

THE **ASPEN WOODS**
WENTWORTH *connection*

**Happy
Father's
Day**

**Councillor
REPORT**



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THE ASPEN WOODS WENTWORTH connection

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

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In Our City

Councillor Report

Springbank Hill Community Park – Grand Opening

Join on Saturday, June 15 from 11 am to 2 pm for the grand opening of the Springbank Hill Community Park! As you may recall, the Ward 6 Office worked with the community association and other partners to develop seven acres of new park space right in the heart of our Ward. Visit www.springbankhill.org for more information.

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 or call 3-1-1

Summer day camp & playschool registration now open

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit calgary.ca/register.

Be a part of The City's annual Canada Day celebrations!

Canada Day 2019 will be better than ever! Check calgary.ca/CanadaDay for the latest updates on free, family-friendly activities, events and performances throughout the downtown area.

Jeff Davison, Councillor, Ward 6



Restricted Community Participation in Airport Authority Committees

When an aircraft concentrated corridor and busy flight paths suddenly appear over a community, where, and to whom, do residents turn for solutions? Aside from contacting elected representatives, there are airport authority organizations that are required to engage with communities. Are these organizations effective in their community engagement role? Unfortunately, they have shown they are not, especially if your community is located nowhere near the airport.

In Calgary we have the Airport Community Consultative Committee (ACCC), a venue for communities to connect with aviation groups (i.e. Calgary Airport Authority, NAV Canada, Transport Canada, and the airlines) to discuss concerns as well as ask questions. This committee is important because currently this is the only way for communities to interact with these aviation groups on a regular basis. The Calgary Airport Authority states that the ACCC is a community-based group, but the bulk of each quarterly meeting consists of aviation industry reps stating how effective the flight paths over communities are, and trivializing or ignoring the overall issue many communities have with high volume air traffic and noise from concentrated flight paths.

These meetings are also not open to any interested/affected Calgary resident, but restricted only to members of elected Boards of the various Calgary Community Associations, or politically elected representatives. However, some community boards are unwilling to get involved, or do not have the resources to do so.

Our elected government representatives and their staff are also permitted to attend the ACCC meetings, but Calgary Signal Hill M.P., Ron Liepert, has told us that they will not attend. How are residents whose lives have been drastically changed by aircraft noise pollution supposed to discuss solutions to this issue, when the only allowed participants, our elected representatives, and Community Associations board members, cannot or will not attend these meetings?

The March 2019 TRAN Report, *Assessing the Impact of Aircraft Noise in the Vicinity of Major Canadian Airports*, notes that there is inadequate consultation, transparency, and oversight exercised by individual airport authorities. As part of its list of recommendations, this report calls for greater

transparency and enhanced public participation in any airport authority decisions or operational changes which could increase noise pollution. We look forward to the implementation of this recommendation and a complete refocus of the ACCC into a productive partnership with Calgary communities.

What can you do to voice your concerns about the aircraft noise and volume in your community? Contact our M.P., Ron Liepert (ron.liepert@parl.gc.ca, 403-292-6666). As a member of the TRAN Committee which produced the recent aviation noise report, he is in an important and unique position to advocate for his constituents who are affected by aircraft noise.

*Submitted by West Calgary
Air Traffic Concerns Committee*

Joke Corner



- Q. What did daddy spider say to baby spider?**
A. You spend too much time on the web
- Q. What did the baby corn say to the mommy corn?**
A. Where is popcorn?
- Q. Why did the baby strawberry cry?**
A. Because his dad was in a jam
- Q. What do you call a dinosaur that is sleeping?**
A. A dino-snore
- Q. What has ears but cannot hear?**
A. A cornfield
- Q. What did one plate say to the other plate?**
A. Dinner is on me

Calgary Connection

Volunteer Calgary:

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

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

Get ready to roll with Community Mobile Skateparks

The City of Calgary hosts temporary community mobile skateparks at various indoor and outdoor locations across the city. Each park is supervised by qualified staff, and has a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes. Skateparks are free to use and are open to skateboarders, inline skaters and scooter users of all ages (waivers required). Locations and dates available at calgary.ca/skateparks.

Reach new heights with The City's climbing walls

Reach new heights with The City of Calgary's affordable, supervised, drop-in climbing for all ages and levels. Never climbed before? Sign up for a free belay orientation session at Beltline Aquatic & Fitness Centre (outdoor – weather permitting) and Southland Leisure Centre (indoor) to help you get started. Visit calgary.ca/climbing to learn more.

Mobile Adventure Playgrounds: a different way to play!

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at calgary.ca/play.



