

The **HAWKWOOD**

# Hawk Eye



***Happy  
Easter***

**Trivia Night  
April 1**

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# HAWKWOOD

## Community Association

P.O. Box 62011, Hawkwood RPO, Calgary, AB T3G 5S7  
www.HawkwoodCA.com

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Vice-President.....Russell Hoy  
Secretary..... Donna Chapman, 403-239-4785  
Treasurer.....Laura Dytnerksi

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Hawk Eye Editor..... Danielle Kiss  
LEAF..... Mark Koelbl  
Planning & Development..... Donna Chapman  
Soccer..... Shannon Erno  
Community Garden..... Jennifer Vass  
Web Master..... Matt Skeoch  
Social..... Vacant  
Volunteer/Fundraising Director..... Vacant  
Transportation..... Vacant  
School Liaison - Hawkwood..... Vacant  
School Liaison - St. Maria Goretti..... Jennifer Vass  
Casino..... Vacant  
Playground & Tot Lot..... Vacant  
Director at Large..... Bruce Lee

### Elected Officials

**Councillor:** Joe Magliocca ..... 403-268-3280, Ward02@calgary.ca  
**MLA:** Prasad Panda ..... 403-288-4453, calgary.edgemont@assembly.ab.ca  
**MP Calgary Rocky Ridge:** Pat Kelly..... 403-282-7980, pat.kelly@parl.gc.ca

### The Hawkwood Hawk Eye

#### Editor & Article Submissions:

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#### Advertising Sales:

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## In Our Community

# President's Message



**HCA Events - Stay tuned to our social media sites; but, because of the COVID-19 crisis, there is a good chance the following events may be postponed or cancelled:** We have been hosting monthly Trivia Nights in 2020 and the next one is Wednesday April 1st at Crowfoot Brewsters. You can get your tickets online through our website at www.hawkwoodca.com or on Facebook, or pay \$15 @ the door. Brewsters will also have a Neighbours Night for Hawkwood residents on Thursday April 30th. We are also co-hosting our 2nd Annual LEGO Building Contest down at the Ranchlands Community Centre on April 25th. Check out the details in the issue of the Hawk Eye and also on our website.

### Hawkstone Rink

I know winter kept coming back in March, giving us some cold temperatures and the odd snowfall between our beloved chinooks, but our rink lasted until its usual demise which is right around the end of February. We usually get it going in mid- to late-December and can almost get a solid 2 to 2 ½ months of use. This year was a little bittersweet as this just might be the last year of a “natural” rink on grass and no boards. That’s because if the plan comes together, next year we will have a permanent surface and boards as part of Phase 1 in our Outdoor Recreational Facility (ORF). And our team of Rink Rats will have to learn a new way to providing some incredible ice to the community residents. Speaking of which, that ice is not possible without the many hours of volunteer support from the dozen or so Rink Rats. I want to personally thank each of you and especially our Head Rink Rat, Steve Coulter, for doing such an awesome job again this past winter!

### Famous Hawkwoodians

I certainly don’t know of every current or former resident of Hawkwood that is well-known, but a familiar name popped up in the headlines the other day and I think she grew up in our community. Lindsay Ell has been nominated for a couple of Academy of Country Music (ACM) awards including Best New Female Artist. I had the opportunity to see her perform as she was coming up the ranks professionally, and now she calls the country music capital of the world – Nashville – home. I’ve mentioned a handful of Hawkwoodians in this space over the years and it reminds me that you can be whomever you want to be if you set your mind to it. And, if you spent some of your formative years here in Hawkwood, then it just goes to show that anyone from here can make it “big”! Congratulations to Lindsay and I wish her luck at the awards on April 5th.

**Kevan Newman**  
*President, Hawkwood Community Association*

## Why Buy an HCA Membership?

Your membership fees support the work of the Hawkwood Community Association to provide facilities, services, and programs to benefit our entire community:

- Building and maintaining the skating rinks, playgrounds, community garden and path systems
- Organizing free social events such as Picnic in the Park & Sundaes on Sunday
- Delivering community information to your door in the Hawkeye and online through [www.hawkwoodca.com](http://www.hawkwoodca.com) providing a forum for discussing neighbourhood issues, challenges and opportunities

Memberships are valid for 12 months and are required for Soccer registration and voting at the AGM. For a mere \$30, you can make a big impact in helping your community. [memberships@hawkwoodca.com](mailto:memberships@hawkwoodca.com)

## IMPORTANT NOTICE!

Because of recent developments due to COVID-19, there is the possibility that many of our scheduled events will be cancelled or postponed. Please check Hawkwood's website or our social media pages for updates:

- Website: [www.hawkwoodca.com](http://www.hawkwoodca.com)  
 Facebook: [www.facebook.com/Hawkwood-Community-Association-1592475421020917/](https://www.facebook.com/Hawkwood-Community-Association-1592475421020917/)  
 Twitter: @hawkwoodca  
 Instagram: @hawkwoodcommunityassociation

## Now You Have Even More Ways To Get Hawkwood Community Info

Check out our website and social media pages to stay up-to-date on all the happenings in Hawkwood. Tag us in your posts or use #ourhawkwood to share your happenings in Hawkwood.

