

SEPTEMBER 2019

# THE ASPEN WOODS WENTWORTH *connection*

## *Back to School!*

## **Councillor REPORT**



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# THE ASPEN WOODS WENTWORTH connection

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## In Our City

# Councillor Report

## A note on the start of the school year

As we enter the month of September, I ask that you take extra caution when driving to work in the morning! Thousands of students will be returning to school and with that, I remind us all to be extra attentive in school zones and student loading spots. Check with your child's school traffic coordinator on the rules in the pick-up/drop off zones!

## Fall Program Registration is Open

The City of Calgary's Fall Recreation Program Guide offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often. Registered programs are offered at dozens of facilities located throughout the city, include swimming, fitness, dance, visual arts, skating, golf, sailing and more... why not try something different this fall? To learn more and find a program that's right for you, visit [Calgary.ca/register](http://Calgary.ca/register).

## YYC Matters: Federal election 2019

A strong Calgary means a strong Canada. The energy sector alone, headquartered in our city, provides 533,000 jobs across Canada and \$12 billion in average revenue to governments (2014 to 2016). In the federal election, as you consider what local candidates, parties and policies will do for Calgary, visit [yycmatters.ca](http://yycmatters.ca)

## 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.

*Jeff Davison, Councillor, Ward 6*

## DID YOU KNOW??

The average classroom pencil can write approximately 45,000 words.



# Calgary Connection

### Volunteer Calgary:

Visit the “Volunteer” page of [www.propellus.org](http://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](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://www.hullservices.ca).

### + 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).

### 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

### 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](http://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](http://calgary.ca/play).

### City-Wide Food Drive

Saturday, September 14, 2019, 10 a.m. to 2 p.m. Join the Calgary Food Bank for the city’s largest one-day food drive and make a difference for a family this fall. Watch for donation bags on your doorstep! For information on the City-Wide Food Drive and the most needed items, visit [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com)



# Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.



## Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

## Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

## Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;

- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the ‘walk’ sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

*Alberta Health Services*

## Did You Know... These Facts About September

- The birthstone is the Sapphire.
- The birth flowers for September is Morning Glory.
- The two zodiac signs in September are Virgo (August 23 – September 22) and Libra (September 23 – October 22)
- September was named after *septem*, Latin for “seven”, when the original Roman calendar started in March, so September was the seventh month.
- The Anglo-Saxons called this month *Gerst Monath*, which means barley month. This is because they would harvest their barley crops during this month.

## DID YOU KNOW??

By the time you turn 10, the average kid will have worn down approx. 730 crayons.



# Calgary Public Library

## Free Bookable Meeting Rooms at 20 Libraries

Upgrade your meetings with more than 60 bookable rooms at 20 libraries, plus audio, video, and post-production studios at Central Library. At Nicholls Family Library, Rowena Liu-Poon uses a free meeting room to teach a free tai chi class. “I can share my interests, I can pass on what I’ve learned about tai chi to my students, and hopefully I am able to make a contribution,” Rowena says. “It’s a great way for me to stay connected with the community in my retirement years.” Learn more about Rowena and the Library’s free meeting rooms at [calgarylibrary.ca](http://calgarylibrary.ca).



## Check Out Our New Website

If you’ve visited our website recently, you will have noticed a big change. The Library’s new website launched in July. Features include a clean, intuitive

design; enhanced eResources section; expanded pages for each location to make planning your visit easier; and a responsive design that works whether you’re visiting us on your phone, tablet, or desktop computer. Head to [calgarylibrary.ca](http://calgarylibrary.ca) to see the site for yourself.

## Fall Programs for Everyone at Calgary Public Library

Calgary Public Library offers hundreds of free in-person programs for families, kids, teens, newcomers, small business owners, job seekers, and anyone looking for enrichment. See everything we offer at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs). From Career Coaching and Settlement Services to Baby’s Big Playdate, Drop-in Family Storytimes, and a 50+ Lecture Series, there is truly something for everybody. Plus check out new programs, including Babies Go Boo!, a Creative Writing Club for kids, and Yoga at Central Library.



