

THE ASPEN WOODS WENTWORTH *connection*



Family Day

**Councillor
REPORT**



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THE ASPEN WOODS WENTWORTH connection

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- over 228,000 residents
- Unlimited response

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In Our City

Councillor Report

Hello Ward 6! Here are your updates for February, 2019.

Watch for your 2019 Property Assessment Notice

Assessment notices are now available. The City of Calgary mailed the notices on Jan.3, 2019 and they are also available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. You can check, review and compare your notice online. Plus, sign up for Notices.

Customer Review Period (Jan. 3 - March 12, 2019)

If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period on now until March 12, 2019.

Visit calgary.ca/assessment to get more information, access Assessment Search, and sign up for paperless eNotices. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

Calling for Calgary Awards Nominations

Do you know a Calgarian who has made a difference? Nominate them for a Calgary Award. Deadline is Monday, February 25, 2019. For nomination details and eligibility requirements, visit calgary.ca/calgaryawards.

About the Calgary Awards

The Calgary Awards is the City's highest honour recognizing exemplary achievements and contributions by Calgarians. 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 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.

Save the Date - Community Open House

Towards the end of April, the Ward 6 office will be hosting a community open house where we look forward to meeting you and addressing your concerns, face to face. More will come on that in the next few months.

Jeff Davison, Councillor, Ward 6

Calgary Connection

Volunteer Calgary:

Visit the “Volunteer” page of 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.

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.

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

The fun starts after the bell with Calgary AfterSchool

This school year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it’s more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.



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*



Word Search

AFFECTION	HEART
ARROW	HUGS
BEMINE	KISSES
CANDY	LOVE
CELEBRATE	POEM
CHOCOLATES	RED
CUPID	RING
FEBRUARY	ROMANTIC
FLOWERS	ROSES
FRIEND	SWEET
GIFT	VALENTINE

R	A	F	F	E	C	T	I	O	N	V	I	X	F	K	U	A	T
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M	B	D	H	J	C	N	F	D	U	M	W	M	O	R	C	X	Z

Bird Sanctuary Reconnection Project Info Session

The Inglewood Bird Sanctuary has been one of The City's most ecologically important parks for nearly 90 years. However, its age has resulted in some important work becoming necessary. Some of the hydraulic structures that control the water level in the lagoon have passed their useful life and are putting the park's lagoon at risk.

Reconnecting the lagoon to the river would improve water quality, reduce water level fluctuations in the lagoon, as well as improve fish habitat.

This project is still in the early design stages and will not start construction until winter 2020 at the earliest.

The City will be hosting an information session about the Inglewood Bird Sanctuary Erosion Mitigation and Fish Habitat Project on Saturday, February 16, 2019 from 10 a.m. – 11 a.m. at the Bird Sanctuary (2425 9 Ave S.E.).

There will be a short presentation on the project at 10 a.m. with time for questions and discussion afterward. If you are interested in learning more about this project, please join us on February 16. Visit calgary.ca/fishcompensation for more information.

City of Calgary

Stay Alert and Aware During a Power Outage

Power outages can happen any time of the year but are especially dangerous during the cold winter months. They can last for minutes, hours and sometimes even days.

“The best way to stay safe in a power outage, is to be prepared,” says Sue Henry, Deputy Chief at Calgary Emergency Management Agency. “Have a fully stocked 72 hour kit including flashlights, blankets and non-perishable food. It's also important to have a plan for any medications that require power to be administered that are powered by electricity or need to be refrigerated.”

While temperatures may drop, it is never safe to use camp stoves, kerosene heaters or barbecues indoors, as they emit carbon monoxide. Gas stoves used as a heat source for long periods of time without ventilation will also pose a danger.

Electrical equipment and appliances can be overloaded when the power is turned back on, so it's a good idea to disconnect them. Be sure to leave one light on, so you know when the power has been restored!

A fully charged power bank is invaluable during a power outage. This will allow you to charge your smartphone so you can check for updates on the internet, and contact family members.

