

# THE ASPEN WOODS WENTWORTH *connection*

*Happy New  
Year!*

Councillor  
**REPORT**



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# THE ASPEN WOODS WENTWORTH connection

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- Unlimited response

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## In Our City

# Councillor Report

Happy New Year Ward 6! The Ward 6 team is working hard to continue to advocate for you and all of Calgary in 2019.

### Interested in doing a job that counts? The City is hiring civic census takers!

The City's civic census is conducted annually starting on April 1 and that means census taker recruitment is underway. The City needs flexible workers to help collect this information using mobile tablets.

Applications can be completed online by visiting [calgary.ca/census](http://calgary.ca/census). Applications can also be completed at The City of Calgary Elections and Census Office (1103 55th Ave. N.E.) between the hours of 8 a.m. and 4 p.m. Monday through Friday.

If you or anyone you know would be a good fit as a census taker, be sure to send them to [calgary.ca/census](http://calgary.ca/census) to fill out an application. The Elections and Census Office will be selecting applications between Jan. 21 to Feb. 8, 2019.

### Calling for Calgary Awards Nominations

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) phoning 403-268-8881, or e-mail [calgaryawards@calgary.ca](mailto:calgaryawards@calgary.ca). Nominations open on Wednesday, January 16, 2019.

### Customer Review Period – Assessment Notice Mailing

Each year, following the assessment notice mailing, there is a Customer Review Period. During this timeframe, you are encouraged to review your assessment for accuracy and contact us if you have any questions. The Customer Review Period Dates are January 3 – March 12, 2019.

*Jeff Davison, Councillor, Ward 6*

# Calgary Connection

### **Volunteer Calgary:**

Visit the “Volunteer” page of [www.propellus.org](http://www.propellus.org) for volunteer opportunities in Calgary.

### **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](http://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](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://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](http://youthemploymentcentre.ca).

### **Silver Springs 13th LEGO Competition**

Silver Springs Community Association will be hosting its 13th Annual LEGO Competition on January 26, 2019. We have age categories for 2 yrs to 102 yrs! Call to get your-self registered! Contestants create their LEGO entry at home in one of our 4 categories: Structures, Transportation, Cool Scenes and Space (spaceships, aliens, planets, etc. For registration forms and more information on the event check out our website or give us a call to register. [www.silverspringscommunity.ca](http://www.silverspringscommunity.ca) 403-288-2616

### **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](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752



## Open House re: Airplane Noise in Calgary Signal Hill

On November 15th Ron Liepert, M.P. for the riding of Calgary Signal Hill, held an Open House on the topic of airplane noise. Also present at this event were Mike Ellis, MLA for Calgary West, Jeff Davison, Councilor for Ward 6, Bob Sartor, CEO of the Calgary Airport Authority, and several other representatives of both YYC and Nav Canada.

Despite the fact that West Calgary Air Traffic Concerns Committee (WCATC) representatives made a presentation to Mr. Liepert on the topic of aircraft volume and noise almost 3 years ago, this event marked the first time that he has acknowledged that this issue exists in his riding. It is encouraging to have him make this first important step towards finding solutions to the enormous volume of noisy aircraft above our communities. We now look to him to initiate the next steps and set definitive timelines which will produce real results.

Despite minimal advertising, a large number of angry and articulate residents attended this open house. Topics raised by residents included: the disruption of sleep by overnight cargo flights; dismay that urban corridors are heavily utilized while rural corridors are seldom used; lack of noise monitoring in our area of the city; inability to communicate with anyone “in the know” because no one from the aviation industry accepts full responsibility for this issue; the fact that taxes are increasing while our quality of life has plummeted; and the lack of noise restrictions in the aviation industry when compared with, for example, the oil and gas industry, which is governed by strict day and nighttime decibel restriction regulations.

The responses from the members of the panel were informative but it was noted that YYC provided incorrect information and facts that did not pertain to our area of the city. The residents wanted answers but no concrete solutions were offered. No next steps were offered and no clear plan of action was given by anyone on the panel. In his concluding remarks, Ron Liepert stated that it may very well be that “nothing can be done” to alleviate our situation. This is not acceptable for the communities which he represents. Solutions do exist: corridors can be relocated, alternated or widened.

The federal government TRAN Committee, of which Ron Liepert is a member, is presently holding hearings assessing aircraft noise in the vicinity of major Canadian airports. They need to hear from you. Send you concerns to: [TRAN@parl.gc.ca](mailto:TRAN@parl.gc.ca). You can listen to the past presentations on this issue here: [www.ourcommons.ca/Committees/en/TRAN](http://www.ourcommons.ca/Committees/en/TRAN).

