

The HAWKWOOD



Hawk Eye

Sundaes on Sunday

August 30th

1:00 p.m. - 4:00 p.m.

**Hawkwood
Garden Update**



HAWKWOOD Community Association

P.O. Box 62011, Hawkwood RPO,
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www.HawkwoodCA.com

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The Hawkwood Hawk Eye

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In Our Community

President's Message

Hawkwood Community Garden

There is more information in this Hawk Eye, and I don't want to be a spoiler, but we cleared a very important hurdle with regards to the proposed Community Garden slated for the site of the unused baseball diamond close to Hawkwood Hill. The site line survey was a necessary step and a reaffirmation that residents of this community – including the sizeable majority that live near the site – do want us to proceed with a park enhancement project that includes a Community Garden. Please see the details in the ensuing pages and we look forward to taking the next step in the creation of a very desirable project for the community of Hawkwood.



HCA Board Change

It is with mixed emotions that I announce that Susan Duncan will be stepping down as Treasurer of the HCA as of the November 2015 Annual General Meeting. I first met Susan probably eight or nine years ago when she lead the effort to revitalize the Hawkville Close playground. She organized a group of dedicated volunteers and every time I drive into Hawkville Close and see that tot lot, I get reminded of the meetings on site with Susan and her "crew" and what a great job she did. Shortly after that project Susan stepped up as our Treasurer and has been doing that role for over seven years. She has been a steadying influence, a quiet but effective voice in our Board meetings and her and her family have long been volunteers in this community. While I am sad to see her go, I am slightly envious that she is entering the "empty-nest" phase of her life and all the freedoms come with it. We will begin our search for Susan's replacement and she has generously offered to help with the transition. I wish her and Darren all the best in the future and am happy to see that she plans on staying in Hawkwood for most of the year! Thank you Susan and you will be missed!

Kevan Newman

DID YOU KNOW??

August has the highest percentage of births of all the months.



LEAF Update

I would like to provide an update for the LEAF Program as of early July. In the last ten years, the LEAF program has been able to continually fine tune plant selection to use proven performing plants which maintain visual interest and color. Our cool summer nights and low humidity limits choice, and is further constrained by selecting flowers that respond reasonably well to hail events.

The economies of scale that the LEAF program provides allow for some fantastic plants. They are given a huge head start as they are grown many months prior to their June debut, especially the inserts. At the same time yet they are good value for the dollar due to the volume discounts available.

This year, our enjoyable mild winter and dry spring has left us with some consequences. One result has left the city as a whole struggling with weed control, and Hawkwood is no exception. The LEAF program by its nature allows for higher control measures that would not normally be available. Another result has us dealing with a bad year for plant consuming insects such as aphids and spruce budworm. The mild winter and spring did not kill off the numbers that normally and naturally occur.

Hawkwood continues to see garage sale signs being placed in or on the planters. These signs damage the plants we all pay for and any tape from signs on the side of the planters strip the protective clear coat off the planters. Please, if you see one in or on the planters, remove it carefully, and place it in a more suitable location if able.

Finally, a planter was smashed at the entrance to Hawkmount Green across from Saint Maria Goretti School during the night of Thursday June 4th. This is the fourth planter lost in the life of the LEAF program and the total replacement cost of each smashed planter exceeds \$825. If you have any information as to what occurred, please report it to Police at 403 266 1234.

Hopefully we will continue to have a brilliant display of color on the boulevards and entrances well into September. Enjoy the rest of your summer!

Sundaes on Sunday!

When: Sunday, August 30 from 1:00 p.m. – 4:00 p.m.

Where: Hawkstone Field on Hawkhill Road

What: Hawkwood Community Association's annual Sundaes on Sunday! We will have bouncy castles, games, cotton candy, a bike decorating contest and parade and of course, you can custom make your own ice cream sundae. Come out and enjoy what will be a great afternoon with your neighbours from 1:00 p.m. – 4:00 p.m.

The bike decorating contest will take place at 1:30 along Hawkhill Road. There will be prizes for first, second and third place so get out your streamers and Scotch tape!

Huge thanks to our generous sponsors for making this event, and other community events possible: HomeLife Central, Hawkwood Auto, The Medicine Shoppe, Dr. Roger Shinkaruk and Superstore.



Don't Let the Sun Shine In

After a long day of work, coming home to a hot house isn't ideal. To help keep your house cool while you are gone, try keeping all blinds and window coverings closed. This can help keep your house cool by 5 – 10 degrees. By the time you are home, it may have cooled down, so opening them up can let some of the cool air in.



Update from the Hawkwood Community Garden

We are pleased to announce that the Hawkwood Park Enhancement Project, which includes a community garden, rain garden, small orchard and picnic area, will be moving forward to the next stages. The site for this project is 95 Hawkhill Road (Hawkhill Park).

