



Winston Heights Mountview News

The Official Newsletter of the Winston Heights / Mountview Community Association • May 2008

Annual General Meeting May 13th, 7:00 pm Community Hall

**Community members
are urged to attend
the Winston Heights
Mountview Community
Association 2008
Annual General Meeting**

**Hear what your
Community Association has
done in 2007 and what is planned
for 2008. Elect the 2008/09
Board of Directors.**

Light refreshments will be served.



Visit us online at www.winstonheights-mountview.ca

Mission: "To promote community spirit and participation by providing facilities, programs, and services to enhance the well-being of the Winston Heights/Mountview Community."



**Calgary Stampede Reserves
Best Seats in The House for
Winston Heights and Mountview
Residents!**

April 2008

Howdy,

Every July, Calgarians open their city and their homes to visitors from far and wide who come to experience The Greatest Outdoor Show on Earth, the **Calgary Stampede**. People trade-in their hard hats for cowboy hats, their suits for Wranglers and western shirts, and their hectic schedules for laid-back western fun.

To recognize you, the people who host our visitors and create that western hospitality that Calgary is so famous for, we have reserved our best Rodeo and Evening Show seats in your community's name.

Call our ticket office at 403.269.9822 before May 31, 2008 and tell them you live in Winston Heights or Mountview to unlock a world of fantastic Stampede experiences for you, your friends and family.

Please note, we only have 40 great seats set aside for Winston Heights and Mountview. Call now so you're not disappointed!

We look forward to seeing you at this year's edition of The Greatest Outdoor Show on Earth.

For more information about this year's Stampede visit www.calgarystampede.com.

Sincerely,

George Brookman
President and Chairman of the Board

JULY 4 - 13, 2008



Winston Heights Mountview Community Association

Mission: "To promote community spirit and participation by providing facilities, programs and services to enhance the well-being of the Winston Heights Mountview Community".

Community Centre
520 - 27th Avenue NE
whm.newsletter@hotmail.com
276-5474

Board of Directors and Contacts

President	Mike Jones	230-9169
Past President	Greg Schmidt	277-9394
Secretary	Kim Mustard	283-0652
Website	Jack Jonasson	276-7295
VP Finance	Don Phillips	277-3166
Fund Raising Director	Linda Sharp	276-1504
Hall Manager	Doreen Knopp	277-2433
Membership Director	Beth Lawton	276-3500
Civic Affairs Director	Kathleen Johnston	277-7920
Sports Director	Robert Beckett	283-0652
Volunteer Director	Darlene Robb	230-8395
Maintenance Director	Bill Reinhardt	277-8627
Director at Large	Leanne James	283-1751
Director at Large	Lynn Herron	276-5446
Ladies Auxiliary	Doreen Knopp	277-2433
Traffic/Safety Coordinator	Hugo Hayley	852-8702
Recreation Coord. (City)	Amanda Turvey	221-3960
Calgary Police Liaison	Const. Dan LaPorte	547-6300

The views expressed in this Newsletter are not necessarily those of the Winston Heights Mountview Community Association, nor of Flexys Systems Publishing Ltd.



Setting the Gold Standard since 1994!

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President's Message

By Mike Jones

Last month I talked about road rage and constructive ways we can deal with it.

This morning I opened the newspaper and see that our anger management issues go deeper than traffic. The people at Angus Reid tell us that we get angry at some pretty ordinary things. We get angry with people who cut in line. We get angry at things like line-ups at the bank or ATM fees. It doesn't take much to set us off.

Anger is something that we cannot avoid or bury. However, it's one of those things that find its way to the surface regardless of how hard we try to stop it.

So how do we deal with anger and what does this have to do with community?

First of all, anger generates a tremendous amount of energy. Not all of this energy is dealt with in healthy ways. How many of us have said or done something in anger that we quickly regret? If we're not careful with our angry words and actions we could cause a lot of harm. This only damages

A Midfield Moment

By Sharon Mills

Thanks to everyone who participated in the annual "Scoopy-Doo" day again this year. Not only was the obvious "scooped", but a variety of litter and garbage was also bagged and sent to a proper resting place. Our community pride is showing.