- |           |            |
|-----------|------------|
| BACKPACK  | PENCIL     |
| BOOKS     | PLAYGROUND |
| CLASSROOM | PRINCIPAL  |
| COMPUTERS | READING    |
| CRAYONS   | RECESS     |
| DESK      | SCHEDULE   |
| FRIENDS   | SCHOOL     |
| GLUE      | SCIENCE    |
| HOMEWORK  | SCISSORS   |
| LUNCH     | STUDENT    |
| PAPER     | TEACHER    |

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## Back to School Basics in Emergency Planning

September is the start of a new year, school year that is. As you plan for the new school year, be sure to plan for how you would reunite with your family if an emergency or disaster happened while everyone was at work or school.



“After a disaster, the faster children can reunite with the people they know and love, the better the outcomes will be,” says Chief Tom Sampson of the Calgary Emergency Management Agency. “Take the time to create an emergency action plan that includes phone numbers, emergency contacts and meeting places.”

It is important that children know the types of hazards in Calgary and understand what to do in an emergency. Create an emergency action plan as a family. Kids can help identify exit routes in the home, plan for pets and suggest meeting spots outside of the home. Once the plan is set, practice it! Planning and practicing helps bolster children’s confidence and reduces anxiety about disasters.

Emergencies can happen at any time, so make a plan for what to do if you are separated from your kids when an emergency occurs. In an ideal world, everyone would have phone numbers memorized, but since that is not always possible, create small contact cards for each member of the family, listing phone numbers and contact information.

Talk to childcare providers and your children’s school to learn about their emergency plan and share your emergency plan with them.

Visit [calgary.ca/getready](http://calgary.ca/getready) to download a fillable emergency plan and learn more about how you can prepare for the disasters or emergencies that are possible in Calgary.

*City of Calgary*

## Recycling Tip: Bag Your Bags!

Plastic bags are recyclable, but only if they are prepared the right way. Bundle all your plastic bags together into a single bag, double-knot closed and then put in your blue bin.

### Acceptable stretchy bags include:

- Bread bags
- Grocery bags
- Produce bags
- Ziploc bags
- Shopping bags
- Cling wrap
- Bubble wrap



**TIP:** Hang a bag off a door handle or your indoor recycling bin. Fill it up with the stretchy bags you use – once the bag is full, double-knot closed and put in the recycling bin. Put a new bag out and start filling it up again.

*City of Calgary*

## A Sampling of Concerts

- **Sleep:** September 4, The Palace Theatre
- **Carly Rae Jepsen:** September 4, MacEwan Hall
- **Hayes Carll:** September 6, Festival Hall
- **Canadian Country Music Association Awards:** September 8, Scotiabank Saddledome
- **UB40:** September 11, Grey Eagle Event Centre
- **Eric Church:** September 20 & 21, Scotiabank Saddledome
- **Sarah Geronimo:** September 22, Grey Eagle Event Centre
- **Ghost:** September 24, Stampede Corral
- **Lloyd Spiegel:** September 27, The Odyssey



### Looking for a Dayhome?

The Alberta Family Child Care Association, Calgary and Area is an affiliation of Government contracted Family Child Care (dayhome) Agencies. There are 11 Agencies in Calgary and surrounding communities. The association is engaged in promoting the health and well-being of children and families. Regulated Family Child Care offers:

- Inclusive, individualized care for 0-12 year olds
- Standards for health, safety, nutrition, program planning, supervision
- Low ratios (maximum of 6 children total with only 2 children under 2 years old)
- Flexible hours
- Monitored care
- Resources and supports for parents and Educators
- On-going in-home training and support for Educators
- Government subsidies
- Access to Government funding for Educators
- Referrals

The Alberta Family Child Care Association is recognized as an innovative leader and source of expertise in the child care profession. Early learning and child care is complex work that requires a broad understanding of child development. Family Child Care Educators are professionals working in a regulated and approved system that supports and recognizes them for the important work that they do.

For more information on approved family child care and how to choose a dayhome please visit [www.calgarychildcare.org](http://www.calgarychildcare.org)

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).

