Mayfair Bel-Aire
COMMUNITY ASSOCIATION

MBCA **WINTER 2021** NEWSLETTER

THE "MAKING" OF OUR MAYFAIR PARK ICE RINK

Jessie Muncaster

Our community ice rink has not always been the winter showpiece that it is today. It started off as a bit of an uphill battle – literally!

The Mayfair community was developed in 1959; shortly afterwards the Mayfair Park ice rink was installed. The rink was originally overseen by the City of Calgary; however, the seasonal maintenance appears to have always fallen to willing neighbourhood volunteers. A couple of these early volunteers were past resident Stuart Crombie, and Brian Heninger whose family of 7 moved into Mayfair in 1981.

Both large families lived close to the rink and were regular skaters. After a snowfall Brian would often get called from one of his kids to come and clear the rink so they could skate. Having a very small, not overly powerful, snow blower he would struggle to clear the snow the best he could. It was tough going!

The Ice Man

In 1995 the City developed the "Adopt-a-Rink" program and asked for a volunteer to take on the annual responsibility of flooding and maintaining the rink. Both Brian and Stuart felt they were at the end of their tenure, so they showed Louis Stack the basics and he was the new volunteer.

Louis, the "Ice Man", has a robust history around ice. He grew up in Stanley Park where he would watch the rinks being flooded in the 1960's. This gave him a rough idea of the process from early on. During university, he worked for Cana Engineering; part of the job was driving a 10,000 gallon water truck, so he was familiar with using hydrants and handling water. In 1983 he trained with the Bow Valley Luge Club at Shaganappi Ski Hill, where he was an ice track builder and ski instructor. This led to 6 years in luging and volunteering on the track as an athlete ice escort in the 1988 Calgary Winter Olympics.

(continued on pages 16-17)

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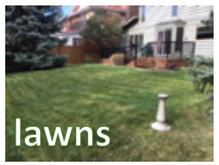

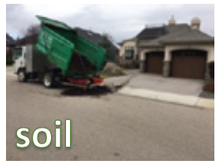

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MESSAGE FROM THE EDITOR

Bob Selzler

I would personally like to welcome all residents of Mayfair and Bel-Aire to our MBCA Winter 2021 Newsletter and also extend a big thank you to everyone who contributed articles to make this newsletter possible.

What a year it's been. This time last year my wife Cathy, our dog Duncan and I were wintering in Arizona until late-March when our Prime Minister urged all Canadians abroad to return home. It was an eerily strange drive home, with empty highways and hotels the entire journey. Now after living with COVID-19 restrictions for almost a year, most of us are craving to reunite with our family and friends, to have dinners together, share face-to-face stories and laughs and hug once again. Hopefully, some time later this year it will be safe to do so. One thing this past year has surely taught us is to never again take our health care and essential service workers for granted – thank you all for your dedication and hard work to keep us safe!

During the pandemic I have noticed increased foot traffic on our neighbourhood sidewalks as more of us are out walking. Everyone is good about maintaining our physical distancing whether it be stepping out or crossing the street or pulling into a driveway to pass one another – all while sharing pleasantries and the latest news with each another. I love this community, even during a pandemic we have plenty of uncrowded space to walk and stay active and everyone here is so friendly. If you haven't noticed, this winter has also been one of the busiest years on our Mayfair Park ice rink, as more families are out enjoying the amazing skating rink right here in our own community.

Back in December we conducted an online Communications Survey with all neighbours to learn how to better communicate with you and what additional topics you would like to read about in our community newsletter. Thank you to the 138 of you who spent the 3 minutes to complete the short survey. As a result of your input we have enhanced the coverage in our newsletter. In this issue you will see stories on: city planning, restrictive covenants and

development; crime prevention ideas; what your membership to MBCA helps fund for our community; safety tips; stories about neighbours and neighbourhood history; bylaws relevant to our community; recycling and donating tips as you begin your spring cleaning; real estate sales and listings; contacts of our elected officials and a letter from councillor Farkas, and much more. We listened to your suggestions, expanded our coverage, and hope you enjoy this issue.

Thank you to all of our advertisers, who made it possible for us to print our newsletter for every home in our community. Their support is vital for the success of our newsletter program. All of our advertisers listed below are locally owned businesses and 7 of them (**) are located here or the business owners live in our community. Even Brentwood Printing (brentwoodprinting.com) who printed our newsletter is owned by one of our neighbours.

We are pleased that you are joining us as readers and hope you will consider joining us as contributors in our next issue. Thank you.

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Send Us Your Feedback & Ideas

If you have comments on the newsletter, suggestions for future issues, would like to submit an article for consideration, or would like to purchase advertising in our Summer edition, please email me at MBCAnewsEditor@gmail.com MB

– Bob Selzler, Editor

PRESIDENT'S LETTER

Jeff Hyde

Welcome to the latest edition of the Mayfair Bel-Aire Community Association Newsletter. Given the challenging times we all live in right now, I thought it would be appropriate to start off by saying thank you.

Thank you to all the front line medical staff – support staff, technicians, nurses, doctors, and others, some of whom live in our community, for their tireless work and dedication in treating people who have been directly and indirectly impacted by COVID-19. Your work in having to take care of way too many people who have been inflicted by the virus will never be forgotten.

Thank you to our own Louis Stack aka "The Ice Man" for the countless hours he has put in over the past many years, prepping, flooding, and maintaining the ice rink at the Mayfair Park and Playground. What makes his contributions so important is all the fantastic memories we have of our kids and us parents, skating around the rink while having a great time. Read more about The Ice Man and his contributions to the community in our feature story on page 1 of this newsletter.

Thank you to those residents who have taken an interest and are speaking out on the Guidebook for Great Communities that is currently being contemplated by Calgary City Council. At the February 3rd City of Calgary Planning and Urban Development (PUD) Committee meeting on the Guidebook, Mayfair and Bel-Aire were well represented with 10 to 15 residents expressing their views to members of the committee. They joined residents from many other communities including Meadowlark Park, Elboya, Britannia, Elbow Park and Mount Royal. Of the 59 people who spoke, roughly two-thirds were against the Guidebook in its current form. Despite this opposition, the PUD committee voted 7-1 in favour of approving the Guidebook and forwarding it to City Council for final approval. Our councillor, Jeromy Farkas was the lone dissenter. Next step is City Council debate and possible approval at a meeting to be held on March 22nd. It is not clear at this time if public submissions will be accepted. Once a decision has been made by the City, we will communicate the same on our website.

Thank you to members of the Development & Traffic committee who have been working hard to keep abreast on issues impacting the community including the Guidebook. Their work includes advocating on issues affecting the community and working with other community associations where our interests are aligned. Please keep reading for more information on this.

Thank you to members of the Restrictive Covenants committee who have been kept busy with new development proposals in the community. Their work focuses on all issues arising from new development including upholding the Restrictive Covenants that exist on most properties in Mayfair and Bel-Aire. Keep reading for more information on the Restrictive Covenants and the need for a Legal Defence Fund in support of the same.

Thank you to our head of Community Communications who has taken the initiative to reach out to you, our residents to find out what is important to you, what you want to hear about and how you want to be communicated to. What you are reading now, our new look Newsletter, is a way of keeping you informed and connected.

Thank you to members of the Inclusive Community Initiative who have recently joined to help raise awareness around issues affecting our society, with the vision to create a vibrant, collaborative neighbourhood in which all residents are engaged and thriving.

Thank you to those individuals and families who have purchased an MBCA annual membership. Money collected from memberships is used to fund many different things including the items mentioned above, Maintenance and Infrastructure, Social and Community events and Communication and Administration. Apart from a limited amount of grant funding from the City of Calgary, dollars raised from memberships is our only other source of income. So, if you haven't already, I encourage you to buy a membership to help support all of the programs and initiatives that make our community the best it can be. For more information on memberships and how the funds are used, please see the Membership Has Its Perks! article in the newsletter.