Also, a moment to reflect on the value of our green space areas in Midfield. The late Bill Lupuliak was kind enough to donate a picnic table many years ago on the north side of the park. Many a passing cyclist has made use of it. Also, thanks to Simon Camus for the two seated bench under the tree overlooking the Elks Golf Course on the north side. A great place to relax, enjoy the view and secretly critique the golf swings below.

Most Midfield folks are aware of the small park behind the office building. Many of us in the cul-de-sac surrounding this area refer to this space as "Conversation Park", consisting of one bench, two small trees and two large flower boxes.

Toddlers and Moms chase each other around there, young folks often gather to catch up on the latest news of their interest, neighbors stop to chat and I too have

the relationships we have with others.

Here's where community comes in.

We have to find a way to deal with anger or it will end up coming back to bite us. For many, healthy ways of releasing anger include activities like walking and jogging. Our response to anger doesn't always have to include exercise, however. We can deal with our anger when we find people who will listen to what we have to say. This energy can get us out and build connections with people instead of tearing up the things that bring us together as friends and neighbours.

When we turn our energies towards getting to know one another, improving our health, and community then anger stops being something negative. It can actually become something that helps us make our way through life.

**For every minute you are
angry you lose sixty seconds
of happiness**

-Ralph Waldo Emerson

sat on the bench many times with various neighbors and canine friends, enjoying the sun.

In particular, a heart to heart (somewhat one-sided) conversation took place with an aging male canine friend, who looked me right in the eye while I spoke of the enjoyment of his friendship and confiding to him what a kind and loving dog he was. Thanks to our park and bench, we were inspired to share our moment.

But the importance of such places really hit home the other day. A young woman, unknown to me, was observed sitting alone on the bench, visibly distraught. Just as the heart strings tugged at me to sit by her a while, another woman appeared from within the neighborhood to sit down beside her. They talked and hugged and cried together for a long while until eventually, one final hug and they left the park to stroll back into the neighborhood. By all appearances, spirits had been lifted. Thank you "Conversation Park". You're nothing special to look at, but you're more than special to us.

A thought to remember: "You cannot do a kindness too soon, for you never know how soon it will be too late." (Ralph Waldo Emerson)

Email the editor at whm.newsletter@hotmail.com or take a look online at www.winstonheights-mountview.ca



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Tales from the Past

By Kathleen Johnston

Thanks to those persons who have given me pictures and articles. Great stories. Please keep them coming.

As I mentioned last month this community was busy with children participating in sports, Brownies, Cubs, Guides and Scouts etc. Did you know that our very own Bill Reinhardt won a very prestigious award for his programming for Cubs in this city? He was a cub leader here in WHMV for over 30 years.

I experienced the Brownie and Guide programs when I was called on to be "camp Doc" at the outdoor camps. At that time I worked with Mrs. Sandy Poile who was Brown Owl for the Brownies and Grace Tench for the Guides.

Going to camp with the Brownies was good as we slept on the floor in a small cabin. One was slapped in the face during the night because we were very tight together. Part of the camping experience was the sleepwalkers and the homesick.

Then I went to camp with the Guides. That camping was very different because Grace insisted that the tent flaps be raised up over three feet. That allowed the wind to blow right through. We were all so cold we had

to huddle together. However after one very sleepless night I found out the time that Grace went to sleep so I crept out of the tent and untied the ropes and at 5:00 am I got up and tied them up again. It seemed to work as she kept inviting me to come back to camp with the girls.

News from the Past

This is an excerpt taken from The Wednesday Review July 16, 1975

Winston Heights Mountview

The squirt girls softball team, who were the youngest girls in their league and started playing ball with very little knowledge of the game or how to play, finished with 5 wins 4 loses and 1 tie thus winning first place in their league and went on to play in the city finals.

The boys T-ball team tied for second place in their league.

Every Thursday night the Bingo players appear at the Community Hall at least one hour ahead of the doors opening. There is lots of money to be won every week right here in your very own community.

There were many activities going on at the Community Hall not just those noted in this article.



Volunteering!

By the Volunteer Committee

Our AGM will be held on May 13th. This is the perfect time to join the board or a committee. Board members generally meet once a month all year long. Committee members meet as required.