- Instagram: @hawkwoodcommunityassociation  
 Twitter: @hawkwoodca  
 Website: [www.hawkwoodca.com](http://www.hawkwoodca.com)  
 Facebook: [www.facebook.com/Hawkwood-Community-Association-1592475421020917/](https://www.facebook.com/Hawkwood-Community-Association-1592475421020917/)

Not big on Social Media? Rather receive an email about upcoming events? Then email us at [programs@hawkwood.ca](mailto:programs@hawkwood.ca) and we will email you the information.



**HAWKWOOD**  
Community Association

**Membership Application**

2020 Memberships can now be purchased online at [www.hawkwoodca.com](http://www.hawkwoodca.com)

Memberships are valid for 12 months from purchase.

You can pay for your membership on-line using Interac, Visa or M/C.

For more information, email [memberships@hawkwoodca.com](mailto:memberships@hawkwoodca.com)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

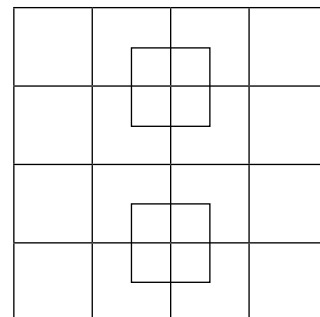
Email Address: \_\_\_\_\_

**\$30 cheque payable to the  
Hawkwood Community Association**

Please fill out this form and mail or drop it off with payment to:  
The Hawkwood Community Association,  
P.O. Box 62011, Hawkwood RPO, Calgary, AB T3G 5S7

## Geometry Puzzle

How many squares can you find below?



Solution: There are 40 squares in the puzzle



# LEGO!

## 2nd Annual HCA/RCA Lego Competition

**H**awkwood Community Association is joining forces with Ranchlands Community Association to present the 2nd Annual RCA/HCA LEGO Competition. Here's your chance to show off your mad LEGO building skills! Just build your own creation at home using your own LEGO or similar bricks, then enter it in the competition to win!

Free public viewing is on Saturday April 25th, between 1 and 3 pm! On the day of the competition, everyone is welcome to come (for free) and check out the entries, then vote for your favourite entry.

**What:** RCA and HCA Lego Competition

**When:** Saturday April 25th 1-3 pm  
(Competition entries must be dropped off between 10-11 am that morning)

**Where:** Ranchlands Community Centre (7713 Ranchview Dr NW)

**Cost:** \$7 per entry (\$5 for RCA or HCA members)

**To register, email us at:** [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com).  
Pre-registration is required by April 18th, 2020.

**There will be 3 Categories:**

- Buildings and Structures
- Vehicles and Transportation
- Creative Creatures

**There will be 4 Age Divisions**

- 7 & under
- 8 -12 years
- 13-17 years
- 18 & over

**Contest Rules:**

1. Use your own Lego, or similar, building bricks.
2. Build your creation at home, then bring it to the Ranchlands Community Centre, Saturday April 25th between 10-11 am.
3. Entries must be your own, original creation, not from a set, kit or project found online.
4. Each entrant may enter 1 creation each in up to 2 categories. (Entry fee must be paid for each entry)
5. Judge's decisions are final.
6. Entrants from all communities are welcome.
7. Contest is limited to 60 entrants.
8. Creations must be no bigger than 20"x20" (50cmx50cm).

### Voting

1. Voting will be done by local volunteers.
2. Ribbons will be awarded in each entry category and age class.
3. Public will vote for their favourite creation, with the winner receiving the People's Choice Award.

To register, email us at [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com)  
Pre-registration is required by April 18th, 2020



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

- The birthstone of April is the diamond.
- The birth flower is the Daisy.
- The two zodiac signs in April are Aries (March 21 - April 19) and Taurus (April 20 - May 20).
- April is named for the Greek goddess of love, Aphrodite. The name for the month of April originally came for Aprilis which means to open.
- April is Global Child Nutrition Month, Humor Month, and Mathematics Awareness Month.
- April Fool's Day may stem from a calendar change in 1582. Pope Gregory XIII moved New Year's Day from April 1 to January 1, when the Gregorian calendar was adopted. Many people continued to celebrate New Year's Day on April 1st, rather than the new date of January 1st, and were referred to as "April fools".

