

MAY 2019

# THE ASPEN WOODS WENTWORTH *connection*

## Councillor REPORT



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# THE ASPEN WOODS WENTWORTH connection

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## In Our Community



The community of Wentworth will be hosting its ever popular community-wide garage sales on Saturday, May 25th from 8am to noon. We encourage everyone to come shop the sales!

A map showing all of the participating homes will be added to the Association's website at [www.mywentworth.com](http://www.mywentworth.com) and updated as additional homes register.

If you live in Wentworth and would like to be added to the map of participants, please email the Wentworth Residents' Association at [contact.wentworth@gmail.com](mailto:contact.wentworth@gmail.com).

## Green Carts Spring Into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.



Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.

*City of Calgary*

# Councillor Report

## Development planned in your neighbourhood online

Whether it's a new single-family home or a large new development, there's always a new development happening in our city. Now, you can find out about the changes taking place in your community in one easy place.

While The City is ending some newspaper listings that notify development changes, visiting [www.calgary.ca/pdmap](http://www.calgary.ca/pdmap) will show you a great interactive map with all the planned development applications that are currently being considered by The City of Calgary. After May 16th, Development Permits will no longer be published in newspapers.

## Ward 6 Open House

Save the date! On May 23rd, from 6:30-8:30 PM I will be hosting our annual Ward 6 Open House at the Glendale Community Association Hall (4500 25 Ave SW). Ward 6 Office Staff and I will be on hand to address any questions or concerns that you may have. Other attendees include representatives from Calgary Transportation, Parks, Neighbourhoods, and the Calgary Police Service. We look forward to seeing you!

## Street Sweeping is happening in your community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled. For more information, visit [calgary.ca/sweep](http://calgary.ca/sweep).

## Get Ready for Neighbour Day!

This year, Calgary will celebrate its sixth annual Neighbour Day on June 15, and anyone can plan an event! Reach out to your neighbours and host a block party on your street, share a picnic potluck or afternoon tea in the park, or hold a street chalk drawing competition. Also, check with your Community Association to see if they are hosting a Neighbour Day event! Whatever you do, be sure to invite The Mayor, me, the Calgary Fire Department and Calgary Police Service—we'd love to join you! For more information, visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) or call 3-1-1

*Jeff Davison, Councillor, Ward 6*

# Get by With a Little Help From Your Friends

## Your Social Circle Can Add Health and Happiness to Your Life

Good friends influence our lives, shaping how we feel, think and act. They know our dreams and fears. They cheered when we won that school race and rallied when we lost a high school sweetheart. They toasted our first promotion and flew back for our wedding.

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-earned praise—who benefit our health the most. Caring friends not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.

Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There is no prescribed quota on friends. Some prefer one or two close friends to confide in, while others enjoy more casual connections with a diverse group of friends.

Making friends may seem daunting, but those new friendships could be a source of health and happiness for decades to come.

*Read the full story in Apple magazine's winter 2014 issue on [applemag.ca](http://applemag.ca). To find out more about 'What's your balance?' visit [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance). You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance*

*Alberta Health Services*

# A Summary of Assessing the Impact of Aircraft Noise in the Vicinity of Major Canadian Airports

This report, tabled by the TRAN Committee in Parliament on March 19th, 2019, takes a strong stance in support of communities affected by aircraft noise. The Canadian aeronautics industry is criticized for its culture of secrecy, absence of transparency and the outdatedness of its data. Of particular importance are the 16 recommendations which propose a sweeping change to how aircraft noise is dealt with in Canada.

With regard to noise exposure and tolerance, the TRAN Committee found that Canada lags far behind other countries in studying aviation noise and its effect on human health. Experts told the committee that Canada's Noise Exposure Forecast (NEF) does not reflect the latest scientific evidence on how human beings perceive and tolerate noise. Bob Sartor, the President of the Calgary Airport Authority, indicated that Calgary airport's noise exposure forecast model has not "moved" since 1972, despite greater densification around the airport. One study cited in the report concluded that there is sufficient scientific evidence of a relationship between exposure to aircraft noise and five areas of human health and wellbeing: community annoyance; sleep disturbance/awakening; hypertension; cognitive and academic performance of children; and speech and communication interference. A World Health Organization's (WHO) study also concluded that there is high-quality evidence of a link between aircraft noise and annoyance, which affects quality of life and is also a factor contributing to a wide variety of health outcomes.

The report contains 16 recommendations. Recommendation #6 affects West Calgary and requests that Transport Canada and Nav Canada study the implications of shifting the west approach to outside of the western boundaries of the city. This reroute of the extremely busy Sarcee Corridor, which impacts our communities, could do much to improve our health and the quality of our lives. However, there are other very busy east-west routes above us which continue to impact communities with noise. Our issue has always been the convergence/intersection of concentrated flight paths (both arrivals and departures) above Ward 6/the riding of Calgary Signal Hill.

Other important recommendations include: rotating the use of runways, modernization of outdated noise metrics, the introduction of evidence-based noise mitigation measures, the implementation of WHO noise

standards, the creation of an independent Aircraft Noise Ombudsperson, the support of research on the impact of aircraft noise-related annoyance on human health, a night flight policy review, and the installation of noise reducing equipment on aircraft as soon as possible.

