



YOUR OFFICIAL COMMUNITY NEWSLETTER

*The Breeze*

May 2010

Published by Mind's Design Studio. Call 403-257-8345 for advertising opportunities. [www.MindsDesign.ca](http://www.MindsDesign.ca)

## **SOMERSET BRIDLEWOOD PARADE OF GARAGE SALES**

**Saturday, May 29th, 9:00am-3:00pm**

To join our parade e-mail us at [garagesale@somersetbridlewood.ca](mailto:garagesale@somersetbridlewood.ca)  
Maps will be available for pick up or online [www.somersetbridlewood.ca](http://www.somersetbridlewood.ca)

See the President's Message inside on page three for full details.

**GARAGE  
SALE**

SOMERSET BRIDLEWOOD  
PARADE OF GARAGE SALES

**Golf Special**

at

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Greens  
Golf Course

See ad on page 11.

Kid's Mother's Day Contest! Sponsored by Mona Kapoor - CIR Realty & Virtual Nails and Salon. Please go to page 36 to enter and win your mom a day she'll never forget.

Somerset~Bridlewood Community Association  
[www.SomersetBridlewood.ca](http://www.SomersetBridlewood.ca)



**10 Everwillow Close S.W.**

Just like new - Jaymen Masterbuilt 2 storey home located in the heart of Evergreen. All stucco exterior with an extra layer of insulation. Inside you'll find carpet and ceramic tile on the main floor with a very open concept design.



**128 Everhollow Hts. S.W.**

Beautiful 3 storey condo in Evergreen with a single attached garage. This 1,150sq. ft. condo is bright and clean, with 17 ft ceilings in the living room. Nice Maple cabinets and black appliances in the kitchen. Two master suites upstairs both with their own ensuites. Good size deck off the rear, great location.



**264 Everridge Way S.W.**

Exceptionally rare bungalow with a loft/bonus room of over 1,733 sq. ft + fully developed basement. Bedrooms are located on the main floor with a massive 2 sided-fireplace located between the living room and dining room. Granite counter tops with upgraded maple cabinets.

*I was very satisfied with the effort Joe put into my file and how quickly he responded to any of my concerns as we went through the process. He was a good advocate for me in this transaction and I would use him again or recommend him to anyone that I knew was looking to buy or sell a property. - Ian F.*



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## PRESIDENT'S MESSAGE

### PARADE OF GARAGE SALES

SATURDAY, MAY 29<sup>TH</sup>

9AM TO 3PM



Maps listing the addresses of the garage sale locations will be available Monday May 24th at the Bridlewood Sobey's and Royal

Bank or online at [www.somersetbridlewood.ca](http://www.somersetbridlewood.ca) Participation in the Parade of Garage Sales will be free of charge to residents who have a \$20 2010 Somerset ~Bridlewood Community Association membership. Otherwise, a \$15 fee will apply to those households who don't have a current membership.

The garage sale will be largely promoted in our community newsletter, which is delivered to 6,800 homes in our community, advertising will also be placed into the Sun and Herald newspapers and a sign for your lawn will be also dropped off and picked up from your home.

Registrations can be sent to [garagesale@somersetbridlewood.ca](mailto:garagesale@somersetbridlewood.ca) by Friday, May 21. Make sure to provide your address so it can be included on the map. To buy a 2010 Somerset ~Bridlewood Community Association membership, you may do so on line by visiting [www.somersetbridlewood.ca](http://www.somersetbridlewood.ca) and clicking on the "Membership" link or in person at the South Fish Creek Recreation Centre wicket across from the Calgary Public Library.

### **THANK YOU TO OUR VOLUNTEERS!!**

Without our volunteers we would not be able to hold our great events! During Volunteer Appreciation Week we held a

Continued on Page 10.

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Your Official Newsletter



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## CIVIC CHAT

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- Dave Rodney, MLA: Page 30
- Wildrose Alliance: Page 31
- Bylaw Bulletin: Page 34

## PLUS MUCH MORE...

### IMPORTANT DATES IN MAY

- ◆ Don't forget **Mother's Day** is May 9th
- ◆ **SBCA Annual General Meeting** is Tuesday, May 25th at 7:00pm at the South Fish Creek Recreation Association
- ◆ **Parade of Garage Sales** Saturday, May 29th 9:00-3:00pm



**Mind's Design**  
Community Newsletter Publications



**Newsletter Sales:**

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# Somerset - Bridlewood Community Association Contacts



*Have you visited our community website:* [www.somersetbridlewood.ca](http://www.somersetbridlewood.ca)

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

**Newsletter Ad Inquiries:** [newslettersales@mindsdesign.ca](mailto:newslettersales@mindsdesign.ca) or phone: 403-257-8345

## Executive Directors

President	Alia Vanzhov	<a href="mailto:president@somersetbridlewood.ca">president@somersetbridlewood.ca</a>
Vice President	Karen Taylor	<a href="mailto:vicepresident@somersetbridlewood.ca">vicepresident@somersetbridlewood.ca</a>
Secretary	VACANT	<a href="mailto:secretary@somersetbridlewood.ca">secretary@somersetbridlewood.ca</a>
Treasurer	Curtis Cameron	<a href="mailto:treasurer@somersetbridlewood.ca">treasurer@somersetbridlewood.ca</a>

