

TUSCANY SUN

OUR COMMUNITY'S VOICE

MARCH 2014

Brought to you by your Tuscany Community Association

Traffic Safety in Tuscany

New Elementary School

Used Toy + Clothing Sale

March 29, Tuscany Club



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TUSCANY

community association
www.TuscanyCA.org

Tuscany Community Association

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In Our Community

TCA President's Report

The year has started off with some intense learning opportunities for many of us, as we have prepared for a Land Use Amendment hearing at City Council regarding the vacant land at the northwest corner of the community. Up until now, the land has been Direct Control (DC), which has allowed for a church and a school. Over the years, we have seen a series of proposals from the landowner, the Foothills Lutheran Church. Recently, an application was submitted to change the land use to accommodate residential development on the north part of the property, while still allowing a church to be built on the south parcel.

The application was approved by the Planning Commission in December, and the TCA and area residents were invited to comment at the City Council hearing on February 10. Prior to the public hearing, the TCA visited every home on Tuscany Summit Heath and Tuscany Summit Terrace to explain the situation and to ensure that residents were aware of the opportunity to send a letter to the City or to speak in person at the hearing.

Residents are concerned about traffic and a variety of other aspects of the proposed development. Many would like the property to be developed soon, as currently the land is not attractive and maintenance has often not been timely with regards to lawn/weeds and snow removal. Hopefully, the landowner will proceed with a plan which is welcomed by residents.

The TCA received copies of some correspondence sent to the City by adjacent residents, and our Planning & Development Committee prepared

a response to support valid arguments. Along with a few residents, three TCA directors attended the hearing to speak to City Council on February 10. The main focus of our message was to indicate that there is no residential development allowed under the current land use for that property, and we would prefer to see single family homes built in that area if residential is allowed at all. We also commented on traffic and stormwater concerns. City Council was unanimously in support of the applicant, although our concerns were heard and some will be taken into consideration as the developer proceeds.

I was able to speak with some of the church representatives, and we will be in closer communication going forward. Also, we hope construction traffic will be allowed to use a temporary road off of 12 Mile Coulee Road instead of traveling through the cul-de-sac at Tuscany Summit Heath. The next file to be addressed by our

continued on next page



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In Our Community

TCA President's Report *continued*

Planning & Development Committee will be the Homes by Avi application for development of the farm land along the north end of Tuscany Way (near 12 Mile Coulee Road). We will keep you posted!

- Kelli Taylor, President



Councillor's Report

Urban Pipeline Replacement Project

The Urban Pipeline Replacement (UPR) Project plans to reduce the risk of serious natural gas incidents by up to 95%. This initiative will shift the high pressure transmission of natural gas to a technologically-improved pipeline network. By changing high pressure transmission of natural gas to a Transportation/Utility Corridor, the UPR Project will greatly improve public safety and provide additional capacity to meet the growing demand for natural gas. The total cost of the project is \$600-700 million, including the cost to integrate the new high pressure network with the ATCO Gas

low pressure distribution system. The average cost for residents is estimated at an increase of less than \$2.00 per month.

Benefits include:

- pipeline coatings that better protect the pipe from corrosion,
- enhanced welding practices that reduce the occurrence of leaks,
- inspection of 100% of the welds during construction,
- in-line inspection capabilities that will detect defects in pipelines and identify repairs required prior to an incident occurring, and
- remote monitoring technologies that provide early warning of threats to the integrity of the pipeline.

NW LRT Extension

On January 21, 2014, I attended the Community Consultation Committee meeting for NW LRT Extension to Rocky Ridge/Royal Oak/Tuscany. Input regarding transit routes, art, and parking was gathered from community members. Currently, the LRT is ahead of schedule. The open house for the Tuscany community is on Thursday, April 3, 2014, at Tuscany School, 990 Tuscany Drive NW, from 5:00 p.m. to 8:00 p.m. The open house for Rocky Ridge/Royal Oak is on Wednesday, April 2, 2014, at the NW Family Church, 10307 Eamon Road NW, from 5:00 p.m. to 8:00 p.m.

January/February Snow and Ice Concerns

The month of January saw the Chinook winds swiftly change weather-related issues from road accessibility and snow removal to ice slicked streets, sidewalks, and alleys. The warmer weather exacerbated a bad situation into a worse one. During the height of the Chinook-related ice and snow concerns, The City of

Calgary's 311 information phone line saw a record high of 9,000 calls. If you are currently facing safety concerns on your street, please contact the Ward 1 office at (403) 268-2430 or email ward01@calgary.ca.

Proposed West Mall Shopping Centre

On January 14, 2014, the Valley Ridge Association Planning Committee Information Session was held at the Crestmont Community Centre for the proposed Shape development, located just west of Canada Olympic Park. Please note that all city councillors are legally obligated to remain non-biased prior to a public hearing for a land designation change. Councillors are required to remain neutral and to listen to all parties prior to the public debate.

Community residents raised concerns over the large size of shopping centre, survival of existing small businesses, significant increase in traffic, and the lack of traffic access points within the community. I will work with The City and Province to reconfigure necessary interchanges, and until proper traffic interchanges and sewer extensions are built, the proposed Shape development will not move forward.

Bowness Park Update

Bowness Park will partially re-open this summer. There will be a new concession and lagoon/central square, and the west end of the park will be opened. The new facility will include a tea house, an equipment rental space, 18 bicycle parking stalls, and accessible public washrooms. The park opening will depend on the weather the city experiences. Scheduled completion dates will be shared closer to summer. Project updates will be posted on signage in the park.

- Ward Sutherland

In Our Community

Traffic Safety in Tuscany

Traffic concerns are one of the most frequent communications we receive at the Tuscany Community Association, particularly with respect to traffic violations around our schools. We have heard from all three school parent councils in recent months that traffic concerns continue, particularly at certain times of the year, such as during the winter months when more parents are dropping-off or picking-up children at their school. Sometimes the stress of added congestion and inclement weather can make it hard on drivers and pedestrians alike.

The TCA has been in consultation with the Calgary Police Service regarding recent complaints regarding traffic

infractions in our community and around our schools, in particular. The community association and our police service take these concerns seriously, and we would like to remind everyone to please obey the traffic laws and exercise patience around our schools, especially during their peak activity times. As a reminder, below is a brief list of some of the most commonly observed traffic infractions, along with their penalties prescribed by the Traffic Safety Act/Use of Highway and Rules of the Road Regulation.