## HCA Outdoor Recreational Facility Update

### What's Going on Now, You Ask?

The next few months are going to be very busy months for the ORF Committee. Work is being done to finalize the construction drawings and costs, we are going through required financial and design reviews with The City, and then will be applying for the necessary permits. As we wait to hear about the large grants we have applied for, we are busy applying for smaller grants.

To ensure we have enough funding for all aspects of the plan, we have split our project into 2 phases. This will allow us to build while we continue to fundraise. The rink has been identified as the number one priority and will be built first.

### Pop- Up Engagement

As we head into spring watch for us out on the soccer fields, baseball diamonds and popular dog walking spots. We will be setting up shop (on nice sunny days) to share and discuss all the latest news about the ORF Project. We will have the design and costs available and ways you can get involved. Keep an eye on our social media feeds to find out where we will be and when. You are also welcome to contact us at any time at [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com) for more information.

### Donations

Interested in donating to this fantastic project? We teamed up with Parks Foundation Calgary, so we can now give tax receipts for any monetary donation to the project. To donate go to: <https://app.etapestry.com/onlineforms/ParksFoundationCalgary/communityprojects.html> and choose Hawkwood ORF from the project list.

### Sponsorship

We are also rolling out a sponsorship package

to provide more opportunities for our community members and businesses to get involved.

Some opportunities include:

- **Soaring Hawks - \$500**

Your business, organization or family name will be etched into a permanent donor board -- displayed on the entrance sign to Hawkwood's Outdoor Recreational Facility. All visitors will be greeted by you!

- **Renew - \$600**

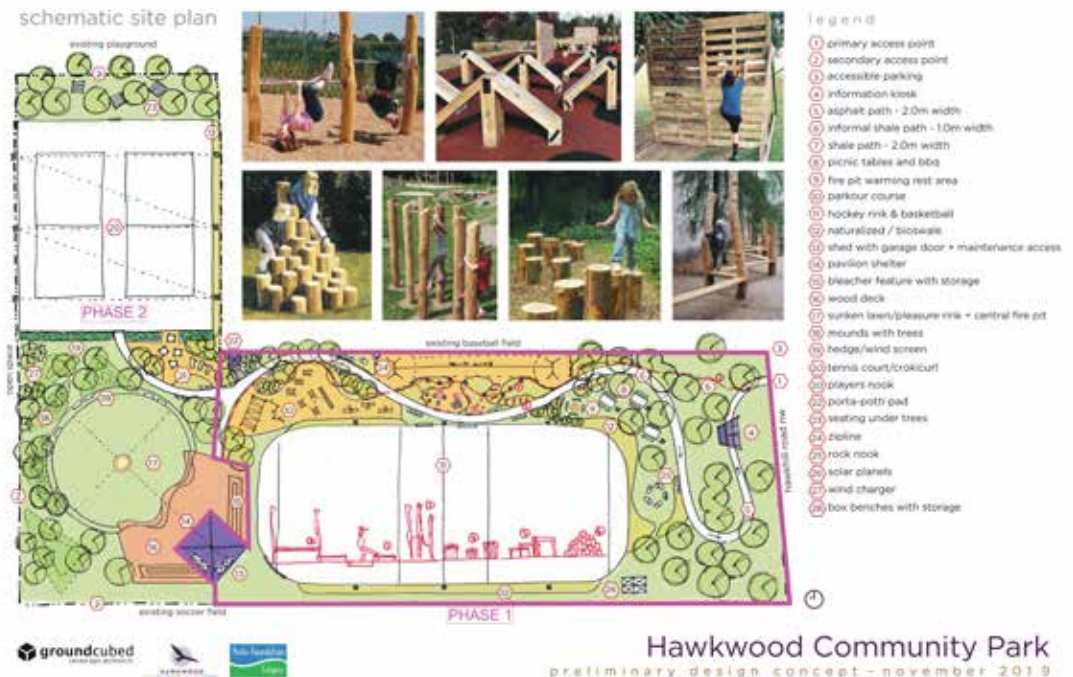
Adopt a tree to plant at the Outdoor Recreational Facility and enhance the natural beauty of the area! A plaque with your organization or family name will be placed at the tree.

- **Relax - \$2,500**

Provide a bench -- a place to rest, lace up or enjoy a cup of coffee with a friend! The bench will boast a plaque with your company or family name in recognition of your support.

To see more sponsorship opportunities, check out the full package on our website [hawkwoodca.com](http://hawkwoodca.com). If you are interested in discussing sponsorship opportunities contact us at [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com)

Get the most up-to-date information on our project by following our Social Media ages. You can find us on Facebook ([fb.me/hawkwoodca](https://fb.me/hawkwoodca)), Instagram (@[hawkwoodcommunityassociation](https://www.instagram.com/hawkwoodcommunityassociation)) and twitter (@[hawkwoodca](https://twitter.com/hawkwoodca))



# Fitness at the Uplands Spring Classes!

**\*\*Registration is now on-line\*\***

Our next session of classes will run from April 1st through June 30th this year. In addition to our weekly classes, we're also offering monthly Yoga classes, specifically geared towards common injuries and issues.

