

The HAWKWOOD

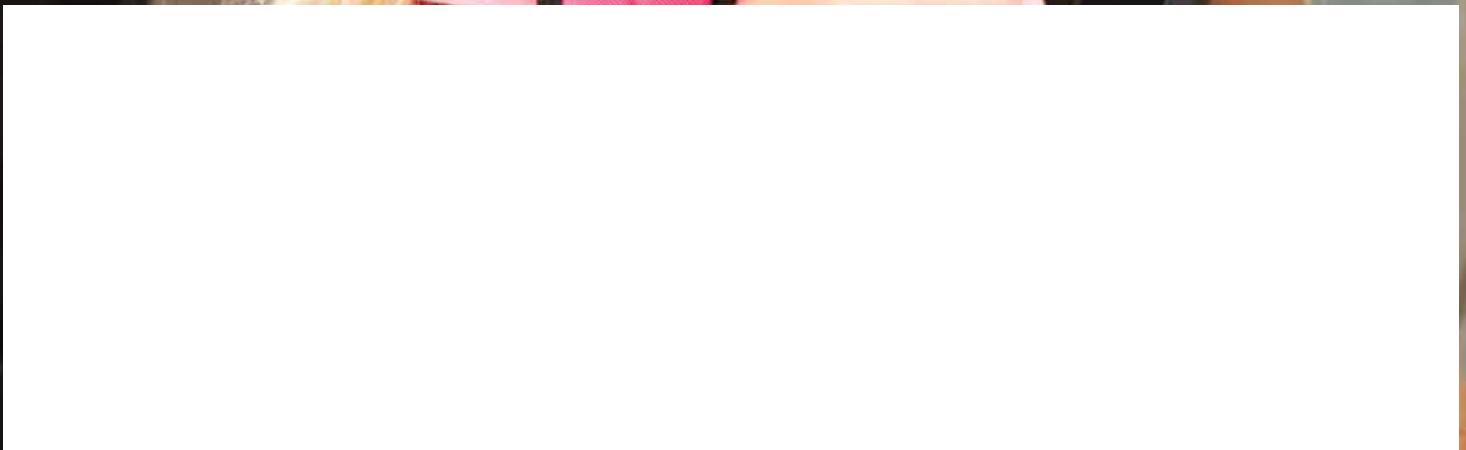


Hawk Eye

*Back to
School*

**Aging
in Place**

**Responsible
Pet Ownership**



HAWKWOOD Community Association

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

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Treasurer..... Susan Duncan

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In Our Community

President's Message

School's Back In

This year, the schools start on September first, which is before the Labour Day long weekend. So the school zone speed limits come back into effect and our little ones will once again be crossing a couple of our busiest streets in Hawkwood. Please be courteous of others and especially of the residents located closest to the schools as parking problems are exacerbated in the mornings and afternoons. Stay safe and be respectful of everyone!



Sundaes on Sunday

As you will read in this Hawk Eye, our mostly annual Sundaes on Sunday will be held on Sunday, August 30 at Hawkstone Field from 1:00 p.m. to 4:00 p.m. Please mark that day as a great opportunity to come to the park and enjoy some great planned festivities. As usual, because this is an outdoor event, we are subject to the mercies of Mother Nature, so watch for any change in plans on our website at www.HawkwoodCA.com or sandwich boards that will be placed out on the streets of Hawkwood.

Wanted - Treasurer

As I mentioned in the last issue of the Hawk Eye, Susan Duncan our current Treasurer, will not stand for re-election at the next AGM in November. So, we are looking for someone with accounting experience that would be able to volunteer some of their time and step into the role of Treasurer of the Hawkwood Community Association. Susan has graciously offered to help with the transition for the new person and will be available for assistance down the road. If you have some time, and are willing to join a fun, dedicated group of volunteers to help make Hawkwood a great community, please consider joining us and email me at President@HawkwoodCA.com.

Kevan Newman

DID YOU KNOW??

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



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.

Councillor Report

Hope you all had an incredible summer and are ready to take on September. It can be a challenge to come off the summer highs and get back into the day to day routine, especially the first few weeks of September. But with kids in school and parents back to work, that means more cars on the road, more traffic and congestion and more waiting and frustration.

I want to remind you all to slow down and give yourself enough time for your daily commute. Planning ahead and making small changes (like dropping kids off at school a bit earlier) will insure you get to where you're going safely, but will also reduce the chances of an accident.

Please also pay extra attention to street signage in and around schools zones like (No Parking, Slow Down, Reduce Speed, Bus Stop, etc.) these are there for a reason and can help reduce congestion, confusion and accidents immensely if followed properly.



Joe's Tip:

Use caution on the roads when driving and watch carefully for children as they make their way to and from school. Kids can appear suddenly out of nowhere. Being alert and following the posted speed in school and playground zones will improve your reaction time.

Joe Magliocca, Councillor, Ward 2

Calgary History

The North West Mounted Police officers built Fort Brisebois in 1875 at the confluence of the Bow and Elbow rivers, in order to route the region's whiskey traders. It was renamed Fort Calgary the following year.



