improve our community? Do you have a few hours a month you could dedicate to our community? Join us! You are more than welcome to come to our meetings without joining the board, we'd love to have your feedback!

**Annual General Meeting:
Tuesday, May 25th 7:00pm SFCRA**

**Annual Parade of Garage Sales:
Saturday, May 29th. Pre-register on our website to be included on our map!**

Thank you for your community support!

*Alia Vanzhov, President
Somerset ~ Bridlewood Community Association
www.somersetbridlewood.ca*

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Somerset - Bridlewood Community Association Contacts



Have you visited our community website: www.somersetbridlewood.ca

Mailing Address: Somerset ~ Bridlewood Community Association
Box 69056 Bridlewood Postal Outlet, Calgary, AB T2Y 4T9
General Newsletter inquiries: Editor@somersetbridlewood.ca

Newsletter Ad Inquiries: newslettersales@mindsdesign.ca or phone: 403-257-8345

Executive Directors

President	Alia Vanzhov	president@somersetbridlewood.ca
Vice President	Karen Taylor	vicepresident@somersetbridlewood.ca
Secretary	VACANT	secretary@somersetbridlewood.ca
Treasurer	Curtis Cameron	treasurer@somersetbridlewood.ca

Directors

Community Infrastructure	Alia Vanzhov	infrastructure@somersetbridlewood.ca
Community Garden Director	David Zradicka	CommunityGarden@SomersetBridlewood.ca
Membership/Volunteers	Sharmaine Cameron	membership@somersetbridlewood.ca
Newsletter Editor	Alia Vanzhov	editor@somersetbridlewood.ca
Social Director	Sandy Grant	socialactivities@somersetbridlewood.ca
Public School Liaison	Sheila Swan	publicschooliaison@somersetbridlewood.ca
Webmaster	Curtis Cameron	webmaster@somersetbridlewood.ca
Seniors Liaison and SFCRA	Frank Roper (403-201-3968)	seniorliaison@somersetbridlewood.ca

For inquiries about **Waterpark Maintenance Fees or Waterpark concerns issues**, please contact the Somerset Resident's Association at 403-807-8736.

CPS Liaison: phone 403-266-1234 or www.calgarypolice.ca

City of Calgary Community Recreation Coordinator - Heather MacKay-Forrest
email: hmackay@calgary.ca or phone 403-537-7581

Somerset Resident's Association: somersetresidents@shaw.ca

Scouts Contact: Andrea Shaw scouter.andrea@shaw.ca 403-256-0165

IMPORTANT PHONE NUMBERS

24 Hour Emergency Services 911 (Crime in Progress ,Injury Accident, Life Threatening Incident)	24 Hour Crisis/Suicide Line 403-266-1605
City of Calgary Info. 311	Child Abuse Hotline 1-800-387-5437
Natural Gas Emergency 403-245-7222	Kid's Help Phone 1-800-668-6868
Enmax (electrical) 403-514-6100	Alberta Senior's Info. Line 1-800-642-3853
Non-emergency Services:	City Hall 403-268-2111
City of Calgary Info. 311	Mayor's Office 403-268-5622
Police (Non-Emergency) 403-266-1234	Environmental Canada Weather 403-299-7878
Fire 403-287-4299	Community Transit 403-262-1000/403-974-4000
Ambulance 403-261-4000	Calgary Parks & Rec. 403-268-3888
C.O.P.S. 403-216-1114	Health & Hospital:
Constable for the Somerset ~ Bridlewood District (450 Midpark Way) 403-569-6800	Calgary Health Link Nurse (24 hours) 403-943-5465
Federal Government 1-800-0-Canada	Rockyview Hospital 403-943-3000
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Somerset~Bridlewood Community Association Membership Application Form



Family Name: _____ Date: _____

First Names: Males: _____ Females: _____

Address: _____

Postal Code: _____ Home Phone: () _____

Email: _____

Would you be interested in Volunteering with the Community Association?

Please circle your answer. Community Events: Yes / No Board of Directors: Yes / No

Memberships run for one year from January 1st to December 31st of the current year. The cost is \$20 per household address. **Mail to: SBCA, Membership, Box 69056, Bridlewood RPO, Calgary AB T2Y 4T9**

Please allow 3-4 weeks for your membership card to arrive in the mail.
Buy your household card today at South Fish Creek Recreation Association main desk.

www.somersetbridlewood.ca



VICE PRESIDENT'S MESSAGE

CASINO UPDATE

On behalf of the Somerset/Bridlewood Board of Directors, I'd like to thank the following volunteers who came out to help during our recent casino: Carol B., Cynthia B., Craig B., Kim F., Todd H., Robyn K., Tim K., Ed L., Lorraine L., Steve M., Gord P., Kelly S., Andrea S., Kim T., Yom T., Lauren T., Heather T., Wendy W., and Carly W.

The Province has approved the use of some of our casino funds towards the playground expansion at Somerset School as well as a donation towards a playground at the new Bridlewood School. We have also been approved to designate some of the proceeds towards a building fund. Our share of the pooled funding should be allocated this coming May. If you have any suggestions on community programming or other initiatives to consider supporting, we welcome your input.