Your input into your community is valuable in many ways, too many to mention. The city has experienced closures of some community halls. One contributing factor is the lack of volunteers. We have a strong community, but we need more volunteers to help keep it this way. There are positions available on the board as well as the different committees.

See you at the AGM!



Milestones

Carol Faith Marles

On March 10th 2008 Faith Marles passed away in her 83rd year. She was a resident of Winston Heights for over 50 years and it was here where she raised and educated her family. She leaves behind her husband Stanley, two sons, Allen and Howard, their wives as well as five grand children and one great grandchild. She was predeceased by her parents Henry and Eva Howard, sister May Harvey and brother Gordon Howard.

Our sympathies go out to the family.

WHMV Community
**Pre Stampede
 BBQ & Dance**
 Saturday, June 14th

or
 ion
 ext
 er!

**Winston Heights
 Mountview
 Centennial
 POSTPONED
 Celebration
 Dinner**



Better care for a better life

FREE Health Care Aide Training and Employment Opportunities

Bayshore Home Health, Canada's largest provider of home and community health care services, is offering a free 4-week Health Care Aide training program to interested applicants.

This program runs monthly and meets all Provincial requirements. **New sessions begin every month.** Graduates will be offered full-time Health Care Aide positions with Bayshore Home Health, and have the opportunity to work close to home.

We encourage anyone who wants to make a difference in people's lives and enjoys working with seniors to apply. Previous health care experience is an asset but not required.

If you are interested in this opportunity, please send your resume to (or call for more information):

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Email: calgary@bayshore.ca • Fax: 229-4286 • Phone: 229-3929
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WHMV AGM Special Insert

Winston Heights Mountview Annual General Meeting Tuesday, May 13th 7:00 pm

**Hear what your community association did
in 2007 and what is planned for 2008.**

Elect the 2008/09 Board of Directors.

Light refreshments will be served.

Annual Report to the Community

This annual report is presented to the members of the Winston Heights Mountview Community Association (WHMCA). It presents highlights of the activities undertaken by the association in 2007-08.

- WHMCA elected its 2007-08 Board of Directors at the Annual General Meeting, May 23, 2007.
- The Board reviewed options for newsletter production and delivery and approved a newsletter production plan that included a local editor, Sabrina Perry; a contract publisher, Flexys Publishing; and delivery by Canada Post. As the number of pages of newsletter content is determined by advertising revenue, the Board identified a priority list of newsletter inclusions.
- The successful Fall membership drive led to a community membership of nearly 330.
- To maintain the asset of the Community Hall and its contents, the Board approved and commissioned purchases of a new freezer and dishwasher for the kitchen, new shingles for the Sportsplex roof, interior painting of the Hall and Sportsplex and improvements to plumbing, the sidewalks and the parking lot. The South windows in the Hall were tinted to reduce summer heating and the installation of a new window in the Activity Room was approved. As well, a major repair/replacement of the Hall sewer lines was approved and begun.
- The playground committee completed the installation of the new creative playground on the west side of the community association site.
- The Association held two successful community social events – Santa's Breakfast and Craft Sale and the New Year's Eve Gala, and recognized the efforts of volunteers at a Volunteer Recognition Tea.
- Hall rentals and catering by the Ladies Auxiliary continued to provide revenue to the community. The Board established a Hall Maintenance Committee to oversee policies and ensure the competitiveness of this revenue stream.
- The development and traffic committees continued to provide input to development and traffic issues in our community including the 16th avenue widening.
- The Community Association facilitated two winter ice rinks.
- WHMCA accessed \$15,000 in City funding towards Hall maintenance and over \$80,000 in provincial funding towards the playground.
- The Community Association re-initiated a Block Watch program.
- The Community Association donated \$15,000 to Mount View School for the re-development of the playground on the school property.