## Directors

Community Infrastructure	Gord Petersen	<a href="mailto:infrastructure@somersetbridlewood.ca">infrastructure@somersetbridlewood.ca</a>
Community Garden Director	David Zradicka	<a href="mailto:CommunityGarden@SomersetBridlewood.ca">CommunityGarden@SomersetBridlewood.ca</a>
Membership/Volunteers	Sharmaine Cameron	<a href="mailto:membership@somersetbridlewood.ca">membership@somersetbridlewood.ca</a>
Newsletter Editor	Alia Vanzhov	<a href="mailto:editor@somersetbridlewood.ca">editor@somersetbridlewood.ca</a>
Social Director	Sandy Grant	<a href="mailto:socialactivities@somersetbridlewood.ca">socialactivities@somersetbridlewood.ca</a>
Public School Liaison	Sheila Swan	<a href="mailto:publicschoolliasion@somersetbridlewood.ca">publicschoolliasion@somersetbridlewood.ca</a>
Webmaster	Curtis Cameron	<a href="mailto:webmaster@somersetbridlewood.ca">webmaster@somersetbridlewood.ca</a>
Seniors Liaison and SFCRA	Frank Roper (403-201-3968)	<a href="mailto:seniorliasion@somersetbridlewood.ca">seniorliasion@somersetbridlewood.ca</a>

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](http://www.calgarypolice.ca)

**City of Calgary Community Recreation Coordinator** - Heather MacKay-Forrest  
email: [hmackay@calgary.ca](mailto:hmackay@calgary.ca) or phone 403-537-7581

**Somerset Resident's Association:** [somersetresidents@shaw.ca](mailto:somersetresidents@shaw.ca)  
**Scouts Contact:** Andrea Shaw [scouter.andrea@shaw.ca](mailto:scouter.andrea@shaw.ca) 403-256-0165

## IMPORTANT PHONE NUMBERS

<b>24 Hour Emergency Services</b> ..... 911 (Crime in Progress ,Injury Accident, Life Threatening Incident)	<b>24 Hour Crisis/Suicide Line</b> ..... 403-266-1605
<b>City of Calgary Info.</b> ..... 311	<b>Child Abuse Hotline</b> ..... 1-800-387-5437
<b>Natural Gas Emergency</b> ..... 403-245-7222	<b>Kid's Help Phone</b> ..... 1-800-668-6868
<b>Enmax (electrical)</b> ..... 403-514-6100	<b>Alberta Senior's Info. Line</b> ..... 1-800-642-3853
<b>Non-emergency Services:</b>	<b>City Hall</b> ..... 403-268-2111
City of Calgary Info. .... 311	<b>Mayor's Office</b> ..... 403-268-5622
Police (Non-Emergency) ..... 403-266-1234	<b>Environmental Canada Weather</b> .... 403-299-7878
Fire ..... 403-287-4299	<b>Community Transit</b> .....403-262-1000/403-974-4000
Ambulance ..... 403-261-4000	<b>Calgary Parks &amp; Rec.</b> ..... 403-268-3888
C.O.P.S. .... 403-216-1114	<b>Health &amp; Hospital:</b>
<b>Constable for the Somerset ~ Bridlewood District (450 Midpark Way)</b> ..... 403-569-6800	Calgary Health Link Nurse (24 hours) 403-943-5465
<b>Federal Government</b> ..... 1-800-0-Canada	Rockyview Hospital ..... 403-943-3000
	Children's Hospital ..... 403-229-7211
	South Calgary Health Centre ..... 403-943-9500
	24 Hour Poison Control ..... 403-944-1414



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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 1<sup>st</sup> to December 31<sup>st</sup> 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](http://www.somersetbridlewood.ca)**



# Thursday Night Seafood Buffet!

**ALL NEW!**  
Starting May 8<sup>th</sup>

Join us in the Chrome Showroom from 5-9pm on Thursdays and enjoy a Seafood buffet & Live Entertainment.

**Only \$19.95!**  
Contact 403-236-7542 ext. 3042 for more information!



**Deerfoot INN & CASINO** 1000-11500 35 ST SE CALGARY AB T2Z 3W4  
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# Friday Night BUFFET

## Prime Rib & Seafood Buffet

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## PRESIDENT'S MESSAGE

Continued from Page 3.

dinner to Thank Our Volunteers and their families for supporting our community. I'd also like to extend a special Thank You to Getta Pizza in Bridlewood and The Bridlewood Dollar Store with More for helping us to make the dinner possible! We are always looking for more volunteers both for our board and for help at each of our events, if you'd like to join us please contact us [embership@somersetbridlewood.ca](mailto:embership@somersetbridlewood.ca)

Our Easter Egg Hunt was a HUGE success, we doubled the attendance we had last year, treating over 200 children to an Easter Egg Hunt, hot chocolate, juice, cookies, games and crafts. We look forward to being prepared to double that amount again next year! Thank you to everyone that attended!

Our Annual General Meeting will be held on Tuesday, May 25th at 7:00pm, at the South Fish Creek Recreation Association.

## THANK YOU FOR YOUR COMMUNITY SUPPORT!

*Alia Vanzhov,*  
*President*  
*Somerset - Bridlewood Community Association*  
[www.somersetbridlewood.ca](http://www.somersetbridlewood.ca)



**adventure together**

**Free Family Event  
Kite Day**

**Saturday, June 12, 2010**  
1:00 p.m. – 3:00 p.m.

Cedarbrae Community Association  
11024 Oakfield Dr. S.W.