Calgary Public Library

Celebrate National Indigenous History Month

Enjoy free Library programs in June that mark Indigenous History Month, Aboriginal Awareness Week Calgary, and the International Year of Indigenous Languages. Programs include Sharing Stories Through an Indigenous Lens — a film festival at Central Library, Blackfoot Family Storytime at Forest Lawn Library, an Indigenous Drumming Circle with Cree8 at Memorial Park Library, and Indigenous art exhibits at multiple libraries. Learn more at calgarylibrary.ca.

Transform Your Commute with the Library

Whether you walk, drive, take transit, or bike to work, free Library eResources can help improve your commute. Download audiobooks using Libby for easy listening, watch Kanopy's collection of TV shows and movies on the bus, and read eBooks on your phone or catch up on the news with PressReader's digital newspapers. Visit calgarylibrary.ca/resource to discover more than 100 eResources, all free with your free Library card. Not a Library member? Sign up at calgarylibrary.ca/card or visit any Library location.



Join Ultimate Summer Challenge 2019

Spend your summer at the Library! Ultimate Summer Challenge involves free programs and awesome prizes for kids, teens, and families. Pick up an Ultimate Summer Challenge Adventure Guide from your local Library to find out what's on. Registration for Ultimate Summer Challenge starts May 15. Learn more at calgarylibrary.ca/summer.

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|-------------|----------|
| DADDY | LOVE |
| FATHER | MEMORIES |
| FUNNY | MENTOR |
| GOLF | NECKTIE |
| HANDSOME | PROTECT |
| HARDWORKING | SHAVING |
| HUGS | STRONG |
| HUSBAND | SUPPORT |
| JOKES | TEACHER |
| JUNE | TOGETHER |
| LEARN | TOOLS |

Word Search



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

How Well Do You Know Your Community?

There is no better time to get out and get to know your community and neighbours than the warm long days of June.

Take advantage of Neighbour Day on June 15th and spend some time touring your community and getting to know your neighbours.

“Communities with strong social networks are shown to be more resilient to the impacts of disasters and emergencies” says Sue Henry, Deputy Chief at the Calgary Emergency Management Agency. “Knowing who needs help in your community can ensure everyone stays safe during an emergency and also gets the support they may need during recovery from an event. This can be important in communities where there may be language barriers and some members may need help understanding critical messages from first responders.”

While you are out and about, take note of where the resources and services are. These include things like bus stops, schools, fire stations, medical facilities and community association buildings.

At the same time, analyze your neighbourhood for risks and hazards. Some hazards like thunderstorms or tornadoes can happen anywhere, but other hazards are more specific to particular communities. These include major transportation corridors like road and rail, industrial centres, gas or oil wells, pipelines and bodies of water.

Visit calgary.ca/getready to enroll in The City of Calgary’s “Ready Calgary” course and learn the steps you can take to be safe at home, in the workplace and in your community.

City of Calgary



ASPEN WOODS/WENTWORTH CONNECTION

Making it Easier to Float Your Boat

Map Shows Calgary’s River Access Locations

Floating the Bow and Elbow rivers is a summer tradition that thousands of Calgarians take part in each year as the weather gets warmer. A map has been created to help Calgarians know where the river access points are located throughout the city, as well as estimated river float times and river safety information. It is located at <https://maps.calgary.ca/>

The map also shows sensitive areas where no stopping is permitted along the Bow River. Drift boats, canoes, kayaks, or rafts powered by human efforts are welcome on the Bow River. The Federal Government prohibits any motorized watercraft such as motorboards or seadoos within Calgary city limits.

Additional information on what you should know before you go, bringing the right gear, hazards on the rivers and important environmental resources can be found on the River Access page on our website.

City of Calgary



DID YOU KNOW?

One-third of the cards sold on Father's Day are funny in nature.



Your Doctor Wants to Know Your Story

In rural Alberta, people look out for each other. Your neighbours know your story. They celebrate success beside you and recognize when you need a hand. Your family doctor or regular healthcare provider can be that same support for your health.



Having an ongoing, trusting relationship with your family

doctor or nurse practitioner helps them get to know you and your family. When they know your story, your provider and their team can help you stay healthy and connect you to the right care if you need a little extra support.

Your family physician or nurse practitioner and their team will be your medical home — your home base for health through different stages in your life.