A huge thanks, as well, to my fellow Board members who helped out at the event and to those who worked behind the scenes in spreading the word to potential volunteers.

Karen Taylor, Vice President

COMMUNITY CORNER

264 SOMERSET BRIDLEWOOD SCOUT GROUP

ANOTHER YEAR HAS COME AND GONE!



Both the Beaver Colonies and the Cub pack will finish their 'official' meetings by the end of this month, but not before we have some major fun!

Here's the list of some of the activities:

- Saturday, April 3rd: Somerset Bridlewood Community Association Easter Egg Hunt
- Wednesday, April 14th: Cubs Bring a Friend Night (RSVP to Andrea @ 403-256-0165)
- Saturday, May 8th: Area 5 Soap Box Derby - Lake Ontario Drive SE. Come out & watch the fun!
- Sunday, May 16th: 2010 / 2011 Registration Night - watch for Brite signs or to sign up for an email reminder - call Registrar Lisa @ 403-245-2522
- Saturday, May 29th: Bottle Drive!
- Sunday, June 6th: White Tail Swim Up Ceremony & Family Hike - watch for details to be emailed out to members

If you'd like to learn more about Scouting in your neighbourhood, please call Commissioner Andrea Shaw at 403-256-0165.

Friday Night BUFFET
Prime Rib & Seafood Buffet

JOIN US EVERY FRIDAY EVENING IN THE CHROME SHOWROOM FROM 5-9PM FOR LIVE ENTERTAINMENT, HOURLY DRAWS & GREAT FOOD!

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- KELLY M. OKOTOKS

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- DAVE L. CALGARY

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Hi, kids!!! Can you come up with a fantastic Spring picture. Draw and colour something amazing and you could win a really cool prize and have your picture in the next issue. Send your submissions to:

Attn: SBCA Editor - 143 Riverbrook Way S.E.
Calgary, AB T2C 3R4



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THINGS TO DO - FRIENDS OF FISH CREEK

Vision! Variety! Volunteers!

**FRIENDS OF FISH CREEK PROVINCIAL
PARK SOCIETY OPEN HOUSE
SATURDAY, APRIL 17, 2010**

1:00 PM – 4:00 PM

Environmental Learning Centre
Shannon Terrace, Fish Creek Provincial Park
(13931 Woodpath Road, SW. Access via 130 Ave. and 37 St. SW)

Help the Friends of Fish Creek kick off our spring and summer 2010 programs at the 5th Annual Open House. The general public is invited to come out to the newly renovated Environment Learning Centre to learn about all the exciting programs, courses, activities and events that the Friends have planned for the spring and summer! Also, information about volunteer opportunities will be available, including sign up for the annual Fish Creek Clean-Up, Trail Care days, and the 12th Annual Purge-the-Spurge weed-pulling event.

Representatives from many Friends partners will also be on hand to talk about their programs. Visitors will be provided with an update about ongoing construction in Fish Creek Provincial Park, and can discover nature in the Park through a variety of indoor and outdoor activities. See you at the Open House!

Learn Something New!

**SPEAKER'S SERIES 2010
THE IMPORTANCE OF RIPARIAN AREAS**

Kathryn Hull and Amanda Halawell

THURSDAY, APRIL 29

7:00 PM (SHARP) TO 8:00 PM

(Doors open at 6:30 pm, so please come early)
Fish Creek Environmental Learning Centre
13931 Woodpath Rd. SW, Shannon Terrace Area,
West end of Fish Creek Provincial Park

The Alberta Riparian Habitat Management Society (Cows and Fish) has been working with the agricultural community, and more recently with urban communities, on watershed issues for over 15 years. Cows and Fish is a partnership of concerned groups and agencies that have come together to foster a better understanding of how improvements in the management of riparian areas can enhance landscape health and productivity for the benefit of landowners and others who use and value these green zones.

Riparian areas are the green zones around lakes and wetlands, the emerald threads of vegetation that border rivers and streams, and the lush fringe in valleys. Riparian areas run through our lives, just as the water that forms them

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a terrible thing
to waste**

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307 3200 Glenmore Trail SE 11:00 am – 3:00 pm
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runs through our bodies. If you drink water, farm or ranch, have a lakeside cottage, fish, or watch birds, riparian areas are important to you. They make up a small portion of our landscape but are much more important to us than their small size would indicate. When riparian areas are healthy, they perform many ecological functions such as reducing flood damage by slowing water and reducing erosion, recharging aquifers, filtering pollutants from surface water runoff, and maintaining habitat for fish and wildlife.

Please register by contacting the Friends at 403-238-3841 or info@friendsoffishcreek.org.

Friends of Fish Creek

Provincial Park Society



THINGS TO DO



SUPPORTING NEW READERS AND DISCOVERING LITERARY TREASURES: CBC Calgary Reads Book Sale

To most of us, it's as fundamental as learning to walk, as elemental as our ability to speak, as natural as breathing. Most of us cannot imagine life without reading. It's a tool, a diversion, a pleasure to be anticipated.