### Cardio and Core-Focused Classes

- **Boomer Bootcamp** – Monday mornings 9:30-10:30 am (11 weeks - \$88 (R) \$110 (NR); April 6th to June 22nd (excluding Victoria Day, May 18th)
- **Cardio, Core & More** – Wednesday mornings 9:30-10:30 am (12 weeks - \$96 (R) \$120 (NR); April 1st to June 17th, inclusive)
- **Total Body Tabata** – Friday mornings 9:30-10:30 am (12 weeks - \$96 (R) \$120 (NR); April 3rd to June 26th (excluding Good Friday, April 10th)

### Mind-Body Classes

- **Candlelight Yoga & Relaxation** – Thursday evenings, 8:00-9:00 pm (13 weeks - \$104 (R) \$130 (NR); April 2nd to June 25th, inclusive)
- **Gentle Yoga**– Thursday afternoons, 1:30-2:30 pm (13 weeks - \$104 (R) \$130 (NR); April 2nd to June 25th, inclusive)
- **Seniors' Mobility & Balance**– Tuesday afternoons, 1:30-2:30 pm (13 weeks - \$104 (R) \$130 (NR); April 7th to June 30th, inclusive)
- **Yoga Flow** – Monday evenings 7:00-8:00 pm (12 weeks - \$96 (R) \$120 (NR); April 6th to June 29th (excluding Victoria Day, May 18th)
- **Yoga for Strength & Mobility**– Saturday mornings 10:00-11:00 am (13 weeks - \$104 (R) \$130 (NR); April 4th to June 27th, inclusive - \*NEW\*

### Monthly Yoga Series \*NEW\*

- **Spinal Care Yoga** – Tuesday evenings 7:00-8:00 pm (3 classes - \$10/class (R) \$12/class (NR); April 7th, May 5th and/or June 9th)
- **Yoga for Shoulders** – Wednesday evening 6:30-7:30 pm (\$10/class (R) \$12/class (NR); April 15th only)
- **Yoga for Backs** – Wednesday evening 6:30-7:30 pm (\$10/class (R) \$12/class (NR); May 20th only)
- **Yoga for Happy Hamstrings** – Wednesday evening 6:30-7:30 pm (\$10/class (R) \$12/class (NR); June 17th only)

Full session pricing is \$8/class for Uplands residents ("R") and \$10/class for non-residents ("NR").

Five class Drop-in Punchcards are available for all classes

for \$9/class (\$45 total) (R) & \$11/class (\$55 total) (NR). Single class drop-ins are available for \$10/class (R) & \$12/class (NR).

For more information on the classes, or to register, go to the Uplands website [www.uplandsrecreationcentre.com/fitness-calendar.html](http://www.uplandsrecreationcentre.com/fitness-calendar.html), click on the individual classes to get descriptions, and to register and pay using our new online booking application. If you have any questions respecting our fitness program, please feel free to email [fitnessattheuplands@gmail.com](mailto:fitnessattheuplands@gmail.com).

## Calgary Public Library

### Meet your new Indigenous Artists in Residence

Tina Guyani (meaning "Deer Road" in Tsuut'ina) is the artistic collaboration of Glenna Cardinal and Seth Cardinal Dodginghorse. This mother and son duo were displaced from their home and ancestral land on Tsuut'ina Nation by the construction of the SW Calgary ring road in 2014. During their time at a Library, they'll be researching Calgary's historic pressure to sell the land and explore how construction affects communities. You can visit the pair in their Level 4 studio at Central Library on Wednesdays from 10:00 am to 2:00 pm, and even become part of their upcoming exhibit by sharing your stories with them. Learn more at [calgarylibrary.ca/artists](http://calgarylibrary.ca/artists).

### Need some space?

Find it at the Library! Whether you're looking for a place to host a book club or condo board meeting, or you're organizing a study group or community gathering, the Library has you covered. You can use your free Library card to book meeting spaces in 20 different locations for free. Every room is different, and offers an array of amenities, from workstations, to audio-visual connections and displays. Looking to create the next great podcast, web series, or video blog? We have specialized creative studios available to book as well. Get started today at [calgarylibrary.ca/room-booking](http://calgarylibrary.ca/room-booking).