And lastly, thank you to everyone for doing what you do to make this community one we are all proud of and thankful to call home.

Looking ahead, we all look forward to being able to gather as a community, to participate in community events and to get reacquainted again in person as opposed to relying on a computer screen.

I invite you to read the rest of this newsletter, where you are going to learn about other things happening in the community, updates on how the community is doing, practical tips, some interesting things to see and do and hearing about people that make up this community. Enjoy and lets all hope for an early and warm spring. MB

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TREASURY UPDATE

Corey Bachand, MBCA Treasurer

Our annual budget is comprised of three key areas of focus: Maintenance & Infrastructure, Social & Community Spirit, and Communication & Administration. In order to better source our funding relative to member utilization, the two-tiered annual MBCA membership was introduced in 2019. This fee structure has helped the MBCA to maintain annual commitments, keep the budget balanced and plan for incremental community expenditures.

As you probably already know, the social events calendar for 2020 did not materialize as planned by the MBCA. Despite the COVID-19 impact on limiting event options, we did manage a couple of great Concerts in the Park events for the community. These funds are usually allocated toward the annual Just Purge It event, Stampede Breakfast, Evening With Neighbours, and our Halloween Parade festivities. The lack of event expense(s) in 2020 has created a cash surplus at year-end for the Social & Community Spirit allocation. The funds on hand are now planned to be split toward replenishing our long term savings (previously reduced in 2018-19) and support for 2021 beautification (Maintenance & Infrastructure) project(s).

Despite recent annual increases on many of our Administrative line items, we were able to reduce or maintain cost on key items for 2021 including insurance and audit fees which make-up a substantial portion of the administrative expenses. These savings will help maintain a balanced budget for the longer term. Website hosting, stationary, bookkeeping, and other administrative line items remain stable from a cost perspective and I do not anticipate any other major changes to expense items in this category. We are increasing the allocation of funds toward communication initiatives in 2021 and will be largely funding these expenses with additional advertising revenue.

Maintenance of our community common areas help keep our neighbourhoods looking beautiful in addition to normal City of Calgary maintenance scheduling. Additional (more timely), landscaping at the Mayfair and Bel-Aire entrance gates; lawn maintenance on Beverley Boulevard,

Mayfair Park and The Mayfair Bel-Aire Recreation Lane; and lighting for The Recreation Lane and the Mayfair Park Ice Rink, which all contribute to making our community a more beautiful place to live. Some smaller beautification projects and planning toward funding options for the "tennis court resurface" will be considered for 2021. The tennis court resurface expense generally requires funding that is generally outside of membership dues/receipts so stay tuned for more information on support for this initiative.

Looking forward to a great 2021. Let me know if you have any questions regarding MBCA Treasury. *MB*

POSSIBLE IMPACT OF GUIDEBOOOK ON OUR GREAT COMMUNITY

Bruce Williams

You may have heard something about the Guidebook for Great Communities recently in the press or in our local newsletter. Many communities and residents are only now learning about its potential impact on their communities although over 40 communities have joined together in a group called Connecting Calgary to discuss changes with the City of Calgary Planners who are proposing the new Guidebook. While there are positive aspects to the Guidebook, one of its primary intentions is to increase diversity and densification in the inner core communities such as ours and to change the approach to local community planning through the process of creating local area plans (LAPs). Densification would involve permitting a greater variety of what is termed urban structures in a community. This includes permitting a wider variety of housing options such as infills, row housing, duplexes or semidetached units based on City building guidelines. These are quite different from our current requirements and allow increased lot coverage and different parking requirements. A local area plan (LAP) would be created for our community and neighbouring communities including Parkhill, Elboya, Britannia, Windsor Park, Mayfair, Bel-Aire, Meadowlark Park, Manchester Park – east of Macleod Trail to Blackfoot Trail, but we cannot be sure what attention would be paid to our input given the larger planning community area with diverse requirements. We are also concerned in preparing a new expanded area LAP that the duty to consult with impacted communities appears to be undefined and vague in the Guidebook. We are aware that some community residents do not feel their views were reflected in the first LAP created for North Hill. It is a top-down approach and local effective consultation is uncertain.

The Guidebook was considered at the Planning and Urban Development (PUD) committee of Calgary City Council on Feb 3rd and was recommended for Council approval on March 22 by a vote of 7 to 1. The only dissenting councillor was Jeremy Farkas who felt that such an important document which affects all Calgarians should be an election issue and therefore deferred for consideration and approval until after the municipal election in the fall. Over 90 people signed up to speak at the PUD meeting with 59 having the opportunity to speak with a significant majority opposed to the approval without further amendment. We thank those numerous members of our Community who spoke at the meeting to inform the committee about their concerns and views. The Guidebook was supported by developers, urban activists seeking more diversity in communities and citizens who thought having a comprehensive framework for urban planning a useful idea. The challenge is that the process is irreversible and that is why careful consideration must be applied to potential long-term impacts following Guidebook principles.

Mayfair Bel-Aire is currently protected from some of the potential impacts from the Guidebook by its existing restrictive covenants on each title. The restrictive covenants prescribe among other requirements that homes in our community need to be single family detached with specific setbacks. This is the choice that all residents made when we chose to purchase our homes and live in this community. As discussed in the article from the Restrictive Covenant Committee, these covenants could come under legal attack as being inconsistent with the objectives of the Guidebook and if removed by judicial decision would open our community to the planning guidelines described in the Guidebook with potential significant changes over time to our community. For example, a developer could buy a lot and build a series of row houses where previously a single-family home resided increasing the traffic and parking issues facing residents and likely depreciating the value of nearby homes.

We ask residents of Mayfair Bel-Aire to acquaint themselves with the Guidebook for Great Communities on City of Calgary web site engage.calgary.ca/guidebook and make your views known to City Council at their meeting of March 22 in writing or in person. It would appear based on the PUD committee meeting that the Guidebook will be passed by Council in March and will become the statutory legislation supporting a new comprehensive planning framework for Calgary. Your Mayfair Bel-Aire Community Association seeks your assistance and support as we proceed into this new planning era where the future for single family detached communities in the inner core of Calgary, such as ours is uncertain and will need to be defended. We ask you to consider joining the MBCA and working with other community members to ensure we remain the community which represents the interests of its residents. *MB*

PROTECTING OUR RESTRICTIVE COVENANTS WITH A LEGAL DEFENCE FUND

Karen Mazepa, Chair of Mayfair Bel-Aire Restrictive Covenants Review Committee
Bruce Williams, Director

The MBCA Restrictive Covenants Review Committee was formed as the City of Calgary does not recognize restrictive covenants when approving development plans as they consider them to be private contracts. A restrictive covenant is a contract that has been registered against the title of a property. Restrictive Covenants are legal instruments that guide and limit development on each lot and operate outside of and in addition to municipal zoning bylaws. Thus even though the City bylaws permit certain building schemes, the Restrictive Covenants may not.

To preserve the original character and value of Mayfair and Bel-Aire, the original developer applied legally binding restrictive covenants that are registered on title to most lots, stay with the land, and are binding on any future owner of the properties. A restrictive covenant can only be enforced through the courts by any property owner with the same restrictive covenant registered on title. The property owner need not be an immediate neighbour or even live on the same street to enforce a restrictive covenant. A restrictive covenant can only be removed or altered with the approval of the courts. As it involves an application to the courts, the process of removing a restrictive covenant can be laborious, expensive, and uncertain. In an application to remove or alter a restrictive covenant, all homeowners with the same registered covenant must be notified of the court application.