Come Join us in kicking off our exciting summer Programs with a celebration of things that fly! Participate in crafts, carnival games and check out the Resource fair. Remember to bring your family and kites  
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For more information contact: 3-1-1

[www.calgary.ca/ce/ce](http://www.calgary.ca/ce/ce) call 3-1-1





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## COMMUNITY CORNER

### 264 SOMERSET BRIDLEWOOD SCOUT GROUP

## HEY KIDS! WHAT HAVE YOU LEARNED FROM YOUR XBOX?

How to fend off ghouls & bad guys? That'll work great in your imagination... but what happens if..

You are in a accident - Mom or Dad are injured - no cell - or no cell service and it's night -20 - snow up to your waist - and no potential help for hours?



**SURVIVORMAN** Les Stroud is a strong role model for youth and with that in mind Scouts Canada created the Survivorman Challenge (for youth aged 14-26) where you can learn what you need to know to survive AND have fun while doing it! To actually take part in The Scouts Survivorman Challenge - you need to start with the basics - and that's what the 264 Somerset Bridlewood Cub and Scout programs give you.

For more information on the Beaver, Cub & Scout programs go to: [www.scouts.ca](http://www.scouts.ca) For Registration information watch for the brite signs early May or go to: [www.264scouts.ca](http://www.264scouts.ca) for meeting locations times, forms and fees.

## THE FUN STARTS WITH KNOWLEDGE SO WHAT DO YOU WANT TO KNOW?

For further information, please contact Andrea Shaw, Commissioner at 402-256-0165.

*PS: Watch for our Scouts' bottle drive May 29th!*

## PLAYGROUND BUILD

This spring a 2<sup>nd</sup> playground will be constructed at Somerset School. This unique playground will feature a few Calgary firsts and be used by all children in the community, whether they attend Somerset School or not.

We would love your help on May 13 – 15<sup>th</sup>. This build will happen all day Thursday, Friday and Saturday from 8 am till dark. Shifts of four hours each are available.

Some of the jobs require lifting where as others are simply sorting and counting pieces. Many hands make the work go quicker and we'll keep the food and beverages flowing all day for you.

If you are interested in helping out, please contact Rick Bayer via email at [rbayer@telus.net](mailto:rbayer@telus.net) or phone 256-3167 (work) or 256-3229 (home). Thank you for helping make Somerset a better place to play for all kids!



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# Mind, Body, Spirit



## ENOUGH TV

Ask a child how much TV is enough and you will hear something like, "Just another five minutes!"

It seems that "screens" have become a large part of our

lives. From car DVD players, to portable video games, to home games, to computers, it is possible to use a screen almost all day. Our kids certainly enjoy using them, but is this a case of too much of a good thing?

The answer is a resounding "Yes" on many levels. TV has long been a concern for parents and doctors. Research has shown that a child burns even fewer calories while watching television than when just sitting quietly. The average Canadian child watches 15.5 hours of TV each week and spends another five hours per week playing video games and surfing the Internet. In one year, the average child spends 900 hours in school and nearly 1,023 hours in front of a TV. Combine this inactivity with the common habit of eating in front of the TV, and you have two major factors in the growing epidemic of childhood obesity.

**With inactivity and obesity come a poor body image and declining self-confidence.**

### Poor Self-Esteem

With inactivity and obesity come a poor body image and declining self-confidence. The inactive child misses out on the "feel good" confidence boosting natural opiates that are released as a part of being active and getting fresh air. Ironically, much of the television content contains images of active, healthy role models designed to inspire the viewer. However, by comparison the viewer doesn't measure up, and a vicious cycle begins.

### TV-A Sleeping Pill for the Brain

The front part of our brain (the frontal cortex) is responsible for both critical problem solving and artistic imagination. It is this part of the brain that our children use for developing self-reflection and for deciding appropriate behaviours. As this part of the brain develops, our children become more able to determine what is in their best interest, how to rationalize, and how to solve problems. Research shows that this part of the brain is not used while watching television.

Not using the discerning part of the brain has a two-fold impact. Firstly, maturity and development are slowed because this part of the brain is not being stimulated enough to develop properly.

Secondly, the content of the television show or the video game is passively accepted. The children are literally being programmed by what they are watching. Sixty percent of television advertising geared toward children is related to fast foods that are high in taste appeal and low in nutritional quality.

Television and video games are appealing because the excitement is easy, fast, and continuous. The instantly gratifying thrill of the video game or TV program is followed by a lull or depression when the game is turned off. Like the peak and valley of eating refined flour or sugar, our children crave to be back in front of the stimulus. Emotionally, the world around them can pale in comparison to the virtual world of television and the game. This feeds a negative cycle and can lead to children withdrawing into themselves instead of being active participants in the family, school, and community.

Completely eliminating your child's use of screens is perhaps too optimistic, but the prudent use of them is strongly encouraged.

## THE FOLLOWING ARE SOME HELPFUL TIPS:

Remove TVs and computers from all bedrooms

Create a plan that limits the usage and monitor the content of the games and programs your child watches (e.g., 30 minutes of screens on weekdays and 60 minutes on weekends will teach them moderation).

Find out what aspects of the TV programs and video games your child finds interesting and look for active games or books to use as substitutes. Be a good example, and be an active parent.

Discuss with your children the interesting adventures you had throughout your day. Not only will you be bonding with your kids, but you will also contribute to the expansion of their minds (literally) and they'll be more willing to tell you about their day.