In order to move us forward, the garden committee was expected to preform a “site line survey” which is a tool that the City uses to gauge support by residents that are most affected by a desired project. The committee went door to door multiple times to these areas to show design plans and answer any questions or concerns that any residents might have had. If residents were not home, contact information was left at their homes so that they would still be able to affirm their support or opposition if they wanted to be included in the survey. If you have any question or concerns as to what the site line survey is or how it is done, please call 3-1-1.

Here are the results of that survey:

141 total polled
112 voted in favour of the project
29 voted opposed to the project

The City requires a 66.6% majority for the approval of a project. In this particular case, we received a 79.4% majority.

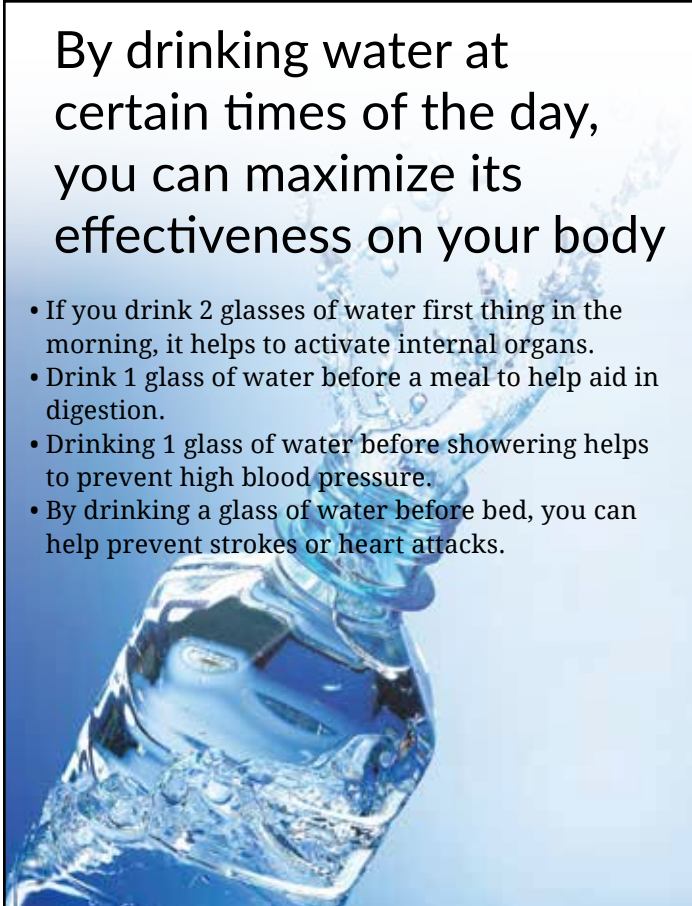
The next steps will be to secure funding for the project through grant writing and solidifying our exact design. If you would like to check out our initial design plan and cost estimations, please go to Hawkwoodca.com and click on the community garden section. If you have questions or comments about the design, or wish to be more involved in the planning stages for the garden, please contact us at Hawkwood.garden@gmail.com

Thank you for your support!!

The Garden Committee

By drinking water at certain times of the day, you can maximize its effectiveness on your body

- If you drink 2 glasses of water first thing in the morning, it helps to activate internal organs.
- Drink 1 glass of water before a meal to help aid in digestion.
- Drinking 1 glass of water before showering helps to prevent high blood pressure.
- By drinking a glass of water before bed, you can help prevent strokes or heart attacks.



Hawkwood School News

We hope your summer holidays have been lots of fun and include a little bit of rest as well. Parents of Hawkwood School students! Please don't forget that school starts on Tuesday, September 1st and NOT after the Labour Day long weekend on September 7th. The first day of school will be a full day (except for kindergarten of course) See you back in a month!

Community Connection

I'm Stephanie, the Babysitter You Want. I am a responsible and dependable babysitter in Junior High School and have taken the Red Cross Babysitting course and am looking for clients in Hawkwood, Arbour Lake and Citadel. You can reach me at 403-289-3273. The best time to call is from 7:00 p.m. – 8:30 p.m. week nights. My rate of pay is \$8 per hour and 50¢ for each additional child.



What are Fundamental Movement Skills?

Fundamental movement skills are the building blocks of teaching and learning movement. Just as learning the A-B-C's and 1-2-3's allow us to read, write and count, developing fundamental movement skills help build the foundation that will allow us to move with competence and confidence, giving us more opportunities to stay healthy and physically active throughout the lifespan.