Whether any of the recommendations come to fruition remains to be seen. Historically, aviation organizations have been slow to implement change and update their processes, but change is long overdue. We look forward to Ron Liepert, our M.P. and a member of the TRAN Committee which produced this report, following through on these recommendations and ensuring their implementation.

A copy of this report can be found at [www.ourcommons.ca/Committees/en/TRAN](http://www.ourcommons.ca/Committees/en/TRAN). All questions and concerns should be directed to Ron Liepert: [ron.liepert@parl.gc.ca](mailto:ron.liepert@parl.gc.ca), 403-292-6666.

Visit us at [www.wcatc.ca](http://www.wcatc.ca) or follow us on twitter @info\_wcatc

*Submitted by West Calgary  
Air Traffic Concerns Committee*

## Joke Corner



**Q. Does February like March?**

A. No, but April May

**Q. What season is it best to go on a trampoline?**

A. Spring Time

**Q. What month of the year is the shortest?**

A. May (cause it only has 3 letters)

**Q. What goes up when the rain goes down?**

A. Umbrellas

# Coexisting with Bobcats

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother dependent milk drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for



the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

*Lisa Dahlseide B.Sc.*

## Calgary Landfills Move to Summer Hours

From April 1 to October 31, City landfills will run extended operating hours. All locations have a residential Throw ‘n’ Go area that accepts:

- household chemicals and propane tanks for safe disposal
- electronics recycling
- clothing and textiles recycling
- tire recycling

Visit [calgary.ca/landfill](http://calgary.ca/landfill) for driving directions and hours of each landfill site.

*City of Calgary*

# Camping in the Alberta Prairies: A Liberating Experience

Historically, recreational camping can be traced back to a British travelling tailor by the name of Hiram Holding in the late 1800s. Cunningham's camp, near Douglas, Isle of Man, opened in 1894 and is noted as possibly being the first commercial campground. Fast forward 100 plus years, and Alberta today offers many more opportunities for camping.

## Is camping a thing of the past?

Camping has come a long way since the days of Smokey the Bear. Camping provides benefits that are much needed in today's world, and there are many different styles of camping to suit different needs. Today, camping is the most economical, quickest and easiest leisure family getaway that can make you a whole new person by connecting you with nature, unlike any hotel vacation ever could.

## Disconnect to Reconnect

Today's demands have us feeling like an overloaded switchboard of the 1950s. Families are so programmed and hardwired into apps that we can sometimes feel disconnected from the things that really matter. With all the reminders of what you need to do next or where you must be, it can all be more than a little draining.

Camping affords us the opportunity to detach from those demands and just breathe. Getting away from all the stress to decompress can be as easy as a peaceful 45-minute drive. You can already feel the decompression beginning as the lights, horns and traffic start to thin during your drive out to the country. If possible, leave all your electronic devices at home. It's the only true way you will successfully decompress. Remember, disconnect to reconnect!

## Camping Benefits - Communing with Nature and Family

Now that you've left all those electronic devices that

remind you what to do and when to do them, you may find yourself as a free thinker again. You'll be feeling more relaxed than when you started out on your little camping getaway. Wide open skies, tall lush trees swaying in a gentle breeze, scenery, nature. You and your family are communicating verbally again, and better yet, there are real smiles, not emoticons in a text.



## Have Tin Foil Will Travel

Did you ever wonder why food tastes better cooked over an open flame in the outdoors? It's hard to say whether it's the fresh air or the ease of putting together some simple ingredients wrapped in foil, creating a beautiful meal to enjoy with your favorite beverage. Feel the stress dissipating as you relax.

Sharing food and conversation have been the foundation of families for centuries. Yet, few of us have a daily family meal anymore. Camping is a chance to do just that.

## Starry, Starry Night

Now that you're good and relaxed, well fed, and perhaps you've managed to get in a much-needed nap, you're now feeling quite refreshed. This is the time for you and your family to have some incredible night shows for your memory banks. There's nothing like an Alberta prairie twilight sky. Stars that seem closer and brighter than back home. You'll be picking out the Milky Way and exercising your brain power on the constellations. With binoculars, you can see the smile on the man in the moon. And, depending on the time of year, you may even see some of the spectacular rainbows of colour that make up the famed aurora borealis.

Getting away, doing something as simple as taking a camping weekend can work wonders on bringing family and friends closer together. Whether it's creating new bonds or reinforcing existing ones; spending quality time, creating those precious memories that all of you can treasure.

Whatever your reason for getting away; camping at Aspen Crossing will prove your most train-tastic experience. So, what are you waiting for? Book directly online, you'll feel better as soon as you've booked!

*By Aspen Crossing*

*Reprinted with kind permission from Travel Alberta*

# Canada's Food Guide Wants Us to Eat Together

Our food preferences and eating habits have evolved and so has Canada's Food Guide. While still focusing on establishing healthy nutritional habits, the revamped version also puts an emphasis on how we eat.