Protect the safety of our neighbours, particularly our children, by making an extra effort to watch your speed and obey the law if you are driving through our active school zones.

41(1)	Fail to yield for pedestrian in crosswalk	\$575
41(2)	Pass a vehicle stopped in crosswalk for pedestrian	\$575
37(a)	Fail to stop at stop sign before entering intersection	\$287
37(b)	Fail to stop at stop sign at crosswalk	\$287
39	Fail to yield at yield sign	\$287
8	Improper passing at a school/playground during established time	\$172
15(2)	Change lanes/leave curb without proper signal	\$115
30(a)(i)	U turn between intersections/alley	\$115
30(b)(ii)	U turn prohibited by sign or at traffic signals	\$115
32	Unsafe backing	\$115
80(a)	Drive with window/windshield obscured snow/ice/etc.	\$115
98(3)(a)	Pedestrian: enter roadway prohibited by pedestrian signal	\$57
99(1)	Pedestrian: jaywalk at lights/outside of crosswalk	\$57

Growing Hope

While most gardeners anxiously await spring, plant enthusiast Elisha isn't bothered by all the snow. She's too busy growing fruits, vegetables, and herbs, and figuring out just where she'll plant her lemon tree. Elisha now gardens year round, thanks to her glass pyramid greenhouse, and prides herself on the many tropical and exotic plants she grows. Her next project is to try growing a vanilla bean tree and cinnamon plant.

Elisha's greenhouse, her pride and joy, came as a result of a much darker time in her life. In 2005, Elisha was diagnosed with autoimmune hepatitis (AIH). This caused end-stage liver failure, which ultimately required a life-saving liver transplant in 2010. It was during her recovery that she visited a botanical garden and was awed by the beauty of all the plants. It was also at that same time that Elisha was referred to the Children's Wish Foundation and she knew immediately that what she wanted more than anything in the world was her very own greenhouse. "Watching the seeds sprout and grow gives me hope for new life," shares Elisha.

It is this sense of hope and optimism that Elisha tries to bring to all aspects of her life. Although gardening remains a hobby for now, Elisha is considering ways to incorporate her passion for plants into a career in the future. Regardless, for Elisha, there is no doubt that gardening has become a lifelong love.

The Children's Wish Foundation of Canada works with the community to provide children living with life-threatening illnesses the opportunity to realize their most heartfelt wish. To refer a child, or learn more, visit www.childrenswish.ca.



Our Sports

Tuscany Adult Slo-Pitch League

The spring 2014 season of the TCA Adult Slo-Pitch League is almost upon us! Join our fun and recreational neighbourhood league. We are currently accepting singles, couples, or teams for the upcoming season.

More information on our league can be found on our web page at <http://tuscanyca.wordpress.com/tuscany-sports/slo-pitch/>. To register or make an inquiry about getting on a team, please email us at adultsoftball@tuscanyca.org.



Bow Ridge Little League Baseball

“Spring training means flowers, people coming outdoors, sunshine, optimism, and baseball. Spring training is a time to think about being young again.”

- Ernie Banks, Baseball Hall of Famer

With spring training already in full swing in warmer climates, little league baseball presents several opportunities right here in the Calgary region for youngsters and the young at heart. Bow Ridge Little League organizes indoor clinics for registered players, year with a focus this year on developing pitching skills.

In the interest of delivering the best possible learning experience for our youth throughout the season, coaches are encouraged to participate in one of the sponsored Teaching for Tomorrow clinics. Coaches and all parents are welcome for the cost of a food bank donation.

Bow Ridge is a well-established Little League Baseball program offering quality baseball to boys and girls ages 5 to 18. Our mission is to encourage

personal and athletic development, active participation, and community belonging through sport.

In addition to the coaching clinics, the cost of Baseball Canada’s online NCCP Initiation Coach Program will be reimbursed by the League to any coach accepting the role. Click the “Coach Corner” link at www.bowridgebaseball.com for details.

Umpire candidates are offered competitive game rates and flexible game scheduling, as well as all of the necessary training and support. Applications are being accepting from individuals, both youth and adults, interested in umpiring our Minor, Major, and Junior level games during the months of May through July.

While no previous umpiring experience is needed, a general knowledge of the game of baseball is required. If you are 11 years or older and interested in this fabulous opportunity, please visit the “Umpire Program” tab on our website for more information at www.bowridgebaseball.com.

Scenic Acres Women’s Recreational Soccer

Ladies, here is your chance to have fun in the sun!

We offer a fun, recreational soccer program for ladies 18 and older. Our season runs from mid-April to late-June on Tuesday and Thursday evenings from 8:00 – 9:00 p.m.

We offer orientation, tech sessions and a wind up party. We are a recreational

soccer league, open to all skill levels—from beginner to seasoned players. All you need is your cleats, shin pads, water bottle, and a sense of humor!

Online registration starts March 1, 2014. Please visit www.scenicacres.ca and click on the link for Program Registration. Space is limited, so register early. Cost is \$65 for Scenic

Acres Community Association members and \$75 for non-members. If you have any questions, please contact Fiona at 403-239-5303.



Our Schools

Tuscany School Parent Council

At Tuscany School, teachers use an approach called Inquiry Based Learning. This approach is also used at many other CBE schools, including Twelve Mile Coulee School. What is Inquiry Based Learning? How will it benefit our children? How can we, as parents, support our children's learning?

Inquiry Based Learning involves study of a question, issue, problem, or idea. It allows students to build and test new knowledge. Compared to the more traditional teaching methods, where students are required to memorize facts, Inquiry Based Learning aims to engage students more fully, involve students in a deeper level of learning, and make learning more fun. Students who are taught using Inquiry Based Learning methods are also better prepared for the real-world work environment. More information is available at galileo.org.

Tuscany School Council is hosting an information session on Inquiry Based Learning, with special guest speaker Dr. Sharon Friesen, Vice-

Dean and Associate Dean of Graduate Programs in the Faculty of Education at the University of Calgary. All interested community members are welcome, whether or not your child or children attend Tuscany School. We would especially like to extend an invitation to Twelve Mile Coulee School parents, as well as any parents whose children will be starting Kindergarten at Tuscany School in the fall of 2014. Please sign up for a free "ticket" so we can estimate numbers at www.eventbrite.ca/e/inquiry-based-learning-tickets-10426795827.

