

FEBRUARY 2012

THE **ASPEN WOODS**
WENTWORTH
connection

Happy Family Day!

**Valentine's Day
Brunch Ideas**

**Discover Your
Family's Past**

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Wentworth Residents' Association

Suite #101-406
917 – 85th Street SW
Calgary, AB T3H 5Z9
contact.wentworth@gmail.com

Elected Officials

Alderman: Richard Pootmans,
403-268-2430,
richard.pootmans@calgary.ca
MLA: Ron Liepert, 403-216-5439,
calgary.west@assembly.ab.ca
MP: Rob Anders, 403-292-6666,
anders.r@parl.gc.ca

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editor@suburbanjournals.ca

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In Our City

Calgary Connection

The Strengths in ADHD research study is recruiting children 8-11 years with or without ADHD to learn more about the strengths and supportive influences that can promote academic, social, and emotional success among these children. 1-2 visits to the University of Calgary. Free parking and refreshments, a \$25 gift certificate and a special toy! For info, contact 403-210-6726 or adhdkids@ucalgary.ca or visit www.ucalgary.ca/adhdkids.

Escorted Transportation Seeking Drivers: Calgary Seniors' Resource Society is looking for volunteer drivers to help seniors get to medical appointments. We provide Calgary seniors (65+, who may be frail, unable to access public transportation and

who cannot afford taxi service) a safe and reliable volunteer transportation option. Please contact 403-266-6200 or volunteer@calgaryseniors.org. Visit us online at www.calgaryseniors.org.

Pit Bulls for Life Dog Rescue: Save a life, adopt a rescue! All dogs are 100% human non-aggressive as they are pre-tested before they enter our system. For dates and locations of our adoption days at Petsmart, please check out our News and Events on our website www.pitbullsforlife.com.

The Calgary International Children's Festival is looking for volunteers aged 14+ from May 22-26. Visit www.calgarychildfest.org under 'Volunteer Opportunities' for positions.

Keep it Loose in Your Blue Cart

Calgarians are taking many steps to increase recycling and it's working. Recycling is up dramatically – more than 70 per cent since the Blue Cart program began in 2009. The City recycles close to 70,000 tonnes of recyclable materials every year – which means less material is going to landfills.

Another way you can keep our recycling up is by remembering to keep your recyclables loose and separate in the blue cart, not packed together in a garbage bag. Only shredded paper and plastic bags should be placed in a clear plastic bag and tied.

Items in your blue cart and community recycling depots go to a recycling sorting facility in Calgary where they are separated both by hand and with modern equipment. Every minute, nearly

100 meters worth of recyclables pass by workers on the sorting lines. At this speed, workers cannot tell whether a garbage bag is filled with recyclables or garbage. If they open a bag filled with garbage or other harmful materials, it could injure them or contaminate all of the other recyclables on the sorting line. For their safety, garbage bags are not opened and go directly to the landfill.

Make the most of your recycling and please remember to empty your clean, loose recyclables into your blue cart when putting it out for collection. If we all do our part we can protect the environment and help Calgary achieve our goal of 80 per cent diversion by 2020.

The City of Calgary Waste & Recycling Services



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- Unlimited response

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In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

n00b: Feb. 3 – 4 & Feb. 10 – 11, Vertigo Mystery Theatre. A play inspired by a tragic true story. A n00b is an inexperienced or unskilled player in video games. www.vertigotheatre.com

Bliss Wedding Fair Extraordinaire: Feb. 5, Carriage House Inn. Showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. www.blissweddingfair.ca

Calgary Boat & Sportsmen's Show: Feb. 9 – Feb. 12, BMO Centre. Outdoor enthusiasts will find all the latest boats, fishing gear, accessories and outdoor products at this event. www.calgaryboatandsportshow.ca

Alberta Dance Festival: Feb. 9 – 11, 16 – 18 & 23 – 25, Dancers' Studio West Theatre. A three week festival showcasing contemporary dance works by Alberta choreographers. www.dswlive.ca

Great Northern Concrete Toboggan Race: Feb. 11, Canada Olympic Park. A celebration of innovations and engineering spirit, bringing together some of the most talented and enthusiastic members of the engineering community. www.winsportcanada.ca

The Harlem Globetrotters: Feb 15, Scotiabank Saddledome. Watch the entertaining Harlem Globetrotters. www.harlemglobetrotters.com

Calgary's World of Wheels: Feb. 17 – 19, BMO Centre. Features all types of cars, trucks, motorcycles and related products and accessories. Special guest appearances are featured and TV celebrities will be in attendance. www.autorama.com

Reel Fun Film Festival: Feb. 20 – 26, Eau Claire Theatres. 7 days of international family films showcasing award winning feature presentations, thought provoking documentaries and animated films that will engage children of all ages. www.reelfunfilmfest.com