But learning to read does not come easily to everyone. Without adequate literacy skills, children struggle with low self-esteem, reduced academic achievement and ultimately, given limited career choices, face a life of poverty.

Early literacy programs, if administered during the magic window between Kindergarten and Grade 2, are highly effective at improving the ability and confidence of children struggling with reading. Calgary Reads, an early literacy initiative, was designed to identify and support children struggling with reading. The program piloted in 1998 with 25 trained volunteers providing individual tutoring to 40 students. Today 350+ volunteers work with 500+ students and their families in over 75 Calgary and area schools, to ensure that each child is given the tools needed to instill the confidence to read.

The CBC/Calgary Reads book sale has become a major annual fundraiser for the program, and an essential event for book lovers. Last year the book sale raised \$98,000 for Calgary Reads. Every year thousands of book enthusiasts return home with arms laden with high quality used books. Some have even been lucky enough to scoop up a rare edition or two for the insanely low price of \$2.

So do come to the 8th Annual CBC/Calgary Reads book sale, to be held April 30 (4-9pm) and May 1 - 2 (9am-4pm) at the Triwood Arena. You never know what treasures you may unearth while helping to raise the funds needed to assist a child in learning to read. You can also help by donating your quality used books by dropping them off at the CBC from April 12-26.

For further information about Calgary Reads or about volunteer opportunities, please visit www.calgaryreads.com or call 403.777.8254.

Books are not men and yet they stay alive.
~ Stephen Vincent Benet

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out some FREE Clothing!

Saturday, May 8th, 2010 - 10:00am-2:00pm
All Saints Lutheran Church - 380 Midpark Blvd. SE

We will be accepting clean, gently used Spring and Summer clothing at All Saints Lutheran Church on:

- Tuesday, May 4 11:00am-2:30pm
- Wednesday, May 5 11:00am-2:30pm
- Thursday, May 6 11-2:30 & 5-7 pm
- Friday, May 7 11:00am- 2:30 pm

For More Info. Please Call 403-475-1519.



THINGS To Do

The City of Calgary Community and Neighbourhood Services Children and Youth Programs For more information contact 311

Calgary AfterSchool at Southwood Community Association

A free drop-in recreation program for youth ages 11 – 15. Includes activities such as board games, cards, Wii, outdoor basketball programming, special events. Snacks provided daily.

Cost: Free **Ages:** 11 – 15

Day: Monday – Friday 3:00pm – 6:00pm
(starts at 1pm on Fridays)

Location: Southwood Community Association
(11 - Sackville Drive SW)

Start & End: Program runs throughout the school year.

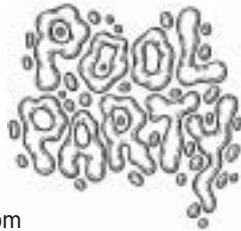
Canyon Meadows Youth Pool Party

A free youth pool party ages 12 – 17. Participants can swim in the pool, play pool games, free pizza, listen to the DJ spinning tunes and play Wii on the big screen in a fun atmosphere.

Cost: Free **Ages:** 12 - 17

Day: Friday April 23 6:30 – 9:00pm

Location: Canyon Meadows Pool (89 Canova Rd SW)



Hello!!! from The Calgary Horticultural Society:

We are inviting children (12 and under) to enter our Children's Container Garden Competition. Last year we had some children enter our regular container competition, so we decided this year to add one especially for them! We want to encourage young gardeners to join in this fun, family friendly event.

All containers will be on display at our annual Garden Show at Spruce Meadows, April 10 & 11, 2010. Visitors to the show vote for their favourite container to choose the first, second and third place winners. All participants will also receive a certificate of participation, thanking them for entering and 2 FREE tickets to the show. We encourage groups of



children to work together to build their container garden or a child can enter on their own as well.

This year's show features FREE children's gardening activities that they can also participate in. Companies will be hosting informative, fun sessions on topics ranging from water conservation to worm composting. There is more information about the show on our website at the link below:

<http://www.calhort.org/events/gardenshow.aspx>

"To encourage gardening for the enhancement of our environment and quality of life."



HERITAGE TIME OUT



St. Andrew's
United Church
924 Heritage Drive SW

Hey moms and ladies come have a "time out" from children or your hectic schedules to do Scrapbooking, Card Making, Knit, Quilt, and much more!! Or just have a cup of coffee/tea and

socialize with other ladies every Wednesday mornings from 9:00 am to 11:00 am.

Babysitting available, fees are nominal.

Registration is on-going or come on a drop-in basis. Come see what we have to offer and **bring some friends along!!**

For more information contact Deanne at matdee@telusplanet.net, or Kate at coolidge@telus.net

We are always looking for additional babysitters to help us (\$9.50/hour). If interested please call Kathryn at 366-1940.

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NEWS FROM OUR SCHOOLS

Somerset School



Spring break is a wonderful time to rest and rejuvenate our minds and bodies. Now we're ready to tackle new learning and teaching opportunities with excitement and energy.