WHMV AGM Special Insert

Winston Heights Community Association Financial Report

Statement of Revenue and Expenses

	For the Year Ended (unaudited)	
	March 31, 2007	March 31, 2008
Income		
Hall Rental	40,535.66	35,184.86
Memberships	4,925.05	5,511.59
Fundraisers	951.53	8,930.68
Interest Income	2,292.19	2,295.38
Ladies Auxiliary Catering	2,612.49	931.07
Social Functions and Programs	473.76	495.11
Subtotal	51,790.68	53,348.69
Expenses		
Hall Operating Costs	44,371.98	48,600.83
Facilities Maintenance & Repairs	24,260.95	20,204.01
Office Expenses	2,759.02	2,101.08
General & Administrative	1,887.12	2,246.43
Newsletter	795.00	1,039.00
Subtotal	74,074.07	74,191.35
Net Ordinary Income	(22,283.39)	(20,842.66)
Other Revenue		
AB Gaming Casino Allotment	76,303.61	94,278.44
Government Grants	98,147.33	15,359.87
Donations	5,175.00	3,000.00
Subtotal	179,625.94	112,638.31
Other Expenditures		
Mountview School Playground	15,000.00	
WHMCA Playground	111,084.83	
Subtotal		126,084.83
NET INCOME	157,342.55	(34,289.18)

Statement of Assets, Liabilities and Equity

	For the Year Ended (unaudited)	
	March 31, 2007	March 31, 2008
ASSETS		
Current Assets		
General Funds	92,010.77	153,397.78
Gaming Funds	20,124.09	24,879.22
Committed Funds	106,615.06	4,458.16
Subtotal	218,749.92	182,735.16
Accounts Receivable	1,311.25	3,813.75
Fixed Assets	44,458.23	44,458.23
TOTAL ASSETS	264,519.40	231,007.14
LIABILITIES & EQUITY		
Current Liabilities	2,918.89	3,696.35
Equity		
Retained Earnings	104,257.96	261,600.51
Net Income	157,342.55	(34,289.18)
Total Equity	261,600.51	227,311.33
TOTAL LIABILITIES & EQUITY	264,519.40	231,007.68

**Our New
Playground**



2008-09 Board of Directors Position Descriptions

All terms are one year except the President who serves a two-year term.

President

Incumbent: Mike Jones

Leads the Association to set and meet goals and objectives and provides overall coordination of the Association and its activities. Represents the Association at external meetings and official functions.

Vice President

Assists the President to provide leadership and direction to the Association, according to its bylaws and policies.

Secretary

Incumbent: Kim Mustard

Prepares and circulates agendas and minutes of the Board meetings and assists with other community communications.

Vice President, Finance

Incumbent: Don Phillips

Manages the finances of the Association and recommends and implements Board approved financial policy.

Civic Affairs Director

Incumbent: Kathleen Johnston

Addresses planning, development, traffic and other civic issues that affect the community. Authorized to represent the views of the community in building, zoning and redevelopment issues.



Fund Raising Director

Incumbent: Linda Sharp

Accesses City, Provincial, corporate and other grants programs to support present and future WHMCA plans and activities.

Maintenance Director

Incumbent: Bill Reinhardt

Identifies Community Hall and grounds maintenance requirements and arranges repairs by seeking quotes, obtaining Board approval and contracting suppliers or supervising volunteers.

Membership Director -

Incumbent: Beth Lawton

Manages the membership of the association by promoting membership, coordinating the annual membership drive and maintaining the membership database.

Newsletter Coordinator

Acting: Sabrina Perry

Coordinates the publication of the community newsletter.

Social Director

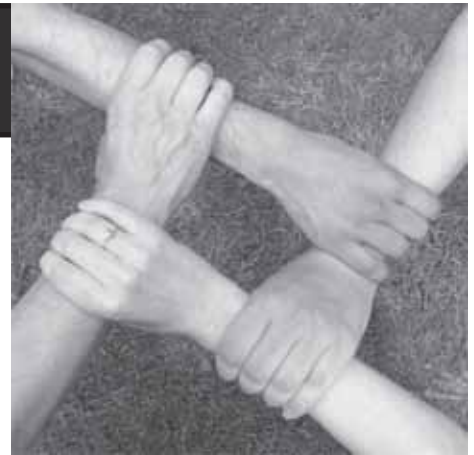
Acting: Joanna Gostola

Assumes primary responsibility for community social events.