Calgary Mid-Winter Blues Festival: Feb. 20 – 25, various venues. A week long festival showcasing the blues by way of workshops, jams, dances and concerts. Beat the winter blahs by enjoying the blues! www.calgarybluesfest.com

Calgary Home & Garden Show: Feb. 23 – 26, BMO Centre. Find inspiration and solutions for home improvement

projects and discover the coolest new home and garden products. www.calgaryhgs.com

Winefest: Feb. 24 – 25, Stampede Park. Features hundreds of international wines, port, champagne, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Back Cast Fly Fishing Film Festival: Feb. 25, Mount Royal University. To benefit Western Sky Land Trust and their Bow and Beyond Initiative which aims to conserve watershed lands along the nationally significant stretch of the Bow from Calgary to Siksika. www.westernskylandtrust.ca

Spruce Meadows February Classic: Feb. 25 – 26, Spruce Meadows. Watch as some of the best riders compete in show jumping tournaments. www.sprucemeadows.com

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers. www.100dollarfilmfestival.org



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In Our City

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? 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.

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.

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.

Alberta Health Services

Signal Hill Library

- **Weekly Drop-in Family Storytimes:** Sat. 10:30 a.m. – 11:00 a.m. Ages 2 – 5 years old with a parent/caregiver.
- **Computer Technology Coaching:** Wed. until Apr. 25, 6:30 p.m. – 8:30 p.m. No registration required.
- **Stitch and Chat:** Wed. until Apr. 11, 1:30 p.m. – 3:30 p.m. No registration required.
- **50+ Coffee and Conversation:** Fri. Feb. 24, Mar. 23 & Apr. 20, 2:00 p.m. – 3:30 p.m. Ages 50+. No registration required.
- **Mischief, Mayhem, and Murders of Calgary:** Feb. 26, 2:00 p.m. – 3:30 p.m. No registration required.
- **Decorative Painting; Faux Finishing:** Feb. 26, 2:30 p.m. – 4:30 p.m.
- **Build Your Own Birdhouse:** Feb. 26, 12:30 p.m. – 2:00 p.m. Ages 6+. Children 6 to 12 must be accompanied by an adult.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



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Family Day

Plan Ahead for Family Day

Family Day always seems to come up without a lot of notice, and sometimes lack of planning for the day (or weekend) can mean you lose an opportunity to create some great memories for, and with, your family.

Sit down at the beginning of the month and as a family decide what you would like to do for February 20. The planning can be combined with a in-home movie night or special meal. Make it a special time to hear input from everyone. Depending on the age of your

children, you may suggest a weekend event, or just an afternoon where every takes time to get together.

By setting aside an event and time, your older kids can make sure they plan other activities around this family time.

Depending on your activity, you can also ask for volunteers to help make the event a success. Get Janey to invite the grandparents. Ask Johnny to pick a menu for the picnic lunch.

Maybe Gwen can think of a game the whole family can enjoy.

Planning ahead means you create some anticipation—which is almost as important as the event itself.

Jean Andrews

Brainstorming Family Day Events

Here's a starting point to get you thinking about a great family event for February 20. You may even start a new tradition.

- Go skating at an outdoor rink—when is the last time you went to Bowness Park or Olympic Plaza?
- Try a winter walk in our newest provincial park, Glenbow Ranch, just west of Calgary on the 1A.
- How about a winter picnic at Fish Creek Park, or in Kananaskis? Combine the food with some bird watching or snowman building or a walk.
- How about a pajama day—at home just enjoying games and movies? Someone could be in charge of making a great brunch.
- How about doing something for someone in the community? Maybe you could volunteer as a family during the month to help someone else, or how about visiting some seniors who might be alone on that day?
- Go to the bookstore or go in advance to the library and pick out some good books to read together.
- If you haven't gone already, maybe the new TELUS World of Science would be ideal for everyone.

Discover Your Family's Past

Have you ever wondered where your ancestors came from? Or what they did for a living? Family history is exploding in popularity and thanks to the internet it's now easier than ever before to discover your family's story. This Family Day, is the perfect time to start building your family tree and discovering your roots. If it seems like a daunting task, it isn't. Here are some simple tips to get started:

1. Start with what you know—Write down what you know and talk to family members. Older relatives have incredible insight into past generations and can often relate stories that were told to them as children about their ancestors.

2. Create a family tree—You can easily create a free family tree online at Ancestry.ca. Begin with yourself and add your parents and grandparents. Record each person's name, birthplace and birth date. If you don't know the exact information, take your best guess—vague clues can lead to amazing finds.