We also encourage you to continue sending your concerns to your elected representatives and YYC officials. See our website for links.

*West Calgary Air Traffic Concerns Committee*

## Important Phone Numbers

Access Mental Health Line	403-943-1500
Bullying Help Line	1-888-456-2323
Calgary Transit	403-262-1000
Child Abuse Hot Line	1-800-387-5437
City of Calgary Service Information	311
Community Information	211
Connect Family & Sexual Abuse Network	403-237-5888
Distress Centre	403-266-4357
Family Violence Information Line	403-310-1818
Gas leak (ATCO)	403-245-7222
Health Link	811
Kids Help Phone	1-800-668-6868
Poison and Drug Information	1-800-332-1414
Police Emergency Line	911
Police Non-Emergency Line	403-266-1234
Power Trouble (ENMAX)	403-514-6100
Service Alberta (Provincial)	403-310-0000
Service Canada (Federal)	1-800-622-6232

## This Month in History

**January 22, 1901**

Queen Victoria of England died after reigning for 64 years, the longest reign in British history, during which England had become the most powerful empire in the world.



# Calling for Calgary Awards Nominations

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The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards)

phoning 403-268-8881, or e-mail [calgaryawards@calgary.ca](mailto:calgaryawards@calgary.ca). Nominations open on Wednesday, January 16, 2019.

### Fun Fact

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) for more information.

*City of Calgary*

## DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.





Word Search

BEGINNING	HOLIDAY
CALENDAR	HOURGLASS
CELEBRATION	JANUARY
CHAMPAGNE	KISS
CHEERS	MIDNIGHT
CLOCK	MUSIC
CONFETTI	NEWYEAR
COUNTDOWN	NOISEMAKER
DANCE	PARTY
GOALS	RESOLUTION
HAPPY	STREAMERS

T	R	N	R	N	Y	S	L	H	Q	F	H	M	C	K	R	S	R
C	A	W	Q	O	I	T	X	U	J	D	I	W	R	D	X	C	H
O	E	O	D	I	C	Y	R	W	C	D	M	E	N	X	R	D	G
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Y	C	P	B	S	T	R	E	A	M	E	R	S	A	U	C	T	A
C	I	S	U	M	U	V	P	J	H	D	I	X	D	T	N	L	J
G	K	T	P	O	A	P	A	C	O	P	C	V	Y	A	I	A	F
J	S	M	H	H	Y	B	G	K	F	L	V	P	B	X	N	O	J
S	I	V	A	M	C	X	C	N	O	Z	U	C	B	V	D	C	N
K	D	U	U	Y	H	G	H	G	B	E	A	R	K	N	X	O	E

# 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](http://calgarycommunities.com)) under the Building Safe Communities menu item.

*A message from the Federation of Calgary Communities  
Building Safe Communities Program*



# Safety First: Tobogganing and Sledding

Winter is a great season to get outdoors, especially with the thrill of tobogganing and/or sledding!

Here is a list of helpful reminders if you decide to take part in this fun winter activity.

- **Inspect your ride:** Inspect all your equipment for any cracks or broken parts, this includes toboggan or sled, helmet and ensure that you can keep your equipment under control.
- **Be cautious:** Slide during the day time and in well-lit areas, be aware of potential hazards like holes, fences, trees and signs.
- **Ready, set, slide:** Ensure the path is clear, keep control and kneeling or sitting feet first face is the safest method to ride.
- **Maintained hills:** Did you know that the Parks and Bylaw don't allow tobogganing or sledding downhill in a city-maintained park? However, there are 20+ hills across the city that have been maintained for your safety. To find which hills are maintained for public use check the City's website at [www.calgary.ca](http://www.calgary.ca)

*A message from the Federation of Calgary Communities  
Building Safe Communities Program*



# 10 Ways To Be More Mindful

### 10. Stop and Look.

Every morning before heading into my office, I stop to take a photo of the skyline to capture the weather of the day, the light, and the season. Before taking that photo, I stop and take in the scene. I breathe. I feel the air. That moment of stopping and looking is so vital to my mindfulness in the day.

### 9. Sip slowly.

Your morning coffee, an afternoon tea, or an evening nightcap, all deserve your attention. Think of your daily beverage like a comma, acting as a brief pause before getting on with the next thing.

