

OUR COMMUNITY'S VOICE

NOVEMBER 2017

The HAWKWOOD

Hawk Eye



**Hawkwood
Fall Festival is
November 5**

**AGM
November 28**

*Remembrance
Day*

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

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The Hawkwood Hawk Eye

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In Our Community

President's Message

Hawkmount Close Playground - Now Open!



As you saw on last month's cover - the Hawkmount Close playground is now open! It is the newest playground in Hawkwood and it looks great. I want to thank Rosanna Law - our Playground Director - who spearheaded the drive to get this built. Also, thanks to the area residents and volunteers who helped construct the playground. Last but not least, thanks to the many sponsors who donated food, drinks, funds and labour to this effort. The community of Hawkwood thanks you!

AGM

Our Annual General Meeting will be held on Tuesday November 28th at the Uplands Recreation Centre (20 Hawkside Road NW) with doors opening at 7:30pm and the meeting getting underway before 8pm. We will have our Calgary Police Representative and perhaps some other special guests in attendance. As well, we are looking for volunteers for our Board - we need a Website Director and a Soccer Director. These positions are crucial to our community and if you have a little bit of time, please consider volunteering for them. Contact me for more information.

LEAF Levy

In September, the HCA Board voted to increase the 2018 Special Levy by \$1.86 to an annual amount of \$63.76. These funds are paid by each homeowner in Hawkwood and go towards the beautification efforts in Hawkwood. As mentioned in last month's Hawk Eye, the City is reducing its basic level of service and only communities with this levy will be able to maintain a better standard of watering, park maintenance and landscaping. This levy is mandatory and homeowners cannot opt out of the program. I think most would agree with me that the relatively small fee we pay is very beneficial to all residents in Hawkwood.

Fall Festival

Mark your calendars - on Sunday, November 5th we will be hosting our second Fall Festival. This event will be held at the St. Thomas United Church and will run from 1-3pm. Check out the details in this edition of the Hawk Eye for more information.

Continued on Next Page

In Our Community

...President's Message Continued

Nose Hill Drive Sound Barrier

For those of you who were wondering why those houses on Nose Hill Drive had their fences removed, it is to install a sound barrier fence. As I mentioned in recent Hawk Eyes, this fence has been on the books for many, many years. Is it a coincidence that it is also an election year? I don't know, but I am glad that it is finally getting built. If you want more information, don't hesitate to call or email me at President@HawkwoodCA.com.

Kevan Newman, President

Event News

Fall Festival is Here!

On Sunday November 5, from 1-3pm we will be holding the annual Hawkwood Fall Festival at St. Thomas United Church on Hawkwood Boulevard. This festival is a celebration of our wonderful community here in Hawkwood. Come along and have fun with friends and neighbours.

At this free event, there will be dancing, face-painting, a bouncy castle and fun and games for all the family. We will be holding a raffle with many great prizes to be won so bring some change to buy your tickets. The raffle will be drawn at 2:30 pm.

Make sure the little ones (under 14) dress up in costume as we will be giving prizes for the best, the cutest and the most original costumes (no scary costumes, blood or gore please).

If you have any questions or would like to volunteer for the event please contact Social@HawkwoodCA.com. We look forward to celebrating our wonderful community with you.

Mary Noble

Hawkwood Babysitters

Hello! My name is Megan and I would love to babysit for you! I am 15 years old and I have completed the Red Cross Babysitting Course. Also, I am certified in CPR & first aid through the Red Cross Bronze Medallion swimming/lifesaving classes. I am available to babysit on weekends and occasional weeknights in Hawkwood and surrounding areas, and I charge \$10 per hour. I also offer dog walking and cat sitting services. Please contact me at 403-276-9508 (home) or 403-862-3273 (cell). I am looking forward to hearing from you!

Why Buy an HCA Membership?

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

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

Memberships are valid for the calendar year and are required for Soccer registration and voting at the AGM. For a mere \$30, you can make a big impact in helping your community.