Parent Education Night—Inquiry Based Learning. Thurs., March 13, 2014, 7:00 – 8:30 p.m. at Tuscany School, 990 Tuscany Drive NW.



New Elementary School to Be Built in Tuscany

On February 10, 2014, Alberta's provincial government announced that 10 new schools would be built in Calgary by 2016, including a new K-4 elementary school in Tuscany. At this time, details are still forthcoming, but this announcement represents a wonderful development for our community that is struggling to accommodate our thousands of children in local schools.

Although the future site for the new school is still to be finalized, one location under consideration by the Calgary Board of Education is the greenspace along Tuscany Way NW just north of the Tuscany Market. The Tuscany Community Association will provide more details on our website and in future issues of the Tuscany Sun when they are made available to us.

St. Sylvester



How quickly the time flies. It seems like just yesterday we came back from the holiday season, and now here we are approaching Spring Break. There has been a lot going on at École St. Sylvester. Students will be engaged in La Semaine de la Francophonie (French Week) from March 10 – 14. We will have various language activities and events for our students so they can understand and appreciate the francophone culture.

We have also devoted a week in March to introduce our students to various styles of dance from around the world. Students will be learning artistic forms such as African, Hip Hop, and Caribbean.

Leading into our Lenten preparations, we will visit St. Peter's Parish on March 20 for our Div. II mass.

Other important dates:

Shrove: Mar. 4

Ash Wednesday Mass: Mar. 5

Grade 2 field trip to Zoo: Mar. 7

Grade 6 visit to MDH: Mar. 11

Parent-teacher interviews: Mar. 13 (evening) and Mar. 14 (daytime)

Spring Break: Mar. 24-28

Classes resume: Mar. 31

École St. Sylvester School is a place where caring, respect, responsibility, trust, and family are taught and lived! All parents who are interested in French immersion are encouraged to register their children at our wonderful school. All families are encouraged to enquire by calling 403-500-2063.

- Tanya Wittewaall

Our Schools

Twelve Mile Coulee School Fitness Area

Twelve Mile Coulee School opened in September, 2012, and this new middle school currently has a population of 850 students Grades 4 – 9, with a capacity of 900. Although there are parks and playgrounds in the neighborhood, they are neither accessible during the school hours for students, nor were they designed with middle school-aged children in mind. We are collaborating with the Calgary Board of Education and the City of Calgary to build this outdoor fitness area on joint use land adjacent to the school grounds. We have received tremendous support from the Tuscany School Council and the Tuscany Community Association for this project. Aside from offering an extension to the physical education program at TMC School, the outdoor fitness area will provide a reprieve from the children's studies, a place to play and expend some energy during their breaks, as well as an area for physical and social engagement during all non-school hours for youth and families in the community.

Park N Play has been chosen by the design committee to design and equip this area, and we are looking to complete the fitness area in September 2015. The estimated cost is \$250, 000 - \$300,000. So we need your help!

Our project has been approved by the Parks Foundation Calgary for the Project Gift Administration Program. All donations over \$25.00 will receive a tax receipt from the City, and 100% of your donation will go directly towards the development of the TMC Outdoor Fitness Area.

Please contact Pam Mylrea at tmcoutdoorfitnesscommittee@gmail.com for further information.

Crowfoot COBS Bread will donate 5% of any purchase to this project until the end of this calendar year when you mention Twelve Mile Coulee School fundraiser at the time of your purchase.

Tuscany Sobeys will do an "add-a-dollar" campaign at their tills until the end of the 2013-14 school year, with the exception of during Easter when they have another fundraiser. This is currently being set up.

Cookies by George at Market Mall has very generously donated 1000 cookies, which will be provided to fundraise to TMC students for a toonie on February 7. Steeped Tea returns to Tuscany from February 20 to March 13 when our students and volunteers will be selling Steeped Tea loose leaf tea and accessories throughout the community. Steeped Tea is marvelous!

Our fundraising committee continues to investigate other grants and fundraising opportunities and will be applying for the Alberta Lotteries CFEP grant in early June, 2014. We would love to hear from you about any grant opportunities or contributors to this legacy for TMC School!

If you would like to make a donation to the project, cheques will be accepted at the school (please put them in an envelope addressed to the attention of Pam Mylrea, TMC Outdoor Fitness Committee Chair). Cheques should be made payable to Parks Foundation Calgary, and be sure to note that the donation is for the TMC Outdoor Fitness Area on the cheque. For more details of the project, see TuscanyCA.org/TMC-FA.

- Pam Mylrea, TMC Outdoor Fitness Committee Chair

Girl Guides

Our girls are enjoying a fun-filled year of Guiding! We had a District-wide Guide Camp in Cochrane with over 90 girls and 25 adult leaders and helpers attending January, and we held our annual Valentine Tea fundraiser in February. Look for us out and about in the community selling our chocolate and vanilla sandwich cookies at the end of March! We appreciate your support.

Girl Guides is always looking for new leaders and District members. We are always looking for local businesses to either come and speak

to us or have us visit your business. If you would like more information on our program, please visit www.girlguides.ca. If you are interested in volunteering, please email sbvgirlguides@shaw.ca or call Lauren at 403-710-5775.



In Our Community



Support Tuscany! Buy Your Community Membership Today!

Membership

...do you have your
Community Association membership yet?

Benefits of Membership

- A healthier and more enjoyable community through the provision of community sports and recreation activities like soccer – your membership contributes to the costs of operation
- Insurance coverage to participate in Community Association organized sports, such as soccer
- Discounted insurance rates - email president@tuscanyc.org
- Up-to-date information about issues affecting you and the community through the Tuscany Sun and our website
- Effective representation and advocacy to external third parties about issues of concern to the community, including public health and safety, development and the natural environment
- Maintenance and preservation of the natural environment, including Twelve Mile Coulee
- A safer community through our advocacy on traffic and other safety issues
- Pride and a sense of community through participation in community activities

YES! I would like to become a member of
the Tuscany Community Association

Go to www.tuscanyc.org to register online
for your membership today!