### 8. Stretch with purpose.

Get out your yoga mat. Lie down on the mat and breathe. Stretch each muscle, mindfully thinking about them as you do. Stretch, release, and relax. Start with your head and move slowly through your muscles right down to your toes.

### 7. Create something.

In recent years, coloring books for adults were the latest fad. Coloring is good. So is writing or drawing, building, or knitting. Focus on what you are creating, while using your hands and your talent. It's relaxing and purposeful.

### 6. Hug slowly.

A quick kiss goodbye or fast hug hello is good but stretching the moments into a longer squeeze is better. Hugs that last for longer than 20 seconds (the science varies on whichever article you find online) is good for the health and wellness of all parties. Enjoy embracing.

### 5. Visit friends without technology.

Grab a coffee and then meet at a quiet café, the library, or a bench in a park. Talk. Look at each other. Laugh. Connect. Leave the distraction of the phones and tablets in your bag and be in the moment with another human.

### 4. Work with focus.

Much of our work can be repetitive and rote. Be present in meetings, focus on your tasks and enjoy your daily contribution to your employer.

### 3. Find space.



Whether you decide on a day in the mountains or you run into the middle of a field, space is good for us. Breathe, look up in to the sky and even twirl around. Living in cities is crowded and loud. Find space at least once a month to open up and stretch your body and mind.

### 2. Eat with awareness.

You have a half hour for lunch before you have to head to a meeting, make it matter. At night with family, sit and enjoy your meal. Notice textures, smell fragrances of spices and taste the flavors. You may find you eat less as you savor it slowly and appreciate the sensory experience of a meal.

### 1. Notice yourself daily.

Every day our bodies change; our hair color, our wrinkles, our shape, our abilities, our progresses and even our digressions. You will never be the same age you are, right now. You won't look like you did five years ago and today you won't look as you will in ten years. See yourself for the amazing person you are. Celebrate who you are!

*By Larynda McKay*

## DID YOU KNOW??

More than 50% of the people in the world have never made or received a telephone call.



# Cross-Country Skiing – Get Fit This Winter

**M**y girlfriends and I gave ourselves a challenge this winter – a fitness challenge. It's tempting to hibernate for the season but as we're discovering, it's much more rewarding to stay active. As part of our adventure in fitness, we committed to a weekend of cross-country skiing.

Once we'd done some basic research on the benefits of this sport, our Nordic experiment began to make sense. Did you know that Nordic skiers have twice the cardiovascular and muscular fitness as those who aren't active? And even when compared to other athletes, Nordic skiers live longer and healthier lives? Now we just needed a place to go and a place to stay.

### Heaven near Hinton

The Big Bear Cabin at Entrance Ranch turned out to be a spacious yet cozy log cabin getaway for the five of us and just 10 minutes from Hinton and our ski destination. Upon arrival, we unloaded our rented ski gear and stocked the fridge with breakfasts and lunches for the weekend. The red wine is next for unpacking and soon we are gathered around the wood fireplace.

The next morning, we set out for the Hinton Nordic Centre in William A. Switzer Provincial Park, a quiet place of pine, spruce and aspen forests. We stashed our lunches at the rustic day lodge, studied the trail maps and geared up.

With 35 km (22 mi) of groomed trails, the area is ideal for beginners and experts, as well as skate and classic skiers. We decided on the newbie-friendly Boogie Trail and spent the next hour trying to glide elegantly like the experienced skiers whizzing past us.

By the afternoon we found our groove. A couple of us hit Barf Hill where we had many a tumble trying to herringbone up the hill and a few spills snowplowing down – a fitness challenge indeed but accompanied by gales of laughter.

### Fine Dining with Mountain Views

After a solid day's work on skis, we drove just 15 minutes west of Hinton for a gourmet experience at Stone Peak Restaurant in the Overlander Lodge. We take in a memorable mountain sunset from our window table while waiting for our artisan salads to arrive. Our server had helped us make selections from the award-winning



wine list, as well as healthy choices from the mouth-watering entrees like seafood risotto, Chinook salmon fillet, and chicken breast stuffed with spinach, black beans and goat cheese. We toast to a successful first day out as the stars begin to emerge in the clear evening sky and pledge that our adventure in cross-country skiing will become a regular winter activity. And of course, no one will be stiff or sore in the morning.

*Reprinted with kind permission from Travel Alberta*

## Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails: [www.canadatrails.ca](http://www.canadatrails.ca)  
Canmore Nordic Centre  
[www.canmorenordiccentre.org](http://www.canmorenordiccentre.org)

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