Eating together is not only a great way to instill new habits and achieve our nutrition goals, it also allows us to find our passion for cooking, nutrition, and sustainability as a family. To help make the most of mealtime, it is also recommended that we put away our devices and enjoy quality time with our loved ones.

This is also a great opportunity to cook together. Getting the kids involved is a great way to teach good nutritional habits that can last them a lifetime. When working to establish new habits, try to set goals to help your family remain accountable and have fun tracking your progress along the way.

Setting goals to incorporate the new recommendations from the guide can be as easy as setting aside one day a week to meal-prep for the week ahead, planning a weekly dinner with friends or extended family, making the commitment to go meatless on Mondays or introducing new recipes to your repertoire.

The new food guide stresses the importance of the healthy plate, which is a very simple way to think about balance and portion size. The model is half vegetables while the rest of the plate is balanced out with whole grains and protein-rich foods. When it comes to serving healthy proteins, try new, sustainable alternatives. Why not try swapping out ground meats in recipes for black beans and crumbled tofu on taco night or chickpeas and lentils in chili or shepherd's pie.

Try incorporating the new guidelines into your routine with this simple and quick one-pan puttanesca. We've swapped out the pasta for zucchini noodles, to squeeze some extra veggies onto your plate.

### One-Pan Zucchini Noodle and White Bean Puttanesca

**Serves: 4**

**Ready in: 20 minutes**

#### Ingredients

- 2 tbsp (25 mL) olive oil, divided
- 1 cup (250 mL) cherry tomatoes
- 2 cloves garlic, minced
- ½ tsp (2 mL) salt



- ¼ tsp (1 mL) freshly ground black pepper
- Pinch (0.5 mL) hot pepper flakes
- 1 can (540 mL) no-salt added white kidney beans, drained and rinsed
- ¼ cup (50 mL) whole Kalamata olives, drained, pitted and sliced
- 1 tbsp (15 mL) capers, drained and rinsed
- 1 pkg (340 g) spiralized zucchini veggie noodles
- ¼ cup (50 mL) torn fresh basil

#### Directions:

- Heat 1 tbsp oil in large nonstick skillet over medium-high heat. Add tomatoes; cook, stirring occasionally, until softened and golden; 2 to 3 minutes.
- Add garlic, salt, black pepper and hot pepper flakes. Cook, stirring often until fragrant; about 1 minute. Add beans; cook, stirring often until heated through; 1 to 2 minutes. Stir in olives and capers. Transfer to large bowl. Set aside.
- Heat remaining 1 tbsp oil in same skillet over medium-high heat. Add veggie noodles; cook, tossing and stirring often until tender-crisp; 1 to 2 minutes. Add tomato mixture; cook, stirring to coat, until heated through; about 1 minute. Sprinkle with basil.

Loblaws.ca has a great tool available on their website as part of its Raise a Food Lover initiative to help you and your family get cooking together and keep track of your goals.

*News Canada*

# Home Improvement Information Sessions

Considering a renovation? Have questions about home improvement projects? Drop in to a free community information session near you and talk to one of our City experts for tips that can help save you time and money.

Whether you're looking to build a deck, thinking about a basement renovation or secondary suite, we'll have City inspectors (building, electrical, and plumbing) and bylaw experts on hand to give you advice about what you'll need to get started, including:

- Determining the specific requirements for your property
- Talking through your project, and what would be required to make it safe
- Answering your questions about electrical, plumbing and building code requirements, including how to prepare for the different types of inspections
- Providing tips on what to look for when hiring a contractor, and what to include in contracts.



If you have plans drawn up, bring them with you and we can answer any specific questions you may have. We can also help you apply for a permit, on the spot, saving you a trip downtown.

We're here to help make sure your home improvement is safe for you and your family to enjoy. Invest the time to do it right, for you. Visit [calgary.ca/pdevents](http://calgary.ca/pdevents) to find an information session near you.

*City of Calgary*

# Proper Disposal of Smoking Material

The Calgary Fire Department reminds Calgarians that whether you're indoors or outdoors, and regardless of the season proper disposal of smoking materials is a smart choice.

Disposing of cigarette butts in planter pots, soil, peat moss, or your lawn or garden is the leading cause of outdoor fires in Calgary. Fires that start outside of a building are potentially much more dangerous for occupants since smoke alarms may not detect the fire until it is well underway.

To better protect your home and your community, it is recommended that you:

- Ensure all butts and ash are out by dousing with them



with water prior to putting in the trash.

- Always dispose of cigarette butts in a deep, wide, sturdy metal container with a lid. The container should be filled part way with sand or water that is emptied regularly.

- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 30 metres of your home, including natural debris, trees and other structures.
- Use your ashtray to dispose of any smoking material when driving. Throwing a cigarette butt out of your car window is a serious fire hazard, pollutes our roadsides and has environmental impacts.

Remember to always call 9-1-1 to report a fire.

Visit [calgary.ca/smokingdisposal](http://calgary.ca/smokingdisposal) for more information on disposing of smoking material.

*Calgary Fire Department*