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

Aging in the Right Place: A Community and Family Affair

The Aging in the Right Place Initiative is a community-based initiative in the northwest communities of Arbour Lake, Citadel, Hawkwood, Ranchlands and Silver Springs. As individuals age, they often wish to remain in their homes and communities as long as possible.



The Canadian Governments defines aging in place as “having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.” We want to make this the reality for aging adults in our communities. Many individuals face barriers to aging in place that often have a simple solution, whether it’s having a volunteer take them to medical appointments, having a neighbour commit to shoveling their walks in the winter or having a paid service come in and help with medication management.

The goals of the Aging in the Right Place Initiative are to work with the individual communities to build their capacity to support adults wishing to age in place and to educate seniors about what services and benefits are available to them. In October 2014 we held the very successful Aging in Place: A Community Affair at the Ranchlands School. The second annual Aging in the Right Place fair is Saturday, October 3, 2015 from 12:00 p.m. – 4:00 p.m. The purpose of the fair is to raise awareness about services that are available to help individuals age in place as well as to provide education on topics such as housing, how to navigate the health care system, long-term planning and benefits that are available to seniors.

If you have any questions about the fair or would like to learn more about the Aging in the Right Place Initiative, please e-mail Monique at yychawkwoodaginginplace@gmail.com.

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.



DID YOU KNOW??

The biggest school in the world is the City Montessori school in Lucknow, India which has 32,000 students.



Did You Know... These Facts About September

- September is the only month that has the same number of letters in its “English” name, as the numerical number of the month (nine!)
- September marks the start of autumn in the northern hemisphere and the beginning of spring in the southern hemisphere.

- International ‘Talk Like a Pirate Day’ is September 19th. It is celebrated in 40 countries worldwide. Well, shiver me timbers!



Larynda McKay

Calgary Public Library



BrainFuse

Calgary Public Library is excited to introduce an online tutoring tool for all students from grades 3 – 12. BrainFuse provides live-chat access to expert tutors who are familiar with all areas of the Alberta curriculum. Your child can receive one-on-one help through live chat, screen sharing, or entering an online classroom environment. Available on desktop or mobile, via the “E-Library” link on the Calgary Public Library website at calgarylibrary.ca

Fall Author Events

This fall Calgary Public Library will be showcasing some of the nation’s best literary talent through readings, panel discussions, and free book signings. CBC’s **Shelagh Rogers** will be joining American book commentator **Nancy Pearl** for an evening of “Book Lust.” Award winning authors, **Andrew Nikiforuk** and **Sharon Butala**, will be launching their much anticipated new books. In locations throughout the City, the Library’s Author in Residence **Lee Kvern** will host dynamic programs for writers and readers. For these programs and much, much more, visit calgarylibrary.ca

This Month in History

September 19, 1893

New Zealand became the first country to grant women the right to vote.



Hawkwood Transportation Reminders

Now that children are returning to school, we need to observe the reduced speed limit in school zones. Also watch for children in cross walks approaching our schools. For parents dropping off and picking up, please insure you give yourself enough time, and follow all rules of the road. It is important to be proactive in watching for children, in case they make a road safety mistake. We need all drivers to help keep congested areas in front of our schools safe for everyone.

Regarding air traffic, if the frequent, low-level flights over Hawkwood have disrupted your sleep, or the enjoyment of your back yard and community this summer, it is important to contact the Calgary Airport Authority. They monitor noise complaints related to the concentration of flight paths over West Calgary in the last year. They use this feedback to assess if the problem impacts enough residents to warrant pursuing other options. Hence, if you feel the higher noise levels should be addressed, you need to express your concerns to them. For online communication, go to yyc.com, click on “Contact us” at the extreme bottom of the page, then click on the “Suggestion and Comments” link at the side of that page. Then add your comments to the feedback page and submit. Or you can call 403-735-1200.

Illegal commercial signs along streets in our community have dropped off recently, partly due to efforts to encourage businesses to advertise legally. These businesses are informed that we advise residents to avoid companies that put up illegal advertising on our streets. Checks with the city show many are unlicensed, and several have been unprofessional when contacted. These businesses know they are breaking bylaws that improve community appearance. Without these bylaws, commercial signs would pop up everywhere, much like an election. You can protect yourself, and are more likely to get satisfactory service from businesses that respect our community and advertise legally.

On a final note, thank you to residents that kept garage sale signs out of our planters this summer. This prevents damage to the colorful flowers, which brighten our streets.

Responsible Pet Ownership in Parks

With autumn in the air, dog owners are still enjoying being outside and spending time with their family, friends and pets. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe. The City of Calgary's Off-leash Ambassador program in Animal & Bylaw Services (ABS) is sponsoring two events this fall to promote public awareness of responsible dog ownership in our off-leash areas:

2nd Annual Community Working Dogs Day.