### It's Volunteer Week!

April 19-25 is National Volunteer Week. In 2019, 3,910 Library volunteers gave over 100,000 hours of aid to Calgarians, helping more than 85,000 patrons learn new skills, find information, explore technology, and make stories come to life. We couldn't do what we do without the help of our volunteers, whose time and energy are valued at over \$3 million annually. If you want to make a difference in the lives of Calgarians, consider joining our team at [calgarylibrary.ca/volunteer](http://calgarylibrary.ca/volunteer).

*Calgary Public Library*



## Hawkwood/Citadel 214 Scouting News

**H**awkwood / Citadel 214 Scouting has had an eventful 2019 / 2020 Scout season thus far. We've been busy in the community participating in Remembrance Day ceremonies, Salvation Army Christmas kettles and carolling for the seniors at the Edgemont Retirement residence.

The groups have also been very active sailing, hiking, bowling, rock wall climbing and scuba diving. Our camps this season have included sleeping under the dinosaurs at the Royal Tyrell Museum, a winter camp where we built our own snow shelters (quinzhees), which we slept in overnight near Lake Louise, a weekend at Camp Valaqua, and a sleepover at the Banff Scout Hall. And that's not all!

The youth have built pizza-box ovens, painted pottery, learned First Aid, built and raced Cub Cars and Beaver Buggies, viewed the night sky at the Rothney Observatory and toured McMahon Stadium. Believe it or not there's plenty of year left!

Later this spring we will be going to Camp Evergreen (where they have archery, a climbing wall, a high ropes course, zipline and horseback riding), a link camp at Camp Horizon, and in June, Cuborama! There will also be plenty of opportunities to learn new skills and play fun games at our weekly meetings.

When are those meetings, you may ask?

- **Beaver Scouts (ages 5 – 7):** Tuesdays 6:15 – 7:15 PM @ Hawkwood School
- **Cub Scouts (ages 8 – 10):**  
Tuesdays 7:15 – 8:30 PM @ Hawkwood School  
Wednesdays 7:15 – 8:30 PM @ Ranchlands Community Centre (will move to Citadel Community Centre when available)
- **Scouts (ages 11 – 14):** Mondays 6:15 – 8:30 PM @ Hawkwood School
- **Venturer Scouts (ages 15 – 17):** Alternate Mondays

If you or your youth are interested in receiving more information about our program, please reach out to hawkwood214registrar@gmail.com or visit us on Facebook (under Hawkwood Citadel 214 Scouts) to see pictures from our amazing adventures, or go to Scouts.ca.

## Councillor Report

**C**ity supported Community Cleanups will start running in April and will continue through to the early fall. These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Calgarians can drop off their stuff at any community clean up location, regardless of where they live in the city. There is no charge for putting items in City Waste & Recycling trucks. Keep in mind, some community associations bring in additional recycling services that may require a fee. Check calgary.ca/cleanup for the list of community associations hosting cleanup events. Here are the dates for communities in Ward 2:

- Kincora - May 3
- Citadel - June 14
- Sherwood - June 21
- Hawkwood - September 5

Effective the first week of April, Green Cart collection will resume weekly collection. This schedule will be in place until November. You can check your green cart schedule and sign up for free reminders at Calgary.ca/collection or through the Recollect App. To download the App, search "Calgary Garbage Day" through a mobile device's App Store. There are no changes to the blue and black cart collection schedule.

There are still many secondary suites in Calgary that do not meet The City's safety and building code requirements. The City is actively encouraging citizens who own secondary suites to apply for the necessary permits before June 1, 2020. After June 1, the amnesty period approved by Council ends, and The City will no longer waive the fees for a development permit (\$471) and the online suite registry (\$232). Any new suites will need to comply with the current Alberta Building Code which has additional safety requirements. Visit calgary.ca/suites for more information.

*Joe Magliocca, Councillor, Ward 2*

*"Too many of us are not living our dreams because we are living our fears."*

*-Les Brown*

# Hawkwood Community Soccer

**H**awkwood soccer kicks off this month! A big thank you to Crowfoot Vision Centre for sponsoring our program again this year!

Please mark the following important dates in your calendars:

- Wednesday April 1st, 7-8 p.m. – Coaches and Team Managers kick off meeting at the Uplands Recreation Centre
- Monday April 20th, 6 p.m. - U4 and U6 season begins
- Wednesday April 22nd, 6 p.m. - U8 season begins
- Friday May 8th, 4-8 p.m. – Team picture at the Uplands Recreation Centre

Players will receive an email in mid-April from their team manager letting them know which colour team they are on and where to meet on the first day of soccer. They will also provide an information package with rules, maps, and the team schedule

Players will receive their uniforms at the first game. U4s will be receiving team t-shirts, and U6s and U8s will be receiving team jerseys, shorts and socks. Please be aware that shin guards are required but not provided, so please ensure that you find some for your child before the start of the season.