Sports Director

Incumbent: Robert Beckett

Assumes primary responsibility for community sports programs and represents the community in multi-community sports organizations.



Winston Heights Mountview Community Association Board of Directors Election

Call for Nominations

The nominating committee is seeking nominations for Board positions.

If there is someone you want to nominate, please call Mike Jones at 230-9169 or email tmkjones@telus.net

Volunteer Director

Incumbent: Darlene Robb

Manages volunteer participation in Association activities by encouraging and recruiting volunteers, recognizing their contributions and maintaining a volunteer database.

Director at Large

Acting: Lynne Herron

Contributes to the Association by participating in Board activities. Includes specific responsibility for Block Watch.

Director at Large

Incumbent: Leanne James

Contributes to the Association by participating in Board activities.

WHMV AGM Special Insert

Minutes of 2007 Annual General Meeting

Winston Heights/Mountview Community
Association Board Meeting – Annual
General Meeting May 23rd, 2007.
Minutes of Meeting

Mike Jones	Don Phillips
Jack Jonasson	Lynne Herron
Bill Reinhardt	Kathy Johnston
Darlene Robb	Leanne James
Linda Sharp	Shirley Walker

Meeting commenced at 7:35 pm.
Minutes taken by Jack Jonasson,
Secretary.

- 1.0 Meeting called to order – Mike Jones
- 2.0 Motion: Chris Moggert - To approve
Agenda as presented.
Seconded: Lillian Johnston- AIF
- 3.0 Motion: Bill Reinhardt - To approve
the May 2, 2007 Minutes
Seconded: David Martinuik - AIF
- 4.0 Board of Director Reports
President – Mike Jones
No Report
Vice President – Don Phillips
See Powerpoint handout
Fund Raising Director- Linda Sharp
See Powerpoint handout
Maintenance Director- Bill Reinhardt
See Powerpoint handout
Civic Affairs Director- Kathleen
Johnston
See Powerpoint handout
Sports Director- No Report
Membership Director- Darlene Robb
See Powerpoint handout
Newsletter Editor- Shirley Walker
See Powerpoint handout
Volunteer Director- Lynne Herron
See Powerpoint handout

- 5.0 New Business
No new business presented.
- 6.0 Election of Officers
Nomination committee – Kathleen
Johnston

President- Mike Jones
Seconded Lynne Herron AIF

Secretary- Kim Mustard self nominated
AIF

Vice President Finance- Don Phillips
Seconded Chris Moggart AIF

Fund raising Director- Linda Sharp
Seconded: Mike Jones AIF

Membership Director- Beth Lawton self
nominated AIF

Civic Affairs Director-Kathleen
Director
Seconded: Linda Sharp

Sports Director- Robert Beckett self
nominated AIF

Volunteer Director- Darlene Robb
Seconded: Chris Moggert AIF

Maintenance Director- Bill Reinhardt
Seconded: Don Borbridge AIF

Director At Large- Leanne James
Seconded: Linda Sharp AIF
- 7.0 Business Arising
No Business Arising
- 8.0 Motion: Don Phillips - Meeting
adjourned at 8:45 pm.
Seconded: Chris Moggert - AIF



**WHMV Social
Events!**



**Don't Forget our 2008 AGM
is Tuesday, May 13th at 7:00 pm.**



Spring Safety

By Lynne Herron

Spring is well on its way and it's a good time to re-enforce a few home security points.

Many of you will be doing the spring clean-up and planting in your yards and gardens. If you are working in your back yard it is very important to keep your front door locked. Do not leave a note on your door saying where you are, or if you run out for a short while, do not say when you will be back. Most burglars "case" the neighbourhood before they strike. Their first choice is an empty home and then those of easy access – e.g. unlocked doors.

If you are planning a get-a-way for a long week-end or vacation, anything you can do to make your home appear lived in helps deter burglars.

- Install timers (Block Watch has them available for loan to members) to turn your lights and TV on and off.
- Leave a radio on and tune it to a station

with phone-in programming so it sounds like conversation.

