

THE

ASPEN WOODS WENTWORTH

DECEMBER 2018

connection

Merry Christmas!

Councillor REPORT



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

THE ASPEN WOODS WENTWORTH connection

CONTACTS

Wentworth Resident's Association Mailing Address

Suite #101 - 406
917 - 85 Street SW
Calgary, Alberta, T3H 5Z9
email: contact.wentworth@gmail.com

Castle Keep Residents' Association

www.mycastlekeep.ca
email: support@mycastlekeep.ca

Elected Officials

Councillor:

Jeff Davison
403-268-1646
eaward6@calgary.ca

Aspen Woods MLA:

Mike Ellis
403-216-5439
calgary.west@assembly.ab.ca

Wentworth MLA:

Deborah Drever
403-216-5400
calgary.bow@assembly.ab.ca

MP: Ron Liepert

403-292-6666
Ron.liepert.c1a@parl.gc.ca

Suburban Journals Publishing

Editor & Article Submissions:

editor@suburbanjournals.ca

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Advertising Sales:

Pam
403-880-1819
pam@suburbanjournals.ca



The ad booking deadline is the 14th of the month prior to the distribution month.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets or view it online at www.suburbanjournals.ca/current-issues.

Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Aspen Woods/Wentworth Connection should not be interpreted as recommendations or endorsements by the editor or the publisher.



Suburban Journals
PUBLISHING
make an impression

- 33 Calgary communities
- more than 88,000 homes
- over 228,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for:
 Arbour Lake, Bears paw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kincora, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Saddleridge, Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Signal Hill (including Signature Park and Richmond Hill), Strathcona (including Christie Park) in the SW of Calgary.

For the best return on your advertising dollar, call Pam today at 403-880-1819 or email Pam@SuburbanJournals.ca

www.SuburbanJournals.ca

In Our City

Councillor Report

On behalf of the Ward 6 team, we wish you all a very Merry Christmas and a Happy New Year! We hope that this holiday season is filled with celebration, community, and family.

Over the last year, my team and I have worked hard to achieve some of my campaign promises. We are actively working on building safe and vibrant communities while focusing on Calgary's economy as we recover from this economic downturn. We serve you with integrity and with the promise of building a Calgary we can all be proud of.

My team and I have been committed to supporting projects that benefit all of Ward 6. We advocated for the final funds required for a brand new 6-acre park in Springbank Hill. Once completed, it is my belief that this park will be a central gathering place for all Ward 6 Residents. We've also worked with City Administration to help Community Associations realize cost-savings in their operations. I've also supported Notices of Motion that tackle the snow and ice removal and pedestrian safety.

In the past year, we've been able to achieve great things for the benefit of all Calgarians. Early on, I drafted a Notice of Motion that saw Council reduce its spending on external conferences while also exploring other cost-saving reductions. Moreover, Council established the Opportunity Calgary Investment Fund – a fund that will be used to attract and retain business to our downtown core. Finally, my Notice of Motion to strike a committee for a new eventcentre and entertainment district passed.

As we take time to reflect on the past year and celebrate the holiday season, I assure you that I remain focused on you and focused on Ward 6 in the new year.

Jeff Davison, Councillor, Ward 6

DID YOU KNOW??

On average, Canadians consume between 5.7 and nearly 7.0 million litres of eggnog each December.



Calgary Connection

Volunteer Calgary:

Visit the "Volunteer" page of www.propellus.org for volunteer opportunities in Calgary.

Women's English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information

or to learn about upcoming training sessions, visit our website at www.boysandgirlsclubsofcalgary.ca.

Mentor Volunteers Needed at Hull Services:

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. "When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens." Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at jsanderson@hullservices.ca or 403-238-7974 or visit www.hullservices.ca.

Making an Impact in Your Community - Supportive Home Providers

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

+ 55 Connections Social Club

Are you single and 55 years of age or over? Are you near retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

A Sampling of Concerts

- **Natalie MacMaster & Donnell Leahy Present: A Celtic Family Christmas:** December 2, Southern Alberta Jubilee Auditorium
- **Three Days Grace:** December 8, Grey Eagle Event Centre
- **The Tenors: Home for the Holidays:** December 8, Southern Alberta Jubilee Auditorium
- **Tenacious D:** December 9 & 10, Grey Eagle Event Centre
- **Home for the Holidays with Johnny Reid:** December 11, Southern Alberta Jubilee Auditorium
- **Honeymoon Suite & Headpins:** December 28, Grey Eagle Event Centre



Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, taking appropriate measures to dress properly, anticipate sudden weather changes, and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It is also advised that you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Call 9-1-1. Do not forget to protect yourself from the factors that originally lead to the patient's



situation.

- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 13

Community Open House with Government and YYC Representatives to Discuss Air Traffic Issue

The issue of frequent, concentrated air traffic over our communities was brought to Ron Liepert's attention over 2.5 years ago. We are encouraged that he has now taken the initiative to bring together his provincial and municipal counterparts, and the new CEO of the Calgary Airport Authority, to discuss with this issue with members of the community. We hope that some concrete solutions will be presented at this November 15th meeting. We will give you our thoughts on this important meeting in the next issue of this newsletter.

We have only very recently, and indirectly, learned that Mr. Liepert is a member of the Parliamentary Standing Committee on Transport, Infrastructure and Communities (TRAN). Also surprising was our discovery that this committee is presently involved in hearings on the topic of the impact of aircraft noise, volume and concentration on communities. Since Oct. 4th, airlines, airports and some community organizations have been testifying; this includes the Calgary Airport Authority who testified on Oct. 30th. However, no community organizations from Calgary were either notified of the hearings or invited to make a presentation.

We invite you to visit the TRAN website to listen to the hearings: www.ourcommons.ca/Committees/en/TRAN/Meetings. If you have any questions or concerns, please direct them to Mr. Liepert (ron.liepert@parl.gc.ca) and to the TRAN committee (tran@parl.gc.ca). Visit us at www.wcatc.ca or [@info_WCATC](https://twitter.com/info_WCATC)

West Calgary Air Traffic Concerns Committee

This Month in History

December 3, 1967

The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South African, on Louis Washkansky, who lived for 18 days.



Calgary Public Library

Your New Central Library is Now Open!

There's something for everyone at the new Central Library. Take a guided tour of the building, step back in time with the Calgary's Story collection, see Indigenous art, or try a technology program. Other features include a 12,000-square-foot Children's Library, two LUKES cafés, Audio Recording, Video Recording, and Production Studios, a Teen Centre and Tech Lab, and a Performance Hall. Learn more at calgarylibrary.ca/new-central-library and come visit us at 800 3 Street SE today!

Did You Know? Early Learning Centres Are the Place to Play

Did you know the Library has ten Early Learning Centres throughout the city? Early Learning Centres are vibrant and interactive spaces for young children to learn through play. Each is built around a distinct concept, like Into the Woods at Shawnessy Library or Bird's Eye View at Crowfoot Library. Watch our new video at calgarylibrary.ca/early-learning-centres to learn why we're creating these special spaces for Calgary's littlest learners. Plus, visit our newest space — built around a helicopter! — at Seton Library this January.

Cozy Up This Winter with Kanopy

If cool weather has you dreaming about cozy days inside, you'll want to know about Kanopy. This video streaming service in our E-Library has over 30,000 documentaries, classics, and international films, plus a large selection of movies and TV shows just for kids. With your free Library card, you receive 10 Kanopy film credits every month. Watch videos from anywhere, anytime, on smartphones, tablets, computers, or smart TVs. Visit calgarylibrary.ca/kanopy to learn more.



What Food Banks Actually Need

Good things can happen when you have the food you need to thrive. Jason and Jonah would be the first to tell you this. When an injury forced Jason off work several years ago, he struggled. As a single dad trying to feed his young son Jonah, Jason soon found himself at the doors of a local food bank—a critical resource where he received the food support they needed to help get through a rough patch.



Today, Jason and Jonah run a small print shop, and donate a portion of their profits to their local food bank. “Knowing that the work that I put in can help other kids and other families going through what we went through means a lot to me,” says Jonah.

Many of us include donating to our local food bank on our holiday to-do list. But you want to make sure you give items that are useful and in demand, so that they don’t go to waste. Here are some tips and ideas to consider.

1. Think about the nutritional value.

People want healthy, nutritious food for themselves and their families. Thinking about donating cereal? Pick a low-sugar option. Pasta? Think whole grains. Soup? Find something with low sodium. Food is fuel and everyone deserves good fuel.

2. Helping new parents.

Infant formula and baby food are always needed and go a long way to relieving the worry of parents struggling with food insecurity.

3. Protein, protein, protein!

Protein is a staple for good health, but it can be expensive and hard to keep on the shelves at a food bank. That’s why it’s always on the list of most-needed food items. Think canned meat and fish, canned and

dried legumes, ancient grains like quinoa, and peanut butter.