TUSCANY
community association

Your Tuscany Community Association

The TCA is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany and its community. The TCA has a broad mandate to represent the community to external stakeholders, such as the City, and to provide community sports programs. We also have an emphasis to preserve and protect the natural environments in Tuscany.

This year, the TCA is focusing its efforts on three broad goals: community cohesiveness, traffic safety, and the development of youth programs in Tuscany. If you would like to participate in the development and implementation of these goals, the TCA is always looking for committed volunteers.

For more information, contact president@tuscanyc.org or go to our website at www.tuscanyc.org.



Tuscany club



Tuscany RESIDENTS ASSOCIATION

The Tuscany Club is operated by the Tuscany Residents Association (TRA) as a private recreation facility for the exclusive use of its members. For more information about the TRA, visit the FAQ section of our website, listed under the "Residents Association" banner at www.tuscany-connect.com.

Address

Tuscany Residents Association
212 Tuscany Way NW
T3L 2J6

Phone

403-241-6402

Hours of Operation

Park and Facility Hours:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.

Office Hours:

Mon. to Sat. 9:00 a.m. – 4:30 p.m.
(closed 12:00 – 1:00 p.m.)

Access to the Tuscany Club

Please note our policies regarding access to the facility and grounds to ensure the safety and exclusivity of the Tuscany Club for our members. We appreciate the understanding and cooperation of all our members and remind them that presenting your valid TRA membership card is the fastest and easiest way to access the Club and all its amenities.

- The card scanner outside the Club is now disconnected, all members must report at the window for access.
- All TRA members 12+ years are expected to have their own card to swipe in.
- If you have forgotten your TRA card, access may be denied unless photo identification can be provided.
- Children under 12 must always be accompanied by a responsible, eligible member.



Used Toy + Clothing Sale

**Saturday, Mar. 29,
9:00 a.m. – 1:00 p.m.**

This event features 44 tables full of toys, clothing, accessories, and more for infants, tots, and youth. Admission is free to the public.

March Events & Notices

Summer Employment Opportunities

The TRA is hiring summer students for our maintenance crews and summer DayCamps. Maintenance positions are outdoor day-shifts from early May to end of August. They involve landscaping, lawn cutting, and other duties. Applicants must be at least 18 years of age. Contact parks.tuscany@shaw.ca for more information, or drop-off your resume and cover letter to the front desk of the Tuscany Club. DayCamps staff will plan and lead summer activities for children 4 to 11 years of age throughout July and August. Resumes for these positions can be sent to clubprograms@shaw.ca or dropped-off at the Tuscany Club.

Spring Program Registration Now Open

The TRA Spring Program Guide is now posted on www.tuscany-connect.com, with copies available at the Tuscany Club. The Spring Guide has info on times, days, and dates for all adult and youth fitness, sports, and recreation programs, plus tennis lessons and upcoming special events. Registration is now open and available online at www.tuscany-connect.com.

Summer Program Guide

The TRA Summer Guide will be out Friday, April 25, with registration for all daycamps, tennis weeks, and summer fitness programs. Registration opens on Friday, May 2. We will again offer weekly half-day morning and afternoon camps for 4 – 7 year olds, starting July 2, and full day camps for 8 – 11 years every second week, starting July 14. Tennis lessons will be offered the weeks of July 7, July 21, August 11, and August 25 for youth 4 – 12 years of age.

Community Concerns and Maintenance

The condition of amenities in the community is a priority to the Tuscany Residents Association. Of course, we also welcome the assistance of the residents in identifying outstanding issues or problems. If you are out and about in the community and notice something (e.g., broken fence panels, vandalism, etc.), please notify the TRA at 403-241-6402 and we will address the issue as quickly as possible.

Contact the Recreation Manager at clubprograms@shaw.ca for more information on any of the TRA programs and events.

In Our City

NW LRT Extension Update

Northwest LRT Extension to Royal Oak/Rocky Ridge and Tuscany Project Update

Construction is Ongoing and Progressing Well

The construction of the new CTrain line and station is progressing on schedule, and the station and Park and Ride lots are expected to open for service in the fall of 2014. Calgary Transit will hold several information sessions in April on the proposed bus routes to link to the station (see below).

Traffic Speed Reduction Remains in Place

Crews will continue to access the median near the station for construction purposes via the closed lanes adjacent to the CTrain right of way on Crowchild Trail. Because construction is ongoing, traffic speed will continue to be reduced to 60 km/h for safety reasons as construction vehicles move in and out of this area. The City will continue to work with the responsible contractors to open the lane up on eastbound Crowchild Trail, east of Stoney Trail, as early as possible.

Station and Park and Ride Lots are Still Active Construction Sites

Although it appears that the station and pedestrian bridge are complete, the entire area of the station, pedestrian bridge, and the Park and Ride lots are active construction sites. There are deliveries and equipment moving in and out of these areas. Work continues on mechanical and electrical components on the station, pedestrian bridges, and Park and Ride sites. It is important for safety reasons that you stay out of these areas. If you enter the construction zone, you are trespassing and will be required to leave.

The pedestrian bridge is in the construction area and is not available yet for people to use to cross from one side of Crowchild Trail to the other. Pedestrians are asked to rely on open and established crossings. Currently, the Crowfoot Station pedestrian bridge and the intersection at 12 Mile Coulee are the two closest crossings to this project. The pedestrian bridge will open for use when the station opens in fall 2014.

Public Information Sessions on Proposed Bus Routes

Calgary Transit will hold three public information sessions on the proposed bus routes, which will serve Tuscany, Rocky Ridge, and Royal Oak when the NW LRT Extension to Tuscany opens in fall 2014. Residents are welcome to attend an open house session at the following locations:

Rocky Ridge/Royal Oak

Wed., April 2, 2014,
5:00 p.m. to 8:00 p.m.
NorthWest Family Church, 10307
Eamon Road NW

Tuscany

Thurs., April 3, 2014,
5:00 p.m. to 8:00 p.m.
Tuscany Elementary School, 990
Tuscany Drive NW

Crowfoot CTrain Station

Tues., April 8, 2014,
3:30 p.m. to 6:30 p.m.

View the proposed bus routes plan at www.calgarytransit.com or www.calgary.ca/nwlrt. Please provide any feedback to: transitplanningfeedback@calgary.ca or phone: 403-262-1000.