Kurtis Bain, Membership Director - HCA



HAWKWOOD
Community Association

Membership Application

2017 Memberships can now be purchased online at www.hawkwoodca.com

Memberships are valid for the 2017 year.

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

Hawkwood/Citadel 214 Scouts News

News & Thank-Yous!

On October 3rd, we held our Investiture at Bowness Park – family and friends witnessed this special ceremony where newcomers were welcomed into the worldwide Scouting Movement; Youth moving up into new sections were also recognized during the ceremony. We were lucky the wind and snow from the day before didn't impact our festivities! Thank you to all the parents who brought the delicious treats, and to the Scouts, Scout Leaders, and Scout parent that prepared the hot chocolate and hot dogs!

Also in October, the Beavers and Cubs enjoyed an informative visit from Calgary Search & Rescue in preparation for their upcoming weekend at Camp Valaqua. The Youth learned valuable survival skills in case they get lost in the woods. The Scouts will be joining the younger ones at Camp Valaqua for their own shelter camp – they're the lucky ones who get to sleep in tents (no matter the weather!) and plan and prepare all their own meals! Have fun!

Thank you to everyone who bought popcorn from our Scouts this year – your support goes a long way to making outings like Camp Valaqua possible for our Youth. And, as always, thank you for your donations to our bottle drives – all your generous contributions are also vital to fund our activities.

We'd also like to send out an extra-special thank you to **MATADOR PIZZA** who treated the Hawkwood/Citadel Scouts to free pizza and pop after September's bottle drive! Your generosity was greatly appreciated and the Scouts loved the delicious pizza!

The Canadian Path and STEM

Many of you must have seen the acronym STEM popping up all over the internet, in printed media, on TV, or heard about it on the radio or at work. STEM is essentially any field of study relating to Science, Technology, Engineering and Math. These are four key disciplines for success in the future. Through the Canadian Path Program, Scouts Canada is encouraging Youth to incorporate STEM-related activities as they follow the Canadian Path.

What is the Canadian Path? The Canadian Path is the way of Scouting in Canada – this newly-introduced program brings Scouting back to its roots using the

Scout Method (introduced by Lord Baden Powell) as its basis.

What is the Scout Method? The Scout Method is the way participants in Scouting learn to become independent and helpful, also known as “healthy, happy, helpful citizens”.

So, in a nutshell, Scouts Canada's Canadian Path program is youth-led where Scouts explore new things, share new ideas, learn new skills and create new paths keeping the Scout Method in mind.

How does Scouts Canada Incorporate STEM into the Canadian Path Program? Within the structure of the Canadian Path, Scouts Canada wants to nurture the Scouts' interest in STEM fields, encourage curiosity and imagination, increase self-confidence in STEM fields, and help overcome STEM stereotypes. Keeping true to the Scouting principle of “learning by doing”, Youth will be able to experiment with STEM through hands-on projects, present their projects to their peers, and discuss their findings. As our Youth complete various STEM-related projects, we will try and feature them in future issues of the Hawkeye!

Dates to Remember:

End of November/Early December: Popcorn delivery
January 6, 2018: Bottle Drive (avoid a trip to the Bottle Depot and save those Holiday Empties for us!)

Danielle Kiss, Hawkwood/Citadel Scouts

This Month in History

November 8, 1895

X-rays were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.



Guide News

What does being a Girl Guide allow me to do?

This is the question that we posed to the 200th Guide Unit at our first camp the weekend of September 22-24. This group of girls has a wide range of guiding experience; we have girls who started 6 years ago as little year 4-year-old Sparks, right up to girls who are brand new to Girl Guides and only have two weekly meetings under their belts. Their honest, heartfelt, unedited answers are given below, and we're sure after reading them, you'll agree that there isn't a lot of opportunities for girls to be involved in an organization that can provide all of these things, in such a nice cohesive package.

