

MARCH 2019

# THE ASPEN WOODS WENTWORTH *connection*

## Councillor REPORT



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# THE ASPEN WOODS WENTWORTH connection

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## In Our City

# Councillor Report

Hello Ward 6! Here are important City updates for the month of March.

### Watch for your new and improved municipal services bill

The format of your municipal services bill is changing! The new changes will make it easier to see the municipal services you pay for, how your charges are calculated and where your money goes. Highlights of what you'll see on your new and improved bill:

- Clarifies the services are provided by The City of Calgary
- Includes service descriptions with easy to reference icons to show what you pay for
- Shows wastewater charge as percentage of water usage and why
- Separates wastewater and stormwater services to reinforce they are separate services (formerly shown under one heading "wastewater and drainage")
- Identifies clearly if the water usage is based on actual meter read or an estimate
- Uses an easier-to-read font.

We encourage you to review your bill on a monthly basis. Be sure to check the message centre on the bill for timely information. For more information on rates and reading your bill, visit [calgary.ca/waterbill](http://calgary.ca/waterbill).

### 311 Live Maps

311 Live Maps is a new online service that allows you to see what crews are working on directly in your neighbourhood. Simply go to [calgary.ca/311](http://calgary.ca/311) and select the "View live map of 311 requests" link. Type your address into the search bar or zoom in to see if a request has been reported. Click on one for details and to find out what work is being done. Our most requested services are on 311 Live Maps now. More services will be added throughout 2019.

### Register now for City of Calgary Spring & Summer Recreation programs

The City's Spring & Summer Recreation Program Guide has the most variety of fun and affordable activities for your family. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! Registration is now open. Find your fit at [calgary.ca/register](http://calgary.ca/register).

*Jeff Davison, Councillor, Ward 6*



# The Cookies Are Coming!

**T**hey're chocolate... and vanilla... and very tasty! Watch for Girl Guide cookies being sold in your neighbourhood in March and April, and please buy some if you can! By supporting Girl Guide cookie sales, you are supporting the amazing Girl Guide programs we have right here in our Sarcee Hills District.



Girl Guide programs for Sparks, Brownies, Guides, Pathfinders and Rangers are extremely popular in our community. With over 375 girl members and 70 volunteer women leaders in our District alone, word is spreading fast about our exciting adventures! Girls 5 to 17 are enjoying fun activities and gaining memories that will last a lifetime.

Girls in Guiding enjoy camping, hiking, sleepovers, chemistry, engineering, campfires, community service, field trips, crafts, songs, and much more. Of course, they also practise communication skills and money management skills when they sell Girl Guide cookies to friends, to neighbours, and to the public!

To learn more about Girl Guides in our area, or to find out where you can pick up some delicious cookies, contact sarceecookies@gmail.com .

*Sarcee Hills District Girl Guides*

# Recycling 101

## Get Back to the Recycling Basics

### Paper and cardboard

Recycle all cracker boxes, delivery boxes, coffee cups, flyers and other paper items. Tip: Break down boxes to make more room in your blue cart.

### Bundled plastic bags and wrap

Bag your bags. This includes all stretchy bags like grocery bags, shopping bags, bread bags, produce bags, shipping bags, cling wrap and bubble wrap. Stuff into one plastic bag and tie closed.

### Plastic containers

Is your plastic item a container like a yogurt tub, pop bottle or milk jug? If yes – rinse and recycle it. If no, put in the garbage.

### Tin cans and tin foil

Crumple up tin foil and pie plates into a ball before recycling.

### Glass bottles and jars

Rinse out food residue before recycling.

Your blue cart is for household paper, packaging and containers. If it isn't one of the materials listed above, don't put it in your blue bin.

Learn more at [calgary.ca/recycling](http://calgary.ca/recycling)



## DID YOU KNOW??

Saint Patrick's Day is a cultural and religious celebration that happens annually on 17 March to mark the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick.



## DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



# Taking Time for Yourself is Important for Your Mental Health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting. Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).



*Alberta Health Services*

# Parents as Role Models

Parents tend to be the strongest role models in their child’s life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

- **Communicate** - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.
- **Provide opportunities** - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.
- **Be aware of other influences** - Know your child’s friends and their friends’ parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.
- **Learn from mistakes** - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services’ Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>

*Alberta Health Services*

## 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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## Hooked on Ice Fishing

Adding a guided ice fishing adventure to a ski holiday is one way to experience Alberta like a local. Fishing guides provide all the equipment, set up a heated shelter and even introduce visitors to the simple pleasure of cooking and eating their own fresh catch.

