



YOUR OFFICIAL COMMUNITY NEWSLETTER

# *The Breeze* February 2010

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## **CASINO FUNDRAISER NEEDS YOUR HELP**

Volunteer for a FREE 2010 SBCA Membership!

Enjoy all of our 2010 events for FREE!

Go to pages 6 & 7 for details.

Somerset~Bridlewood Community Association

[www.SomersetBridlewood.ca](http://www.SomersetBridlewood.ca)



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**- John S.**

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## PRESIDENT'S MESSAGE



We are looking for volunteers for our fundraising casino this month and I'm asking my community to help us out! Can you donate a few hours in March to ensure we can raise funds

to help our community be the best it can be? As a Thank you to everyone who volunteers for a shift you'll be rewarded with a FREE 2010 Somerset Bridlewood Community Association Membership for your household! Then you and your family can attend and take part in the many events we work hard to provide for our community!

This month we are offering FREE Zumba dance classes to our community members, this service is being donated to help promote our new "My Community" website where you'll be able to advertise lost items or if you'd like to sell something, or meet a group to play soccer one afternoon. We're really looking forward to this new site that will promote and keep you connected with the community! Check out the new site and give me your feedback, I'd love to hear back from you!

*Alia Vanzhov, President, Director of Infrastructure & Newsletter Liaison SBCA*

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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	Alia Vanzhov	<a href="mailto:infrastructure@somersetbridlewood.ca">infrastructure@somersetbridlewood.ca</a>
Membership/Volunteers	Sharmaine Cameron	<a href="mailto:membership@somersetbridlewood.ca">membership@somersetbridlewood.ca</a>
Funds Development	Anoop Kapoor	<a href="mailto:funddevelopment@somersetbridlewood.ca">funddevelopment@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:publicschooliaison@somersetbridlewood.ca">publicschooliaison@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:seniorliaison@somersetbridlewood.ca">seniorliaison@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** - email: [somersetresidents@shaw.ca](mailto:somersetresidents@shaw.ca)

## 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. **Mall 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)**



**Somerset~Bridlewood Community Association**



# **CASINO Fundraiser**



***NEEDS  
YOUR  
HELP!***



***Volunteer for a FREE 2010 SBCA Membership!***

***Enjoy all of our 2010 events for FREE!***

March 2 & 3, 2010, our community association is having a casino fundraiser at the Deerfoot Casino and we urgently need volunteers to fill the various shifts on those two days. We are fundraising to put money towards our community: new playgrounds for our community schools, uniforms for community groups, & a community space to name a few.

See page 7 for full details. Or go to our website

[www.somersetbridlewood.ca](http://www.somersetbridlewood.ca) to volunteer.



## VICE-PRESIDENT'S MESSAGE



### Casino Fundraiser

The Somerset/Bridlewood Community Association (SCBA) will be holding a casino at the Deerfoot Inn & Casino on March 2 and 3,

2010. We require a minimum of 38 volunteers to run the event, but would certainly welcome a few more to call upon in case of sudden illness or other last-minute circumstances that may affect a volunteer's ability to participate.

#### There are two shifts each day

(Note: ending times are approximate).

Shift 1: 10:30 a.m. – 7:30 p.m.

Shift 2: 7:00 p.m. – 3:00 a.m.

For both shifts we must fill the following "key" positions:

- General Manager
- Alternate General Manager
- Chip Runner
- Chip Runner
- Banker
- Cashier #1
- Cashier #2

In addition, we need to provide Count Room Staff on both days from 10:00 p.m. to 3:00 p.m. There are six positions available:

- Count Room Supervisor
- Count Room Staff #1
- Count Room Staff #2
- Count Room Staff #4
- Count Room Staff #5
- Count Room Staff #3

All volunteers will be given training at the start of their shift and will be provided food and refreshments free of charge. Volunteers are not permitted to drink alcohol during their shift, and are not allowed to participate in any of the gaming activities during the two-day event. If you are able to help out on both days, we welcome that too. However, you must fill the same position on both days.

With the proceeds from the casino, the SBCA hopes to accomplish the following:

- Establish a building fund for the purposes of a community facility;
- Provide community programming opportunities for children, youth and seniors
- Provide community groups with uniforms/equipment (e.g. Somerset/Bridlewood Scout group)
- Provide a financial contribution toward the planned expansion of the Somerset School playground
- Provide some start-up funding for the installation of a playground at the new Bridlewood School

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**(403) 254-4278**



If you would like to help out, we welcome your involvement and are offering all casino volunteers a free 2010 SBCA membership for participating. This membership also entitles you and your family to participate in our many other events planned for this year (see January issue of "The Breeze" for a list of those activities or visit our website).

Please contact any one of the SBCA Board members for an application form. If you have any additional questions, please contact me at [vicepresident@somersetbridlewood.ca](mailto:vicepresident@somersetbridlewood.ca).

Thank you for your community support and involvement. Together we can make 2010 a great year for the residents in our community.

*Karen Taylor, Vice-President*



## Disclaimer

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those for the Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.



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With loyalty credit (reg. \$21,888). Price includes all fees. GST not included.

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**Leah Nelner, BMgt '09**



lead-coloured (lead)  
**leader** *n.* **1** a person followed by others.  
music group. **b** a core group. **3** a short strip each end of a reel



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## SBCA BUSINESS

### Somerset Bridlewood & City of Calgary 2010 Community Garden



Somerset Bridlewood and the City of Calgary are working together to establish a public community Grow Garden operation for the residents in Somerset and Bridlewood. Presently we are sourcing a

suitable location and applying for funding for this neighbourhood endeavour. In the next couple of months we'll be updating our residents with further information and how to apply for garden plots.