The proposed City Guidebook for Great Communities states in general terms under "Existing Caveats/Restrictive Covenants: Some parcels in the plan area may have caveats registered against the certificate of title which may restrict development. These restrictions may include, but are not limited to, restricting development to one or two-unit dwellings. In some cases, the caveats may not be in alignment with goals and objectives of this Plan and where such conflicts occur, the City supports the direction of this Plan. (i.e., the Guidebook). However, it is the responsibility of landowners to have caveats discharged from their land title certificate."

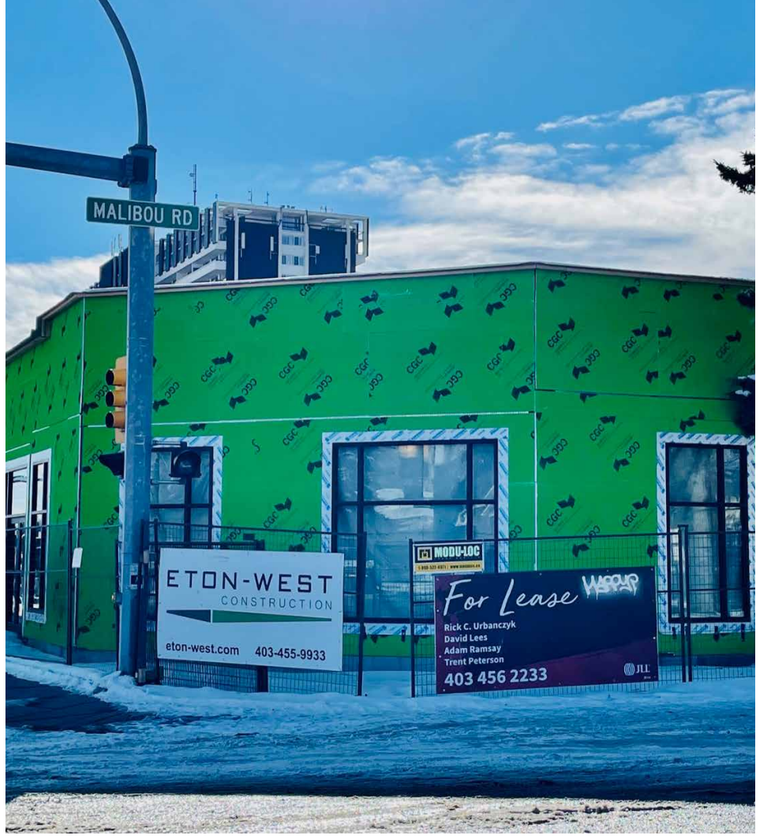
With the above message in mind and further to comments made by Councillors during the PUD (Planning and Urban Development) meeting of Feb. 3 wherein a Councillor stated that restrictive covenants are irrelevant and outdated due to current land use bylaws which didn't exist when the restrictive covenants were applied by developers including the City of Calgary to guide development. One Councillor stated that the City could use its dominance to remove the restrictive covenants from all properties in Calgary. Based on these comments and previous comments the City of Calgary appears to encourage developers to attempt to remove these covenants through court action which the City will support in various ways.

The MBCA Board has approved a committee to investigate and prepare a proposal on the details of setting up the legal fund to defend the continued benefit of retaining restrictive covenants in our community in the event a developer or property owner attempts to remove the covenants. The proposed Guidebook along with the proposed revised land use bylaws calls for a new comprehensive planning framework to guide developers where additional densification is encouraged in inner city communities such as ours. This densification could involve constructing row houses, duplexes, attached, infills, etc.

using City guidelines not consistent with the provisions of our restrictive covenants. We believe such changes could over time substantially change the character and design of our neighbourhood with serious impacts on parking, traffic, and community design. The proposed legal fund would be established with the limited objective of assisting impacted neighbours who have the right to defend any application to remove or change our restrictive covenants. It is the responsibility of residents seeking to ensure that the restrictive covenant is being followed to enforce it when a proposed development will breach it. It is important that residents monitor and enforce violations because a restrictive covenant can fail and become unenforceable through continued violations and lack of enforcement.

If you support the establishment of such a legal defence fund, please let the MBCA know your views and opinions by emailing maybelrestrictivecovenants@gmail.com. If you are interested in participating in the initial funding of the Legal Defence Fund should it proceed, then please advise and further details can be provided. We should note that such funding contributions will not be tax deductible and will remain in the fund until needed. For that reason, the initial funding sought will be limited to cover immediate needs but with the ability to raise additional funds if required for a specific legal challenge. Thank you.

Information regarding restrictive covenants can be found on our community website at mayfairbelaire.ca/restrictive-covenants.



MALIBOU & ELBOW DEVELOPMENT UPDATE

Bruce Williams

Many people have asked when the bright green building at the corner of Elbow Drive and Malibou Road will be completed as it has been protected by construction fences for several months. A meeting was held the week of February 15 with the property owner and developer Steve Alfaiate and his consultant along with the City to understand the plans for the site. We understand the property construction has not been completed yet due to the lack of power to the site. The City sold Steve the location as a fully serviced site, but it is still not connected due to cost issues of connecting the building. Apparently, the City is considering adding an additional power line down the back lane behind Malibou Road to bring the promised power, but the plans are not finalized. We stressed the need to talk to the Mayfair Bel-Aire Community Association and particularly the residents along the back lane before undertaking such a project.

Steve plans to open an optical clinic at the location which could service our community and neighbouring areas. In order to get City approval for the business a development permit needs to be approved and the land use designation revised to permit medical clinics at that location. Discussions have been ongoing with the Mayfair Bel-Aire Community Association for some time to deal with potential parking, traffic and safety issues resulting from locating a new business at that location. Several plans have been advanced by Steve and his team to mitigate the impact and these discussions are ongoing but there will be some impact on local residents from the development. It would appear that traffic and safety issues were not really considered by the City when they decided to offer the limited site for development.

Your Mayfair Bel-Aire Community Association is working closely with Steve and City Planning to ensure our voices are heard when decisions are made which affect our Community and its residents.

LETTER FROM YOUR COUNCILLOR

Dear Friends,

Although March is typically the month with the highest level of snowfall, spring is within reach and longer, warmer days are just around the corner.

This month is prep time for the big spring melt. To ready your home for this season of gardening, make sure you have cleared gutters and downpipes and consider using rain barrels, which are an affordable, eco-friendly and simple way to collect and re-use rainwater to keep your greenery hydrated. As spring nears, don't forget to check irrigation systems, sump pumps and sealing around window wells in your basement.

With spring break only weeks away, consider supporting local businesses and exploring the incredible beauty right here in Alberta. While travel plans have been put on hold for many over the last year due to the pandemic, it's certainly been an opportunity to explore our own backyards and take in the pristine wilderness, parks and pathways in and around Calgary. Thank you for supporting our local businesses through this incredibly difficult time. It is really these small businesses that are the heartbeat of our communities and they are absolutely calling in the favour right now for your support.

Happy St. Patrick's Day to all of our Calgarians of Irish descent this month. As one of the most lively and spirited celebrations of the year, I look forward to your photos of how you indulged in the green-themed festivities this year.

Each day I look forward to advocating for the residents of our amazing Ward 11 communities. I am so fortunate to serve as your city councillor and please do not hesitate to reach out to me at any time if there is any way I can be of assistance to you at ward11@calgary.ca or (403) 268-2476.

Respectfully yours,

–Jeromy Farkas

(Ward 11 Councillor and Palliser resident)

ELECTED OFFICIALS

Councillor, Ward 11

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NEW NEIGHBOURHOOD SPEED LIMIT

Bob Selzler

On February 1, 2021 Calgary City Council approved the Standard Speed Limit Bylaw (1H2020). This bylaw will change the default unposted speed limit within city limits from **50 km/h down to 40 km/h effective May 31, 2021**. The City is working on an implementation plan, an education and awareness campaign, as well as criteria for which Collector roads will be posted at 50 km/h.