3. Search family history records—Historical records are full of clues that connect individuals and events in your family history:

- Military records;
- A census record lists names, birthplaces and dates, occupations, and even when the family immigrated to Canada;
- Immigration records can help reveal why your ancestors left their homeland in the first place; and
- Marriage records.

4. Collaborate with the community—Search millions of family trees created by other Ancestry members and include all relevant information you discover into your tree.

5. Share your discoveries with your family—Invite family members and friends to view your tree and any photos, stories, audio recordings or historical records attached to it. Then ask them to add facts, stories and photos to the tree.

News Canada, Lesley Anderson

Valentine's Day

The Language of Love

It has been said that the language of love is universal. We've put together a selection of the words "I love you" in different languages. Perhaps these will come in handy on Valentine's Day!

- **Arabic:** Ana behibak (to male); Ana behibek (to female)
- **Cantonese/Chinese:** Ngo oi y ney a
- **Dutch:** Ik hou van jou
- **Filipino:** Mahal kita
- **French:** Je t'aime; Je t'adore
- **Gaelic:** Ta gra agam ort
- **German:** Ich liebe dich
- **Greek:** S'agapo
- **Hawaiian:** Aloha wau ia oi
- **Hebrew:** Ani ohev otah (to female); Ani ohev et otha (to male)
- **Inuit:** Negligevapse
- **Italian:** Ti amo
- **Japanese:** Aishiteru
- **Korean:** Sarang Heyo
- **Mandarin Chinese:** Wo ai ni
- **Polish:** Kocham Cie
- **Russian:** Ya tebya liubliu
- **Spanish:** Te quiero; Te amo
- **Swahili:** Ninapenda wewe
- **Turkish:** Seni Seviyorum
- **Ukrainian:** Ya tebe kahayu
- **Yiddish:** Ikh hob dikh

The Lost Art of Love Letters



Many of us can still remember receiving love letters—carefully penned, sealed and delivered. People kept special boxes with their cherished letters.

In the age of e-mail, text messages and e-cards, the art of love letters is being lost. Why not try to pen a letter (on real paper!) to your loved one this Valentine's Day. For inspiration, you can go online and search for the greatest love letters in history.

To help you get going, here are some excerpts from a letter Napoleon wrote to Josephine shortly after they were married. (Letter on-line at pbs.org.) Napoleon had left to command the French army near Italy—but still had time to write to his beloved.

Marmirolo, July 17, 1796

I have received your letter, my adorable friend. It has filled my heart with joy. I am grateful to you for the trouble you have taken to send me the news...

Since I left you, I have been constantly depressed. My happiness is to be near you. Incessantly I live over in my memory your caresses, your tears, your affectionate solicitude. The charms of the incomparable Josephine kindle continually a burning and a glowing flame in my heart. When, free from all solicitude, all harassing care, shall I be able to pass all my time with you, having only to love you, and to think only of the happiness of so saying, and of proving it to you?

...Each day since I knew you, have I adored you yet more and more...

Ah! I entreat you to permit me to see some of your faults. Be less beautiful, less gracious, less affectionate, less good, especially be not over-anxious, and never weep. Your tears rob me of reason,

and inflame my blood. Believe me it is not in my power to have a single thought which is not of thee, or a wish I could not reveal to thee.

...A thousand kisses...

BONAPARTE



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Your Family

Children Worth Every Penny

“Children are wonderful but the costs to raise them add up,” said Dennis Tew, father of three and Chief Financial Officer of Franklin Templeton Investments Corp. “Some expenses are predictable but others can vary widely.”



Figure out the major expenses that will occur during the various stages of your child's life. Newborns need diapers, special furniture and clothing that they will quickly outgrow. Look for specials, consider second-hand items and reach out to your family and friends for gently-used items.

For toddlers, expenses vary depending on the childcare you require. If both parents work, daycare can cost anywhere from \$500 to more than \$1,000 per month. Once you have two children, it may be worth getting a nanny instead. Ensure you maximize this childcare deduction when submitting your income tax.

The school age years present another set of financial challenges, including costs associated with sports activities, school trips, toys and technology.

“Manage your child's expectations and explain what they can and cannot have depending on your family's financial situation,” added Tew. “Teach your child about money by giving them an allowance for helping with chores at home.”

High school can be expensive as children want designer clothes and the latest tech gadgets. Post-secondary

dreams are just around the corner too. Consider bumping up your contributions to their RESP and maximize government grants.

Remember, vision and dental care, prescriptions and other unpredictable medical expenses need to be planned for if you don't have a

good benefits package.

*News Canada, Danny Faria,
www.franklintempleton.ca*

What is a Doula?

A young woman told me a Doula helped her throughout her pregnancy. I thought a Doula might be a mid-wife, but there's more.