#### What is a Community Garden?

It is any group of people who come together to garden. People of all ages who are new or experienced gardeners are warmly welcomed. Gardeners can have their own individual plot within the community garden and can also join with others to grow some crops communally, sharing in the work and the harvest. Every community garden is unique and develops from what the gardeners decide.

#### Why do people join a Community Garden?

Some of the reasons are: to grow flavourful, fresh, organic, chemical-free food, to connect with nature, for recreation, to save money on groceries, to improve the urban environment (water runoff, noise, heat, air, soil and wildlife ecology), to practice sustainable living, to improve neighbourhood security, for mental and physical wellness and to create a friendlier community to name just a few.



Please watch for the next edition of this Newsletter for our progress and exciting updates from the Somerset Bridlewood Gardening Team.

As it will take a many hands to make our garden grow we are looking for people to join our garden team. If you are interested please contact us via our website [www.somersetbridlewood.ca](http://www.somersetbridlewood.ca) or send an email to David via [socialactivities@somersetbridlewood.ca](mailto:socialactivities@somersetbridlewood.ca)

Gardening requires lots of water - most of it in the form of perspiration. ~Lou Erickson

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## THINGS TO DO - FRIENDS OF FISH CREEK

### Experience that Homegrown Feeling!

#### A Fundraiser for the Friends of Fish Creek Provincial Park Society

Friday, February 26, 2010 from 7:00 pm - 9:00 pm  
Willow Park Wine & Spirits  
(10801 Bonaventure Drive SE, Calgary, AB)  
\$40.00 per individual and \$75 per couple



If you love Fish Creek Provincial Park, now is the time to give back and support the Friends of Fish Creek Provincial Park Society's inaugural Fundraiser. Bring along your neighbours, friends and family to **Enjoy that Home Grown Feeling**, and learning about and sample many wonderful and award-winning Canadian wines from the Niagara and Okanagan regions. Experience a selection of mouthwatering appetizers, listen to a local jazz band, participate in a silent auction, and count on having a very memorable evening!

So put on your bidding hat and come on out to support the Friends of Fish Creek Provincial Park Society! For tickets, please visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) or call 403-238-3841. You can also come down to the Cookhouse at the Bow Valley Ranch, Fish Creek Provincial Park, to purchase your tickets.

Dress is Business Casual. Must be over 18 years of age to purchase a ticket for this event.

We are also looking for volunteers to sell tickets, as well as eight volunteers to help out on the night of the fundraiser. The Friends are also seeking items for the silent auction table! Please contact the Friends if you are interested in volunteering or have something to contribute to the silent auction.



### Learn Something New!

**Friends of Fish Creek Provincial Park Society- Speaker's Series**

#### From the Road to the River

*Roger Kelley, Conservation Education Director  
with Trout Unlimited Canada*

**Thursday, February 25**

**7:00 pm 8:00 pm**

**Fish Creek Environmental Learning Centre**

## Thinking of Buying or Selling this Spring?

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"Calgary Real Estate & Homes -  
Mona Kapoor - Your Calgary  
Real Estate Agent"

These events are free for Friends' members and \$5.00 for non-members. Please register by contacting the Friends at 403-238-3841 or [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org).

Trout Unlimited Canada manages the largest storm water pollution prevention and education programs in Canada. This presentation will focus on storm water pollution, which is the largest source of freshwater pollution in North America and the most difficult type of pollution to control. This presentation will explain some of the sources of this type of pollution, possible solutions to help reduce it, and the great work done by Trout Unlimited Canada to restore and preserve freshwater habitat. Fish Creek Provincial Park contains two waterways, the Creek itself, which is important for fish, invertebrate life, and all of the Park's wildlife community; and the Bow River, a critical waterway for wildlife species and residents of communities in Southern Alberta.

### Friends of Fish Creek Quiz Question

Which member of the Park's wildlife community can be very damaging to the Park environment but is also significant to the history of this country?

*Look for the answer in the Newsletter.*



## FREE OR LOW COST THINGS TO DO

### The City of Calgary Community Services & Protective Services For more info contact 311

#### Calgary Afterschool @ Southland Leisure Centre – It's UR Time

Monday – Thursday, now until June 24, 3 – 6 p.m.  
A free drop-in program for youth, Mondays through  
Thursdays, 3 – 6 p.m. Grades 7 – 9 (ID required) can hang out  
in the youth room with your friends and enjoy videos,  
Nintendo Wii, snacks and other activities. The pool and Sport  
Hall is also available on select days.

#### Youth in Action @ Southland Leisure Centre

Fridays, now until June 25, 7:30 – 10 p.m.  
Friday Nights Youth Rule the Pool!! Come and hang with us in  
the wave pool for a night of music, friends, swimming, dancing  
and friendly competitions. Swimming not your thing? How  
about a game of badminton or basketball in the Sport Hall!  
Ages 11 – 17 years welcome; regular youth admission applies.

#### Family Adventure Tropical Fish Hunt @ Southland Leisure Centre

Sunday, Feb. 7, 9 – 11 a.m.  
As a family, partake in a pool-sized scavenger hunt! Small deck  
games and activities for the little ones as well! Want to stay  
dry? Free bonus activities are in the lobby too. (Regular  
admission applies to access the pool area.)

#### Public Swim – Free

Family Day, Feb. 15  
From 1 – 2:30 p.m. and 3 – 4:30 p.m.:  
Acadia Aquatic & Fitness Centre – 9009 Fairmount Dr. S.E.  
Splash around with the family, practice your strokes, or simply  
relax in one our swimming pool. Our professionally trained,  
friendly staff are always available to ensure that you enjoy  
great fun for the entire family.