Stay connected to your medical home with these tips:

- Visit your regular family doctor or nurse practitioner when you have a health-related concern or question
- If your regular provider is unavailable, seek care from other members of the team or clinic who will then share information with your regular provider
- If you need urgent medical attention from the emergency department, follow-up with your family doctor to continue any communication or treatment given in the emergency department
- If your medical status changes, book an appointment with your medical home. They will help manage any changes and treatments that may be needed to help you get as healthy as possible quickly

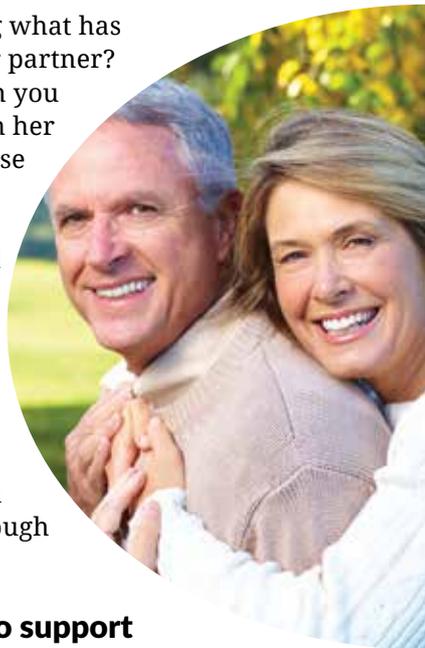
Don't have a family doctor? Two ways to find one:

- Call Health Link at 811
- Visit albertafindadoctor.ca to search online for a family doctor accepting new patients near you

Alberta Health Services

Supporting a Loved One Through Perimenopause

Are you wondering what has happened to your partner? Where did the woman you fell in love with go? In her place is someone whose moods swing like a possessed pendulum, intimacy has declined significantly or completely, and you may feel like you're walking on egg shells. If she is in her mid thirties to early fifties, she could possibly be going through perimenopause.



What can you do to support her?

Chances are, your loved one may not know what's going on herself. At times, it's easier for someone looking from the outside to see changes and signs, the first thing you can do is to educate yourself about perimenopause.

Mood swings, depression and anxiety are symptoms of perimenopause that can leave your partner feeling alone, helpless, frustrated, even angry. *Acceptance, compassion, kindness and patience* go a long way.

Insomnia brought on by hot flashes and night sweats can leave your partner feeling fatigued and unrested. *Simple things* such as making the bed, turning down the sheets at night, running a hot bath with candles and a cup of tea or a glass of wine, can go a long way in helping your loved one feel loved and supported.

Perimenopause can be a challenging time for any couple!

Communication is of utmost importance during this natural transition in a woman's life. Active listening, being present, being open and honest from a place of love, rather than fear, are all ways that you can support your loved one. This part of life won't be forever, being there as a loving support will only strengthen and grow your relationship.

Lee Horbachewski

Relationships Build Good Mental Health

Resiliency helps with life's bumps and potholes

A child's foundation for good mental health is built early in life through his experiences, including his relationships with his parents, family, caregivers, teachers and other children.

These relationships are essential to his development and help him build resiliency—the ability to bounce back from setbacks and cope with life's ups and downs. Resiliency is built by certain skills such as problem solving, empathy and emotional regulation, which is the ability to show emotions in ways that won't hurt oneself or others.

A child with resiliency is able to react confidently, positively and adapt well to change when he hits bumps and potholes on the road of life. Resilience is also a buffer against the harmful effects of adverse childhood experiences.

“Our mental health depends on our relationships with other people from the very beginning,” says Dr. Carole-Anne Hapchyn, an infant psychiatrist in Edmonton and a clinical professor of psychiatry and pediatrics at the University of Alberta.

“When you are resilient, you've got more in the bank to cope,” she says. It's like a scale, with the positive things in a child's life going to one side of the scale and the negative going to the other side. Resilience is the movable tipping point that gives a child the ability to have positive experiences outweigh the negative.

One of the best ways to build up the positive side of the scale is through serve and return interactions (see page 11). The key to this back-and-forth communication is watching for and responding to children's cues, Hapchyn says. “Be sensitive and observant to what children are trying to tell you.”

Serve and return helps build a strong relationship between an adult and child, creating an emotional bond that gives that child the strength, trust and security he needs.

Read the full article in Apple magazine's special reprint



edition 2015 issue on applemag.ca.

To find out more about ‘What's your balance?’ visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

Alberta Health Services

Did You Know... These Facts About June

- June has two birthstones. They are the pearl and Alexandrite.
- The birth flower is the Rose.
- The two zodiac signs in June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22).
- June was named after the Roman goddess Juno, who is the wife of Jupiter.
- June Solstice (also called Summer Solstice) occurs around June 21, when the Sun is directly overhead the Tropic of Cancer. This is also the longest day of the year.
- Father's Day is celebrated on the third Sunday of June.