## THOUGHT FOR THE MONTH:

**Remember**, if you are criticizing, you are not being grateful. If you are blaming, you are not being grateful. If you are complaining, you are not being grateful. If you are feeling tension, you are not being grateful. If you are rushing, you are not being grateful. If you are in a bad mood, you are not being grateful.

Gratitude can transform your life. Are you allowing minor things to get in the way of your transformation and the life you deserve?

Rhonda Byrne, *The Secret*



# 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](mailto:matdee@telusplanet.net), or Kate at [coolidge@telus.net](mailto: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



**We can see our school yard flowers popping up in front of the school. The children are enjoying the signs of spring.**

Leadership Club is continuing to work hard on activities that involve the whole school. We saw a lot of wonderful hats and many crazy hair styles on our special day. Leadership students are assisting in the organization of Pitch In week for the first week of May. We want to work together to help keep our school grounds and the inside of Somerset School beautiful and tidy and free of litter. Leadership students will also help with the organization of the talent shows at the end of June. Keep listening for more information coming soon.

Volunteer Appreciation is happening at Somerset School on May 6 at 10:30 AM. Watch your child's backpack for the special invitation notice to all our volunteers.

New Kindergarten registration for 2010-2011 began on Monday, January 11<sup>th</sup> at the school office. If you have a child that is 4 years old on or before March 1<sup>st</sup>, 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. If you missed our Kindergarten Orientation for our 2010-2011 classes on Thursday, April 30<sup>th</sup>, please call the school at 777-7001 and arrange a time to come in to the office to pick up the information that you require.

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.

Our next School Council Meeting is the Annual General Meeting on May 27 at 6:30. We hope you can join us for this meeting. 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 May 27<sup>th</sup> meeting. At this meeting the 2010-2011 school council executive will be decided. Attending the school council meetings is another important way to be involved and informed about your child's education.

**Enjoy the sunshine!**



Until June,

*Students, Staff and Parents of Somerset School*



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St. Matthew School is now accepting registrations for the following programs:

- Late French Immersion Gr. 7-9
- Continuing French Immersion Gr. 7-9
- English Elementary & Junior High
- Full Day Kindergarten

For more information, please contact the school office at 403-500-2030 or view our school web page at [www.ccssd.ab.ca/schools/stmatthew](http://www.ccssd.ab.ca/schools/stmatthew)

### LE ROI DANIELS SCHOOL



#### TLC TIDBIT

The TLC program is a virtues-oriented environment developing responsible citizenship, leadership and community service. Every month there is a different virtue of the month. **"HELPFULNESS"**

Helpfulness means trying to make life a little easier for other people. If we are alert, we will notice when someone else is struggling. We can then offer to open a door, complete a task or even to share an idea or feeling. That is, helpfulness involves two steps; to be alert and then be willing. It is important we learn that we are part of a global community and we have a responsibility to help those who are less fortunate.

We can all help our children to develop this understanding and to recognize that in fact it is a responsibility to help others.

*"The greatest happiness in the world is to make others happy" ~ Luther Burbank*



## NEWS FROM OUR SCHOOLS

### BISHOP O'BYRNE HIGH SCHOOL



My hope is that this newsletter finds you enjoying the spring season with your families. The past month at Bishop O'Byrne has been an exceptionally busy one.

Our Leadership Program was honoured at a district Board Meeting for all of the outstanding work they do and for having received the YMCA Peace Medal earlier in the year.

One of our teachers, Ms. Ainsley Doty, was also recognized at another Board Meeting for being nominated for an Edwin Parr award as an outstanding first year teacher.

Our band and choir programs were awarded three EXCELLENT and four GOLD ratings over the past festival season. Congratulations Mr. Leung and our outstanding student musicians!

Our junior girls basketball team were gold medal winners and city champions! Well done Mr. Verlaan and all the student athletes.

Our junior boys basketball team played in the city championship game and came away as silver medal winners. We are very proud of Mr. Patrician and the entire boys team for representing us so well.

We had two wrestlers win gold medals in the city championship wrestling meet. One student went on to be the provincial gold medal winner. Congratulations to Mr. Swain and Ms. Doty, our wrestling coaches.


From April 26-29<sup>th</sup>, we are celebrating cultural diversity at our school. Activities are planned each day to raise awareness of the richness of various cultures within our school.

**We are located at 333 Shawville Blvd. S.E. For further information, including program boundary areas call the school at (403) 500-2103 or visit our website at [www.bishopobyrne.ab.ca](http://www.bishopobyrne.ab.ca).**

*Sandy Brown, Vice-Principal*

## NEWS FLASH

The Breeze Is the  
**ONLY OFFICIAL**  
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*Dr. Irene Phillips*

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## PUBLIC SCHOOL LIAISON UPDATE

Bridlewood School is getting ready to open in September has already had several meetings with parents interested in the School Council. If you would like to attend future meetings please email [bridlewood@cbe.ab.ca](mailto:bridlewood@cbe.ab.ca) 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](mailto:rbayer@telus.net) or phone 256-3167 (work) or 256-3229 (home).

*Sheila Swan*  
*Public School Liaison*  
*Somerset Bridlewood Community Association*  
[publicschooliaison@somersetbridlewood.ca](mailto:publicschooliaison@somersetbridlewood.ca)

## FRENCH IMMERSION AT JANET JOHNSTONE SCHOOL

Janet Johnstone School is the newest site for French Immersion in the Southwest. We currently have students registered in Kindergarten, grade one and grade 2. We are accepting registration into Kindergarten and grade one for this coming September. Should you be interested in this program of choice, please call us at 403-777-8670 or feel welcome to come visit us at 224 Shawnessy Drive SW.