4. Think about your own family.

It’s a simple concept, but an important one. Donate items that you’d be happy to feed yourself or your family. Think about what you like to eat when you sit down together at the table.

Keep these tips in mind when donating to your local food bank. Or make a financial contribution the next time you go shopping at your local grocery store - Real Canadian Superstore, Independent and other Loblaws grocery stores are collecting non-perishable food and financial donations until December 24th. Food items and financial contributions collected will go to local food banks and meal programs right in your community.

News Canada

Budget-friendly Holiday Hosting Tips

With parties, family dinners and pesky out-of-town guests, this season of joy can end up being stressful and expensive. But you can ease the pressure and be the hostess with the mostest with these budget-friendly hosting tips.

- Create a scent-sational experience. Make your house a home by simmering ingredients like fresh cinnamon, pine or ginger. It’s an inexpensive way to add some extra magic your guests will love.
- Clean out your closets and make space. Clear out your entryway closet to make room for your guests’ coats and winter boots. Making extra space will help make them feel at home and help you feel less cluttered and stressed.
- Always have an extra gift on hand. This season can get busy, which means you never know when an unexpected guest may drop by. Using your Walmart Reward Dollars you can pick up a little extra something that’s neutral and suitable for a variety of would-be recipients while still staying on budget.
- Nothing sings holiday cheer like music. Get your guests in the holiday mood with some classic Christmas carols. They’re sure to add some festive cheer to any party.

News Canada

Tundra Swans

Although not a permanent resident of our immediate area, birders flock to see Tundra Swans in our inland waterways as they migrate through Alberta in the late autumn and early spring. These majestic visitors pass through Calgary on their way to and from their breeding grounds in the arctic. Despite our romanticism of these beautiful animals, Tundra Swans are formidable opponents when roused and will protect their nests against predators including foxes, weasels and other birds.

Tundra Swan Facts

- The first written description of the Tundra Swan was provided by Lewis and Clark; Lewis dubbed them “whistling swans” because of the sound of their wings in flight
- Tundra Swans pair bond and once bonded remain together for feeding, roosting and mating
- During breeding season, Tundra Swans typically sleep on the ground; during the winter they tend to sleep on the water
- Tundra Swan plumage, normally pure white, can take on a reddish tinge when feeding in iron-rich areas
- Juvenile swans, or cygnets, have downy grey feathers

It is important not to feed bread to wildlife; bread is harmful to waterfowl as it is not a nutritionally complete food source. Feeding swans and geese can encourage them to forego migration, can increase habituation and aggression towards people, and it can



cause malformation in wing and feather development due to nutritional deficiencies.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

Andrea S. H. Hunt

Sudoku Corner Solution

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

Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life.

For some, daily interactions with Snow Angels provide a source of community inclusion and pride.

4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.

A message from the Federation of Calgary Communities

Building Safe Communities Program



Streets Bylaw: Snow and Ice Removal

The City of Calgary has approximately 5,700 km's of sidewalks. Of these, The City is responsible for clearing snow for roughly 10 per cent of these sidewalks, with the majority of the accountability being that of the adjacent property owner. In June 2018, City Council approved amendments to the Streets Bylaw to incorporate a fine schedule and an escalating fine structure for property owners who do not clear their sidewalks within 24 hours of snowfall ending.

Here's how the Streets Bylaw works:

- When a sidewalk or pathway adjacent to a privately-owned property is not cleared, a complaint can be issued through 311 to Community Standards.
- A Community Standards Officer will go and inspect the sidewalk. If the snow and ice has not been cleared, the officer will leave a warning at the property giving the owner 24 hours to comply. At this time the Officer will also decide if a fine is warranted. The fine can be issued with or without compliance on the notice.
- The officer then returns 24 hours later and if the owner has not complied, the officer will assign the snow and ice removal to a contractor and the property owner will be charged for the removal service.

- The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period. This fine is in addition to removal charges which are a minimum of \$150.

Minimum Penalty*: \$150

Specified Penalty: \$250

Second offense in a 12-month period: \$500

Third and subsequent offense in a 12-month period: \$750

- Please note, a vehicle such as a bobcat is not permitted to be used on a sidewalk, except in conjunction with construction sites where permits have been obtained for street use.

To report an un-cleared sidewalk, please contact 311. Learn more about bylaws related to snow and ice on Calgary.ca.

City of Calgary