For more information on preparing for a power outage and building a 72-hour kit, visit calgary.ca/getready.

To report a power outage call ENMAX Power Trouble Line at 403-514-6100.

City of Calgary

Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

DID YOU KNOW?

Cats spend 66% of their life asleep.



Why you should consider a getaway in your backyard

(NC) A few days in a new place is just what you need to refresh and recharge, and there are many places to explore right here in Canada. Booking an urban getaway is a great way to make the most out of a short vacation or to just escape your routine for a long weekend.

Avant-garde art shows, mad music festivals and epic eateries on every foodie watchlist are just a few of the reasons our cityscapes are always well worth the trip. You can explore our great country one city at a time with Air Canada Vacations flight and hotel packages that make planning easy.

Here are some top spots to check out:

Vancouver: Fun, outdoorsy and sophisticated, Vancouver has a style all its own. Explore city



landmarks like the vast Stanley Park, beautiful English Bay or the world-famous Vancouver Aquarium. Or take a day trip to Squamish along the Sea to Sky Highway for nature hikes and gorgeous mountain views.

St. John's. Bright, colourful and full of life, the capital of Newfoundland and Labrador is truly unique. Steep streets lead down to a dramatic harbour and a rich seafaring heritage. Be sure to check out the modern art galleries, music scene, fun boutiques and Celtic pubs on George Street.

Quebec City. Old Quebec dates back to 1608 and remains the heart of French culture in North America.

Its winding, narrow streets are bursting with history and tiny restopubs waiting to be discovered. Be sure to check out the local theatres, festivals and countless boutiques along the famous Grande Allée and the dynamic Saint-Roch neighbourhood.

Ottawa. Captivating and dynamic, the nation's capital is bursting with culture and attractions including the Houses of Parliament, the Canadian Museum of History and the scenic Rideau Canal. The most visited place in Ottawa is still ByWard Market, one of the oldest and most important public markets in Canada.

Niagara Falls. Thousands come here every year to marvel as the most famous waterfalls in the world tumble and churn over the Horseshoe, American and Bridal Veil falls. Discover entertainment and dining options for every palate as well as delicious vintages on the vineyards of nearby Niagara-on-the-Lake.

Find more information at aircanadavacations.com.

News Canada

Celebrate Family Day with a free family swim or skate

Drop-in for a free swim from 1 - 2:30 p.m. or 3 - 4:30 p.m. at Bob Bahan Aquatic & Fitness Centre, Canyon Meadows Aquatic & Fitness Centre, Killarney Aquatic & Recreation Centre, Shouldice Aquatic Centre and Thornhill Aquatic & Fitness Centre.

Enjoy a free skate from 1 - 2:15 p.m. at Ernie Starr Arena, Frank McCool Arena, Murray Copot Arena, Optimist/George Blundun Arenas, Rose Kohn/Jimmie Condon Arenas, Shouldice Arena, Stew Hendry/Henry Viney Arenas and Stu Peppard Arena.

Visit calgary.ca/recreationdeals for details.

DID YOU KNOW??

Honey is the only natural food which never spoils.



Feel Better Through Fitness

Fitness helps you feel better and have more energy for work and leisure time. You'll feel more able to do things like playing with your kids, gardening, dancing, or biking. Children and teenagers who are fit may have more energy and better focus at school.

When you stay active and fit, you burn more calories, even when you're at rest. Being fit lets you do more physical activity. And it lets you exercise harder without as much work. It can also help you manage your weight.

Improving your fitness is good for your heart, lungs, bones, muscles, and joints. And it lowers your risk for falls, heart attack, diabetes, high blood pressure, and some cancers. If you already have one or more of these problems, getting more fit may help you control other health problems and make you feel better.

Being more fit also can help you to sleep better, handle stress better, and keep your mind sharp.