All streets in Mayfair and Bel-Aire will have the new default unposted speed limit of 40 km/h starting May 31st.

MAYFAIR BEL-AIRE COMMUNITY ASSOCIATION MEMBERSHIP REGISTRATION/ RENEWAL INFORMATION

Please go online to our community website to complete your Membership Registration or Renewal

(Payment accepted online via Paypal)

mayfairbelaire.ca/membership

Sign-up on our Home Page to receive notifications of community News & Events

Tennis keys purchased after 2012 are still valid – Select "*No*" when Registering Online

Tennis Key Price: $20 – Select "*Yes*" to Buy a key when Registering Online

$60 – Basic Membership

Contributes to a portion of the annual MBCA operating expenses.

$100 – Full Membership

Contributes to overall annual MBCA operating expenses and provides you with access to register for MBCA community events.

MBCA holds back a small portion of Membership fees in a fund should our community need it for unexpected expenses incurred.

If you prefer to pay by cheque, it must be made payable to:
Mayfair Bel-Aire Community Association

Drop off or mail your cheque to:
Jessie Muncaster
67 Maryland Place SW
Calgary, AB T2V 2E6
memberships@mayfairbelaire.ca

MEMBERSHIP HAS ITS PERKS!

Jessie Muncaster, MBCA Director – Membership

In the case of the Mayfair Bel-Aire Community Association (MBCA) this perk is peace of mind and renewed sense of community spirit! Personally, I love living in Mayfair for the incredible connection I feel to the neighbourhood and its residents.

I signed on as the Membership Director for MBCA in 2013. I was pregnant with our first of three children and looking for something to keep me busy while on maternity leave (Ha ha)! Since then, I've had the chance to work with the other committee members to develop and improve our membership registration process. With our team's effort we moved from a 100% manual/paper sign up process, requiring volunteers to knock on every door in the neighbourhood; to the current online platform, which allows residents to sign up at their convenience from the comfort of their own home or office! It increased our membership audience and made it easy to include new residents as they moved into the neighbourhood. This has significantly reduced the amount of door-to-door canvassing required.

Of course, our ability to physically canvas was significantly restricted in 2020 with the onset of COVID-19. We did our best to reach out to residents via telephone and mail drops; unfortunately, despite our best efforts, membership sign up was 14% lower than past years.

Our average historical participation rate for Membership is 65% of households; our most successful year we reached 77%! For 2020-2021 only 51% of residents purchased an MBCA Membership.

The MBCA relies on the annual fees received from Memberships to operate. Your annual MBCA Membership fees contribute to many activities which make our community a more beautiful and fun place to live, including:

Maintenance & Infrastructure

- Landscaping at Mayfair & Bel-Aire entrance gates
- Lawn maintenance on Beverley Blvd, Mayfair Park and The Mayfair Bel-Aire Recreation Lane
- Lighting for The Recreation Lane and Ice Rink
- Tennis court repair and maintenance
- Tennis court resurface

Social & Community Spirit

- Just Purge It
- Stampede Breakfast
- Evening with Neighbours
- Concert(s) in the Park
- Food Truck Social
- Halloween Parade & BBQ

Communication & Administration

- Website hosting
- Memberships
- Restrictive Covenant Administrative
- Insurance
- Bookkeeping & Audit Fees
- Newsletters & Stationary

MBCA also holds back a small portion from membership fees in a fund should our community need it for unexpected expenses.

Some information about Memberships:

- We collect memberships annually beginning in the month of June. They are valid from July 1 - June 30.
- There are two levels of Membership: Basic $60 and Full $100
- Only one membership per household is required
- If you wish to use the Tennis Courts you MUST have a valid membership for that year (Basic or Full).
- You only need to purchase a key to the Tennis courts ONCE; if you lose it then you will need to pay $20 for a new key.
- While participation is voluntary, you can see how much we do rely on your Membership fees!

Thank you for your support! To purchase your Membership, go to mayfairbelaire.ca/membership/

If you have any questions, please contact Jessie at memberships@mayfairbelaire.ca MB

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WELCOME TO THE NEIGHBOURHOOD!

Bob Selzler

Introducing: Dan, Alyssa, and their dog Maya.

When did you move into Mayfair?

November 2020

What attracted you to move into Mayfair?

Great neighbourhood feel, big trees, and tons of room for a huge garden and patio drinks!

Where else have you lived?

Alyssa lived in Sherwood Park, Victoria, and Saskatoon before settling in Calgary. Dan grew up in Calgary and lived in Burnaby and Alabama before returning to his hometown. They previously lived in Windsor Park.

What is your favorite place to visit in Calgary or surrounding area?

Maya loves all dog parks, especially along the river valley. You can usually find them at restaurants around town or in the mountains.

What are your favourite hobbies or physical activities?

Skiing, dog walks, travelling, and gardening.

Introducing: Ryan, Margot, and daughter Jaden. Missing are their two dogs Bentley and Rufus.

When did you move into Bel-Aire?

August 2020

What attracted you to move into Bel-Aire?

The large size lots in the neighbourhood and how beautiful and quiet it is.

Where else have you lived?

Ryan and Margot have always lived in Calgary. Margot grew up in Brentwood and Ryan grew up in Chestermere. As a family they have lived in Bankview, Altadore, and now Bel-Aire (which is now their favourite!).

What is your favorite place to visit in Calgary or surrounding area?

Lake Louise

What are your favourite hobbies or physical activities?

They love skiing, swimming, and volleyball. They are also big Denver Broncos fans!

LOCAL GIRLS SCHOOL STUDENTS RECOGNIZED BY COMMUNITY

Calgary Girls Charter School

Students of the Calgary Girls Charter School Lakeview campus commended for their hard work shoveling snow from community sidewalks and driveways.

The Calgary Girls Charter School 'snow angels' have been hard at work the last few months shoveling community sidewalks and driveways. This act of kindness hasn't gone unnoticed as Lakeview community member Deborah David sent an email last week commending the girls for their hard work and thoughtfulness. Deborah, long-time Lakeview community member and urban sketcher captured the girls out shoveling as a way to express her appreciation for their hard work.

"When I looked out my front window last week and saw the girls clearing my neighbour's driveway, I immediately knew it was worthy of a sketch. Later that day when I was out walking the dog, more girls were out clearing sidewalks several blocks over. I realized at that point that it was a total school group effort that deserved some recognition."

With Physical Education shifting outdoors this year the Calgary Girls Charter School Physical Education team have been looking at a variety of ways to engage the students.

"We decided this would be a great way to provide a service-learning opportunity to our students and help the local community," Physical Education teacher Stacey McNichol said. "The feedback has been great from the students, especially with neighbours acknowledging their hard work with just a simple wave, thumbs up, or messages of appreciation from their doorway."