#### Family Skate Night

Wednesday, Feb. 17, 6:45 – 8:15 p.m.  
Lace up your skates, slap on the helmet, and hit the ice with  
your family for Family Skate Night at Southland Leisure  
Centre! Regular admission applies for any on ice activity. Free  
family-based activities and games will be present in the arena  
lobby as well!

#### Family Fun Days @ Southland Leisure Centre

Sunday, Feb. 21 & 28, 9 – 11 a.m.  
Jump in the pool during Family Swim time and spend some  
quality time with your family! Other family-based activities  
will be available during the morning. (Regular admission  
applies to access the pool area.)



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## FREE THINGS TO DO

### The City of Calgary Community and Neighbourhood Services



#### COME SKATING ON FAMILY DAY, FEBRUARY 15, 2010

Skating is a great way to have fun and  
get some exercise. Come glide with us at  
one of the eight participating arenas.  
Admission is free, so bring your own  
skates and a helmet.

#### Rose Kohn/Jimmie Condon Arenas

Free Family Day Skating Party from 1-2:30 pm

This free Skate will also have

- Clowns, activities and games.
- Hot chocolate and cookies.

Bring your skates and a helmet.

#### Free Skate from 1:00 - 2:30 pm at the Following Locations:

- Ernie Starr Arena – 4808 14 Ave. S.E.
- Frank McCool Arena – 1900 Lake Bonavista Dr. S.E.
- Murray Copot Arena – 6727 Centre St. N.
- Optimist/George Blundun Arena – 5020 26 Ave. S.W.
- Rose Kohn/Jimmie Condon Arena – 502 Heritage Dr. S.W.
- Shouldice Arena – 1515 Home Rd. N.W.
- Stew Hendry/Henry Viney Arena – 814 13 Ave. N.E.
- Stu Peppard Arena – 5300 19 St. S

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are not necessarily endorsed by SBCA.

## FREE OR LOW COST THNGS To Do - COMMUNITY SPONSORED EVENTS

BRAESIDE:

### Family Skating Evening

Friday, February 19<sup>th</sup> 6-9 pm

Organized by Braeside Community Association

Braeside Community Centre

11024 Braeside Drive SW

Contact (403) 253-4232 for more info

Fire Pit, Chili, Hot Dogs and Family Bingo



PALLISER BAYVIEW PUMPHILL:

### Winter Festival

Saturday, February 20<sup>th</sup>

Winter fun and activities, used book sales

Organized by Palliser Bayview Pumphill

Community Association

Palliser Bayview Pumphill Community

Centre - 2323 Palliser Drive SW

Contact (403) 281-1908 for more info



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<p><b>CERAMIC TILE</b></p>	<p><b>AREA RUGS</b></p>	<p><b>LAMINATE</b></p>	<p><b>LAMINATE</b></p>

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- 2125 sq.ft., 3 bedrooms
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## THINGS To Do

### South West Calgary Youth Justice Committee



#### How can you get involved and what is YJ???

Most people are not aware that there is a volunteer committee in your neighborhood that is authorized under the Youth Criminal Justice Act to administer the Extrajudicial Sanctions Program formerly known as the Alternative Measure Program.

This is a program where the Youth meets with the area committees, comprised of volunteers that reside in the area. They must accept responsibility for their actions, agree to be in the program, and be willing to complete consequences (sometimes in the form of community service work) and sign a contract agreeing to the conditions. If the Youth meets these conditions, they are kept out of criminal justice process and will not be charged with the offence therefore in most cases avoiding a damaging criminal record.

The South West Calgary committee has been in existence for 15 years. We welcome new volunteers as our files have considerably increased in the past two years. We lose members due to moves and work commitments and are always looking for people to replace them. Within our committee we have people with previous experience in the Youth Justice system, parents with teenagers, young people interested in youth programs, and all the volunteers have the will and drive to assist the courts with this effective method of dealing with young offenders.

#### **WE WELCOME NEW VOLUNTEERS TO HELP WITH OUR EVER INCREASING CASE FILES.**

**What do we need from you?** - Approximately four evening hours a month.

**No experience?** Don't worry. - We provide it free of charge through the New Member Youth Justice Training.

**Still can't decide if this is for you?** - Attend one of the meetings and we will answer all your questions.

Call Melanie at 403-366-5515 for more information.

**[www.calgaryyouthjustice.com](http://www.calgaryyouthjustice.com)**



## Help Haiti

We have all watched with shock the devastating earthquake that struck Haiti recently. Haiti is the western hemisphere's most impoverished country and desperately needs our help.

**Help Haiti kits** are being assembled on the 21<sup>st</sup> at the Canyon Creek gym in Midnapore. We need volunteers to help bring supplies and help assemble the kits.

You could bring along any of the following supplies:

- Antibacterial soap
- Petroleum jelly
- Antifungal cream
- Cotton balls
- Latex gloves
- Wash cloths

Sign up on the website, [www.canyoncreek.ca](http://www.canyoncreek.ca), bring along your supplies and help caregivers in Haiti bring help and hope. It's a great event for families to do together.

This project is jointly sponsored by Canyon Creek Christian Fellowship Church and World Vision.

If you have any questions you can call 403-256-3167 or log onto [www.canyoncreek.ca](http://www.canyoncreek.ca).

In one hour on Sunday Feb. 21<sup>st</sup>, you can help make a difference for the survivors of the worst earthquake in 240 years. Thank you for helping Haiti!