Spring soccer in Calgary tends to run into every season of weather imaginable so for game days please remember to bring:

### Player

- Shin guards (mandatory)
- Comfortable shoe to run in
- Water bottle (with water)
- Jacket / layers
- Hat for sun
- Toque and mittens for cold
- Sunscreen / Bug spray

### Parents

- Jacket / layers
- Umbrella
- Hat for sunny days
- Toque and mittens for cold days
- Sunscreen / Bug spray
- Chair or blanket to sit on while watching and cheering for the team
- Non-alcoholic beverage

Games may be cancelled at the discretion of the Soccer Director due to inclement weather or field issues. We will cancel if there is lightning or standing water or snow on the fields; however we would like to get out to play as much as possible, so games will go ahead even if it is a bit chilly or drizzly. If a game is cancelled, you will receive an email between 5 and 5:30 to let you know. We like to leave the decision to cancel as late as possible, as the weather can change so quickly in Calgary.

I am very excited for another year of Hawkwood Soccer to begin. My family has participated for the past four years and we have had a wonderful time. It is a great way for the kids and parents to get to know their neighbours and I'm looking forward to another great season!

*Shannon Erno, Soccer Director*

## Community Clean Up Events

**C**ity supported Community Cleanups will start running in April and will continue through to the early fall. These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Calgaryans can drop off their stuff at any community clean up location, regardless of where they live in the city. There is no charge for putting items in City Waste & Recycling trucks. Keep in mind, some community associations bring in additional recycling services that may require a fee.

Check [calgary.ca/cleanup](http://calgary.ca/cleanup) for the list of community associations hosting cleanup events and check the association website or Facebook page for full details on the event in each community. Please don't bring:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbecues)
- Railway ties
- Sod or dirt (other yard waste is OK)
- Household hazardous waste (see [calgary.ca](http://calgary.ca) for drop-off locations)

Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) for items that are recyclable.

*City of Calgary*



# Hello from Hawkwood School!

Students and teachers are refreshed after our week long spring break. Everyone is ready to get back to class and there is lots going on this April to be excited about including a gymnastics program, school opera, math contest, class photos and fun lunches!

Mark your calendars for April 9 - Hawkwood Family Pizza Night! Order your favourite Papa John's pizza and use the code HAWK15 to receive a 15% discount on your pizza and another 15% supports Hawkwood School. Valid at Arbour Lake, Nolan Hill, Country Hills and Crowchild (Stadium) locations.

Do you want more information on student learning and activities at Hawkwood and add your voice to the conversation? We invite you to come get to know the Hawkwood School community at one of our upcoming meetings.

Meetings are held in the Library Learning Commons Hawkwood School at 6:30 pm.

- Wednesday May 13, 2020
- Wednesday June 10th, 2020 (\*AGM - Election of Board Members)

More details can be found online. Be sure to "like" and "follow" us:

Instagram @hawkwood\_school\_council

Facebook facebook.com/HawkwoodSchoolCouncil

*Hawkwood School Council and  
Friends of Hawkwood School Society*

# Weekly Green Cart Collection Returns in April

The season is changing and so is your green cart collection. Your green cart will return to weekly pickup starting in April.

Sign up for free reminders or download the Garbage Day app for your smartphone so you never miss a collection day. Find your schedule online at [calgary.ca/collection](http://calgary.ca/collection).

*City of Calgary*

# Brewsters Crowfoot Trivia Night

Wednesday April 1,  
7:00 p.m. - 10:00 p.m.

**\*\*Profits from ticket sales will go towards HCA's Outdoor Recreational Facility\*\***

It's no joke – our next Trivia Night is Wednesday April 1st. Round up your trivia-loving friends and get ready for April's Trivia Night. Bring a team of 4-6 people or come on your own and we will match you up with others needing a team.

**What:** Brewsters Crowfoot Trivia Night

**When:** Wednesday April 1, 7-10 pm

**Where:** Brewsters Crowfoot

**Cost:** \$12.50 in advance/ \$15 at the door

Test your knowledge, win some awesome prizes, and enjoy delicious food and drink specials all night. Trivia starts at 7:30 pm. No cellphones please!

Get your tickets by going to: [showpass.com/brewsters-crowfoot-trivia-apr/](http://showpass.com/brewsters-crowfoot-trivia-apr/)

# Next Hawkwood Neighbour Night

April 30th

We hope you will join us Thursday April 30th, for our next "Hawkwood Night" at Brewsters. Show your proof of Hawkwood residence and receive Happy Hour Food and Drink Specials from 7 pm to close. It is a great way to get an evening out at a reasonable price and meet some of your fellow Hawkwood residents! Members of the Outdoor Recreational Facility Committee will also be there to share the latest project information and answer questions.

- Bring your proof of residence
- Reservations are recommended!
- A family-friendly event.