- Have Canada Post hold your mail or a neighbour take it in daily and cancel newspaper deliveries.
- A motion sensor light at your front and back doors help startle approaching burglars and make them flee. They do not want to be seen.
- Do not put your name on your door or gate as burglars can call and check if you are home.
- Leave your keys with a neighbour and a phone number where you can be reached.

Here are some things a neighbour can do to help make your home look more occupied.

- Open and close your drapes
- Bring in the flyers that accumulate in your mail box or on front porch.
- Mow your lawn or shovel your snow.
- Move your car or park theirs in your driveway.
- Put a bag of garbage at your curb on garbage day.



Home security is in your hands

Hall Rental

Our facilities can accommodate your needs for any occasion!

We have two halls, a bar and a kitchen!

We've Got An Inviting Place for You!



For more information or to rent the Community Hall call 276-5474.



Winston Heights/Mountview Crime Stats

The following crimes have been reported for March 2008

Theft of Vehicle

- March 7th 800 Block 16th Avenue NE
Used key
- March 7th 800 Block 16th Avenue NE
Used Key

Theft from Vehicle

- March 27th 2500 Block 6th Street NE
Vehicle window smashed

Vandalism

- March 1st 400 Block 27th Avenue NE
Truck window smashed
- March 2nd 500 Block 30th Avenue NE
Kicked/broke interior wall
- March 11th 800 Block 22nd Avenue NE
Van Window Broken
Used Paint to Graffiti
- March 22nd 600 Block 26th Avenue NE
Van window smashed

Call 9-1-1 to Report a Crime in Progress

Call 266-1234 to Report Suspicious Activity

Call Lynne at 276-5446 to join Block Watch

Crime Stat Summary March 2008

	March	YTD
Break & Enter – House	0	1
Break & Enter – Shop	0	0
Break & Enter – Other	0	0
Theft of Vehicle	2	3
Theft from Vehicle	1	2
Vandalism	4	7

Flower Word Jumble

Can you find all the words listed below?
Find and circle all of the flowers hidden in the puzzle. The remaining letters spell a secret message – a Shakespeare quotation from Romeo and Juliet!

ALSTROEMERIA	CORNFLOWER	GOLDEN ROD	PANSY
AMARYLLIS	DAFFODIL	HEATHER	PEONY
ANTHURIUM	DAISY	HOLLYHOCKS	PETUNIA
ASTER	DELPHINIUM	HYACINTH	ROSE
BABYS BREATH	FORGET-ME-NOT	HYDRANGEA	SNAPDRAGON
BELL FLOWER	FOXGLOVE	IRIS	STAICE
BIRD OF PARADISE	FREESIA	LAVENDER	STOCK
BOUVARDIA	FUCHSIA	LILAC	SUNFLOWER
CALLA	GERANIUM	LILY	TULIP
CARNATION	GERBERA	LISIANTHUS	VIOLET
CHRYSANTHEMUM	GINGER	MARIGOLD	YARROW
CLEMATIS	GLADIOLUS	ORCHID	

P L A V E N D E R A C R O A R A O S A
Y I A I N U T E P E D A N E E E R D R
S U L O I D A L G O G T L S W G C L E
I C B U Y A N T R Y H N K I O N H O B
A H A S T E R N O U N C I Y L A I G R
D R E H T A E H R N O O A G F R D I E
F Y E O B D D I H H E L E L N D B R G
O S T W L I U E Y T S M I P R Y E A A
X A A O O M R L L T N S T H O H L M M
G N G I E L L D R P I I R E C S L N A
L T F A S O F O O A H K C M G I F D R
O H U E H E E N N F C I C A W R L A Y
V E C O U M E T O U P A N E Y I O F L
E M H L E D H R T S L A R I S H W F L
C U S R S U M S F L E L R N U O E O I
I M I L S G E R A N I U M A A M R D S
T A A H T A E R B S Y B A B D T A I S
A S I T A M E L C W O R R A Y I I L S
T E L O I V B O U V A R D I A W S O E
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Mountview School

Mountview School is now accepting registrations for kindergarten through grade six for the 2008/09 school year.