According to doulacare.ca, a doula is someone who provides non-clinical support and care to a woman (and her partner) during childbirth and after. She works with a woman and her family, physicians, midwives and nurses with an aim to enhance communication and understanding.

Jean Andrews

Family Guide to Fire Safety

Fire safety doesn't have to be scary. When talking to your family it's important to help them understand how they can prevent fire in a family-friendly way.

The Canadian Association of Fire Chiefs, in partnership with Duracell, recommends these simple but essential steps to maximize fire safety for your family and home:

- Install at least one smoke alarm on every storey and outside all sleeping areas. Test alarms monthly, and replace batteries yearly.
- Draw a floor plan of your home and create a fire escape plan. Post the plan in your kitchen for every family member to see and get everyone together to practice a fire drill at least once a year.
- Never overload electrical outlets with too many plugs and do not run extension cords under carpets or across doorways. Always use devices

approved by a recognized agency such as the Canadian Standards Association (CSA).

- Using candles? Remember to blow out all candles before leaving a room or going to sleep. For power outages, rely on flashlights instead of candles.
- Give space heaters space. Keep them at least a metre away from flammable items such as curtains, bedding and magazines. Turn them off when you leave home or go to bed. Keep young children away from space heaters at all times.
- Don't allow debris to build up in chimneys or fireplaces. Have them cleaned annually.
- Cooking is the number one cause of fire in the home. “Look While You Cook” and never leave food cooking on a stovetop unattended.

*News Canada, www.safeathome.ca,
www.duracellfiresafety.com*

Food & Drink

Valentine Brunch Idea

Roasted Portobello Eggs Benedict

Roasted Portobello Mushrooms:

- 4 large portobello mushrooms, stemmed
- 2 tablespoons olive oil
- salt, dash

Hollandaise Sauce:

- 1/2 cup butter
- 3 egg yolks
- 2 tablespoons lemon juice
- 1/4 teaspoon salt, or to taste
- hot water, as needed
- 4 eggs
- 2 tbsp white vinegar
- chives, for garnish (optional)

Preheat oven to 400 degrees. Rub portobello mushroom caps with olive oil and sprinkle with salt. Spread on a baking sheet, cap side up, and roast 15–20 minutes, or until tender.

To make hollandaise sauce, melt butter in a small saucepan over low heat. Place egg yolks, lemon juice and salt in blender, and blend for a few seconds on high. Remove blender lid, and slowly pour in one third of the melted butter. Replace lid and blend for a few seconds on high. Remove lid and pour in another third of melted butter; blend. Repeat with final third of melted butter.

Return to saucepan and keep warm with element on the lowest heat setting. If hollandaise sauce is too thick, add some hot water, a tablespoon at a



time, while whisking constantly until desired consistency is reached. Taste and adjust lemon juice and salt as needed.

Fill a large saucepan (9-inch minimum) with 2–3 inches of water. Add vinegar. Bring to a simmer over medium heat; reduce heat to low. Crack eggs one at a time into a small dish, and gently slip them into the barely simmering water. Cover the pan and cook about 4 minutes, till whites are cooked but yolks are still runny (you can test this by gently touching them—they should jiggle). Remove eggs with a slotted spoon, and drain on paper towels.

To assemble, place one mushroom cap on each of 4 plates. Top with a poached egg, and a spoonful of hollandaise sauce. Garnish with chives, if desired. Serve immediately.

Serves 4.

*News Canada,
Jennifer Hill/Foodess.com*

Marching to the Beet of a Healthy Drum

Fruits and vegetables are indeed packed with various nutrients, vitamins and natural sugars. “This food category doesn't have it easy. For whatever reason, fruits and vegetables can be seen as something that we need to include rather than want to include in our diets,” says Carol Dombrow, Heart and Stroke Foundation registered dietitian.

Here are some of Carol's favourites:

- Raspberries, strawberries, grapefruit, guava, green cabbage and oranges are loaded with Vitamin C, which is a factor in the development and maintenance of bones, cartilage, teeth and gums.
- Bananas, apples and apricots contain soluble fibre, which plays a role in lowering blood cholesterol and controlling blood sugars
- Cherries, passion fruit, broccoli, carrots and spinach contain iron, which helps with blood cell formation.
- Beets, asparagus, bananas and grapes contain potassium—important for proper nerve, muscle and blood cell function.
- Green lettuce, carrots, sweet red pepper, squash and sweet potato provide vitamin A, which aids in normal bone and tooth development, in the development and maintenance of night vision and in maintaining the health of the skin and membranes.

Download the free Health Check Recipe Helper app at www.heartandstroke.ca/mobileapps.

*News Canada, Marketa Stastna,
healthcheck.org*

"The supreme happiness of life is the conviction that we are loved."

Victor Hugo