# Camping and Slime Molds?!

New heights were accomplished at the annual club public speaking event, hosted by the Prairie Winds 4-H Club. The presentations and speeches were intriguing and were straight to the point while still keeping the audience entertained. The public speaking event may seem intimidating for some members, but it is a great skill to have and will be immensely helpful in the future during a sales pitch or a job interview. Some of the topics included “Cure for Summer Boredom”, which was about outdoor camping in the summer, and “The Rule of Three” which was about being triplets. There was even a presentation about slime molds and how they have a mind of their own. Some members advanced to the Area level competition and from there some also advanced to the District level.

After the communications event, there was a club social at a nearby recreation centre in Cochrane. Activities included a hula-hoop workshop with games, dodgeball, fun in the pool, and to top off a successful day, they had a pizza party.

This April the Prairie Winds 4-H Club will be holding a book drive for the Calgary Reads Book Bank to help get books into the hands of Calgary children as many have no or few books of their own in their homes. Please watch for posters and notices on Facebook. If you would like to contribute new or gently used books for this drive, please email [prairiewinds4h@gmail.com](mailto:prairiewinds4h@gmail.com).

Our club would also like to congratulate Lori Nielsen for being recognized by 4-H Canada as the Alberta winner of the Volunteer of the Year award. With the support and guidance of leaders like Lori, 4-H members receive outstanding experiences and skills that help them continue to be responsible, caring and contributing youth who are positively impacting the world around them

*Caleb Donner – Prairie Winds 4-H Club Reporter*



## Coalitions Collaborating for Impact

### Canada's 24-Hour Movement Guidelines

Did you know that...

- Infants should not be restrained (i.e. stroller or a high chair) for more than 1 hour at a time?
- Toddlers should get 11-14 hours of sleep (including naps) each day?
- Preschoolers should be physically active for 180 minutes or more each day?
- Children should have no more than 2 hours of recreational screen time a day?

The Canadian Society of Exercise Physiology (CSEP) has created Canada's first age-based guide to physical activity, sedentary behaviour and sleep. These guidelines help to create a balance between moving, sitting and sleeping, and they are available for all ages (including adults). The benefits of following these recommendations have been associated with:

- Healthy growth
- Better learning and thinking
- Improved motor development
- Higher fitness levels
- Increased quality of life
- Reduced injuries
- Fun!

Take a few minutes to visit [csepguidelines.ca](https://csepguidelines.ca) to familiarize yourself with the guides, and then get active!

*Coalitions Collaborating for Impact (CCI) consists of parents, community members, organizations and professionals who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children based on the Early Development Instrument.*

*Adapted from <https://csepguidelines.ca/>  
Calgary NW Early Childhood Coalitions  
SUBURBAN JOURNALS [www.suburbanjournals.ca](http://www.suburbanjournals.ca)*

# Robert Thirsk High School (RTHS)

Congratulations to Suzanne Piechotta, a Grade 10 teacher at RTHS, who is the Calgary Board of Education Board of Trustees nominee for the 2020 Edwin Parr Award. The Edwin Parr Teacher Award is given annually to a novice teacher who demonstrates initial teaching proficiency. If she is selected as the zone winner, she will be recognized along with the five other zone winners from across Alberta at a ceremony this fall. The full story can be found on the front page of our school website and the CBE website

### Athletics: Go Comets

We closed off the Basketball, Curling and Wrestling seasons. After a long 4 months, we successfully hosted 2 Basketball Tournaments, 1 PLP/ALP Basketball Fun Day, a BBALL Feeder Tournament, 3 Comets nights, and a wrestling meet.

Congratulations to our Senior Boys Basketball team for making playoffs and to our Open Team for winning our first City Championship banner in Curling. Good luck to Emma, Jarod and Gavin who successfully competed in City Championships and are excited to compete in Wrestling Provincials.

Currently we are in the middle of Badminton Tryouts and are very excited about the turnout from our Junior Boys. Hoping for a few more girls to join the team. The Spring season for Rugby, Track & Field, Boys Soccer and Field Hockey started on March 9th. Keep an eye out for the practice/tryout schedule.

Term 3 ends on April 9th and Report Cards will be available on PowerSchool approximately on April 24th (please check our school website for an exact date); Term 4 begins on April 10th (Good Friday).

This month two groups of RTHS students will take part in two wonderful extended learning opportunities:  
-Bamfield Marine Biology trip- from March 29- April 6th 22 students will experience a 10- day temperate rainforest and marine biology adventure on Vancouver Island

-Anaheim Fine Arts student trip – from April 15th to 20th; students will have incredible workshop and performance opportunities

Fine Arts: \*please refer to our website for details and

ticket information

**Spring Fine Arts Gala – April 23rd** – a celebration of music, visual art, and dance!

5:30 - Jazz Band in the Space

6:30 - Theatre performance of Concert Band, School of Rock, and dance

RTHS students will be selling their artistic creations and crafts in an Artisan Fair

RTHS Musical Theatre students are proud to present “Joseph and the Amazing Technicolour Dreamcoat” on the evenings of May 12, 13 and 14th at 6:30 pm; a matinee performance will be held at 12:30 on May 12th.