Centrally located at 2004 - 4th Street NE, Mountview is a small community school offering

- A safe, nurturing environment
- Small class sizes
- Strong academics
- New playground
- Half day kindergarten
- Up to date technology including Smart Boards

The Garden in May

By Sue Fulkerth, WHMC Resident, Gardening Enthusiast and Calgary Zoo Master Gardener Volunteer

Late April and early May are restless and exciting times for gardeners. Some have been out rooting around daily since late February looking for signs for growth, and have certainly found it! The warm February weather signaled bulbs to emerge, and many early perennials began their spring entrance. Alas, restraint must be exercised as temperatures randomly drop and the spring snow storms provide much needed moisture. In fact, the soil in warmer areas of the garden may already be drier due to the February warm spell and might need to be watered.

Fear not, there are chores that will scratch the gardener's itch. Although garden tools were cleaned before storing them for the winter so they didn't rust, early May is a good time to make sure they are organized for a clean get-away into the garden. Snow shovels, de-icer, ladders and recycles, to name a few, always seem to pile up in front of the rakes, shovels and wheelbarrows over the winter. Now is the time to garden-ize the garage or shed. Sharpen shovels, clean watering cans, wash the gardening gloves, dust off and clean outdoor pots and garden ornaments. Check inventories of fertilizer, bug deterrents, pots or containers and potting soil.

In the garden itself, anytime now is good to cut down any plant material left standing for winter interest. For instance, ornamental grasses can be cut down now to avoid cutting off any new growth that will sprout very quickly when it warms. New shoots on peonies will break very easily so old growth should clear before they emerge. Irises will benefit from a clean-up because they depend on the heat of the sun on the rhizomes, which are above the soil surface. Predictably, weeds will be the first plants to appear. Pull or dig them up early to avoid the development of seed heads, and hope your neighbors do the same.

- Focus on fine arts including artist-in-residence programs
- Active living programs
- Destination conservation (think green)
- Character and citizenship focus
- Field trips sponsored by home and school
- French grades 4 to 6.
- Community partnerships
- Before and after school care is available in the school.

To learn more contact mountview school at 777-6300, mountview@cbe.ab.ca or visit our website at www.cbe.ab.ca/b224.

Sometimes in April, and certainly in May, the ground will have warmed up enough to be worked, although not all plants will have emerged yet. If you know where your plants are, you can carefully loosen the soil and scratch in or top dress with no more than an inch of amendments, but don't dig them right under. If they are turned under, the nitrogen in the soil will go towards breaking down the amendments instead of going towards plant nutrition. Let the amendments breakdown naturally. Fall is a better time to add amendments if you want to turn them right down into the soil. Types of amendments are compost, leaf litter, composted manure, and alpine mulch.

Box stores will have lots of plant material by mid-May. There are some very good bargains at this time, and most now have reliable plant stock. Go ahead and make some purchases to take advantage of the best stock, but make sure you commit to regular watering and care until the plants are hardened off and planted outdoors. Hardening off is the process of introducing annuals to the outdoors slowly. In mid-May or possibly sooner, start by placing plants outdoors away from full sun for a couple of hours, and bring back indoors. Slowly increase sun exposure and length of time each day, until the plants can be left outside or planted.

Recycling Idea

Plants in containers only use the top eight or ten inches of soil for their roots, so large containers need not be filled to the bottom with soil. Throughout the winter, save, clean and cut up styrofoam meat trays into 2" pieces to use in the bottom of outdoor pots as filler and for drainage. Styrofoam is very lightweight, so will make moving large pots around easier. Just place the pieces in the bottom of the pot as required, and cover with landscape fabric or screening so the soil doesn't fall through. This keeps styrofoam out of the landfill and will also save money because less soil has to be used. Styrofoam pieces can be used in this manner again and again.

St. Joseph School

By Kate Miller, Principal

St. Joseph School has been a busy place. The week before Easter break the school hosted 18 students and three teachers from Tarui, Japan. Calgary Catholic Schools have been hosting junior high students from Tarui for 19 years. Our Japanese guests were billeted by St. Joseph students and staff for five days.

At a full school assembly on March 17th, the guest students made a presentation on student life in Japan and life in general. On March 18th our students were treated to class presentations on origami, Japanese calligraphy, a variety of games, and storytelling. The Tarui students and staff had a fabulous visit at St. Joseph School and felt very welcome. The school community also benefited enormously by this cultural exchange and many lifelong friendships were made.