So, what does being a Girl Guide allow me to do? It gives me an opportunity to make new friends and meet new people, to see nature and animals, to go on adventures, to have a peaceful moment with my friends, to make crafts, to sleep in tents or bunk beds, to volunteer, to explore new places, to learn to cook and clean and be independent, to learn life skills, to learn new songs and games. It is an opportunity to be silly, and earn badges, to get out in the fresh air, to eat tasty snacks that I made myself. I learn to respect the world and be creative, and follow the rules. I learn how to be safe and the importance of volunteering to help those in need. But mostly, it is an opportunity to have fun because, lets face it, we wouldn't want to come if we weren't having fun!

The girls also added that it's an opportunity to sell Girl Guide Cookies, which is the major fundraising tool that allows all these fantastic things to happen. Proceeds from the sale of Girl Guide cookies supports Guiding activities both in our community and across the country. The girls gain self-confidence, increased responsibility, and important life skills regarding courtesy, customer service and money management. That's why we all want to take this opportunity to thank you for supporting us by purchasing our tasty, delicious, marvelous, amazing, wonderful Girl Guide cookies! Your purchases make all this fun happen and helps transform these independent, smart, caring girls into young women that are ready to take on the world! THANK YOU from the 200th Girl Guide Unit and all the other Girls Guides in Wichewakn District, Calgary, Canada, and beyond!

If you have questions about Girl Guides, wish to volunteer, or want to register your daughter feel free to email Aurora at wichewakn@hotmail.com for more info.

**Aurora Lindley – District Commissioner
Wichewakn District**



Influenza Season

It happens every fall: influenza arrives in Alberta, and it takes a serious toll on our communities. Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk. And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized. Let's do better this year.

Prevention is your protection. Get immunized this season. For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Alberta Health Services

Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life.

Glenmore Dam Upgrades

The Glenmore Dam has been key part of Calgary's water infrastructure system since the early 1930's. The wear and tear the dam has experienced over 85 years of service, and the ever increasing demands of a growing city, mean the time has come for an extensive upgrade. These improvements will not only extend the life of the dam, but will help manage our drinking water supply and give us the ability to better control low and high river flows.

The first phase of the Glenmore Dam Infrastructure Improvements Program was the Utilities Relocation Project. This project involved moving the water and gas utility lines currently running across the top of the dam to a new tunnel excavated underneath the Elbow River. This is needed to allow access to the dam while upgrades are being made, which include a new bridge deck with better access for maintenance and pathway users, concrete work on the face of the dam, and a new steel gate and hoist system.

While the normal maximum operating levels of the reservoir remains the same, the new gate system will provide greater flexibility to manage reservoir storage during low flows in the winter and high flows in the spring.

For some, daily interactions with Snow Angels provide a source of community inclusion and pride.

4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.

*A message from the Federation of Calgary Communities
Building Safe Communities Program*



The pathway across the dam was closed to the public on September 30, 2017, and then until the work is complete in 2020. Pathway detours will be implemented during

this time and signage will be available to assist pathway users. (Up to date information on pathway closures, including maps, is available at calgary.ca/pathwayclosures.)

For more information and ongoing updates, please visit Calgary.ca/glenmoreupgrades.

City of Calgary

Yielding to Emergency Vehicles

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.



past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;

- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

Alberta Health Services

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving

This Month in History

November 8, 1895

X-rays were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.



Important Phone Numbers

Access Mental Health Line	403-943-1500
Bullying Help Line	1-888-456-2323
Calgary Transit	403-262-1000
Child Abuse Hot Line	1-800-387-5437
City of Calgary Service Information	311
Community Information	211
Connect Family & Sexual Abuse Network	403-237-5888
Distress Centre	403-266-4357
Family Violence Information Line	403-310-1818
Gas leak (ATCO)	403-245-7222
Health Link	811
Kids Help Phone	1-800-668-6868
Poison and Drug Information	1-800-332-1414
Police Emergency Line	911
Police Non-Emergency Line	403-266-1234
Power Trouble (ENMAX)	403-514-6100
Service Alberta (Provincial)	403-310-0000
Service Canada (Federal)	1-800-622-6232

Remembrance Day Facts

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month. From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day—November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.



www.veterans.gc.ca



How Should The Poppy Be Worn?