Everyone in your life was specially summoned to help you think and feel things you have never thought or felt before.  
It's working, huh? ~ The Universe



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## COMMUNITY CORNER

### WINDOW & BALCONY SAFETY

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows.



Every year, paramedics respond to emergencies where a child has fallen from an open window in their house– often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

#### Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

#### Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

*AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety.*  
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\*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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SOMERSET ~ BRIDLEWOOD

# Gardening COLUMN

## COMPANION PLANTING



Here are a few suggestions for using your garden plot for maximum space as well as to complement your style of cooking. These are ideas for your own back yard or perhaps the new community garden to be built this year in Douglasdale. Keep a garden journal of what works and what doesn't. Before you know it,

you will have your own style of garden.

- **Basil:** Pinch these plants often to promote bushy growth.
- **Beans:** Don't forget to use a trellis or staking for support.
- **Beets:** Wait and harvest these last.
- **Broccoli:** Row covers help to keep insects away.
- **Carrots:** The soil should be loosened approximately 12 inches deep. Amend soil if needed.
- **Cucumbers:** Cover until plants flower; this should help to keep the insects off.
- **Lettuce Head:** Give this plant some shade in the afternoon. Lettuce is not heat tolerant. Keep soil moist.
- **Lettuce Leaf:** Cut off the outer leaves for use anytime, this encourages growth.
- **Onions:** They like to have evenly moist soil.
- **Parsley:** Seeds should be soaked in warm water before planting.
- **Peas:** Use a trellis to support plant.
- **Peppers:** Does not like to be over fertilized, likes soil to be evenly moist.
- **Potatoes:** Hill up around each plant.
- **Radish:** Fast growers, harvest as soon as they are ready.
- **Spinach:** Doesn't like hot weather, keep cool with moist soil and mulch.
- **Strawberries:** Use mulch so strawberries don't sit on soil.
- **Summer Squash:** These plants are similar to basil, pick often to keep plants producing well.
- **Swiss Chard:** A little more tolerant of heat.
- **Tomatoes:** If plants get too leggy, remove the lower branches and plant lower part of stem.
- **Winter Squash:** When you pick these leave the stems on.

These are just a few plants to work with. You may have others you prefer. I will suggest garden styles that meet your specific

needs and some plant choices that fit those needs.

### 1) If you like to cook this garden will add flavour to your meals:

Basil	Peppers
Beans	Spinach
Leaf Lettuce	Swiss Chard
Onions	Onions
Radish	Tomatoes
Parsley	

### 2) This garden is for salad lovers:

Basil	Peppers
Broccoli	Radish
Cucumbers	Spinach
Head Lettuce	Swiss Chard
Leaf Lettuce	Tomatoes
Peas	

### 3) Here is one for the Italian in us:

Basil	Peppers
Onions	Tomatoes
Parsley	

### 4) For the busy people who still want to garden:

Basil	Peppers
Beans	Potatoes
Beets	Summer Squash
Carrots	Tomatoes
Cucumbers	Winter Squash
Onions	

### 5) Most bang for your buck garden:

Basil	Peppers
Beans	Summer Squash
Beets	Swiss Chard
Cucumber	Tomatoes
Eggplant	
Winter Squash	
Parsley	

I hope this gives you a few ideas. You can't go wrong. Your garden will be a part of what you like to eat. For the plants that need moist soil, or cool soil use mulch.



We have had questions from community members about a pest, oystershell scale, which attached cotoneaster hedges last year. We will have an expert address this issue in an upcoming column.

Please phone or email me if you have a gardening topic you would like to hear about.

Maureen MacDonald, Designs by Reen  
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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](mailto:dcolley@calgary.ca). Alternatively, you can contact '311'.



Commissioner Colley-Urquhart with Chief Rick Hanson and other members of the Calgary Police Commission

### Snow and Ice Control Audit

While the weather may be warmer now, no one forgets the frustration experienced when large dumps of snow wreaked havoc on our roads. While City crews did their best to keep up, traffic delays, hazardous roads and accidents were far too common.

On January 25<sup>th</sup>, City Council directed that a Snow and Ice Control (SNIC) Performance Audit be undertaken. Terms of Reference for the Audit were approved on March 18<sup>th</sup> and I was appointed Chair.

#### The SNIC Performance Audit will:

1. Undertake a systematic review of the current snow and ice control programs at the City of Calgary, with respect to effectiveness, efficiency and economy.
2. Review other Canadian cities' snow and ice programs including standards and operational practices.
3. Develop recommendations based on the current operations that would improve efficiencies.
4. Provide options with budgetary estimates for different levels of snow and ice control.

Continued on Page 29.



### Apply for a job with The City of Calgary Recreation

To view current postings:

1. Visit our website at [calgary.ca](http://calgary.ca), click on **Career Opportunities**, then **Job Opportunities**.
2. Visit the employment kiosk (weekdays 6 a.m. – 6 p.m.)  
Municipal Building Atrium  
800 Macleod Tr. S.E.

#### Resume drop-box locations:

- Killarney Aquatic & Recreation Centre
- Thornhill Aquatic & Recreation Centre
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- Southland Leisure Centre
- Village Square Leisure Centre

For assistance with cover letters, resumes and mock interviews, contact the Youth Employment Centre at 403-268-2490.