Did you know that our wonderful parents provided dinner for our staff on the evening of our March parent/teacher conferences? Their kindness is very delicious and very much appreciated.

Have you heard that "Charlotte's Web" is coming to Somerset School? We can hardly wait for the play on Friday morning, April 16.

Students in Grade 4 at Somerset will soon be learning about the programs at Samuel W. Shaw Middle School. Students in Grade 4 at our school will have Grade 5 students come to share their thoughts about the new middle school and there will be an Open House at the middle school in the evening of Thursday, April 15.

New Kindergarten registration for 2010-2011 began on Monday, January 11th at the school office. If you have a child that is 4 years old on or before March 1st, 2010, they are eligible for Kindergarten in September, 2010. Please drop into the school to register or have a tour of our beautiful school. Call us at 777-7001 if you have any questions.

Kindergarten Orientation for our 2010-2011 classes is on Thursday, April 29th at 6:30 pm in the gym. Call the school at 777-7001 if you need information.

Our next School Council Meeting is April 22 at 6:30 and our Annual General Meeting is on May 27 at 6:30. We hope you can join us for both of these meetings. Your school council is working diligently on behalf of this school and all the students are benefiting. We hope to see many of our Somerset School parents at our April 22nd meeting. It is another important way to be involved and informed about your child's education.

The School Council is organizing the building of extensions to our beautiful existing playground. The dates for building are May 13, 14 and 15. If you are able to help with building the new playground, please call the school at 777-7001 and we will put your name on the list. No previous skills are necessary to help out with this project- just two willing hands.

Enjoy the sunshine!

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"Honesty"

Honesty is considered one of the highest virtues among many cultures. Honesty means not being false; being truthful; bring frank and sincere. And honesty is one of the ingredients of a good human being.

Our students demonstrate honesty when they are truthful and fair when dealing with others, if a mistake is made they show the courage to fix it, they display integrity and do the right thing.

In today's world, honesty is very important partly because the pace of communication can multiply the number of people a message can reach. It is essential that our words be sincere and principled.

"Truth is the most valuable thing we have, so I try to conserve it." ~ Mark Twain



NEWS FROM OUR SCHOOLS

Bridlewood School

Your new Calgary Board of Education (CBE) school is getting closer to completion. Signs in the community recently announced that registrations for Kindergarten through Grade 6 are now being accepted at our temporary office in Midnapore School (55 Midpark Rise SE).

Bridlewood School will be a LEED (Leadership in Energy and Environmental Design) school. You can learn more about LEED buildings by visiting <http://www.greenschoolbuildings.org/Homepage.aspx>.

LEED schools cost less to operate, freeing up resources to truly improve students' education. The carefully planned acoustics and abundant daylight make it easier and more comfortable for students to learn. The clean indoor air cuts down sick days and give children a head start for energetic, active learning. And the innovative design provides a wealth of hands-on learning opportunities. (from greenschoolbuildings.org). Pictures of the inside of the school are available at our school website noted above. It is a great learning environment for students.

Bridlewood School will be an active and contributing part of the Bridlewood community. Environmental stewardship will be one of our contributions.

If you require additional information or have questions please call our office at 403-777-6259. <http://schools.cbe.ab.ca/b399/>

Jeff Hutton, Principal

Public School Liaison Update

Bridlewood School is getting ready to open in September and has already had their first Parents meeting. The school is looking to gather a list of daycare/dayhome providers in the area that they could give to parents as they register for Bridlewood School. If you are interested in being included on the list, please drop me an email with your contact information. The school will not be providing any recommendations, just contact information.

Somerset School is looking for volunteers to help with their playground build for the playground addition. The build will take place May 13 – 15. Anyone from the community is welcome to help out as the playground will be available to everyone. If you are interested in helping out, please contact Rick Bayer via email at rbayer@telus.net or phone 256-3167 (work) or 256-3229 (home).

*Sheila Swan, Public School Liaison
Somerset Bridlewood Community Association
publicschooliaison@somersetbridlewood.ca*

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École Mother Teresa School



École Mother Teresa School is taking registrations Monday to Friday from 8-12 and 1-4. The school is located at 121 Midlake BV, SE. It serves French Immersion, Kindergarten to Grade 5 students from communities south of Fish Creek, East to the Bow River, and West to the city limits which includes the communities of

Bridlewood, Lake Chaparral, Chaparral Valley, Evergreen, Midnapore, Millrise, Shawnee, Shawnessy, Silverado, Somerset, Sundance and Walden. The program will expand to Grade 6 in 2011. We also have an **English Kindergarten to Grade 6** program offered for those students living in **Midnapore.**

Children who join the French immersion Program are taught the same curriculum as our English students. Any child can join in Kindergarten or Grade 1. Parents do not have to speak French as the majority of our parents do not. They simply wish to provide the opportunity for their child to learn French. It just takes a little courage from both children and parents!