Crowfoot Library



Programs for Children and Youth

- **Preschool Pyjama Party:** Ages 3 – 5, Mar. 4, 7:00 – 7:30 p.m.
- **Magnificent Magnets with Mad Science!** Ages 6 – 12. Mar. 5, 7:00 – 8:00 p.m.
- **Baby Bookworms:** Mar. 7 – Apr. 11, 10:15 – 11:00 a.m.
- **Marvellous Movies:** Mar. 24, 1:00 – 3:00 p.m.
- **Word Games for Families:** Ages 9 – 12. Mar. 25, 2:00 – 3:00 p.m.
- **Teen Movie Night:** Ages 13 – 17. Mar. 26, 6:30 – 8:30 p.m.

Programs for Adults

- **Career Basics: Moving forward - Midlife Career Change:** Mar. 12, 6:30 – 8:30 p.m.
- **Cyber Seniors Connect:** Mar. 1 or 15, 10:30 a.m. – 12:30 p.m.
- **Film Night:** Mar. 20, 6:30 – 8:30 p.m. Call 403-221-4122 for more details.
- **ESL Conversation Club (Intermediate):** Tuesdays, Mar. 25 – Apr. 29, 6:30 – 8:30 p.m.
- **Computer Technology Coaching:** Tuesdays, 10:00 – 11:30 a.m. or 7:00 – 8:30 p.m.

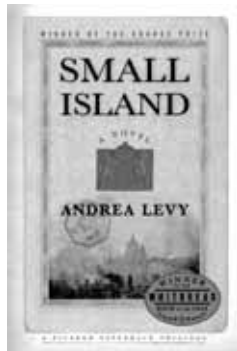
Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.

In Our City

February Book Recommendations

***Small Island*, by Andrea Levy**

Andrea Levy's *Small Island* is a moving novel of empire, prejudice, war, and love. It all takes place in London in 1948 when a new multiracial England began to form. Through four principal narrators



comprising two married couples, the author brings to life the dreams and fears of a generation. Gilbert, a Jamaican newlywed who served in the RAF during World War II, hopes for a prosperous future in London, although his experience of racial discrimination tells him this won't be easily achieved. His young wife, Hortense, is more naive. Arriving from the colonies and prepared to take up a teaching career, she is soon in despair over rude rejections and her struggle to make herself understood, literally and figuratively, by white, working-class neighbors who don't seem to comprehend the pristine English she learned on her home island. Even the small comforts provided by their affable landlady are soured when her long-missing husband returns and is less than pleased to meet the black boarders.

As these mismatched pairs relate their sides of the story, the author pitches their voices perfectly within time and place. Affecting, funny, and sad, this is a masterful depiction of a society on the verge of major changes. This deceptively simple plot poises the characters over a yawning abyss of colonialism, racism, war, and the everyday pain that people inflict on

one another. Levy allows readers to see events from each of the four character's point of view, lightly demonstrating both the subjectivity of truth and the rationalizing lies that people tell themselves when they are doing wrong. None of the characters is perfectly sympathetic, but all are achingly human. When Gilbert realizes that his pride in the British Empire is not reciprocated, he wonders, "How come England did not know me?" His question haunts the story as it moves back and forth in time and space to show how the people of two small islands become inextricably bound together.

***A Long Way Gone: Memoirs of a Boy Soldier*, by Ishmael Beah**

"This is how wars are fought now: by children, hopped-up on drugs and wielding AK-47s." Children have become soldiers of choice. In the more than fifty conflicts going on worldwide, it is estimated that there are some 300,000 child soldiers. Ishmael Beah used to be one of them. What is war like through the eyes of a child soldier? How does one become a killer? How does one stop? Child soldiers have been profiled by journalists, and novelists have struggled to imagine their lives. But until now, there has not been a first-person account from someone who came through this hell and survived. In *A Long Way Gone*, Beah, at twenty-five years old, tells a riveting story: how, at the age of twelve, he fled attacking rebels and wandered a land rendered unrecognizable by violence. By thirteen, he'd been picked up by the government army, and Beah, at heart a gentle boy, found that he was capable of truly terrible acts. This is a rare and mesmerizing account,

told with real literary force and heartbreaking honesty.

In 2013, Beah wrote *The Radiance of Tomorrow*, his first a novel, which was about the aftermath of war and what happens when those who have committed atrocities or those who have been the victims of them return to their homes. This is a story of resilience, survival, and ultimately rebirth.

Bowness Library

Programs for Adults

- **StartSmart: Money for Your Kids' Education:** Mar. 8, 2:00 – 4:00 p.m.
- **Law at Your Library: Wills and Estates:** Mar. 10, 7:00 – 8:30 p.m.
- **Toastmasters International: To the Point:** Mar. 10, 7:00 – 8:30 p.m.
- **Adult Book Club:** Mar. 16, 2:00 – 3:00 p.m.
- **ESL Conversation Club (Intermediate):** Wednesdays, Mar. 26 to Apr. 30, 6:30 – 8:30 p.m.
- **EEK! A Mouse!** Mar. 27, 2:00 – 3:30 p.m.
- **eBook Doctor:** Mar. 29, 2 – 3:30 p.m. Mar. 29, 2 – 3:30 p.m.
- **Do I Really Need that Blood Test?** Mar. 31, 7:30 – 8:30 p.m.

Programs for Kids

- **Shamrocks and Shillelaghs:** Ages 2 – 5 with a parent/caregiver. Mar. 7, 10:15 – 10:45 a.m.
- **Drop-in Family Storytime:** Fridays, 10:15 – 10:45 a.m.
- **PD Day Movie:** Mar. 14, 2:00 – 4:00 p.m.

Register online at calgarypubliclibrary.com or by calling 403-260-2620.

In Our City

Transportation Corridor Study



Join the City of Calgary and help create new policy for transportation corridor studies

The City of Calgary's Transportation Planning Team is conducting a review of the transportation corridor study process and is hosting two workshops in March to gather input from citizens. This is the second opportunity for public input into the Transportation Corridor Study Review Project, and the project team is building on what we heard in the first phase of engagement. We want you to help steer us in the right direction: Tell us if what we heard from you is correct. Tell us if what we know so far, based on research, reflects best practices and input from citizens, and if it makes sense. And tell us what we might be missing.