### Calgary Area

Ski or board at Canada Olympic Park or Nakiska and then ice fish near Calgary, Banff, or in Kananaskis Country. The professional guides at Ice Fishing Alberta use the newest techniques in ice fishing. Cutting-edge sonar helps locate the fish and an underwater video camera lets guests observe the exact moment when the fish takes their hook.



Travel Alberta / Katie Goldie

### Banff Area

Ski the Big Three (Sunshine, Norquay, and Lake Louise) and then go with the specialists at Banff Fishing Unlimited, who have been fishing at Spray Lakes in Kananaskis for more than 25 years. Fish from the comfort of your own heated hut on the frozen lake. They'll even help you cook your catch. Banff Adventures Unlimited offers guided tours from Banff or Canmore and has special tours that combine snowmobiling with ice fishing.

### Jasper Area

Ski Marmot Basin and then fish in Jasper National Park or nearby Hinton. Whether it's northern pike or rainbow trout, the guides from Rocky Mountain Fishing Adventures will teach guests how to land the big ones.

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## Points of Interest

### Rosebud

The tiny hamlet of Rosebud, an hour northeast of Calgary, or 35 km (22 mi) southwest of Drumheller on Hwy 840, looks like a typical prairie community, but don't be fooled; most of its 100 residents are involved with the Rosebud Theatre and its school of the arts. Productions are of the highest quality. Have dinner, see a show, stay in a B&B, or drive out for a matinee.

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# Healthier Eating Habits at Work

**A**lberta Health Services (AHS) is having a year-long wellness campaign called What's your balance? Since many waking hours are spent at work- what you eat at work can have a big impact on your health and energy levels. If you are looking for ways to get more balance in your eating habits, try one or more of these small changes.

### Boost your Breakfast with Fibre and Protein.

A nutrient-packed breakfast will help you get through the morning. How can you boost the fibre and protein in your breakfast?

- Choose whole grain cereals, breads and tortillas.
- Look for cereals and breads that have two grams or more of fibre per serving.
- Try items such as yogurt, cheese, meat, eggs, peanut butter, nuts, seeds, or cooked beans or lentils.

### Make healthy lunch a habit.

A healthy lunch provides much needed fuel and nutrients to help you focus during your work day. Plan ahead and pack a meal with healthy foods from home. Try new ideas:

- **Lunch Bowl:** brown rice or quinoa, red peppers, avocado, salsa, cheese, and black beans or chicken
- **Salad:** arugula, strawberries, pears, goat cheese and almonds or pecans. Drizzle with balsamic dressing. Add a whole grain bun
- **This and That:** Greek yogurt, whole grain crackers, hard-boiled egg and a piece of fruit

### Manage the mid-shift slump

The decrease in energy part way through your workday. Instead of reaching for a sugary snack...

- On a break, go for a brisk 10 minute walk.
- Aim to get enough sleep, most adults need 7-9 hours.
- Choose water to drink
- Connect with others. Chat with a co-worker who is also on break.

By taking some small steps, you can improve the balance in your eating to create healthy habits for a lifetime. Spread the word and challenge your friends! Post a video or photo of how you maintain balance! Share through social media #AHSwhatsyourbalance

*Alberta Health Services*

# Start Your Mornings Right

**M**ade with orange juice, this simple, make-ahead breakfast is packed with protein to kick-start your day. Prep everything the night before so in the morning all you have to do is pop it in the oven for a warm, delicious breakfast your whole family will enjoy.

## Berry Breakfast Strata

### Ingredients:

- 2 tbsp. butter
- 3 tbsp. honey
- 4 large eggs
- ½ cup whole milk ricotta
- 3 tbsp. sugar
- 1 cup whole milk
- ¼ cup Florida Orange Juice
- 4 slices of bread, torn into 1-inch pieces (about 4 cups)
- 275 g frozen mixed berries, thawed and drained

### Directions:

1. Combine butter and honey and melt in microwave.
2. In a large bowl, using a whisk, beat the egg, ricotta and sugar.
3. Add milk, Orange Juice, butter and honey mixture. Stir to combine. Gently fold in bread and berries.
4. Place mixture into an 8x8-inch baking dish. Cover with plastic wrap and place in the refrigerator for at least 2 hours and up to 12 hours.
5. Preheat oven to 350°
6. Bake the strata until golden on top and baked through; about 40 minutes.
7. Let stand for 5 minutes before serving. Spoon into dishes to serve.

Find more great recipes at [floridacitrus.ca](http://floridacitrus.ca).