With the exception of extreme temperatures, CGCS student 'snow angels' can be found shoveling community sidewalks and driveways on regular school days. The beginning of a school winter tradition.

samcorea

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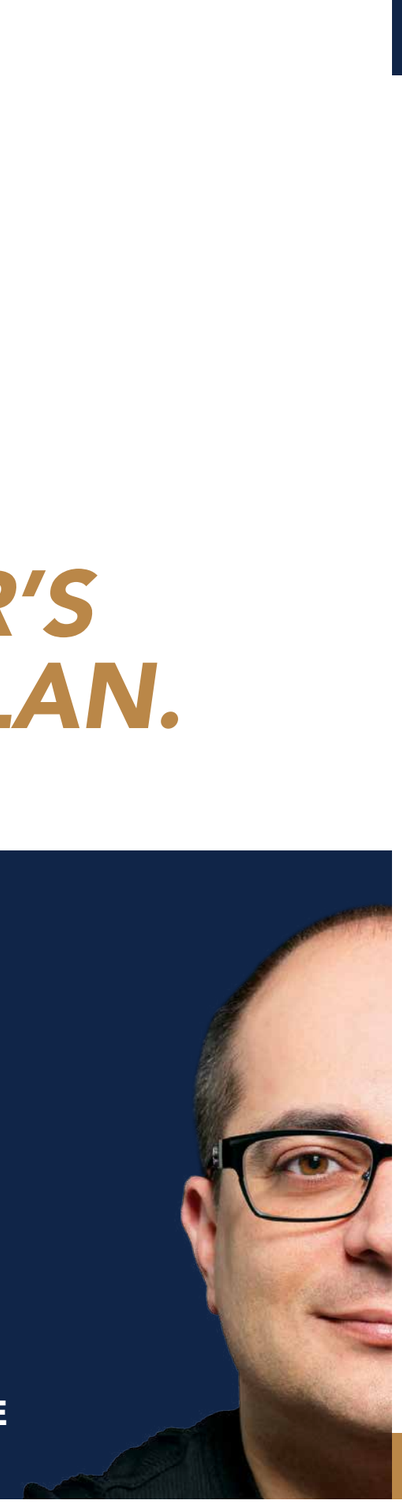

REAL ESTATE ACTIVITY
IN MAYFAIR AND BEL-AIRE FOR 2020/2021

BEL-AIRE

BEL-AIRE

SOLD
Listed at $4,800,000

BEL-AIRE

SOLD
Listed at $3,750,000

BEL-AIRE

SOLD
Listed at $2,395,000

BEL-AIRE

SOLD
Listed at $1,750,000

BEL-AIRE

SOLD
Listed at $1,495,000

BEL-AIRE

SOLD
Listed at $1,195,000

BEL-AIRE

1420 Beverley Place SW
Listed at $3,650,000

BEL-AIRE

6128 Belvedere Road SW
Listed at $3,500,000

BEL-AIRE

1028 Bel-Aire Drive SW
Listed at $3,400,000

BEL-AIRE

1203 Beverley Blvd SW
Listed at $3,395,000

BEL-AIRE

1103 Beverley Blvd SW
Listed at $1,999,000

BEL-AIRE

1112 Beverley Blvd SW
Listed at $1,300,000

MAYFAIR

MAYFAIR

SOLD
Listed at $1,699,000

MAYFAIR

SOLD
Listed at $1,399,000

COMING SOON!

BEL-AIRE

1139 Beverley Blvd SW
Listed at $1,750,000

MAYFAIR

SOLD
Listed at $1,299,000

MAYFAIR

SOLD
Listed at $1,199,000

MAYFAIR

SOLD
Listed at $834,000

MAYFAIR

87 Massey Place SW
Listed at $1,395,000

COMMUNITY STATISTICS COURTESY OF SAM COREA, RE/MAX HOUSE OF REAL ESTATE AND CREB

(Continued from page 1)

In 1996, shortly after moving into Mayfair, Louis took over as "Ice Man" for the Mayfair Park ice rink and was given the City handbook on "How to Flood a Rink." Rule #1 in the handbook was: "Start with a flat surface". Unfortunately, the Mayfair field was anything but flat!

An Ongoing Project

The rink is built on a slope that is high on the west side and very uneven. The SE corner is the low point of the rink. For years when flooding Louis would do his best to build up a snow and ice berm to prevent the water from flowing to the street. Finally, in the early 2000's the community was able to use Casino funds to purchase 17 dump truck loads of dirt in an attempt to fill in the SE corner and level the rink. The 17 loads did help a little to raise the SE corner, but that was still the low spot, and the grass took years to grow back. In 2005, the build-up of the berm around the rink significantly helped to keep the water in the right place and freeze more efficiently.

The Process

Louis starts the rink flooding process every winter as soon as it is consistently below -7C degrees for a week. It takes 5 days to get the rink ready to open, flooding every night 3 to 4 times. Flooding any rink is a slow and precise process. It starts with a light water spritz to ensure a frozen surface, preferably applied onto a layer of snow that's been driven on and packed down, followed by 20 more water spritzes ¼" at a time. This year, Stanley Park Rink (the King of SW rinks) gave us a sprinkler so more water could be spraying in the center of the rink overnight. This helped to build up the ice in the middle which always ends up with very thin ice near season end. This has been a huge bonus this year with such heavy use of the rink. It's wonderful to see all this hard work pay off.

Today's shed was added in 2005. Before then, Louis stored all the maintenance equipment (snow blower, snow sweeper, etc.) in his garage and backyard and would hang the 150 foot hose over his back fence!

In the summer of 2007, after hours of paperwork, submitting permit requests, etc. City approval was given for a water valve to be installed next to the rink. Prior to this, volunteers used the fire hydrant across the street from the rink. As you can imagine, it is not easy to open a fire hydrant on a cold winter night, "Surely you don't do this BY YOURSELF", I asked Louis. "Oh yes, most of the time it is just me. I have had a few others help me over the years, but they always come and go, I don't understand why they don't stick around longer," he replied.

So as a one man show, Louis would pull the 150 foot hose to the middle of the rink, then go back and hook it up to the fire hydrant. Next turn on the water and run back to the hose as fast as he can before it goes wild like a snake! After 15 minutes of flooding he would find a "safe spot" to lay the hose down and then ran to the hydrant to shut it off. For a final step, he pulls the hose back across the street to hang it on his fence. It was all extremely hard work on cold, dark nights.

I will mention, the job of "Ice Man" requires that you sign off on all of the liability around the flooding and maintenance of the rink. This is something Louis, and his family, have taken on for many years. What seems like a "one man show" is very much a family commitment. He spends hundreds of hours each year on this volunteer endeavour, which is time away from his family. Over the years his kids would come out and help clear the snow and they learned to operate the snow blower and snow sweeper.

A Family Affair

According to Louis' wife, Margaret, the rink is very much a labour of love for Louis. "Louis does it because he loves it and loves to see people using it! This year has been wonderful, because everyone is using it, and he loves that!" Over the years, especially when their children were young, he was often not around when she needed him; he was out making the rink, checking the rink, or repairing the rink. It really is a continuous job throughout the winter.

The job doesn't end once it's frozen. Louis checks the condition of the rink daily. He looks for cracks and divots left from the hockey nets melting into the rink, he makes a slush of ice and water to patch it. He floods the rink once or twice a week. There is always a point of no return in a season; if it warms up too much (anytime from the end of January to the first part of March) and the ice melts significantly, then unfortunately that's it for the season.

On Christmas Eve 2007, Louis went out to do a flood – what dedication! The new water valve was finally in, but the City did not complete the installation 100%, leaving the area around the valve uneven with a step leading to the shut off valve. Hoses can leak, so when Louis went to turn off the water he slipped and fell, catching his cheek bone on the edge of the frozen step. Initially he thought he had escaped with only a small scratch on his cheek. At home one hour later, he discovered the severity of his injuries which required a 3 AM Christmas Day trip to Rockyview Hospital where he was told he had fractured his cheekbone and would require surgery and metal plates to rebuild his cheekbone.

On a lighter note, one day a neighbour knocked on the Stack's front door looking for Louis. His 12 year old daughter asked what he needed? The man said, "Oh, I was hoping he could show me how to start the sweeper." Without even a pause, she replied, "Oh I can help you with that". Very much a family affair!

The Path Forward – Is the Future of our Rink on Thin Ice?

Our rink exists today due to many volunteer hours of hard work. Over the years, a handful have done most of the work. This year there have been others who have come out to assist with snow clearing. Recently, Margaret ran into a City rink inspector visiting our rink, he told her the Mayfair rink was one of the best maintained rinks in the City. (But shhh… let's keep it our little secret!)