Stay Connected with RTHS! Visit our school website (<http://school.cbe.ab.ca/school/robertthirsk/Pages/default.aspx>) for news stories, upcoming events and more! Follow us on Twitter @RobertThirskCBE

January 14th was a bitter cold night outside as we hosted Trina Hurdman, CBE Trustee for ward 1&2, to discuss the significant impact the education budget cuts would have on our school and our students. With the newest release of the budget and discussion at our last meeting on March 10, we are bracing for more impact.

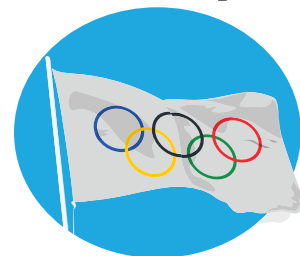
Our next Council meeting will be held on April 14th and our RTHS Society meeting will follow immediately after and we continue to discuss how our fundraising efforts can support the school now more than ever. Meetings are open to all parents of students registered at RTHS and they are a great way to find out what is happening in the school. Please join us at 7pm.

Robert Thirsk High School is located in the Community of Arbour Lake, just behind the Crowfoot Library and is the designated Public High School for surrounding communities of Rocky Ridge & Royal Oak, Hawkwood, Ranchlands, Arbour Lake, Scenic Acres and Citadel.

## This Month in History

**April 6, 1896**

After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.





# Bike Calgary

It's spring in Hawkwood, and for many this means getting on bikes to enjoy the pathways and bikeways. But before hitting the trails and pathways, here are some suggestions for a safe and happy ride. For more detailed information, see the Bike Calgary website at <https://bikecalgary.org/tips-for-riders/> or reach out within its forums.

### **Make sure you and your bike are safe to ride:**

Make sure your bike is properly tuned, have a helmet that is properly fitted, and get a good lock. Your local bike shop can help with this, and there are many other community programs that can help to teach you how using their tools.

### **Navigating the pathways and bikeways:**

The city publishes printed and online maps.

<https://www.calgary.ca/Transportation/TP/Pages/Cycling/Cycling-and-walking-maps.aspx>.

Other Map applications can also help you find your way as they will include a cycling option.

### **Safety:**

Be seen and be aware! When coming to a road junction on a cycleway you need to make sure you stop and look. Acknowledge drivers who stop to let you cross for seeing you and giving you priority.

Hawkwood has some varying marked routes and pathways to cater for all riders, but hill climbing is inevitable, so make sure your plan caters for some tougher endings after enjoying the downhill parts. There are some great trails out of the City or linked to the downtown routes along the river pathway. Check out the Calgary Park and Cycle locations too so you can explore more without a long ride to get there and remember to consider others when you ride.

This year a member of our Hawkwood community has joined the board of directors at Bike Calgary. This group is a non-profit organization dedicated to improving cycling in Calgary for people of all ages and abilities who want to ride for transportation as well as pleasure. Our website is <https://bikecalgary.org/>. The website has other cycling-related information and a forum where you can post and read questions on topics like Pathway Conditions and Lost and Stolen Bikes. You can also find us on Facebook at, <https://www.facebook.com/BikeCalgary/>, and Twitter at @bikecalgary and

there is even a Strava App Club. If you are interested in getting involved with Bike Calgary, please contact us at [volunteer@bikecalgary.org](mailto:volunteer@bikecalgary.org).

So make yourselves heard in the community and have a happy and safe cycling season Hawkwood!

## Hawkwood's Pet of Week

Our Pet of the Week posts on Facebook, Instagram and Twitter have been a great way to get to know the pets in the hood. This month we met Lucy, our oldest pup so far. Be sure to follow our social media feeds to get see all the pictures and bios of our furry friends.

If you would like see your pet as our pet of the week send a picture or two and a brief description of their personality to [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com) We are still waiting for our first reptile!



## Compost Your Food Scraps

Follow these tips to make composting food scraps an easy part of your kitchen routine:

- Remember that all kinds food scraps can be composted! This includes meal prep peelings, leftovers from fridge cleanings and plate scrapings.
- Your kitchen pail is dishwasher safe! Clean it out every few weeks to help it neat and tidy.
- Empty the pail every 2-3 days into your green cart to help reduce odours.
- Moldy and expired food can go in the green cart – just make sure to separate from the container first before composting.

Find more tips at [calgary.ca/greencart](https://calgary.ca/greencart)