Fundamental movement skills can be broken down into stability skills such as twisting, bending, collapsing, dodging, rolling, twirling, balancing, turning, swinging, stopping, pushing, pulling, bending, stretching; locomotor skills such as walking, running, skipping, hopping, jumping, leaping, galloping, cycling, swimming, sliding, gliding, skating; and object manipulative skills such as catching, throwing, kicking, trapping, striking. Developing a strong foundation of fundamental movement skills allow us to put these together into more complex movements – just as letters and words put together make sentences! These skills don't just translate to sport specific skills – we need these skills to participate in day-to-day life whether you are a firefighter or simply a grandparent who wants to keep up and play with your grandchildren.

Learning to become competent in a variety of fundamental movement skills is an essential part of the development of physical literacy and it's actually simple to do! So skip your way to the park, hop to the dinner table, brush your teeth on one foot and wiggle until you giggle!

Visit <http://60minkidsclub.org/> for a breakdown of fundamental movement skills and lessons and activities for learning!

*Ashley Fox, BKin., CSEP-CEP,
Leah Yardley BSc. Kin., CSEP-CEP
University of Calgary, Be Fit For Life Centre*

Councillor Report

Happy August Ward 2!!

What an amazing summer we've been having. I hope everyone has been able to get out and enjoy some time off with family and friends.

Not everyone can leave the city for a summer break, but even if you're here, there is always so much going on. The City has so many fun music festivals, water parks and campgrounds that are sure to keep you busy.

August is also the time where we start winding down a bit from all the summer travels and start prepping the kids for the school year ahead. I've listed a helpful tip below for getting the whole family back to a routine before September arrives. I want to wish you all an amazing and safe last month of summer.

Joe's Tip:

Transitioning from the carefree days of summer, back to the academic school schedule can be a tough one. But if you can begin gradually by getting back to routine a few weeks earlier, this will help both your kids and you.

Joe Magliocca, Councillor, Ward 2



HAWKWOOD
Community Association

Membership Application

Memberships can now be purchased online at
www.hawkwoodca.com

Membership are valid for 12 months from date of purchase.

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

For more information, email
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

Calgary Public Library



BeanStack

The Calgary Public Library happily introduces a new tool to help parents find great books for their children: BeanStack, an online resource full of librarian-selected book suggestions for kids. Parents can sign up for weekly emails that have personalized recommendations based on their child's reading level and interests. Parents can also search according to unique filters, such as "Not So Pink Girls." An additional feature provides reviews of high-quality children's apps. Find BeanStack under the "E-Library" link on the Calgary Public Library website: calgarylibrary.ca

Baby Rhyme Time

In September, Calgary Public Library introduces a new early literacy program called Baby Rhyme Time, for babies 0–12 months. Parents and caregivers will learn songs, rhymes, and stories to share with their babies both in the library and at home. These activities set up children for success in kindergarten and beyond! Baby Rhyme Time also provides an excellent opportunity to meet new friends who live in your community. Find a program near you in the fall edition of *Library Connect*, available in libraries August 5. Registration for all Baby Rhyme Time programs starts August 19 – online at calgarylibrary.ca or by phone at 403-260-2620.

DID YOU KNOW??

Mosquitoes have been around for 30 million years.



Mulching Your Trees

Save Money and Time This Summer!

We're in the heart of summer now and it can get a bit dry out there. One easy way to cut down on the cost of watering your trees is by mulching them. This layer of organic matter helps create a healthy, attractive yard that requires less water and weeding!

Why should you mulch trees?

Mulching trees provides numerous benefits by helping to:

- Improve overall tree health and soil conditions
- Provide needed nutrients
- Conserve water by reducing moisture loss
- Suppress the growth of weeds
- Protect the tree's roots from extreme temperature changes through insulation
- Reduce the likelihood of certain pests/diseases
- Protect the tree trunk from mechanical damage



How much is too much?

In order to get the full benefits of mulching, you want to have a mulching depth of 2 to 4 inches (5 to 10 centimetres). Too much mulch can lead to excessive moisture at the roots, nutrient deficiencies, fluctuating moisture, girdling roots and encourage pests and rodents. Often this happens over time, so be sure to check the mulch depth each time.

How to mulch:

Mulching a tree for the first time?

Put a 5 to 10 cm layer of mulch around the base of the tree leaving space to expose the trunk. When mulch is piled against the trunk it may negatively impact the health of the tree.

What do I do if I am re-mulching?

If mulch is present around your tree, be sure to check the depth. If it is already 5 to 10 cm deep, work on improving the mulch that is there by breaking up any large pieces with a shovel. This is also a great time to make sure the trunk is exposed and the mulch hasn't piled up against it. If this is the case, clear the mulch back approximately 10 cm from the base.

City of Calgary

Calgary Connection

Volunteer Calgary:

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

Fish Creek Provincial Park – Summer Tour Series:

This summer discover the natural wonders of Fish Creek Provincial Park. Bring your family and friends and join us as we explore this oasis in the city. Tours take place in Fish Creek Provincial Park as well as other parks in the region. Visit our website for dates, times and locations - <http://www.albertaparks.ca/fish-creek.aspx>. Registration Required: Please phone (403) 297-7927 or email Roland.Kirzinger@gov.ab.ca Admission: By donation (suggested \$2.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park.