Saturday, September 19 from 11:00 a.m. – 2:00 p.m. at Bowmont Park: Bring your family, come meet and learn about working dogs that keep your community safe. Bring your camera and have your photo taken with the dogs, the handlers and Mayor Nenshi!

FREE Dog Recall Training

Saturday, October 17 from 10:00 a.m. – 4:00 p.m. (4 sessions) at Falconridge Park. We are offering tips and techniques to help you keep your dog under control in designated off-leash areas. For details and to submit an entry, go to <http://bit.ly/YCOffLeash>

For all information on responsibilities as a dog owner and events, please feel free to “like” us on our Facebook page, <https://www.facebook.com/cityofcalgaryabs>

Animal & Bylaw Services would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water



within a park except a river that runs through, or is adjacent to, a City park.

- Have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.

City of Calgary, Animal & Bylaw Services

City Pension Plan

The Pension Governance Committee (PGC) was established in 2002 for compliance with the Alberta Employment Pension Plans Act and the Canadian Income Tax Act of all City pension plans.

The PGC consists of 5 members appointed by the City Manager and 2 Council members appointed by Council.

An update with details of the administrative, legal, funding and financial activities for all City pension plans was drafted.

There was a new Finance Minister in September 2014 to “address the competitiveness of the public sector pension plans and ensure they are sustainable.”

Stakeholders were advised that a new direction for pension reform would come in 2015. In May 2015, a new government was elected and, to date, there was no further direction on pension reform.

Anne Burke

Calgary Connection

Volunteer Calgary:

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

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.

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.

Cooking with Friends:

Wednesdays, 10:45 a.m. – 1:30 p.m. at St. Thomas United Church (100 Hawkwood Blvd. NW). Cooking



THE HAWKWOOD HAWK EYE

with Friends provides a welcoming environment to make friends, learn about food and nutrition, share cultural dishes, and learn about community resources. Childcare available with registration only. To register please call 403-538-8379 or e-mail: rodas@immigrantservicescalgary.ca.

Animal & Bylaw Services Off-Leas Ambassador

Program: Free City of Calgary Dog Recall Training Event, Saturday, October 17 at the Falconridge Off-Leash park from 10:00 a.m. – 4:00 p.m. Could you use a few tips from a professional dog trainer? Register for a free recall training session offered by a Certified Professional Dog Trainer from the Calgary Humane Society. For more information, visit <http://bit.ly/YCOFFLeash>.

World Farm Animals Day:

Come join us on October 1, 7:00 p.m. – 9:00 p.m. for Compassion for Farm Animals at the John Dutton Theatre, Central Library. Speakers are Kris Vester - Blue Mountain Biodynamic Farm, Ron Hamilton - Sunworks Farm, Ben Campbell - Grazed Right Ranch, Sanam Zomorodi – Farm Sanctuary intern. Pages Books and Sunnyside Market will also be present.

A Sampling of Concerts

- **Janet Jackson:** September 2, Scotiabank Saddledome
- **Kenny Shields:** September 5, Deerfoot Inn & Casino
- **X-Fest 2015:** September 5 & 6, Fort Calgary
- **Shania Twain:** September 17 & 18, Scotiabank Saddledome
- **The Tea Party:** September 24, Jack Singer Concert Hall
- **The Tenors:** September 28, Southern Alberta Jubilee Auditorium
- **Nicki Minaj:** August 18, Scotiabank Saddledome
- **Dean Brody & Paul Brandt:** October 2, Scotiabank Saddledome



Health School Checklist

Getting your child ready for school means more than snagging that shiny new school backpack and fresh set of pencils. In fact, the most important equipment for your child's return to school is his or her own good health. Start your child's year on the healthy track with this handy back-to-school health checklist.

Immunization:

Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.

Vision Screening:

Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.

Hearing/Speech Screening:

If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

Dental Checkup:

Regular dental checkups should begin by age three. If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health! Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.



Emergency Contacts:

Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.

Health Conditions:

Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.

Backpack Basics:

Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit <http://www.albertahealthservices.ca/577.asp>

Nutrition Plan:

Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun.

Alberta Health Services

Hearty Fall Foods

Fall is the best season to incorporate cooked vegetables in our diet because eating hearty foods at this time of the year prepares our immune system to fend off cold viruses and influenzae. The process of cooking breaks down plant cell walls, making minerals readily available for digestion. Certain vegetables are most nutritious only after cooked:

1. Heat releases lycopene in **Tomatoes**, a carotenoid that reduces the risk of prostate cancer.
2. Oxalates in **Spinach** "kidnap" dietary sources of calcium and iron, rendering these minerals less bioavailable when consumed. Oxalates level is reduced during cooking.
3. **Asparagus** contains antioxidant polyphenols. Cooking encourages polyphenols to increase its bioavailability.
4. **Mushrooms** are rich in vitamins and minerals. Cooking increases its nutritional value.
5. Carotenoid levels in **Carrots** increase when cooked. Consume both raw and cooked carrots to make the most out of the crunch!

*By Dr. Kait Chang, Naturopathic Doctor
The advice in this article is an information resource only, and is not provided as professional service or as medical advice.*