École Mother Teresa School is a vibrant school with many activities throughout the year such as Stone Soup, Carnaval and Winter Activities. For more information about our very successful French Immersion Program or our school in general, please view our website at <http://www.ccssd.ab.ca/schools/motherteresa/> or call us at 403-500-2078. Our friendly staff and administration would be pleased to assist you and even show you around our school.

We invite you to join us April 28th for our Kindergarten Parent Orientation Evening on April 28th at 6:30 pm. Please call our school if you wish to attend our Kindergarten Open House on May 27th or 28th from 9:45 -10:30 am or 1:30 - 2:15pm.



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• PROGRAMS FOR 50 AND FORWARD

50+ Coffee and Conversation: Join us for coffee, conversation, and informal presentations of interest Fridays, 2:00 – 3:30 p.m. Chat: April 9, 30. Wii Party April 23, Making Healthy Housing Choices: April 30. No registration required. Programs for Teens

Game On! Hang out with other teens and test your skills at games like Rock Band, guitar Hero, and more! Ages 13 to 17. Tuesday April 6th from 6:30 – 8:30 p.m., and Thursday April 29th from 3:00 – 5:00 p.m. No registration required.

• JUST FOR FAMILIES

Drop-in Family Storytime: Drop-in for stories, songs, and fingerplays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver. Sundays, 1:30 – 2:00 p.m. until Apr. 25. (No program on April 4).

Russian Storytime: Come and enjoy stories, songs, and rhymes in Russian. Ages 2 to 6 with a parent or caregiver. Saturday April 10, 10:30 – 11:00 a.m. Registration required.

• PROGRAMS FOR ADULTS

Daddies and Babies: Learn about baby's growth and development, safety, sleep, play, parenting, and more! Presented by **Alberta Health Services**. Ages up to 12 months with a parent or caregiver. Saturdays, April 17 and April 24. 10:30 a.m. – 12:30 p.m. **Register by calling 403-781-1450.**

Creating Work/Life Balance: Professional certified coach Lisa Dare will help you identify your priorities and create an action plan to enhance your life. Thursday, April 15 7:00 – 8:30 p.m. Registration required.

All **Calgary Public Library branches** will be closed *Good Friday April 2nd, and Easter Sunday April 4th.*

Register for programs at calgarypubliclibrary.com, in person, or by calling 403-260-2620. A valid Calgary Public Library card is required to attend all programs.

Support Public Education in Election 2010

What could be more important than helping Calgary children achieve their highest personal potential? And what can you do about it?

On the evening of May 12, find out how you can get involved in supporting public education in this year's civic election (mayor, aldermen, school trustees) on October 18.

- Run for CBE Trustee
- Volunteer on a trustee candidate's campaign
- Vote

Come out May 12 and hear from Licia Corbella, Editorial Page Editor, Calgary Herald and other speakers as they share their views on why it's important for Canadians to vote. It promises to be a lively and engaging discussion. At this event, you will also have the chance to hear presentations from CBE students, learn more about what it takes to be a trustee, and find out how you can get involved in public education.

More information on this exciting event will be coming soon and will be posted at: <http://www.cbe.ab.ca/trustees>. Or you can phone (403) 294-8259 or e-mail: kidrummond@cbe.ab.ca for more details.

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*2 Storey, 2740 sq ft + 925 full hunt development. Main floor features Kitchen, Nook, Great room, Den, Formal dining room, custom half bath with vessel sink, lrg Mud room with maple cabinets, 2 closets and lockers. Gourmet kitchen with top of the line appliances, chestnut stained maple cabinets. Tile throughout main floor including kitchen, nook, mudroom, pantry and half bath.

*Upper floor features oversized bonus room, large 2nd and 3rd bedrooms, laundry room and master suite with 5 pc ensuite, walk in closet and a separate retreat area.

*Basement is fully developed by the builder and features 4th bedroom, games room, family room and a 3 pc bathroom.

*Other features include 9'foot ceilings, dual fireplace between great room and den, low E windows, tile in upper main bathroom and ensuite are heated, sound system throughout home with controls on each floor and on patio and Hunter Douglas 2" blind pkg throughout.

*Landscaping includes sod, exposed patio and walkway, and partially finished fence.

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LIFE'S LESSONS

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- ◆ Kidnappers are not very interested in you.
- ◆ In a hostage situation, you are likely to be released first.
- ◆ People call at 9:00 pm and ask, "Did I wake you?"
- ◆ People no longer view you as a hypochondriac.
- ◆ There is nothing left to learn the hard way.
- ◆ Things you buy now, won't wear out...
- ◆ You can eat supper at 4:00 pm.
- ◆ You can live without sex, but not your glasses.
- ◆ You get into heated arguments about pension plans.
- ◆ You no longer think of speed limits as a challenge.
- ◆ You quit trying to hold your stomach in, no matter who walks into the room.
- ◆ Your investment in health insurance is finally beginning to pay off.
- ◆ Your joints are more accurate meteorologists than the National.
- ◆ Your secrets are safe with your friends because they can't remember them either.

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CIVIC CHAT

Alderman Diane Colley-Urquhart

You can contact my office regarding any civic matter at 403-268-1624 or by email at dcolley@calgary.ca. Alternatively, you can contact '311'.