2010-0046

[calgary.ca/getpaidtoplay](http://calgary.ca/getpaidtoplay) call 3-1-1



## CIVIC CHAT

### Alderman Diane Colley-Urquhart

Continued from page 28.

The Audit Committee is comprised of five Aldermen, and is extending the opportunity for two citizen members to participate. I felt this aspect was essential in conducting a meaningful, transparent audit. The City will be advertising for these positions and I encourage interested citizens to apply. We are looking for the following skill sets:

- Management experience including financial acumen.
- Familiarity with The City of Calgary mill rate and budgeting process.
- Private sector snow and ice control operation planning and execution experience.
- Operational understanding related to construction and/or heavy equipment.
- Strong community involvement and an ability to convey the opinions of fellow citizens.

#### Transit Safety

Public safety has always been one of my biggest priorities on City Council and has been reflected in the initiatives I have undertaken. One of those initiatives that affects all Calgarians was my Transit Safety Audit, which I took forward to Council in 2008. The Audit was conducted and came back with a long list of recommendations to improve safety on the LRT lines from installing new cameras, to better patrols, to more Peace Officers (see the complete report at [www.aldermandiane.ca](http://www.aldermandiane.ca)).

Some of the recommendations were approved and included in the 3 year budget cycle; however a number of the recommendations have yet to be implemented due to funding constraints, including the hiring 12 additional Peace Officers. Council approved another motion I took forward on March 22<sup>nd</sup> requesting funding options for the April 12th Budget Finalization discussions. We have made significant improvements to Transit Safety, but we still have work to do. We need to continue to invest in public transit.

#### Urgent Request

I need your input and feedback as soon as possible on issues like the Snow and Ice Control Audit. Please email me as soon as possible with your ideas, concerns, and contact information to [dcolley@calgary.ca](mailto:dcolley@calgary.ca). I also want to make sure you are in the loop on the SW Ring Road and future developments with the Shawnee Golf Course.

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ~Tenneva Jordan

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4pm - 4:45pm	Two Step	5 weeks

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## CIVIC CHAT

### **Dave Rodney, MLA Calgary-Lougheed**

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calgary.lougheed@assembly.ab.ca  
Visit: [www.daverodney.ca](http://www.daverodney.ca)  
Phone: 403-238-1212



*The Rodney Family hosted Minister Counselor Murray Smith and Energy Minister Ron Liepert at the Calgary-Lougheed "Breakfast Symposium on the Future of AB Energy"*

### **Bill 1: The AB Competitiveness Act**

The Gov't of AB's efforts to increase our competitive profile will cut through all sectors of our economy, from agriculture to petrochemicals, research and development to transportation, and beyond. For all of the important details, please visit [alberta.ca](http://alberta.ca)

### **Advancing AB's Oil and Gas Sector**

The Competitiveness Review assessed ways that AB's competitive position and share of energy investment have shifted, and identified contributing factors. It also considered how AB could improve its ability to attract conventional oil and natural gas investment, in light of market changes. As a result of that, *your AB Gov't is modifying conventional oil and natural gas royalty rates; promoting more innovation and use of new technologies; and reducing unnecessary red tape while improving coordination of regulatory processes.* Currently, one in seven AB's are directly or indirectly employed by the energy industry. *The new changes will create 8,000 jobs in 2011-12, and 13,000 more jobs—annually—across the economy; and over the next 25 years, conventional oil and gas development in AB has the potential to add \$2.5 Trillion (!) in new economic activity!* "Energizing Investment" and the complete Project Committee Technical Report & Appendix are available at: [energy.alberta.ca](http://energy.alberta.ca)

### **AB Increases Support for Clean Energy Production**

Your AB Gov't is expanding and extending an incentive program called "*The Bioenergy Producer Credit Program*", which will help us meet our climate change targets by reducing emissions—while providing value-added

opportunities and long-term stability to AB's agriculture and forestry industries.

### **Sheriffs & RCMP Improve Safety on AB's Highways**

A new process for traffic policing will be phased in and completed in less than 2 years. It is based on 4 pilot projects which took place over 6 months in 2009, which demonstrated that *one of the best ways to improve safety on our highway is to integrate the two forces.* Of course, the first steps are for us to obey speed limits and drive UN-distracted!

### **AB Expands Online Campground Reservation System**

*You can book close to 6,000 campsites at 50 provincial campgrounds online (or through a new toll-free phone reservation service) up to 90 days in advance: Reserve.AlbertaParks.ca* (You can preview trails, firepit locations, proximity to washrooms, 360-degree panoramic views of each campsite and campground, and much more. You can also speak directly with a reservation agent to book your campsite: 877-537-2757).

### **Thank-you to All Who Attended Our Open House on March 31!**

If you were unable to attend, but would like to speak with me on any provincial issue, please contact us anytime!

### **Did You Receive my Latest "Winter Report to Constituents" in Your Mailbox?**

If you did not receive this important summary, please contact us and we will ensure that you receive your choice of a *hard copy or via e-mail—your choice!*

### **More than 700 Housing Spaces to be Built or Upgraded Seniors and People with Disabilities**

Your AB Gov't is investing a capital grant funding of \$50 million which is expected to generate more than \$247 million in construction-related activity.