As you have read, Louis enjoys helping out, but we need new faces! He does not plan to go anywhere, but there will come a day where it will be time to pass the reins. If you are able to help out with the flooding or maintenance of the Mayfair Park ice rink, please email the MBCA Board or Louis directly at louisstack@fitter1.com. We need snow blower/sweeper operators, and at least one more hands-on person willing to sign city documents and learn about flooding. A small equipment repair hobbyist for the sweeper and blower would be helpful too. If any of these interests you, we hope to hear from you!

As it stands right now, if there isn't a resident who is willing to sign the paperwork pertaining to rink maintenance, the City will close the rink. The City of Calgary is looking for any opportunity to get rid of community ice rinks. Inspectors stop by regularly and if we are found to be in violation, they will close the rink. Help is needed folks…. It is time to step up and make a difference!

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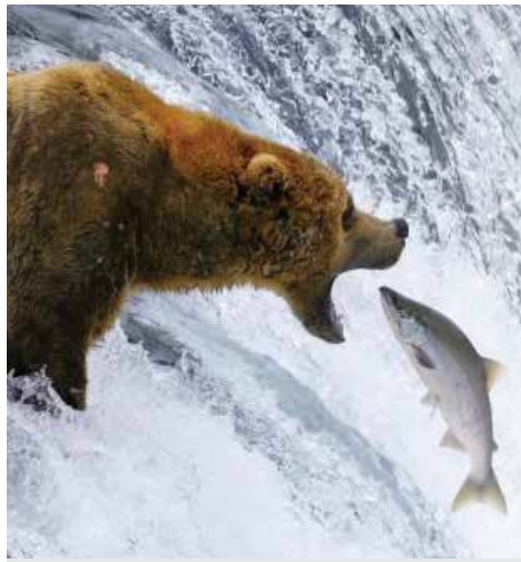

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ACTIVE HOME OFFICE – GAME CHANGING TIPS & HEALTH HACKS

Louis Stack, Fitter International Inc. (Fitterfirst)

For many of us our loving home is now also our office, our school, our gym and maybe even our rehab clinic for one or more of our family generations. There has never been a more important time to understand how and why to ***Hack the Health Benefits of Working at Home***. We have learned a few things in helping employees and employers alike realize the benefits of staying healthy by activating their office environment. An Active Office offers short-term gains and long-term benefits to creating healthier and more dynamic workspaces wherever they are. There are a few base line rules, get them right and you are well on your way….

FIRST RULE: 'Decide to Change your workspace from a Health Liability into a Healthy Asset!'

Tip #1 – Be Proactive! See the changes you choose to make as effort toward real long-term health gains rather than making changes to reduce injury and illness. Prehab instead of Rehab!

Tip #2 – Elbow to Eyeballs. This is the distance from your elbows to your eyes when you are standing or sitting with good heads up, relaxed posture. That distance is the space you need between your keyboard and your mid to top of your monitor. Anything less, is a Health Liability! Standing or sitting, this distance should never change if you are maintaining correct posture.

Tip #3 – Every 30 minutes stand for 1 minute with excellent posture, to recalibrate you body with gravity. There are many ways to do this, but the simple fact is when you feel you need to shift or move, Stand Up! Here are a few other easy to implement ideas.

- Standing during phone calls.
- Using a stand sit desk so you have easy access to sitting and standing options.
- Using a headset or speakerphone makes it is easy to stand during calls and meetings.
- Use an active seat cushion, ball chair, perch stool or any active sitting surface.

Tip #4 – See Tip #1. Be Pro Active. Start acting on work time health now! Stand up Now!

SECOND RULE: Time and Gravity always wins the Game of Life! Therefore, win every moment you can along the way. Aging Gracefully is an incredibly good goal as the alternatives are not very attractive.

I have learned about a remarkably simple practice that is a daily habit for seniors in Japan. G2S (Ground 2 Stand) is a very worthwhile skill to develop for yourself and challenge your family to master. G2S exercises do not require equipment, so it's possible to do them anywhere, anytime. Start from ground positions such as sitting, kneeling, half-kneeling (one knee on the ground), supine, prone or side-lying. Practice getting up off the floor from a variety of starting positions. Need help use a bench or seat for support.

Aging has three fundamental markers: dynapenia (loss of muscle strength), sarcopenia (loss of muscle mass), and decreased lean body mass (loss of muscle, bone, and connective tissue).

These changes make it more challenging to move efficiently in three dimensions (direction, distance, and depth). Furthermore, modern conveniences free older adults from having to perform a range of three-dimensional movements. All these trends reduce mobility and increase the risk of falls. Studies have noted that aging reduces the nervous system's capacity for communicating with connective tissue and muscle. This process degrades muscle recruitment, making it more difficult to perform activities of daily living. That's why G2S exercises are so important: They address the twin assaults of dynapenia and sarcopenia."

Big words. Big reality. Gravity wins in the end. Play well for as long as you can, as the outcome is not guaranteed! Therefore, it is so important to Master the Art of Aging, Gracefully!

This whole concept can be summarized in 3 words: Stability, Agility, Mobility (SAM).

Stability Agility Mobility ® Practice **STABILITY** in daily living to improve **AGILITY** at play and and enhance **MOBILITY** for life.

In closing I'd like to remind folks that we all want to live the best quality of life we can! So just like you have good habits of daily oral hygiene and wearing a seatbelt in a car, make frequent movement around excellent posture a daily habit too! It is your choice, and you will live with the outcome regardless of your current health levels. Work with what you have, to maintain it, and likely make it, just a little better each day because…

"Balance is the essence of movement, and movement is the essence of life!" *MB*

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- Joan Vernikos, PhD, former Director of the Life Sciences Division at NASA & author of *Sitting Kills - Moving Heals*

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COMMUNITY TENNIS UPDATE

Carol Morgan

This update comes while we are all in quite a deep freeze. There is always hope! Once the weather starts to warm, I will clean off the courts, pick up debris and raise the nets on our community courts so they will be ready for use by Mayfair Bel-Aire Community Association (MBCA) members and their guests.

Community residents interested in having tennis court access may buy a key along with an annual community association membership for an additional fee of $20 on-line at mayfairbelaire.ca/membership. A key will be delivered to your door once payment is received. Keys purchased since 2012 remain valid, although we hope you will continue to support your community by purchasing an annual membership.

As a friendly reminder, please help extend the life of our courts by not allowing anyone to cycle, rollerblade or skateboard on the courts. Chewing gum while on the courts can cause a mess and is discouraged. The courts will require resurfacing in the next two years, which is funded by the Community Association - us!

For any general tennis inquiries, please email: mayfairbelairetennis@gmail.com

Thank you and enjoy the tennis!

TENNIS TIP FOR THE SEASON – FOLLOW THROUGH

Just as Roger Federer demonstrates, hitting an effective forehand or backhand is done by following through your shot. After hitting the ball, continue the extension and wrap the racquet up and around the opposite shoulder, smoothly turning the wrist over, as if checking the time on a watch.

TIPS AND TRICKS TO HAPPY SKATING

Louis Stack

If you and your family use the Mayfair Park ice rink, please consider the following:

- **Hockey Nets:**
  - Ensure all hockey nets are moved OFF the ice when not in use. They can damage the ice if left on for extended periods of time; especially during a warm spell of weather, they will leave groves in the ice; leaving serious damage.
  - The easiest way to remove the nets from the ice is to turn them around so the inside of the net faces the outside of the rink; push/pull the net as close to the berm as possible and then carefully tip the nets onto the snow berm.
  - To put the nets back on the ice, gently tip them back up and slide them into place (without pulling on the nets).
  - Keep children off the nets / no climbing on them, as they could tip over.

- Do not walk on the ice if it has snow on it. Your snowy footprints will freeze to the ice making it bumpy and uneven.
- When shoveling the ice, keep the edges of the rink clear of snow/ice chunks. This alone will help maintain the rink throughout the season.
- When shoveling, push all snow to the edges of the rink
- Remove everything from the ice surface. Do not leave shovels, hockey sticks, or other items on the ice surface. They are a hazard when it comes time to clear the surface with a snow blower!
- Please use common sense and be on the safe side. If you see folks mistreating our rink, ask them not to.
- Have fun, be happy and enjoy the good things you have; one of which is this skating rink!