## COFFEE TALK

### Is an alternative approach to allergies really so different?

Conventional treatment of allergies may involve agents to decrease inflammation within the body and to stabilize the immune response. Your doctor will also likely advise you to avoid the known allergens. A registered naturopathic doctor would use the same approach, so let us have a closer look at the alternative.



Naturopathic treatments can certainly lay groundwork to stabilize your immune response and prevent or lessen allergy symptoms, without the unwanted side effects of allergy medications. Often people are allergic to more than one substance and it is impossible to completely avoid allergens. At this point, treatment involves lessening the load on the immune system as much as possible and supporting a healthy and appropriate immune response.

Are there other unknown allergens that are activating your immune response? We often look at extensive food allergy testing. Food sensitivities are another issue that may be investigated. They are classified as a different type of hypersensitivity, so share the common feature of creating inflammation. If the goal of allergy treatment is to decrease inflammation, food sensitivities should also be avoided.

Is stress a major component in your life – this could be some event that you are tangibly aware of, or it may be something unnoticed, like chronic disease or the allergies themselves. Whatever the source, you can bet that it isn't helping you get through allergy season with flying colours.

A healthy body lends itself to an appropriate and properly functioning immune response. An immune system that is not over-stressed and well supported is less likely to switch into inappropriate operation. There are also some nutraceutical supplements that appear to act as natural anti-histamines.

It is also important to decrease the inflammation created by the allergic response within the body. All this can be achieved through diet, supplements and herbs to tonify all systems in the body, as naturopaths often see aggravation of allergies with a weak digestive tract and adrenal glands. Typically, these internal long term treatments are combined with homeopathy or acupuncture to provide quick relief for sufferers.

A digestive tract may be weakened by stress, chemical or viral exposure, food allergies or sensitivities, disease and much more. A theorized sequelae in alternative health is the development of a "leaky gut", in which agents that would normally be eliminated through your bowels are allowed to

be truly amazing

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seep back into your system and aggravate normal functioning. This is believed to contribute to many health concerns from migraines to gastrointestinal disorders to allergies. So, eating foods that your body does not react well to could possibly be making your seasonal allergies worse.

Adrenal glands are your stress organs. When you are stressed, it is these organs that secrete the necessary chemicals to get you through the stressful event. They also play a role in hormone regulation, salt regulation and sugar regulation. As an allergic person, do you also have issues in any of these areas? With prolonged stress, the demand placed on these organs compromises the feeling of well-being. Depending on the severity, a person may experience problems with energy, sleep and ability to handle normal stresses.

As you can see, there are many facets in an alternative approach to allergies, much overlapping with conventional treatment in intention, differing in the remedies used. It may be fair to suggest that an alternative approach may not only help your allergies, but also help your overall well-being. If you choose to try naturopathic medicine for your allergies, it would be best to enter treatment before your allergy symptoms arrive. Be prepared to talk about more than just your allergies, but embrace that approach and set other health goals to achieve in addition to allergy treatment.



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[www.tradesecrets.org](http://www.tradesecrets.org)



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## COMMUNITY CORNER

### Shawnessy Library - 333 Shawville Blvd. S.E.

#### Hours:

Monday - Thursday 10 a.m. – 9 p.m.

Friday - Saturday 10 a.m. – 6 p.m.

Sunday Noon – 5 p.m.

Telephone: 403-221-2072



Now that Christmas is over and the New Year has begun, why not take this opportunity to see what Shawnessy Library has to assist with your self-improvement plans. We have books on how to get out of debt, save money, and de-clutter your life.

- **Debt- Free Forever** by Gail Vaz-Oxlade
- **Thrifty** by Marjorie Harris
- **Unclutter Your Life in One Week** by Erin Rooney Doland

#### PROGRAMS FOR 50 AND FORWARD

- Join us for **Coffee and Conversation** and informal presentations of interest in our program room Fridays 2:00 – 3:30 p.m.

#### PROGRAMS FOR CHILDREN AND TEENS

- **Homework Help:** Grade 3 to 6 students meet in small groups with trained volunteers for homework help and fun literacy activities Wednesdays, Jan. 27<sup>th</sup> – Mar. 24<sup>th</sup> 7:00 – 8:00 p.m.
- **Game On!** Hang out with other teens and test your skills at games like Rock Band, Guitar Hero, and more! Ages 13 to 17. Tuesdays, Feb. 2, Mar. 2, and Apr. 6<sup>th</sup> 4:00 - 5:30 p.m. No registration required.
- **Toastmasters International – Youth Leadership Program:** Develop speaking and presentation skills, self-confidence, and strong leadership abilities. Ages 13 – 17. Saturdays, Feb. 6 to Mar. 27. 10:30 a.m. - 12:00 p.m.

#### JUST FOR FAMILIES

- Join us for **Drop-in Family Storytime**, Sundays, Jan.17 – April 25 at 1:30 p.m.. (no program on Apr. 4), or Saturdays Feb. 6 – Mar. 13 at 10:30 a.m. for a half hour of stories, songs, and fingerplays.

#### PROGRAMS FOR ADULTS

- **Adult Book Club:** Tuesdays, February 23, March 23, and April 27, 7:00 – 8:30 p.m., or Wednesdays, February 23, March 23, and April 28, 2:00 – 3:30 p.m. Call Shawnessy Library for specific titles.

**A valid Calgary Public Library card is required to attend all programs.**

All *Calgary Public Library* branches will be closed for **Family Day** Monday February 15<sup>th</sup>.

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### Feature Listing

\*2 Storey, 2740 sq ft + 928 full bsmt 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 pce 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 pce 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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\*2 story Jayman Kennedy model.