*Chateau Renoir Seniors' Complex Ribbon Cutting*

## **HAPPY SENIORS WEEK!**

**Let's carry the spirit of the first week in June with us—all year!**



## CIVIC CHAT

# WILDROSE ALLIANCE

The Wildrose Alliance Party is pleased to announce the recent formation of the local Calgary-Lougheed Constituency. The executive of the constituency has been working in the local communities raising awareness to an alternative in Provincial political parties. The executive brings to the party and constituency a wealth of knowledge and experience. The executive officers for Calgary – Lougheed include:

- ◆ Chris Grabill – President
- ◆ Paddy Maller – CFO
- ◆ Mike Mahoney – VP Policy
- ◆ Tom Griffin – VP Membership
- ◆ Robin Brittner – VP Fundraising
- ◆ Dorothy MacDonnell – Secretary
- ◆ Darren Wasilenchuk – VP Communications

We welcome golfers and non-golfers alike to our 1st Annual Constituency Golf Tournament to be held May 27<sup>th</sup> beginning at 1130AM at Shawnee – Slopes Golf Club. The event welcomes golfers of all skill level as it is a 'best-ball' tournament. The fee for the tournament is \$175, which includes golf, cart, and meal. There are also limited spots for \$50, which is for the meal. This event is an opportunity for fellow party members and constituents to meet the constituency executive and include a silent auction. The constituency executive is also pleased and excited to have Party Leader, Danielle Smith in attendance.

Further information or to register for the golf tournament visit the constituency facebook page "Wildrose Alliance Party-Calgary Lougheed Constituency" or email the constituency at the email below.

The local constituency can also be contacted at 403-252-7750 or via email at [Calgary-lougheed@wildrosealliance.ca](mailto:Calgary-lougheed@wildrosealliance.ca).

Memberships and membership information can be obtained via the local constituency association or from the Wildrose Alliance website at: [www.wildrosealliance.ca](http://www.wildrosealliance.ca).

For updates on your constituency, check our facebook page regularly. For Party updates and news the Wildrose Alliance website is a wealth of information and an excellent resource for all Albertans.

### Working to bring back the 'Alberta Advantage'.

*Darren Wasilenchuk,  
Vice President of Communications, Wildrose Alliance Party  
Calgary Lougheed*

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"Jane sold my home in Turner Valley in a week and a half. Professionalism, knowledge, and her hard work sold my house. Honesty and humour made the whole experience so enjoyable." Dorothy M.

"You were excellent. Thank you. I have dealt with realtors before but you went above and beyond." Marlene W. and Leonard S.

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Check out the map and events page on website for more information.

- ◆ On Mother's Day Weekend there will be the Mile Long Sidewalk Sale. Watch for the Orange Balloons to help identify the sales on May 8 & 9.
- ◆ Next the Collector Car Auction on May 28 & 29 where you can witness and bid on amazing old cars & trucks.
- ◆ June starts off with our Rotary Soap Box Derby on June 5 followed by our ever so popular Spirit of Okotoks Parade & Youth Festival
- ◆ and Big Rock Block Party all on June 19.

Plan a weekend or a day trip to Olde Towne Okotoks. Come shop, dine, indulge... [www.oldetowneokotoks.ca](http://www.oldetowneokotoks.ca)



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# Bylaw Bulletin

[www.calgary.ca/animalservices](http://www.calgary.ca/animalservices)

## IT STARTS WITH YOU... BE A LITTER QUITTER TODAY!

Spring is here and we look forward to warm days, budding leaves, and green grass. Unfortunately when the snow melts, we encounter what is left on the ground...litter and properties that need a good spring clean. As Calgarians, what can we do to clean up our City so it reflects a safe and healthy environment?

### AWARENESS

Animal & Bylaw Services would like to remind Calgarians of the changes made in the **Street Bylaw** and the **Parks and Pathways Bylaw** in how we deal with litter in our streets and parks.

- Aside from in an appropriate receptacle, waste must not be disposed of on any public property.
- If a vehicle is involved in a littering offence, the registered owner of that vehicle may be charged.
- The improper disposal of burning material, including lit cigarettes, may result in an increased fine. Not only is this unsightly, but it poses a potential fire risk.

### Fines

Littering	\$500.00
Littering from a vehicle	\$750.00
Disposing of burning litter	\$1,000.00

### EDUCATION

The City of Calgary Animal & Bylaw Services will be promoting a **Litter** campaign the last week of April and first week of May. What a great way to support Earth Day on April 22<sup>nd</sup> and ensure that our properties and green spaces are tidy and litter free!

### ACTION

Get involved and be a proud Calgarian who takes pride in their City by:

- Picking up litter
- Keeping your property tidy
- Getting involved in a community clean up



### Awareness, Education, Action

Build Strong Communities that celebrates a clean Calgary!

For more information about the *Street Bylaw*, *Parks and Pathways Bylaw* or *Community Standards Bylaw* visit [calgary.ca/bylaws](http://calgary.ca/bylaws) or call 3-1-1.

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## COMMUNITY CORNER

### POLICE & COMMUNITIES WORKING TOGETHER



#### Staying safe at home

*Build a great neighbourhood*

Preventing residential break-and-enters doesn't mean looking out for just your own home — it covers your whole neighbourhood. The first step you can take to prevent crime in your neighbourhood is to work together. The Calgary Police Service suggests these tips to help you get started:

**Get to know each other:** Become familiar with the routines in your neighbourhoods and get to know your neighbours. Help build community spirit by hosting community or street-wide block parties or yard sales. Be aware of strangers and call police at 266-1234 if something or someone looks suspicious.