BEST PLACES TO DONATE USED ITEMS RIGHT HERE IN CALGARY

Carol Henke

To decrease waste in our landfills and extend the life of our well-loved possessions, there are many options available in which we can directly and positively benefit our community.

If you wish to get rid of it all in one place, there are many organizations/thrift stores in the city that will accept donations of clothing, sports equipment and gently used household items including most furniture. Some thrift stores exist solely to support their respective organizations and others operate on a "for profit" basis.

To keep it simple, I have come up with my recommendations of the ones that can be found in our immediate area:

Please note that this is not a comprehensive list of all the thrift stores and charities in Calgary that might be helped by your donation of unwanted items, but it gives you some nearby options to explore.

Do not forget that when the weather is nicer and COVID-19 is a distant bad dream, you can also host a garage sale and then donate whatever does not sell. Our community has hosted many successful "Just Purge It" events in the past and we are currently on the City's wait list to possibly host it again in 2021.

Remember, your "junk" might be somebody else's "treasure" and make a positive difference to a local charity.

WINS (Women In Need Society):	They support vulnerable women and their children so they can grow and contribute to our community. The Women in Need Society is an award-winning not-for-profit organization and Calgary-based shopping alternative investing in the social wellbeing of community. The society's family thrift stores directly fund its essential services and programs to help vulnerable women and their families live better lives.	134-71 Ave. SE and 5 other locations in Calgary (403) 255-7514 winsyyc.ca
WorldServe Thrift Store	WorldServe Thrift is a genuine non-profit store. Their support means they can do more than ever with their local partnerships in each of their Thrift communities. Their partners include women's safe houses and shelters, refugee support, homelessness and foodbank initiatives, and a variety of outreach programs.	105 58 Ave. SW. (403) 474-4766 worldservethriftstore.ca
Salvation Army Thrift Store	By operating successful Thrift Stores and integrating with the mission and work of The Salvation Army as a whole, they exist to be a functioning and thriving modern day model of William Booth's conceived "Household Salvage Brigade" through which the marginalized and excluded of society will be refreshed and regenerated by way of meeting their practical needs.	121 58 Ave. SW. (403) 251-5941 thriftstore.ca
Goodwill	They are a social enterprise providing individuals with disabilities the opportunity to enhance their lives through meaningful employment.	5707 Macleod Trail SW and 4 other locations in Calgary (403) 252-1514 goodwill.ab.ca
Value Village	A for-profit thrift retailer that accepts your donations of clothing and household goods on behalf of local nonprofits. Donations made to each store support (in part) charities. The 58 Ave location offers support to the The Kidney Foundation. Buying merchandise at Value Village does not support local charities.	Visit: 104 58 Ave. SE and 4 other locations in Calgary (403) 255-5501 stores.savers.com/ab/calgary
Drop-In Centre	The Calgary Drop-In Centre provides shelter, food, health services, and housing support to the city's most vulnerable people. They rely on community donations to provide the essential items needed to make a house a home. They accept all clean and usable household items, furniture, cookware, clothing, and hygiene items. Since the pandemic, all donations must be dropped off at their N.E. location.	3640 11A St. NE (403) 264-0856 calgarydropin.ca/get-involved/give

JUST PURGE IT 2021 UPDATE

Geraldine Csak-Schlesinger

I have just received notification from the City that our application for Just Purge It 2021 was not successful. All of the dates I applied for were assigned to other communities and we were not given any alternate dates, as has happened in the past. Instead, Mayfair Bel-Aire has been placed on a waiting list and will be notified if any dates do become available. Please check the Mayfair Bel-Aire Community Association website and Facebook page for future updates.

CAN YOU RECYCLE CLOTHING, SHOES & TEXTILES? YES!

Jessie Muncaster

As you start your spring cleaning, don't put textiles in the garbage! There are many ways to keep clothing, shoes, and textiles out of the City landfills.

Donate usable clothing and shoes to local charities or drop them off at charity bins near you. Be sure to contact the charity first to find out what types of items are accepted. If the charity bin is full, don't leave it outside – only materials in the bins are accepted. Instead, take it to another bin or hang onto your donation until next time.

Recycle clothing and textiles for free at a City landfill, even if it's damaged. The City's landfill Throw 'N' Go facilities accept a variety of textiles including outerwear, shoes, reusable shopping bags, purses, backpacks, and more. Just make sure fabrics are clean and dry and place items in a bag before dropping off. If you bring other garbage in your load, landfill charges will apply.

Repurpose old cotton shirts by cutting into rags for household chores such as cleaning or automotive work. Textiles also make great projects and crafts with many patterns available online: sew quilts from denim and flannel, handkerchiefs from old t-shirts, or cushion covers from curtains.

Not sure how to properly dispose of an item? Visit What Goes Where for answers to hundreds of items listed in alphabetical order.

Other useful resources on the City of Calgary page What Goes in the Green Cart and Blue Cart Recycling. *MB*

Sources:

calgary.ca/uep/wrs/landfill-information/landfill-throw-n-go-facilities.html

calgary.ca/uep/wrs/what-goes-where/default.html

calgary.ca/uep/wrs/recycling-information/residential-services/green-cart/what-goes-into-your-green-cart.html?fbclid=IwAR2gfF3Sb07YVUlmK1gEGnYVtniq67h9JuijduOTXtKw8Lcs4KP1pLmhCXw

calgary.ca/uep/wrs/recycling-information/residential-services/blue-cart-recycling/blue-cart-recycling.html

HAVE YOU STARTED YOUR 9 PM ROUTINE?

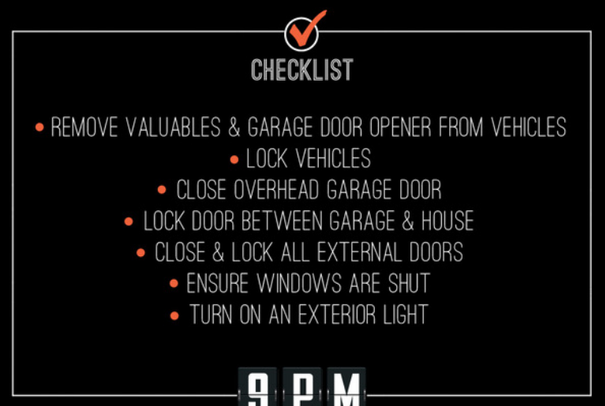
Calgary Police Service

Vehicle Theft and Car Prowling Prevention:

- Garage openers should not be left in vehicles, or should be disengaged, as thieves can use them to gain entry into a home.
- Avoid parking in unlit areas at night.
- Lock your doors and close all windows at all times, even while you are in your yard.
- Hide your valuables out of sight, or better yet, take them with you.
- Don't keep extra keys in your vehicle.
- If you park your vehicle in a parkade, be sure that you do not let anyone else in who doesn't belong when you are entering and exiting.
- Report any suspicious activity or behaviour, such as someone trying door handles on parked vehicles.