Diane as Deputy Mayor getting into the Olympic Spirit at Canada Olympic Park for the running of the torch

Stand-by Tow Trucks making a difference

Having an organized and effective team of tow trucks on stand-by along major commuting routes is a practice I have been pushing for a number of years. An initial pilot project was completed in 2005 and was a great success, saving up to 30 minutes in response time per crash. Despite the success of the pilot, the program was shelved until last year when I brought it again to the forefront. In October of 2009, I brought forward a Notice of Motion asking City Administration to revisit this successful practice and create a report on implementing a permanent stand-by tow truck service. The report came back in December and the program was launched in February. The hotspots identified by the transportation department were: Crowchild Tr. as it crosses the Bow River; Memorial Dr. between Deerfoot and Edmonton Tr.; Macleod Tr. between 162 Ave. and Anderson; and Glenmore Tr. between Crowchild and 14 St. S.W.

The tow trucks are placed strategically along the major routes with the mandate of removing vehicles from the way of traffic and taking them to a nearby safe area where the owners can wait for their own towing company to come and take them to a shop.

The small fleet of stand-by trucks have already made a major difference to commute times. In the first five days of operation, the new fleet cleared 55 traffic-blocking vehicles off Deerfoot, Crowchild and Glenmore, preventing serious traffic back-ups and jams.



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Jim Barrette, RPA
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adijbarr@telus.net
(Monthly Rates Available)

Bus Rapid Transit Network Plan

Commuting to and from downtown is something we all have to live with and can be especially frustrating for those far removed from a C-train line. The costs of new LRT lines are substantial and require many years of development and construction. With this in mind I brought forward a motion asking for a review of the Bus Rapid Transit (BRT) system in Calgary and the creation of a comprehensive network plan for the entire city.

BRT is a distinctive, frequent, and limited stop bus service, similar to LRT. The current bus routes (301,302,305) operate on regular roads with transit priority at traffic signals and other enhanced service features such as improved passenger waiting areas and larger shelters at some stops.

My motion, which passed unanimously, asked that City Administration prepare an implementation plan for BRT examining a range of options for better service including the possibility of creating bus-only roads similar to the City of Ottawa in advance of future LRT lines. These 'Transitways' would not be removing current roads, but rather would be on land designated for future LRT lines.

City of Calgary Telework Week Coming Soon

The week of April 19-23rd will be Calgary's first annual Telework Week thanks to my motion in Council which passed unanimously. Calgary's Telework Week will be the first of its kind in Canada and will actively promote telecommuting as a flexible work alternative.

Evergreen Traffic Signal

The intersection of Fish Creek Boulevard and Everridge Drive/Evercreek Bluffs will finally be getting a traffic signal this year. Traffic Operations is unable to give a precise date of installation but have said they plan to have the signal installed in the first half of this year.

As always, you can contact my office regarding this or any other civic matter at 403-268-1624, or by email at dcolley@calgary.ca.



CIVIC CHAT

Bylaw Bulletin

www.calgary.ca/animalservices

PAY IT FORWARD

A big **Thank You** from The City of Calgary Animal & Bylaw Services to the thousands of Calgarians who annually license their dog or cat. These responsible pet owners recognize the value of licensing their pets and are being rewarded for it through a new program.

The **I Heart My Pet** rewards program is a reward for Calgarians who license their pets. Over 90% of dogs and 45% of cats are currently licensed in our city. Calgary is recognized as having the leading pet licensing program in North America.

How to access the rewards program:

- A letter and the I Heart My Pet rewards card will be inserted in with pet owners' licence renewals starting in March 2010.
- Responsible pet owners who have licensed their pets will get their cards throughout 2010 with their renewal notices.
- The rewards card will provide pet owners with discounts and special promotions through our partnering vendors.
- The I Heart My Pet rewards card is valid until December 31, 2011.
- Calgarians who currently have a free six-month licence for their dog or cat will receive a rewards card when they renew their pet's licence.

By using the rewards card only a few times, pet owners of licensed pets can recoup their licensing fees. Visit iheartmypet.ca to see the list of vendors and available discounts.

If you would like to receive your pet reward card sooner, come down to The Animal Services Centre at 2201 Portland Street S.E. during working hours: 10:00 am to 7:00 pm Monday to Friday; 10:00 am to 4:00 pm Saturday and Sunday (closed statutory holidays).

A licence is your dog or cat's ticket home!

For more information visit calgary.ca/animalservices or call 3-1-1.



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Lost a pet or want to adopt one? Contact us.



calgary.ca/animalservices | call 3-1-1

THE CITY OF CALGARY
ANIMAL & BYLAW SERVICES

PRIVATE GRAFFITI ABATEMENT PROGRAM



The City of Calgary is partnering with residents and business owners in an effort to remove graffiti from private property. Under the program, residents can call 3-1-1 to report graffiti on their property. They will be asked to pay a \$25 fee and sign a waiver granting a City contractor permission to remove the graffiti. There is a \$100 removal fee for businesses. All revenue will be reinvested into the program.