**Talk to each other:** Good neighbours look out for each other and let others know when they will be away. Leave keys and emergency phone numbers with a trusted neighbour, friend or relative.

**Keep up appearances:** A well-kept community is less attractive to criminals and vandals. Appearance often reflects residents' concerns, pride and willingness to work together.

**Get involved in crime prevention:** Block Watch is a program that brings concerned citizens and police together to reduce crime in neighbourhoods. For more information call 403-509-2565 or visit [www.calgaryblockwatch.com](http://www.calgaryblockwatch.com).

**Look out for the children:** The Calgary Block Parent Association provides personal safety information and immediate assistance through a community safety network. Contact them at 403-269-6460 or [www.calgaryblockparent.ca](http://www.calgaryblockparent.ca).

**Register for PACT:** Register for the free PACT (Police And Community Telephone) system by calling 403-645-2990 or visiting [www.calgarypolice.ca](http://www.calgarypolice.ca). PACT is a police-operated computer system that sends out recorded phone messages about criminal activity, police concerns and tips affecting your community.

**Be suspicious, and report the following to the Calgary Police Service:**

- Unusual noises, such as someone yelling for help.
- Vehicles moving slowly and randomly through the neighbourhood.
- A stranger running or walking randomly through the neighbourhood.
- A stranger sitting in a car, stopping to talk to a child, or looking into homes or parked cars.



## WANNA PLAY??

An 8 week intro to soccer designed specifically for children 9 to 8 yrs old. Your children will learn and be active in a fun, non-competitive environment that focuses on positive character development, self confidence and team work.



**When:** starting May 2010  
**Who:** Preschoolers (ages 3-5): 5:00-5:30pm  
K/1st Graders (ages 6-8): 5:45-6:15pm  
**Where:** A Park in Your Neighbourhood!  
**Cost:** Just \$72 / 8-Week Program  
**Register:** [www.soccershots.org/calgary.htm](http://www.soccershots.org/calgary.htm)  
(choose Riverbend Park Program)  
**Contact:** David Fadlayami at 403-479-9699  
email: [calgary@soccershots.org](mailto:calgary@soccershots.org)

**Soccer Shots**



- Furniture being removed from homes when the owners are on vacation or at work.
- Abandoned vehicles.
- Unusual activities of pets, such as the repeated barking of a dog that is normally quiet.
- Someone going door-to-door soliciting, and who refuses to provide proper identification.
- If you see homes with open doors, front doors with keys left in the locks, or a neighbour's car with the trunk left open, give them a quick call to let them know.

**Don't hesitate to call:** Many people believe that the police don't want to be called if the caller is merely suspicious. This isn't true: when in doubt — call the police. Use the general police line at 266-1234 for suspicious activities; use 911 for crimes in progress.

If you have community concerns, you could also call your Community Liaison Officer — every district of the city has several of these officers who act as points of contact for community policing initiatives and problem solving. Check [www.calgarypolice.ca](http://www.calgarypolice.ca) for a district map and phone numbers or call the police general line at 403-266-1234 — they'll put you in contact with the CLO who looks after your community.

## 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](http://www.calgarypolice.ca)



## FUN FACTS

- ◆ The cosmos contains approximately 50,000,000,000 galaxies.
- ◆ There are between 100,000,000,000 and 1,000,000,000,000 stars in a normal galaxy.
- ◆ Sound travels about 4 times faster in water than in air.



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## HONDA POWERHOUSE

**Who said moving the lawn has to be a chore?**  
**100% Honda Built Power Equipment**



- Quiet, easy-to-start Honda 4-stroke OHC engine
- Standard large-capacity rear-discharge bag
- Completely 3-in-1: bagging/twin blade mulching/rear-discharge capable
- Push-type, heavy-duty 21" (53 cm) steel deck
- Quadra-Cut system is standard on HRR models



**NEW ONLY \$469\***

**SMART Drive™**  
 SMART Drive™, a unique variable speed transmission. Developed with an ergonomic handlebar design, SMART Drive™ allows the user to easily control the mower speed when resting his/her hands on the handlebars. The mower is truly self-propelled as it pulls itself forward.

**Great for hearty appetites**



**NEW ONLY \$1479\***

- Features adjustable SMART Drive™ control
- Features the exclusive Honda QuadraCut™ twin-blade mulching system
- 21" (53 cm) steel deck, variable speed transmission
- Powered by a quiet and efficient Honda 4-stroke engine
- Optional rear-mounted side-discharge chute
- Auto Choke System (ACA)



**NEW ONLY \$699\***

**Groundbreaking performance**



**NEW ONLY \$499\***

- 21" (53 cm) NeoTite™ deck, hydrostatic transmission
- Completely convertible 4-in-1 mower, right out of the box
- Features a quiet Honda 4-stroke engine
- Can simultaneously mulch and bag, using Honda's unique Versamow™ System
- Also available with 12 VDC electric start on the HRXQ173HMC



**NEW ONLY \$1099\***

**The Unique Honda Twin-Blade Systems.**  
 Only Honda lawnmowers feature twin-blade mowing systems. Both the QuadraCut System® on the HRR models and the MicroCut System® on the HRX models provide four cutting surfaces for ultra-fine clippings for better mulching and increased bag capacity. Grass is cut into tiny pieces that quickly decompose and add nutrients to your lawn.



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