What is a transportation corridor study? Why does it matter? Why should you help us create a new policy for transportation corridor studies? A transportation corridor study is a long-term analysis which examines the current and future transportation planning needs for a specific area of the city. This review will help create

a new City policy so The City can better plan and engage with citizens about transportation corridors now and into the future. Transportation corridor studies are important because they will shape how people get to work, how they travel through their neighbourhoods, and how goods are transported across the city for years to come.

How can you help? The City knows that decisions are improved with the input from internal, external stakeholders, and citizens, so be prepared to tell us what you think, because we want to hear from you.

To help the transportation planning team make informed decisions during the Transportation Corridor Study Review Project, please attend either our morning or afternoon workshop on Saturday, March 8, 2014. Please choose the event time which most suits your schedule. Visit Calgary.ca/corridorstudies or call 3-1-1 to find out complete event details, RSVP for one of the events, and to find out more about the Transportation Corridor Study Review Project.

Skateboard Ramp Appeal

There was an appeal made to the Calgary Subdivision and Development Appeal Board (SDAB) against a refusal for an existing skateboard ramp on a homeowner's property in Tuscany. The appeal was denied and the decision upheld, and the ramp is not permitted. Although an accessory residential building is a permitted use, a skateboard ramp is prohibited unless a relaxation is given. Notice posting was not required. The applicant argued there is a city-wide lack of skateboard ramps, because Calgary ought to have 70 ramps, that other residents have ramps in their backyards, that the ramp is not visible and there are no noise problems, that skateboarding is being singled out, and that a ramp should not be considered a building. More information about the SDAB can be found on their website at Calgary.ca/SDAB.

- Anne Burke

Spring Is Coming

The March equinox will occur at 16:57 p.m. Co-ordinated Universal Time (UTC) on March 20, 2014.

In the USA and some other areas in the northern hemisphere, the vernal equinox marks the first day of spring. However, the official date for the first day of spring varies depending on the country's climate. Equinoxes are opposite on either side of the equator, so the spring equinox (vernal equinox) in the northern hemisphere is the autumnal (fall) equinox in the southern hemisphere and vice versa.

- www.timeanddate.com

In Our City

Purple Day for Epilepsy

Be Like Jelly & Spread Awareness!

March 26, 2014 Is Purple Day for Epilepsy

Did You Know?

Epilepsy is a neurological condition characterized by recurrent seizures. Seizures can take many forms, from brief, almost imperceptible lapses in consciousness to severe convulsions involving a total loss of consciousness.

In Calgary, it is estimated that approximately 18,000 people have epilepsy, many of whom are children. This number represents more than twice the combined total of those with multiple sclerosis, muscular dystrophy, cerebral palsy, and cystic fibrosis.

Epilepsy is much more than a medical diagnosis. For many, it is a stigmatizing social label that can have devastating consequences. It may be difficult to find and keep a job, succeed in school, make friends, drive a car, or be independent. It can affect self-confidence and self-esteem—many people become socially isolated.

Epilepsy does not exist in isolation. Many lives are touched when a person has epilepsy—parents, siblings, spouse, teachers, employers, friends, and peers—all have many questions and concerns, and all need information.

March 26 is Purple Day Around the World – Get Involved!

- Wear purple on March 26 to help spread awareness and show your support for people affected by epilepsy.
- Watch for the lighting of the Langevin Bridge on March 26—it's

going PURPLE!

- Call us to request a no-cost, learning session about epilepsy and seizure first aid for you classroom, social group, day care, or work place.
- Call us to request a PURPLE DAY POSTER & PINS.
- Send us your photos and stories.
- Call us with your questions, concerns, or if you just need to talk to someone.

Let's Get People Talking About Epilepsy!

- *Epilepsy Association of Calgary,*
www.epilepsycalgary.com

A Sampling of Concerts

- **Goo Goo Dolls:** Mar. 2, Jack Singer Concert Hall
- **Cheap Trick:** Mar. 6, Deerfoot Inn & Casino
- **Ian Tyson:** Mar. 8, Deerfoot Inn & Casino
- **Lady Antebellum:** Mar. 8, Scotiabank Saddledome
- **Electrix Six:** Mar. 14, Gateway (SAIT)
- **ZZ Top:** Mar. 17, Southern Alberta Jubilee Auditorium
- **Kings of Leon:** Apr. 1, Scotiabank Saddledome

Silver Springs Outdoor Pool Update

What Can You Do to Help Renovate the Silver Springs Outdoor Pool?

For over 40 years, the SSOP has nurtured three generations of families. So many of you have inquired about what you can do to help save the SSOP, so we have drafted a checklist of ways you can lend your support this spring.

1. Save your bottles and cans. The Bowness Bottle Depot is accepting bottle money on behalf of the Silver Springs Outdoor Pool. School-aged kids: this one is for you! Talk to your school principals about setting up a collection box in your lunch room. Collect bottles and cans at soccer games, school dances or other functions. We will come to pick up your bottles!

2. Start planning your tax-deductible donation. With tax return season upon us, it is a great time to start planning a meaningful donation to the new pool.

A good rule of thumb for giving is approximately what your household spends in a typical summer at the SSOP. This is a wonderful way to pay all those memories forward or memorialize your family name on a public work.

3. Get involved. The SSOP Fundraising Foundation is working diligently to apply for grants and make connections in Calgary's corporate giving circles. We only have 12 months to raise the \$1.85 million dollars that will preserve the dive tank and diving boards that are a huge part of summer for Calgarians. If you have information or skills that could support our efforts, we want to hear from you!

To contact our group or request a bottle pick-up, contact us by email at silverspringspool@shaw.ca, message us on Twitter at [@SS_Outdoor_Pool](https://twitter.com/SS_Outdoor_Pool), or leave us a message on our Facebook page: Silver Springs Outdoor Pool.

In Our City

Burns and Scalds

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

Prevention of Burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove, and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

Degrees of Burn

- **First Degree:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- **Second Degree:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- **Third Degree:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

If you require immediate medical attention for a burn, **call 9-1-1**.

- Alberta Health Services

Why Is a Four Leaf Clover Lucky?