For more information, visit calgary.ca/bylawservices or call Laura Shott at 403-268-1880.





CIVIC CHAT
Dave Rodney,
MLA Calgary-Lougheed
 #311A, 2525 Woodview Drive SW,
 Calgary, AB T2W 4N4
 calgary.lougheed@assembly.ab.ca
 Visit: www.daverodney.ca
 Phone: 403-238-1212



MLA Dave Rodney welcomes Dr Robert Thirsk back from his historic expedition on the International Space Station

Surgeries increased, wait times reduced

Our AB gov't recently announced a 6-week plan to immediately increase the number of surgeries in high-priority areas. More than 2200 surgeries and non-surgical procedures with long wait lists have been approved for the initial surge: cancer, orthopedics (including hip and knee replacements), neurosurgery, heart, and cataracts; and in addition 3,500 more MRI & CT scans will be added immediately. This will continue through the spring and summer.

**Budget 2010 Strikes the Right Balance:
 Focus on AB's Priorities and Limit Spending**

- Your AB Gov't will maintain the lowest tax regime in Canada—and be “back in the black” in 3 years—while increasing funding for health, basic education and supports for seniors and vulnerable AB's. (This is thanks in large part to cost savings found across gov't that are being reinvested.)
- AB will have the best performing publicly funded health-care system in Canada. A predictable 5-year funding plan tied to performance measures is already in effect—which will provide greater transparency, more accountability for system performance and more opportunities for input.
- A strengthened focus will result in more positive outcomes for vulnerable children and youth, and supports to help at-risk families—which will reduce costs in child intervention services. Similarly, AB's social housing benefits are targeted to those who are most in need of help, ensuring programs are sustainable and accountable to taxpayers. Additionally, protecting the vulnerable is one of

- the top government priorities; and that commitment is reflected in the Seniors and Community Services overall budget—and specifically the PDD program budget.
- Educational funding provides flexibility for locally elected school boards to allocate funding in the best ways for students while minimizing any impact on the classroom. Budget 2010 reflects our ongoing commitment to ensuring to post-secondary students, who can expect larger loan disbursements, higher lifetime loan limits, increased living allowances for couples and single parents, more generous spousal income exemptions, and more flexible loan repayment options.
- Calgary MSI funding for went up from \$115 million last year to \$254 million in Budget 2010.
- *For more information on Budget 2010, please visit www.budget2010.alberta.ca*



*Your MLA/
 Mt Everest Double
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 Olympic Gold
 Medalists Jennifer
 Heil, Michelle Cameron-Coulter and Kyle Shewfelt
 (at AB House) and beside the AB Train*

**Success of AB brand keeps riding the rails
 and highways**

Following the huge return on investment during the Olympics, the AB Train and Touring Buses will make a huge impact on visitors to the Rockies—through the 2010 summer and fall travel season—in both BC and AB. It is estimated that AB will realize \$70 million worth of international media coverage through its Olympic tourism marketing strategy. During the Rocky Mountaineer spring season, 6 AB branded bi-level dome coaches will travel to and from Banff and Jasper several days a week. The Rocky Mountaineer was recently honoured with a prestigious World Travel Award as the “World's Leading Travel Experience by Train” and recognized by National Geographic as one of the “World's Greatest Trips.” An estimated 100,000 passengers will ride the Rocky Mountaineer on all 4 Western Canadian routes this season., and motor coaches will continue carrying the AB Brand until the fall of 2010 for sightseeing excursions throughout the Rocky Mountains.



BICYCLE HELMET - EMS



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.

Calgary Crime Map

If you visit the website below and click on the Calgary Crime Map link, you will find a web page that will allow you to search a variety of criminal offences in any Calgary community you wish. Please remember that they are just statistics and don't always accurately reflect what is actually happening in your communities. www.calgarypolice.ca



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FEATURE ADVERTISER

"Motivation is what gets you started.
Habit is what keeps you going" ~ *Jim Ryun*

Calgary's Biggest Winner - Outdoors is an eight-week, outdoor, weight-loss competition that runs from May 1 to June 26, 2010. If you are over the age of 18 you can compete for fantastic prizes while getting fit, in a fun, non-intimidating atmosphere.

This competition is an exciting departure from typical 'boot camp' programs that often lead to unsustainable results. The creators of Calgary's Biggest Winner - Outdoors realize the importance of a well-rounded program to achieve the best results in both the short and long run. That is why, in addition to fitness training, this competition incorporates a personalized nutrition program designed for each individual by a certified nutritionist.

Use this competition as an excuse to get out into the sunshine, to meet new people and to kick start your long term fitness goals - the healthy way.

VISIT OUR WEBSITE FOR LOCATION AND SCHEDULE INFORMATION.

www.BiggestWinnerCalgary.com

prizes!