*Calgary NW Early Childhood Coalitions*



### Building a Positive Relationship with Your Child's Teacher

The beginning of a new school year often brings excitement, but also apprehension, and not just for kids. Sometimes, parents are nervous about meeting their child's teacher. Will I like my child's new teacher? Will my child's new teacher like my child? Will they acknowledge and support my child as a unique learner and view him/her from a holistic perspective?



Whether or not your experience in schools has been positive or negative, I think we can agree that what parents really want is for teachers to see and appreciate their child with all of their unique gifts and talents. It is reasonable for parents to expect that teachers maintain a positive outlook on their child, getting to know them well enough to teach to their strengths and points of need.

Here are two ways you can help build a productive partnership with teachers:

In the same way that teachers reach out to families at the beginning of the year through a newsletter or call home, consider sending your child's teacher an email to say hello. It will break the ice and help you relax right at the beginning of the school year. This is not to introduce your child or to talk about academic, social or emotional concerns. This is simply a hello-looking-forward-to-meeting-you email.

You are your child's first and most important advocate. No one knows your child the way you do. Ask questions and/or give alternative perspectives, if appropriate, when teachers say something that doesn't fit with what you've observed at home. My best year with a student was when his mom would offer suggestions for me to try in the classroom because they worked at home. It might take several honest conversations to realize that you're both on the same page.

Here's to a great year of learning!

*Elisa Waingort, Classroom Teacher*

# Exploding Pumpkins, Moonlight Corn Mazes And Other Autumn Adventures You Must Do Before The Snow Flies

You know us autumn people – we love this time of year in Alberta. We're happy to wear sweaters and scarves again. We appreciate cool mornings, fluttering yellow leaves and red harvest moons. We buy different kinds of pumpkins – and not just orange, but cool blue, knobby green and tiny bright white ghosts.

Soon enough, we'll be blanketed in glittering snow, so here are five ways to fall in love with fall in Alberta.

## Get lost in a corn maze

You deke right then left, lean into tight turns, and then run headlong into a dead end. Lost already? Welcome to the corn maze, an always fun, sometimes perplexing, Alberta fall tradition. Farmers across the province cut new mazes into their tall stalks of corn each year and challenge visitors to find their way through the puzzle. This season, celebrate with a moonlight run through one of the province's largest mazes at the Kraay Family farm near Lacombe. Or visit the Lethbridge Corn Maze to puzzle your way through their challenging sesquicentennial design then cuddle up around a roaring campfire.

## Shop, eat and stroll

Fall is a perfect time to swap your city for new neighbourhoods, street-front shopping and swanky fireplace suites. In Edmonton, eat, shop and lounge on Whyte Avenue, take an art gallery walk along 124th Street or hit the downtown market among the converted brick warehouses of 104th Street. An autumn urban getaway in Calgary must include shopping for handmade and vintage goodies in Inglewood, eating local on pedestrian-only Stephen Avenue downtown or learning something new, hand-in-hand with a loved one at a nerd-hip adults-only science night at Telus Spark.

## Wonder at the world

Feed your curiosity on a cornucopia of festivals throughout Alberta this fall. Both Edmonton and Calgary host literary festivals, international film festivals and lively Oktoberfests – plus celebrations of dance, burlesque and wine & food. This fall in Jasper, get even closer to the stars with a night-time ride up the SkyTram, walk on an ancient glacier after dark for a photography workshop and marvel at the wonders of

the universe with superstar particle physicist Brian Cox during the mountain park's annual Dark Sky Festival.

## Destroy stuff with pumpkins

Here's another fall tradition across Alberta: exploding pumpkins! The Calgary Corn Maze specially prepares their pumpkins to be blown up, sending a rain of candy down for the kids to enjoy. At Prairie Gardens, just outside of Edmonton, a mighty pumpkin cannon sends the gourds through the air for a satisfying splat that also raises money for the city's youth shelter. And if you really want to see a giant exploding squash, witness a 500 kg (1,000 pound) pumpkin crush a car to smithereens at the Smoky Lake Pumpkin Fair every October.

*Author: Heather Egger*

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