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\*Upper level consists of bonus room, 4 piece bath, 3 bedrooms including master complemented by 4 piece en suite, master tub, separate shower & walk in closet.

\* Fully finished basement consists of large recreation room, bedroom, 3 piece bath & walk shop.

### 8 Mt Douglas Pt SE



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## NEWS FROM OUR SCHOOLS

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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.



#### "Determination"

Determination is about setting goals and working towards them. It means making a decision to do something and sticking to it. Students can show determination by completing challenging tasks even when they are hard and take a long time to complete. Asking your child how they show this virtue is very helpful. They then have an opportunity to demonstrate what they know about determination. Our ongoing participation is essential in helping children understand the different ways in which they can set goals and succeed even when there are obstacles.

47 Fyffe Road SE. 403-777-6420 [www.cbe.ab.ca/b320/](http://www.cbe.ab.ca/b320/)

## Challenge for Charity!



Our group, [www.calgaryauthors.com](http://www.calgaryauthors.com), is a local collective of authors that have published books on health/wellness and spirituality. We believe that books have the ability to change lives and that sharing messages of hope and renewal is what Christmas is all about. Our group donated over \$3,000 worth of books during Christmas 2009 to charities that were low on donations. (The Mustard Seed, The Salvation Army, and the Magic of Christmas). We will be challenging Calgary Businesses and individuals to purchase our books for donation to see if they can surpass us in 2010.

Please visit the book donations section at [http://www.calgaryauthors.com/calgaryauthors\\_000019.html](http://www.calgaryauthors.com/calgaryauthors_000019.html) for more information.

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## NEWS FROM OUR SCHOOLS

### Somerset School



February brings a time for staff to enjoy their Conventions, professional development time that is so worthwhile for our learning. We hope you enjoy the family holiday with family and friends.

Did you hear that the students of Somerset School enjoyed their own Student Convention on Feb. 5<sup>th</sup>? Ask them about it. They could choose from the following activity based sessions: Kids in the Kitchen, BodyBlast, Ssssnakes, Power Brain Activities, Learning Spanish, How Can You See Sound? Creative Costumes for Kids, Having a Ball with Pilates Exercise! Arts and Crafts Fun! Dance to the Music, Please Pass the Purple Paint, Cupcakes and Lollipop Valentines, Vive La Mexico! Microbiology, Sketchworks, Create Word Clouds, Weave Your Way to Reading, So You Think You Can Dance, Math Games, Awesome Australia, Sensationally SMART Savvy Students, Dance, Play and Sweets Romanian Style, Cultural Art Activities, Web 2.0- Cool Tools Rule and Snap. Parents, Family Friends and Teachers offered these sessions and the children were given the opportunity to choose various sessions that were of interest to them. What a wonderful way for the students of Somerset to enrich their learning.

Mad Science Clubs have begun with 102 children joining this scientific opportunity after school. Grade 1 and 2 students meet on Tuesdays and Grade3 and 4 students meet on Wednesdays for one hour after school. "The Academy of MAD SCIENCE Explorers " program is sparking the curiosity and interest in science. Ask your budding scientist all about their Mad Science Club.

We enjoyed a very special Alberta Opera production of "Hansel & Gretel." It was a fancy occasion so we encouraged the children, staff and guests to "dress-up" for going to the Opera.

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.

We encourage all parents of Somerset students to attend our School Council Meetings. You have a very dedicated executive that is working hard on behalf of all the students. Please join us in the library at 6:30 PM on the following dates: February 25, April 22 and for the Annual General Meeting on May 27. At the AGM, positions for the following year School Council Executive may be available. This is a wonderful way to be involved in your child's education.

*Until March, Students, Staff and Parents of Somerset School*

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**NEW**

**Year Round Driving Range**

Tel: 403-873-0004

**Oasis Greens Golf Centre**

**OPEN**

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2 buckets for the price of 1 (with this ad only)

Expires April 15/10

Visit our Website: [Golf4Fun.ca](http://Golf4Fun.ca)

Map showing location at the intersection of Macleod Trail and 242 Ave. SW, near the 22nd St. and 24th St. area.

**Macleod Trail + 242 Ave. S.W.**

## HERITAGE TIME OUT



**St. Andrew's United Church**  
**924 Heritage Drive SW**

We are a non-profit, non-denomination ladies group that get together Wed mornings from 9-11am.

Babysitting is available for children 0-5yr which gives you 2hrs to do as you wish whether it's scrap booking, card making, knitting, quilting or just visiting with the ladies over a cup of coffee or tea.

Registration is ongoing or come on a drop in basis. Fees are nominal.

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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## COMMUNITY CORNER

### February Is Heart Month

Do you know the signs of a heart attack and what to do if someone experiences these symptoms? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

#### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

#### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history



Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

#### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**"The best and the most beautiful things in the world cannot be seen or even touched, they must be felt in the heart."** ~Helen Keller

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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'.



*Diane with Police Chief Rick Hanson at the 2010 Sirens for Life Blood Drive. Sirens for Life is an annual competition that pits Calgary's emergency services against their counterparts in Edmonton to see which city can bring in the most blood donors in January.*

### SW Connector Update

It is time to get the road built! At the end of last year another critical step was taken on the long road toward the greatly needed Southwest Connector. In late November, a Memorandum of Understanding was signed by the City and the Province laying the groundwork for a comprehensive study of the future transportation corridor. The MOU establishes how we will work together to complete this major transportation project as soon as possible.