Grand Prize:

\$5000 in Cash and Prizes.
(\$3500 Cash \$1500 in fitness and health products)

Second Place:

Cava Bien Spa Package (Valued at \$379)
Health Flip Fitness and Nutrition Package (Valued at \$324)
Your Vibrant Life - Life-coaching Package (Valued at \$500)

Third Place:

Health Flip Fitness and Nutrition Package
(Valued at \$324)
Your Vibrant Life - Life-coaching Package (Valued at \$500)

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MAY 1 - JUNE 26 2010

VISIT WEBSITE FOR DETAILS

www.BiggestWinnerCalgary.com



COMMUNITY CORNER

Celebrate Earth Day - April 22, 2010.



www.earthday.ca

Company Overview:

Earth Day Canada (EDC), a national environmental charity founded in 1990, provides Canadians with the practical knowledge and tools they need to lessen their impact on the environment. In 2008 it was chosen as Canada's "Outstanding Non-profit Organization" by the Canadian Network for Environmental Education and Communication. EDC regularly partners with thousands of organizations in all parts of Canada.

Products: EcoKids: A free environmental education program that offers curriculum-linked materials and activities for Canadian elementary schools to engage in environmental action.

EcoMentors: Training youth to facilitate environmental education workshops to engage peers and other young people in their community.

EcoAction Teams: Providing Canadians with sound conservation choices in their homes and daily lives through active participation and online results tracking.

The Hometown Heroes Award Program: Recognizing and celebrating environmental leaders who foster meaningful, long-term environmental awareness and action at the community level.

The Toyota Earth Day Scholarship Program: Cultivating environmental leadership by providing scholarships to graduating Canadian high school students.

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COMMUNITY CORNER

PET MEMORIAL SERVICES by Lindsay Jones



It's a day no pet owner wants to think about; the day you lose your pet and begin to mourn their absence in the resounding silence of your home. After enjoying a lifetime of love, devotion and memories, it is now time to say goodbye. But how exactly do you do that?

"It's never easy to say goodbye to our pets," says Joe Coffin, Calgary Humane Society General Manager of Operations. "They deserve to be treated with compassion, dignity and respect. And that's what Calgary Humane Society Cremations and Memorial Services is here to provide."

The Calgary Humane Society has provided cremation services to the City of Calgary and surrounding areas for more than 30 years. In the upcoming year services are growing to include memorial tree planting and memorial plaques in a special place to honor the life of our pets.

"Many people don't know about the specialized services we offer pet owners during a difficult time," Coffin says. "Where else can you go to find the comfort of understanding the grief you are in and a guiding hand in making cremation and memorial arrangements?"

When a bereaved pet owner comes to the Humane Society, staff are there to welcome them into the Serenity Room where they can have privacy in a comfortable environment to say goodbye. Staff can also guide owners through the process of choosing an urn or ceramic paw print to memorialize their pet and provide the option of a general or private cremation.

Bereaved pet owners have really noticed the difference Calgary Humane Society services made in helping them through this time. "I would like to take this moment to thank you and your wonderful staff during such a difficult time for me," wrote Krista Symington. "We brought my kitty in on Friday and your staff helped us choose an urn and paw prints. They also gave us as much time as we needed in your Serenity Room to say good bye to her. Staff went out of their way to come in on a day off to ensure that we had my kitty's urn back at home before we left for holidays on Sunday, and that meant more to me than I can even explain."

Because Calgary Humane staff all love animals, they can offer a deep understanding to clients experiencing pet loss. Says Syminton, "Another staff member called on Saturday when my urn was ready to be picked up. Her gentle demeanor and

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kind, soft voice literally brought me to my knees. When she passed my kitty's urn over to me and saw the grief on my face, she pulled me close and hugged me so tight, and we cried together. It was an incredibly precious moment, and it is something I will hold close to my heart while I heal through my loss."

Pet owners can also take comfort in knowing that choosing Calgary Humane Society services helps other animals in need. All proceeds from the memorial services are returned directly to the Calgary Humane Society to help care for the more than 8,500 animals the society shelters each year. CHS members and volunteers receive a discount on all memorial services.



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Easter HOPE!

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Easter Celebration Service:

Sunday, April 4 at 10:30am

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Ingredients:

- ◆ 1 8-oz. container of your favorite flavor of yogurt

Utensils:

- ◆ small paper cups
- ◆ wooden popsicle sticks (available in craft stores)
- ◆ plastic wrap

Directions:

Pour yogurt into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup.

Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4



Mind, Body, Spirit NOTHING TO SNEEZE AT

Check your weekly grocery list. You'll probably find toilet paper, tissues, and paper towels on it. These disposable products have become so common that, until recently, we didn't give them—or the forests that were cut down to create them—much thought. Now many of us are searching for ways to enjoy the convenience of these items without damaging the environment.

If every household replaced just one roll of virgin-forest toilet paper with one roll of recycled paper, we'd save about 48,000 trees, 3,200 cubic metres of landfill space, and 65.5 million litres of water. Add in recycled tissues and paper towels, and we're saving forests, preserving land and wildlife habitats, and conserving water.

If you'd like to save even more paper, consider using hankies instead of tissues, and rags or cloths instead of paper towels. They're washable and reusable. Your environmentally conscious choice today means a tree-filled tomorrow.



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