How much physical activity do you need for health-related fitness? Experts say your goal should be at least 2½ hours of moderate to vigorous activity each week. It's fine to be active in blocks of 10 minutes or more throughout your day and week. For example, you could:

- Do some sort of moderate aerobic activity, like brisk walking.
- Or do more vigorous activities, like running. This activity makes you breathe harder and have a much faster heartbeat than when you are resting.

Here's an easy way to tell if your exercise is moderate: You're at a moderate level of activity if you can talk but not sing during the activity. If you can't talk while you're



doing the activity, you're working too hard

Children need more activity. Encourage your child (ages 5 to 17) to do moderate to vigorous activity at least 1 hour every day.

Alberta Health Services

Winter Eye Care

Your eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long.

Wear sunglasses. In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes. Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.

Use good eye drops and turn on the humidifier. Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier to keep air moist.

Wash your hands. Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.

If you have non-urgent health questions or concerns, call Health Link at 811 or visit myhealth.alberta.ca

Alberta Health Services

DID YOU KNOW??

According to history.com, Richard Cadbury introduced the first box of Valentine's Day chocolates in 1868.



Little Ways to Show Your Love All Month Long

Expressing your love doesn't need to be reserved just for Valentine's Day. Show you care all month with little touches that will let that special someone know you are thinking of them. Whether it's your significant other, friend or family member, personal gestures like writing a note on their coffee or warming up their car can let them know they are special to you.



If you are planning a night in, make movie night pop by subbing a bowl of popcorn for a special treat like these salted caramel popcorn bars. Made with Orville Redenbacher microwave popcorn, which is made without any artificial colours, flavours, or preservatives, they are a delicious blend of sweet and salty, perfect for a night on the couch with your favourite person.

Ingredients:

- No-stick cooking spray
- 1 bag (82 g) Orville Redenbacher simply salted microwave popcorn
- 40 small pretzel twists, coarsely broken (1 cup broken pieces)
- 2 tablespoons (30 mL) unsalted butter
- 20 caramels unwrapped
- 1 tablespoon (15 mL) water
- 1/8 teaspoon (1/2 g) salt
- 3 cups (360 g) miniature marshmallows
- ¼ cup (30 g) peanut butter

Directions:

- Spray large bowl, rubber spatula and 13x9-inch (33x23-cm) baking dish with cooking spray. Prepare popcorn according to package directions. Remove all un-popped kernels and place popped corn in large bowl. Add pretzel pieces to bowl.
- Melt butter over medium heat in medium saucepan; add caramels, water and salt. Heat 5 minutes or until caramels melt completely, stirring occasionally. Add marshmallows and peanut butter; heat 1 to 2 minutes more, stirring until blended.
- Pour caramel mixture over popcorn mixture. Toss with rubber spatula to coat. Press into baking dish; cool completely. Cut into 24 bars.

News Canada

A New Twist on Weekend Breakfast

Treat someone you love to breakfast in bed or elevate a breakfast standard to special-guest status. This elegant yet easy dish created by the staff at Harrowsmith magazine is sure to please.

Egg and Bacon Bundles

Prep time: 20 minutes

Cook time: 10 to 15 minutes

Serves: 2 to 4

Ingredients:

- 8 strips bacon
- 2 slices aged cheddar cheese
- 4 eggs
- Salt and pepper

Directions:

- In frying pan, cook bacon until transparent. Transfer to paper-towel-lined plate. Cool slightly.
- Cut four 6-inch (15 cm) parchment rounds to fit standard-size muffin cups.
- Criss-cross 2 bacon strips in each of four parchment-lined muffin cups. Crumble cheese and divide evenly over bacon. Crack 1 egg into each cup. Season with salt and pepper to taste.
- Bake in 350°F (190° C) oven until bacon is crispy and egg white is cooked through; about 10 to 15 minutes.
- Remove from oven and let cool 2 to 3 minutes. Transfer to plate and serve with toast and watercress. Remove parchment before eating.

Find more easy and delicious recipes at harrowsmithmag.com.

News Canada