The Province will be leading an extensive citizen consultation process over the next 18 months. This will identify and address community concerns and result in the final road standard and alignment. Such concerns range from the possible effects on the City's drinking water to the impact on area residents such as noise, lighting and congestion. Road capacity and alignment will be determined along with the required upgrades to our primary road network and utility corridors.

My Ward 13 Land Use Mobility Advisory Council (LUMAC), chaired by Mr. Tony Cleveland, will play a key role in giving a voice to Ward 13 residents. Please contact my office if you wish to get involved with LUMAC or with your Community Association. I will be holding an Open House in March to

keep everyone in the loop. You can find a copy of the MOU on my website.

### Shawnee Golf Course Sale

This issue is the number one priority for me and the residents of Ward 13 this year. The City Planning Department received a formal application for redevelopment of the Shawnee Slopes Golf Course at the end of last year. The application was submitted by the new owners who require a land use amendment to fully develop this site, and was distributed for circulation to key stakeholders on January 29<sup>th</sup>. On January 28<sup>th</sup> I hosted a special meeting of LUMAC in partnership with the Shawnee Evergreen Community Association and City staff to understand the process going forward. I, along with all residents of Shawnee/Evergreen and Ward 13, am very concerned about this application and the potential impact on all of Ward 13 & 14.

I have outlined the process the community, the City, and I will be undertaking on this application in a document posted on my website.

It is the responsibility of the applicant to conduct community meetings and consult with key stakeholders in the community. It will require extensive public consultation and eventually a Public Hearing of City Council where residents will get a chance to speak. I encourage all residents to join the debate by getting involved with your Community Association.

### City Budget Update

The worldwide recession within the past year has had a significant impact on Calgary. Everyone has been affected in some way. It has resulted in a lower growth rate than forecasted a year ago, which has significantly affected City revenues. The City Audit Committee, which I am on, monitored the risks monthly, and I want to express how pleased I am with the job Administration did during this historic series of events. Throughout the year, in response to our changing circumstance, City Administration made cuts in every area except for policing. They mitigated \$45 million in cost increases while slashing an additional \$20 million from the 2010 operating budget. The primary role at the local level is to provide services to the community. We have an excellent public service in our city, doing a very good job. As a result, Council approved the following 2010 budget adjustments:

- A reduction in the municipal property tax increase for 2010 from 6.1% to 4.79%. This will increase property taxes for the average household by \$54 a year, or \$4.50 per month.
- No increase in the business tax rate for the 17<sup>th</sup> year.
- Reductions in previously approved water, wastewater and drainage rates of 1%-1.6% in 2010.

**Continued on page 29.**



# Tips on how to Recycle Smart

**Recycling Smart** means including only the following **acceptable items** in blue carts or depots:

- Plastic containers numbered 1-7 (no Styrofoam)
- Paper and cardboard
- Food and beverage cans
- Aluminum foil
- Glass jars and bottles
- Beverage containers

If in doubt, check it out. Please visit [calgary.ca/recycling](http://calgary.ca/recycling) to find out how to recycle or properly dispose of these and other materials.

**Recycling Smart** also means **not** including unacceptable items, such as:

- NO coat hangers
- NO scrap metal and car parts
- NO electronics
- NO propane tanks
- NO household chemicals and motor oil
- NO building materials



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

2010-0000



## CIVIC CHAT

### Alderman Diane Colley-Urquhart

Continued from page 28.

- Reduced short-term parking rates.
- Elimination of Park n' Ride fees at Bus Rapid Transit parking lots.
- An additional \$2.0 million for a two-year snow and ice removal project.
- 2.34 million hours of transit service in total.
- Preservation of 32 previously approved positions in the Calgary Police Service budget.

I look forward to serving all of you this year and to running in the coming civic election.

I want to introduce Anthony Masleck as my new Executive Assistant and Riley Georgsen as my Community Assistant.

As always, you can contact my office regarding this or any other civic matter at 268-1624, by email at [dcolley@calgary.ca](mailto:dcolley@calgary.ca).

**Please recycle your community newsletter.**



## FRIENDS OF FISH CREEK

### Quiz Answer from page 11



The animal in question is the beaver; a widespread native species that helped develop the economy in the 17 and 1800s in the areas where Calgary and Fish Creek Provincial Park now sit. During the 1800s, the Hudson's Bay Company had a successful outpost in the area where the city of Edmonton now sits, and was instrumental in developing the economy in the western part of the country. After the native bison species had been overhunted, business continued with the Hudson's Bay Company and deer, moose, rabbit, and bear all provided hunters and trappers with lucrative business opportunities. But it was the beaver pelts that were in highest demand in countries like England and France for their warmth and aesthetic appeal. A beaver pelt has two layers of fur, a coarse outer layer and a softer inner layer, both of which provide this amphibious mammal with ample protection from the ice cold waters it may inhabit, this fur also provided the user with substantial warmth. In 1875, during the economic boom, Fort Calgary was set up by the North West Mounted Police where the Elbow River meets the Bow River, and was established to help maintain order following the influx of American bootleggers and the sale of alcohol in the area.





## 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](http://www.daverodney.ca)  
Phone: 403-238-1212

### New Sport Development Centre to Assist Calgary Region Athletes

Emerging athletes in the Calgary region are now able to access important support services closer to home, thanks to a partnership of the AB Sport/Recreation/Parks/Wildlife Foundation and Mt Royal University. The "AB Sport Development Centre/Calgary Region"—will operate within MRU, providing a range of athletic services such as nutritional counseling, physiotherapy, psychological preparation, and access to advanced coaching. The regional centre is the latest in a provincial network that includes Grande Prairie, Fort McMurray, Medicine Hat, Red Deer, the Capital Region, and Lethbridge. The facility will work with the Canadian Sport Centre (Calgary) to provide services to AB athletes competing at a provincial or Canada Games level; and the services complement those currently available through national and provincial sport institutions. The ABSRP&W Fdtn will provide \$110,000 to operate the centre in 2009/10, and MRU will provide operational support. (It is a non-profit Crown corporation—supported by the AB Lottery Fund. It



provides support for participation in sport, recreation, and physical activity, athletic excellence, and the preservation and recreational use of natural environments in AB.)