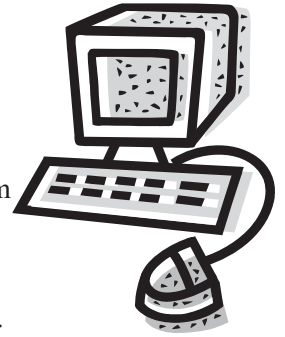
The four leaf clover is a universally accepted symbol of good luck with its origin ages old. According to legend, Eve carried a four leaf clover from the Garden of Eden. The early Celts of Wales used the plant as a charm against evil spirits.

In Irish tradition, the Shamrock or three leaf Clover represents the Holy Trinity: one leaf for the Father, one for the Son, and one for the Holy Spirit. When a Shamrock is found with the fourth leaf, it represents God's Grace.



Be a Partner in Crime Prevention!

The Federation of Calgary Communities in partnership with the Crime Prevention Team at the Calgary Police Service are working together to offer tips and tools on crime prevention and safety issues in Calgary!



The second workshop of 2014, Cyber Crime, is Wednesday, March 5, 2014, at 7:00 p.m. Join Constable Carter Duchesney as he offers information for how to stay safe from cybercrime. Key topics of this workshop include social media safety and cyber bullying. Cybercrime is defined as crimes that are committed with a computer and the internet. The Calgary Police Service uses the term "cybercrime" to refer to internet crime with reference to social media scams, malware, hacking, identity theft, spam mail, auction fraud, phishing and assorted activity of this nature.

Workshop #2: Cybercrime

Date: Wed. Mar. 5, at 7:00 p.m.
Location: Glamorgan Community Association, 4207 – 41 Avenue S.W.
Presenter: Constable Carter Duchesney.

The Partner in Crime Prevention Workshops are FREE to the public. To register, visit www.calgarycommunities.com/events/month

- Calgary Communities

In Our City

Imagine This, Calgary!

Imagine your community being a leader in urban sustainability! Great outdoor spaces, neighbours who are friends and look out for one another, walkable communities with all the amenities you need nearby—what else can you imagine for your community?

That's what imagineCALGARY is all about. You may have heard of it. Back in 2006, 18,000 Calgarians filled out surveys, questionnaires, and had conversations about what they envisioned for the future of Calgary. All of that information was pulled together and released as the long term Urban Sustainability Plan for Calgary—better known as imagineCALGARY. With 28 goals and 114 targets ranging from

increasing our city's graduation rates, reducing our energy consumption, supporting local independent businesses, and building a strong sense of community in our city, these targets serve as an invitation for all Calgarians to strive towards and contribute to.

Today, imagineCALGARY is a living, breathing network of people, community groups, non-profit organizations, public institutions, and businesses who want to make Calgary a better city for today and tomorrow. A Stewardship Group of community members from agencies such as the United Way of Calgary and Area, The City of Calgary, Calgary Board of Education, and DIRT (Doing it Right This Time) provide leadership

to the initiative. The City of Calgary provides administrative support.

What are you doing to make Calgary a better city? Community-level action is a great starting point for making Calgary better. Talk to your neighbours and your community association about how imagineCALGARY can serve as a lens for action in your community.

For more about imagineCalgary—its history, our partners, and the specifics of the plan—visit our website at www.imaginecalgary.ca.

Calgary is a great city, but let's make it better together.

- *The Federation of Calgary Communities*



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March Is Community Association Membership Awareness Month!

Did you know there are more than 20,000 volunteers in the community association movement in Calgary? It's the LARGEST collective volunteer movement in the city! There are also more than 156,000 Calgarians who are members of their community association. Be part of it!

The Federation of Calgary Communities is proud to once again announce that March is Community Association Membership Awareness Month, proclaimed by Mayor Naheed Nenshi. We encourage you to take a few minutes this month to find out what your community association can do for you! It's easy, and you'd be surprised at the many benefits and options available to you as a resident.

Community associations are neighbourhood-based, volunteer organizations providing a voice for community life, an overall sense of belonging, and social, educational, and recreational opportunities for their residents of all ages. For example, this newsletter was created and produced by hard-working volunteers from your community association and put together each month to let you know what great things your community has to offer. Community associations work with a variety of stakeholders, such as City Council on planning and development issues in Calgary, local businesses to create discounts for community association members, and much more.

Do you want to take part in what goes on in your neighbourhood? Have a say and get involved! Each community

association is different, so find out what yours can do for you.

Engage. Belong. Inspire. Be part of it!

Throughout this month-long event The Federation of Calgary Communities will be working closely with the 150 community associations in the city to promote the many benefits of belonging.

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with The Federation of Calgary Communities at 403-244-4111 ext. 204 or communityrelations@calgarycommunities.com.

- Rebecca Dakin, The Federation of Calgary Communities



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In Our City

Events In and Around Calgary

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

Unique Lives & Experiences: Colonel Chris Hadfield: Mar. 5, Jack Singer Concert Hall. Don't miss out on this once and a lifetime opportunity to hear the stories of the great Canadian icon, Colonel Chris Hadfield.
www.epcorcentre.org

\$100 Film Festival: Mar. 6 – Mar. 8, Plaza Theatre. The \$100 Film Festival is a non-profit, alternative film festival that exists to showcase historical and contemporary independent film art by Canadian and international filmmakers. The festival is committed to screening short films on super8 mm and 16 mm film prints.
www.100dollarfilmfestival.org

Winter Farewell – Spruce Meadows: Mar. 6 – Mar. 9, Spruce Meadows. Held at the Equi-Plex indoors, some of the best show jumpers will compete for over \$100,000 in prize money at this tournament.
www.sprucemeadows.com

Big Taste Calgary: Mar. 7 – Mar. 16. Some of downtown Calgary's best

restaurants offer up special menus along with great prices during Big Taste Calgary.
www.calgarydowntown.com/the-big-taste/btsignup

Diakonos Annual St. Patrick's 10K Run & 5K Run/Walk: Mar. 15. This annual St. Patrick's day race features a 10 km run and a 5 km run or walk. Register individually or as a team. Race kits can be picked up at the Eau Claire Running Room.
www.diakonosretreat.com

The Original St. Patrick's Day Road Race: Mar. 16. This annual event is the first race of the Timex Road Race Series. There will be a 5 km and 10 km road race in support of the Canadian Diabetes Association. The grand prize winner will win their weight in beer. There will be a post race wind up at Central Memorial High School.
www.calgaryroadrunners.com

Outdoor Adventure & Travel Show: Mar. 22 – Mar. 23, BMO Centre. Explore Western Canada's largest adventure &

travel show, offering pre-season deals on the newest outdoor gear and amazing travel destinations! See canoe and kayak experts in the Whitewater Demo Pool, or ignite your passion for off-roading, biking, hiking, running, water, or mountain sports at over 200 exhibits!
www.outdooradventureshow.ca

Heroes 4 Hounds

Fundraiser and Silent Auction
Saturday, March 22, at 6:00 p.m.
Delta Calgary South – Boomtown Pub,
135 Southland Drive SE

An evening with firefighters from the award winning Calgary Firefighters Burn Treatment Society's HotStuff Calendar. Also, firefighters from the surrounding rural areas. Cost is \$50 per ticket. Includes buffet-style appetizers.