*News Canada*



# Around the Block, Let's Walk

**W**alking is a great form of cardiovascular exercise, but did you know it can also be an opportunity to increase safety in a neighbourhood? Walking around your neighbourhood whether it's with a neighbour, Dog or by yourself can help to make your neighbourhood. Walking can help you get more familiar with your community, observe new things and trouble spots in the neighbourhood. While you walk you can survey poor lit areas, is the signage in your neighbourhood adequate? Do the sidewalks and roads need maintenance? When you go for walks in your neighbourhood with these questions in mind you can easily spot areas that need attention.

When you're out walking, don't forget you can call 3-1-1 to report to City services, 9-1-1 for emergencies, or Calgary Police Service non-emergency line at (403) 266-1234 for non-urgent police concerns like noise complaints, minor accidents, etc. You can also connect with other resources like Safer Communities and



Neighbourhoods (SCAN) about suspicious residential and commercial properties at 1-866-960-7226.

Walking can also help you bump into your neighbours and get to know them. You might even meet new walking buddies for a future walking group or meet-up!

For more crime prevention and safety resources, check out our website at [calgarycommunities.com](http://calgarycommunities.com)

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



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|------------|-------------|
| BLARNEY    | LIMERICK    |
| CELTIC     | LUCKY       |
| CLOVER     | MAGIC       |
| EMERALD    | MARCH       |
| GOLD       | PARTY       |
| GREEN      | PATRICK     |
| HOLIDAY    | POT         |
| IRELAND    | RAINBOW     |
| IRISH      | SAINT       |
| JIG        | SEVENTEENTH |
| LEPRECHAUN | SHAMROCK    |

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# Events In and Around Calgary

### **Calgary Home & Garden Show:**

February 28 – March 3, BMO Centre. Find inspiration and solutions for home improvement projects and discover the coolest new products at the Calgary Home and Garden Show. This hugely popular event attracts approximately 50,000 visitors eager to gain tips from design experts, meet celebrity guests, try out the latest technology, check out stylish displays and shop for trendy accessories. Don't miss out! <https://calgaryhgs.com/>

### **Calgary Bull Sale:**

March 6 – 7, Stampede Park. The Calgary Bull Sale is the benchmark for other bull sales across the prairie provinces of Canada. The sale attracts Alberta's top quality beef bulls and offers bulls for sale to meet all ranchers' budgets. Calgary Stampede Park is the place for cattle ranchers to select from Angus, Charolais, Hereford breeding bulls, and trained ranch horses - all under one roof! [www.albertacattlebreeders.com/](http://www.albertacattlebreeders.com/)

### **Marda Loop Justice Film Festival justREEL film Series:**

March 12, River Park Auditorium. Come join us March 12 at 7:00 p.m. where we will be showing the film *Namrud* (Troublemaker). Each year the Marda Loop Justice Film Festival strives to present innovative and meaningful documentaries that encourage Calgarians to take positive action in their communities, this nation, and the world. We hope that we will be able to not only improve our attendance and following, with your assistance, but that we may also inspire Calgarians to change our communities, nation, and world. <http://www.justicefilmfestival.ca/>

### **TELUS Spark Adults Only Night:**

March 14, TELUS Spark. Come one, come all! Do you have the courage to risk the high wire? Want to test out your skills as an acrobat? As the lights go down, come

see the hidden side of the circus. Join us for a night of unique performances. Experience our new CIRCUS! exhibition in a light you've never seen before. [www.sparkscience.ca](http://www.sparkscience.ca)

### **The Original St. Patrick's Day Road Race:**

March 17, Central Memorial High School. This annual event is the first race of the Timex Road Race Series. There will be a 5km and 10km road race in support of the Canadian Diabetes Association. The grand prize winner will win their weight in beer. There will be a post race wind up at Central Memorial High School. Register online. [www.calgaryroadrunners.com/](http://www.calgaryroadrunners.com/)

### **The Calgary Outdoor Adventure & Travel Show:**

March 23 – 24, BMO Centre. Over 200 Exhibitors offering the latest camping gear, paddle sports, outdoor clothing, scuba diving & ultimate adventure travel destinations! PLUS - over 60 adventure presentations to help you plan your next adventure. [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

### **ACAD:**

March 28 – 30, ACAD. Check out what Calgary's emerging artists have created during the school year at the bi-annual Alberta College of Art + Design Students' Association Show + Sale. The event usually takes place in November and March of each year. This unique public art market invites you to view and purchase over 3000 pieces of handmade works. Whatever your preferred form, you'll find it here: paintings, photographs, drawings, prints, ceramics, glass, fibre, jewellery, sculpture and more! [www.acadsa.ca/show-sale/](http://www.acadsa.ca/show-sale/)

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