*MLA Dave Rodney with Athletes During the \$100 Million COP/Canmore Announcement—in 2008: to allow for 2 years of preparation for the Vancouver 2010 Olympics!*

### AB Supports Unique Youth Wellness Partnership

Building on collaboration with *UpStart Champions for Children & Youth*, Calgary school boards, and the City of Calgary, the AB gov't is contributing funds to assist with a two-year pilot project to provide children and youth in

Calgary and area with recreational and cultural opportunities. *UpStart*—an initiative of United Way that helps all kids reach their full potential—will enhance opportunities for children and youth to help reduce high-risk behaviours, increase public awareness of the value of communities using school facilities, and reduce cost barriers for youth programs taking place in school facilities. The program will help to build strong, healthy communities by exposing youth to positive role models, developing life skills, and providing cultural and recreational opportunities for young AB's. The \$1.5 million provided by AB will subsidize the cost of the school facilities that provide recreation programs, and support a recreation coordinator position to ensure the programs offered are meeting the needs of the communities. Our AB gov't contribution to *UpStart* comes from its *Other Initiatives Program*. The OIP provides support to worthy projects that are unable to be funded under the criteria or funding levels of other community investment grant programs. Our AB gov't has a wide variety of community investment programs that create stronger and safer communities. For more information, visit [www.culture.alberta.ca](http://www.culture.alberta.ca)



*MLA Dave Rodney with Friends at the Annual Calgary Diwali Celebrations*

### Directory of Seniors' Centres in AB

This updated resource helps AB's locate programs and services; and features over 280 seniors' centres. It is intended to limit seniors' isolation, promote active living, and highlight ways seniors can contribute to their communities. Please visit [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca) under *Publications & Forms*, or request your copy by calling the *Seniors Information Line* toll free: 800-642-3853.



*MLA Dave Rodney with Russian Goalie Great and Parliamentarian Vladimir Tretiak at a Trade Mission for Canadian Business & the 2014 Sochi Russia Olympics (Mr. Rodney paid for all of his expenses himself.)*



## Bylaw Bulletin

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



### Here Comes the Snow & Ice!

Scrape, scrape, scrape... these are the sounds of Calgarians shovelling their sidewalks and ensuring the safety of their neighbours. These citizens realize that when sidewalks are snow and ice covered, it causes many Calgarians to be housebound. It's

important to be knowledgeable about your responsibilities regarding snow and ice and to respect the safety of others by complying with The City of Calgary Street Bylaw 20M88.

The bylaw states that property owners must remove snow and ice down to the bare concrete from all sidewalks adjacent to their property within 24 hours from when the snow stops falling. Furthermore, snow removed from your property cannot be placed on roads or boulevards. Failure to comply with The City of Calgary bylaws can result in fines or corrective action at the property owner's expense.

When it comes to rental properties, the property owner is responsible for removing all snow and ice from sidewalks, regardless of whether or not they live at the residence. Communication and working together between landlords and tenants ensures that sidewalks are kept cleared.

If you have icy spots that are challenging to clear, we recommend that homeowners purchase commercial ice-melting products or take a container to the nearest fire hall to pick up a sand and salt mixture. Failure to remove snow and ice may result in the City removing it at the owner's expense.

Taking the time to clear the snow and keeping extension cords from crossing the sidewalks help to combat the icy surfaces and ensure everyone's safety including mail carriers, meter readers and delivery people.

Some of Calgary's older adults need extra help in the winter keeping their sidewalks shovelled, ice-free and safe from slips and falls. You can be a *Snow Angel* and adopt an older adult's sidewalk this winter and keep it clear. Helping out keeps you active and fit and it just feels good.

If you, your neighbours or other members of your community would like to develop a more organized snow clearing program for your area, call **Anna Ross** of the Seniors Services Division of Community and Neighbourhood Services at **403-974-3131**.

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### Do you have a Snow Angel?

Contact 3-1-1 and The City of Calgary will acknowledge your Snow Angel.

### Rewarding Snow Angels

If a Snow Angel has visited you, we want to hear about it! Send us your story along with the name of your Snow Angel and they'll be entered to win some prizes, including a WestJet voucher. We'll also send you a special Snow Angels pin to give to your very own Snow Angel!

Not only could your Snow Angel win a prize and receive a Snow Angel pin, they could also be featured on our Web site.

Please send your stories to:

The City of Calgary Community &  
Neighbourhood Services  
Seniors Services  
#104, P.O. Box 2100, Station M  
Calgary, Alberta T2P 2M5  
Attn: Snow Angels



## COMMUNITY CORNER

### FEE ASSISTANCE FOR RECREATION SERVICES

Fee Assistance is available for Calgary residents in financial need. Fee assistance provides a subsidy to participate in the following:



#### The City of Calgary

- Recreation programs
- Admissions to pools and fitness centres, leisure centres and golf courses

#### Fee Assistance is accepted at following Fee Assistance Partners:

- Calgary Public Library
- Calgary Rotary Challenger Park
- Calgary Zoo
- Cardel Place
- Fort Calgary
- Heritage Park
- Silver Springs Outdoor Pool
- South Fish Creek Recreation Association
- Talisman Centre
- TELUS World of Science - Calgary
- V.R.R.I. Recreation Centre



To be **eligible** for Fee Assistance customers must:

1. Be a resident of Calgary at the time of application (proof of residency may be requested)
2. Have a household income below the Statistics Canada Low-Income Cutoffs. Proof of financial eligibility must be provided. Click [here](#) for further information about financial eligibility requirements.