Congratulations to all our students on creating religious vocations posters. Winning posters will be in the upcoming edition of The Carillon.

Students are excited about auditioning for the fourth annual St. Joseph Idol which will be held on June 26th at 1:15 pm. JH Production "A Most Dangerous Game" will be held on April 25th. Grade 5 to 9 students will be part of the audience for this play. The topic of the play is appropriate internet use and what students should know about being a part of the cyber-world.

Our full day Kindergarten registration is ongoing. To attend Kindergarten this September, your child must be born before March 1st, 2004. Please bring your child's birth certificate when you come in to register.

Congratulations to Ms. Jessica Foltinek for being one of the seven nominees from the Calgary Catholic School District for the prestigious Edwin Parr Award. The award recognizes outstanding teaching by first year teachers. Ms. Foltinek has been an incredible addition to the staff and is well deserving of this recognition.

Registrations are still being accepted for the English elementary program which runs from September to June. Keep in mind that the kindergarten program has both full and half day classes.

Junior high registrations are being accepted for the year round track (August to June) and the traditional track (September to June). Please call the school at 284-1106 for more information or to register your child.



**Kids Corner
Homegrown
Tribbles!
Make Colourful
Pom-Pom Friends**

You Need
Colourful Yarn
Cardboard
Googly Craft Eyes

Quick Tips!

For colourful pom-poms use varigated yarn, or wrap different colours together.

For a fuller pom-pom, wrap more yarn!

You can do lots of fun things with these pom-poms - even use them in other crafts!

Cut a rectangle of cardboard about 8cm tall by 10 cm wide. Wind yarn around the centre of the cardboard - you want 70 - 80 loops.

Cut a length of yarn about 16 cm long. Carefully slide the yarn off the cardboard, pinching the centre. Wrap the tie around the loop and tie tightly. (It will look like a figure 8). Cut through the loops and fluff out your pom-pom! Glue on googly eyes to give your tribble a face!



Courtesy Active Hands, Active Imaginations®. Used with permission.

Sudoku

			8		4	2		
2	7			1	9	4	5	
		8	2					3
1	6		5	2		9	3	7
5	9	2		6	3		1	4
7					2	1		
	2	1	9	4			8	5
		6	1		5			



Good Food Box

Choose Wellness – Choose Vegetables
 The Good Food Box is a program of the Community Kitchen Program of Calgary. Fresh fruits and vegetables are bought at bulk wholesale prices and provided at cost to individuals and families in Calgary.

It is intended for people on fixed or tight income. The next order date is May 12th and pickup is May 23rd.

Three sizes are available: small \$15, Medium \$20, large \$25. Call Leslie at 277-5295.

MAY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 Moms & Tots 10 am Karate 6:15	30	1 Moms & Tots 10am Karate 6:15 Square Dance 8pm	2	3
4	5 Sparks & Brownies 6:30pm	6 Board Meeting 6:30 pm Moms & Tots 10 am Karate 6:15	7 Lions Dinner 7:15	8 Moms & Tots 10am Karate 6:15 Square Dance 8pm	9	10
11 Mother's Day	12 Good Food Box Due Sparks & Brownies 6:30pm	13 Annual General Meeting 7pm Moms & Tots 10 am Karate 6:15	14	15 Moms & Tots 10am Square Dance 8pm	16	17
18	19 Victoria Day	20 Moms & Tots 10 am Karate 6:15	21 Lions Dinner 7:15	22 Moms & Tots 10am Karate 6:15 Square Dance 8pm	23 Good Food Box Pickup Pot Luck Supper 5:30 pm	24
25	26 Sparks & Brownies 6:30pm	27 Moms & Tots 10 am Karate 6:15	28	29	30	31

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and we've changed too!

In an effort to stay on top of Calgary's real estate market,
we have made some exciting changes within our 276-SOLD team...

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experience, expertise and in-depth grasp of the market
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A handwritten signature in black ink, appearing to read 'Bob Dawe', enclosed within a rectangular border.

Bob Dawe & Associates

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