The Royal Canadian Legion suggests that the poppy be worn on the left lapel of a garment and / or as close to the heart as possible.



The official start of the Poppy Campaign and the distribution of poppies to the general public begin on the last Friday in October and run until November 11.

The lapel poppy may be worn throughout the whole of the remembrance period and is removed at the end of Remembrance Day. Many people place their poppy at the base of the cenotaph, as a sign of respect, at the end of the Remembrance Day ceremony.

www.veterans.gc.ca

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

—John McCrae

Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - ▶ Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)



- ▶ Calgary 403-266-1605 / 403-266-HELP (4357)
- ▶ For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
- ▶ Text: Calgary Connect Teen
- ▶ Online Chat Distress Centre: <http://www.distresscentre.com/>

Alberta Health Services

Did You Know... These Facts About November

- The birthstone for the month of November is the topaz.
- There are two zodiac signs that fall in November: Scorpio (Oct. 23 – Nov. 21) and Sagittarius (Nov. 22 – Dec. 21)
- The chrysanthemum is the birth flower for November.
- November is believed to derive from 'novem' which is the Latin for the number 'nine'. November was the ninth month after March, the first month in the ancient Roman calendar.
- Bell Telephone Company introduced to the public the push button phone on November 18, 1963.
- John Fitzgerald Kennedy was assassinated in Dallas, Texas on November 22, 1963.

Celebrate National Child Day 2017!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. The 2017 theme is a child's right to be safe.



Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, free from adversities, raises healthier and more engaged citizens. When children experience safe, stable, and nurturing relationships, they develop the strength necessary to cope with significant stressors or challenges. When they are placed in unsafe environments that do not uphold these rights, children are at risk for toxic stress, hindered brain development, and negative physical and mental health outcomes later in life.

At the core of respecting a child's right to safety is their voice being heard, believed, and valued in their community. Whether children and youth are at school, at home, on a sports team, with friends, or online, fostering a safe community involves creating positive relationships with caring peers and adults. We respect a child's right to safety by:

- being approachable;
- listening to, and believing their concerns; and
- advocating for safe spaces for them to learn, grow and play.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.

*First 2000 Days, Early Childhood Development Network,
North West Coalitions*

Social Media Break

Can you do it?

Do you recall those days when we didn't have smart phones or have immediate access to anything we wanted to know by a few clicks on the Internet? Just 11 years ago, I didn't own a smartphone. My cellphone only made phone calls. I had more time for activities I loved to do, and was not obsessed –or distracted- with sharing minutiae of my life to people I rarely talked to otherwise, in order to brag about my great adventures, soliciting likes and comments and thumbs up. It was freedom. A freedom that, for many of us, we've lost. It is not easy to let go of a social media addiction. And it has become an addiction for some (and I raise my hand here).

The thought of even making this crazy suggestion causes my body go into convulsions, but I have to push through it. Okay, here it is! I challenge us to give up social media for the month. Too much, too fast, try a week. I know! This is so hard to do! Try to let go of the need to post everything and spy through your phone screen on everyone's daily life. Get outside. Breathe. Read a book. Nap. Visit a friend – in person. Bake cookies. Knit something. Build something from wood. Take a class. Do something. Just say off social media for a wee bit. Enjoy the moment.

Larynda McKay

Joke Corner



- Q. What do you get from sitting on the ice too long?**
A. Polaroids!
- Q. What did the tree say after along winter?**
A. What a re-leaf!
- Q. Where do seals go to watch a movie?**
A. The dive-in
- Q. Why do seals swim in salt water?**
A. Because pepper water makes them sneeze!