For tickets call:
Dino: 403-466-4177 / 403-969-1635
Mucky Pups: 403-251-9692
or order tickets online at www.dinorescue.com



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Your Family

Baby Photos Can Help Detect Eye Problems Early



Now that smartphones and digital cameras are in almost everyone's pockets, the number of photos taken every day has increased exponentially since the days when we had to take our film to the photo shop. This convenience of having many ready-to-view photos available has enabled parents of infant children to help eye doctors diagnose eye problems early and may even help greatly reduce the most serious consequences of a rare eye disease.

"My (son/daughter's) eye looks funny in these photos" is not an uncommon thing to hear in our examination rooms. Here are some conditions seen in babies' eyes that can be picked up by the use of digital photos:

Unequal pupil sizes: Occurs when one pupil looks larger or smaller than the other. Most commonly this is not a problem at all, but occasionally this may be a sign of Horner's syndrome.

Even if it is Horner's syndrome, chances are there will be no significant complications, but there are some forms of Horner's syndrome that can be more serious. If your baby photos seem to show unequal pupil sizes, come and see us so we can examine his/her eyes more thoroughly.

Lighter coloured pupil: When one pupil seems to be lighter in colour than the other. Normally both pupils will be black, or the pupils themselves may show a red/orange color in photos. A lighter coloured pupil may signify one of several things:

- a) **Your child may simply not be focusing on the camera.** This may cause the "red reflex" to be slightly lighter in colour in one pupil vs. the other.
- b) **Your child may have a crossed eye.** Strabismus is a condition where the two eyes do not align properly. Strabismus may go away on its own in a few weeks or

months, or it may be a permanent issue requiring glasses or surgery later in life.

- c) **Your child may have a more serious eye health problem.** Rarely, a tumour of the retina known as retinoblastoma may be found in infant's eyes. This tumour can be successfully treated if detected in time. Often, retinoblastoma is suspected when one pupil is actually white in colour. At least one scientist feels that more widespread use of digital photograph screening may one day eliminate deaths from retinoblastoma worldwide.¹

Alberta Health covers eye examinations for all children annually up to their 19th birthday. We recommend a baby's first eye exam between 6 and 12 months of age. If there are any concerns, bring your child in to see us as soon as possible.

1. Review of Optometry, Dec. 15, 2013, News Review: "Baby Photos Can Detect Retinoblastoma Early"

- Dr. Michele Naruszewicz,
Mountain View Optometry



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Your Money

The Basics of the Canada Pension Plan

The Canada Pension Plan (CPP) is a monthly benefit designed to replace about 25% of the average person's lifetime pre-retirement monthly employment earnings up to a maximum of \$1,038.33 per month, as of 2014. The CPP operates in every province and territory in Canada, except Quebec (Quebec has its own pension plan). The CPP is intended to be only one part of your retirement plan. Other sources of retirement income can include Canada's Old Age Security program, private pension plans, and investments. Every person in Canada aged 18 and over who works and earns over \$3,500 per year must contribute to the CPP. You do not contribute to the CPP while receiving

a Canada Pension Plan Disability Benefit or during periods that you have no earnings. Periods when you had low or zero earnings may affect your benefits. CPP calculations take into account both how much and how long you contributed. You can also collect CPP benefits overseas. The earliest you can collect CPP is at age 60. You will pay a penalty for collecting your CPP early, and that decision will lower your benefits for the rest of your life. You can also start collecting your CPP and continue to work. If you plan to retire, please allow six months for payments to begin.

As of 2012, if you are receiving your CPP retirement pension and you are

working and contributing to CPP, your contributions will not be included in your contributory period. Instead, they will count toward your post-retirement benefits. To find out how much you have contributed, you can visit the Service Canada website to view or print a copy of your CPP. You can also phone 1-800-277-9914 and request a copy of your CPP Statement of Earnings be mailed to you. TTY phone number is 1-800-255-4786. More information can also be found on the Canada Pension Plan Retirement Website at <http://www.servicecanada.gc.ca/eng/services/pensions/cpp/retirement/index.shtml>

- Alexander Shevalier,
President, Calgary and District
Labour Council



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Until Mar. 15 Calgary Kiwanis Festival www.calgarykiwanisfestival.ca
2 Until Apr. 21 Cars of the Big and Small Screen Gasoline Alley Heritage Park www.heritagepark.ca	3	4	5 Unique Lives & Experiences: Colonel Chris Hadfield Jack Singer Concert Hall www.epccentre.org	6 Mar. 6 – Mar. 8 \$100 Film Festival Plaza Theatre www.100dollarfilmfestival.org	7 Mar. 6 – Mar. 9 Winter Farewell Spruce Meadows www.sprucemeadows.com	8 Mar. 7 – Mar. 16 Big Taste Calgary www.calgarydowntown.com/the-big-taste
9	10	11	12 Mar. 12 – Mar. 16 Calgary International Auto & Truck Show BMO Centre www.autoshowcalgary.com	13	14 ST. PATRICK'S DAY	15 Diakonos Annual St. Patrick's 10K Run & 5K Run/Walk www.diakonosretreat.com
16 The Original St. Patrick's Day Road Race www.calgaryroadrunners.com	17	18	19	20	21	22 Mar. 22 – Mar. 23 Outdoor Adventure & Travel Show BMO Centre www.outdooradventureshow.ca
23 30	24 31	25	26	27	28	29 Used Toy + Clothing Sale Tuscany Club



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