For more information please phone 3-1-1.  
<http://www.calgary.ca/recreation>



THE CITY OF  
**CALGARY**

## NEWS FLASH

The Breeze is the  
**ONLY OFFICIAL** publication of the  
**Somerset - Bridlewood Community Association.**



## Which one is the drywall hammer?



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# Bring a Friend Night



264 Somerset  
Bridlewood Scout Group  
Invites you to  
Bring A Friend Night!

February 9th &  
March 23rd the Beaver  
Colonies will open their doors

to any 5-7 year old boys AND girls who are interested in seeing what goes on at a Beaver Meeting.

Find out what a 'Kit' is, who Rainbow, Rusty, and Hawkeye are, and what the brown, blue and white tails mean! It's a whole new world to learn & explore.....and most of all - have FUN! Come and see for yourself!

Please RSVP to Andrea Shaw at 403-256-0165 - Space, locations and time vary.

Watch this space for news of the *Cub Pack Bring a Friend Night* - happening in March!

## 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)



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Feb 15 – 8pm-9pm  
Feb 26 – 7pm-8pm  
Mar 12 – 7pm-8pm  
Mar 25 – 8pm-9pm  
Mar 30 – 8pm-9pm

## Let's go community!

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Send us an email with your address and number of participants





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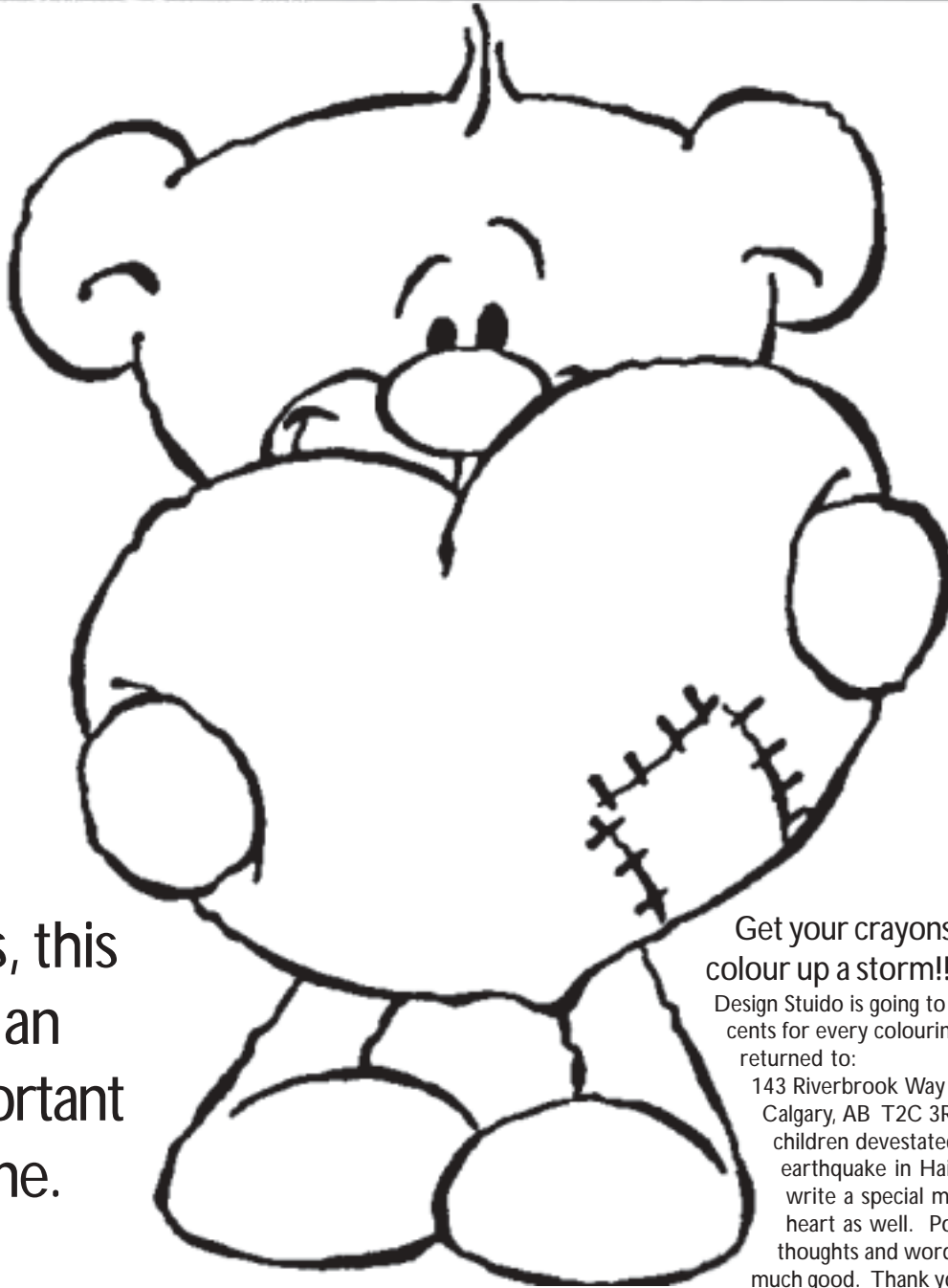
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affordable price



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