781 "Calgary" Squadron Air Cadets new Recruit

Presentation: Sept. 14, at 7:30 p.m. at our offices located in the Vecova Centre, 3304 – 33 St. N.W. For ages 12 to 18 who are interested in learning the skills of flying, making new friends, and learning other valuable skills. Bring your birth certificate, Alberta Health Care Card and your parent or guardian. For more information, visit www.781aircadets.ca.

Women's English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 groups locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752.



THE HAWKWOOD HAWK EYE

Free tours at the Inglewood Bird Sanctuary

Summer has arrived and what better way to spend it than surrounded by the peaceful sights and sounds of nature. The Inglewood Bird Sanctuary is offering free tours from June 27 to September 6. The one-hour guided walks will focus on the sanctuary's recovery, both naturally and with human help, after the 2013 flood. Themes will include: It's a Poplar's Life (June/July) and Sanctuary Stories (August/September). Daytime tours are offered Tuesday to Thursday and on the weekend. Evening tours are offered on Wednesdays only. Registration is recommended as space is limited. For tour dates and times or to register, visit calgary.ca/IBS.

952 Westjet Squadron Air Cadets New Recruit

Presentation: 952 Westjet Squadron will be holding a membership drive on Thursday, September 10, 2015. Come to our meeting at 7:00 p.m. at the Springbank Middle School (244235 Range Road 33, ½ km south of Calaway Park). Remember to come with your birth certificate, Alberta Health Care Card and your parent or guardian. For more information please visit our website <http://952aircadets.ca>, like us on facebook, or give us a call at 587-777-9520.

A Sampling of Concerts

- **Prism:** August 1, Deerfoot Inn & Casino
- **Rise Against:** August 4, Big Four Building
- **Ricky Skaggs:** August 7, Deerfoot Inn & Casino
- **Sinéad O'Connor:** August 11, Jack Singer Concert Hall
- **Mumford & Sons:** August 12, Scotiabank Saddledome
- **Foo Fighters:** August 13, Scotiabank Saddledome
- **Brit Floyd:** August 11, Jack Singer Concert Hall
- **Nicki Minaj:** August 18, Scotiabank Saddledome
- **Janet Jackson:** September 2, Scotiabank Saddledome
- **Kenny Shields:** September 5, Deerfoot Inn & Casino



Top 10 Fun Ideas for August

10. This August, help a child in need. The Calgary Board of Education has a link for those who wish to help with the Backpack for Kids program and it includes a .pdf link that gives you suggestions on what to pack.
9. Reap the harvest!! Gardens will be aplenty with fruits and veggies. Pick your strawberries, raspberries, tomatoes and snap peas! Enjoy. Share your bounty with neighbors.
8. Pack up the family and some of your favorite munchies and head over to Deerfoot Mall on Wednesday nights for outdoor, drive-in movies! Check www.deerfootmall.com for movie titles. Parking space is limited so you'll want to get there early; gates open at 5:00, movies begin around 9:00 p.m. – 9:30 p.m.
7. End August with a huge explosion at Calgary's annual GlobalFest. Held August 20 – 29, you won't want to miss the colors and thrills of this year's fireworks. Check out www.globalfest.ca
6. Make a special date with each child in your household. Use the time to connect with them about their favorite things that they experienced this summer.
5. Plan a trip to a lake nearby and take something for a picnic. These lazy days of summer run out so fast. If you have the time on a weekend, create memories with your family.
4. National Book Lover's Day is Sunday, August 9. Celebrate! Take the kids to the library. Later, when they are tucked into bed, satiated by some great reading, tuck yourself into bed, or nestle into your coziest chair with a book you can't wait to get into.
3. We're so fortunate to have a great food truck culture in Calgary. Check out YYCfoodtrucks.com or www.streetfoodapp.com and seek a food truck for a great summertime meal!
2. Seasonal fruit is wonderful. Have you tried a watermelon salad? There are a number of versions online. For something super simple, just cube



watermelon and add fresh, from the garden, mint. SO good.

1. It's almost back-to-school time, which means kids get back into early-to-bed schedules. Before that happens, make a memory by sleeping under the stars in your own backyard.

Larynda McKay

Did You Know... These Facts About August

- August was originally named Sextilis in Latin as it was the sixth month in the ten-month Roman calendar.
- August 3rd is National Watermelon Day. Wouldn't this be a great day to have a watermelon salad?
- Elvis Presley died August 16, 1977.
- Christopher Columbus set sail for his first voyage across the Atlantic ocean on August 3, 1492

Larynda McKay