Home and Garage Break-in Prevention:

- Offenders will often break into a residence as a way to steal a vehicle parked outside the residence. When you're at home, store your vehicle keys away from the entrance to your house.
- Consider installing home and vehicle alarm systems and vehicle anti-theft devices.
- Ensure that all doors and windows are secured at all times, even when you're home. Culprits need mere moments to commit a theft or break in. If you do open any windows or doors, make sure you only open them for rooms that someone is present in.
- Report any suspicious people or activity in your community by calling 403-266-1234 or 9-1-1 if there is a crime in progress. *MB*



PARCEL THEFT PREVENTION

Carol Henke

Parcel theft from residents' front porches is an ongoing problem all over the country as well as right here in our neighbourhood. It is annoying, disconcerting and erodes the trust we have in our community. Here are some things you can do to minimize the risk of having your deliveries stolen right from your doorstep:

1. Install **outdoor security cameras and/or doorbell cameras at your home.**
2. **Consider using a "parcel box"** which can prevent theft by concealing your deliveries from the street. Some have locking options.
3. Provide delivery instructions when ordering: If you have a column, a bench, or something large that packages can be delivered behind, it will be out of sight from porch pirates.
4. Require a signature on delivery. **This ensures the parcel will only be left if somebody signs for it.**
5. Have your packages delivered to your workplace.
6. Check your front doorstep for any packages that may have been delivered before heading to bed.
7. Leave your front porch lights on or install motion activated lights. This improves visibility for security cameras and neighbours who may see something.
8. If a package theft does take place, report it to the delivery company and file an online report with the Calgary Police Service (CPS). This is very important as it is these reports that will cause police to step up their patrols in areas of concern.

As a good neighbour, if you are out for a stroll and see a package on a doorstep, consider ringing their doorbell to let them know that they have a delivery they have not retrieved yet. You can do the same if you see an open garage door with nobody inside. Everyone wins when we look out for one another.

If you have been the victim of a crime, the following reports can be submitted online to CPS:

- **Theft from vehicle (car prowling)** – no limit on value of property.
- **Theft of property** – no limit on value of property.
- **Theft of credit or debit card** - regardless of fraudulent use.
- **Mischief to vehicle** – such as vandalism, unless there is evidence of a collision such as paint transfer.
- **Mischief to property** – such as vandalism.
- **Lost property** – with the exception of government-issued ID such as passports. Please call your local district office to report lost government issued documents.
- **Attempted stolen vehicle** – regardless of damage value.
- **Break and enter into unlocked premise other than residential** – this includes sheds, parking garages, storage lockers, detached garages, etc. Residential and commercial break and enters should be reported to 403-266-1234.
- **Theft from a parkade or vehicle parked in a parkade** – only if no forced entry, otherwise call 403-266-1234.
- **Theft of mail** – including deliveries from postal services such as UPS.

Please call 9-1-1 if you see a crime in progress.

File a Report with CPS: calgary.ca/cps/report-a-crime.html

KITCHEN FIRE SAFETY

Carol Henke,
The Calgary Fire Department

For many of us, the kitchen is the heart of the home. It is where we gather to share our culinary creations with those we love, be it as basic as an "enhanced" version of KD with extra ketchup or as complex as a Michelin 3-star meal. We probably use the kitchen several times a day, every day and usually without incident.

You might be surprised to learn that it is in the kitchen that we find the most common cause of residential fires. The Calgary Fire Department attends kitchen fires every single day -- the cause is often cooking left unattended and especially, cooking with oil. When you heat up oil and leave it unattended, it will burst into flames when it reaches its ignition temperature. The flames will then grow and spread to anything nearby that will burn such as cabinets and items on your countertop, growing into a fully involved kitchen fire within minutes. The best way to fry foods is to use a temperature controlled deep-fat fryer or skillet, which is designed for a maximum temperature of 200°C. These appliances prevent overheating and ignition of cooking oil.

Fire can double in size every 30 to 60 seconds and once a fire takes hold in your home, you really only have a few minutes to get you and your family (including pets) out safely and call 9-1-1. I think we can all agree that most fires are preventable. We live busy lives and expectations on our time seem to increase, causing us to try and multi-task too often. Social media beckons us to keep up to the unending stream of news, information, and entertainment.

Preventing a kitchen fire in your home is as simple as this: stay in the kitchen when you are cooking. Focus on the task at hand and be present in the moment. Enjoy the process of creating something your family will love (or kindly ask you to never make again). Always have a matching lid handy so that if flames do erupt, put on an oven mitt and carefully slide the lid on the pot or pan, turn off the element and leave it where it is. Do not move it or try to carry it somewhere. Let it sit on the stove to cool down.

If the fire is such that you do not feel comfortable approaching it to "put a lid on it", get everyone out of the house and call 9-1-1 from outside. Never throw water on a grease or oil fire. This can cause an explosion resulting in severe burns and will spread the fire throughout your kitchen much faster.

Some of you might be tempted to grab that dusty fire extinguisher that has been under your kitchen sink for the last 10 or 15 years…who really knows how long it has been there…

Unless you are extremely comfortable with the use of an extinguisher, it has been recently serviced, is showing adequate pressure and you are not putting yourself in danger, you can try to use it. But please be warned, you need to start three metres back, **P**ull the pin, **A**im at the fire, **S**queeze and **S**weep back and forth (PASS) as you move towards the fire. A common mistake which can actually spread the fire, is discharging the extinguisher too close to the burning oil. The National Fire Protection Association recommends not using a fire extinguisher on a kitchen grease/oil fire due to that very risk.

Kitchen fires, although very common, are also easily avoided by staying in the kitchen and ***watching what you heat***. Ensure you have working smoke alarms on every level of your home and that you and your family know what to do when they activate. For more information on fire prevention and fire safety, visit Calgary.ca/fire.

Alberta Health Services — Emergency Medical Services

BURNS AND SCALDS

Alberta Health Services
Emergency Medical Services

Burns and Scalds

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

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

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

PETS & CANNABIS – SAFETY TIPS

Carol Henke

Our pets, especially dogs, are super sniffers and sometimes find extra special "treats" to eat or roll in—much to our chagrin. Since the legalization of cannabis in Canada and some parts of the U.S., veterinary clinics have seen an increase in accidental exposures of dogs and cats to cannabis.

Cannabis toxicity can happen to pets by inhalation, eating edibles or ingesting the cannabis directly such as a discarded "roach" found while out on a walk with their human.

Last summer one of our community members experienced this first-hand after their dog tested positive for THC at the Vet Clinic following an evening walk in our neighbourhood. They suspect their dog ingested a roach it found beside the sidewalk. Luckily, the dog recovered.

Signs of toxicity can be seen anywhere from 5 minutes to 12 hours after the animal is exposed to cannabis. The signs can potentially last 30 minutes to several days depending on the dose ingested.

Common symptoms of cannabis toxicity include:

- Sedation/lethargy
- Dilated pupils or glassed over eyes
- Dazed expression
- Difficulty walking
- Vomiting
- Either a low or high heart rate
- Vocalization such as whining or crying
- Agitation
- Trouble regulating temperature causing the body temperature to drop or rise
- Incontinence/dribbling urine
- Tremors, seizures and potentially coma

Although there is no true antidote for cannabis, veterinarians can give supportive care to help the pet through the clinical signs. Vets can regulate the temperature of

the animal to ensure they aren't too hot or cold and give fluids to help maintain hydration. They can give anti-vomiting medication to help stop fluid loss and closely monitor the animal's heart rate to ensure that it is stable. They can also give activated charcoal to bind to the cannabis, prevent absorption and induce vomiting.

When taking your animal to the vet for assessment of a suspected cannabis ingestion, it is especially important to share all you know about how your pet may have been exposed. This will guide the treatment and supportive measures used to help your pet get through this. Your candor can also prevent additional costs due to unnecessary tests and procedures.

Cannabis is legal in Canada however like other potentially dangerous substances, your "stash" needs to be kept in a safe location, locked up and away from pets (and children). If you smoke, keep your pets in a separate ventilated area until the smoke has completely cleared. Responsibly extinguish and dispose of your "butts" a.k.a. "roaches" in a secure place where pets cannot access them, and no fire will start.

If you think your pet is suffering from cannabis toxicity, take your animal to the vet. There are five 24 hour animal clinics in Calgary if your emergency is after hours. MB

Sources:

petpoisonhelpline.com/pet-safety-tips/marijuana-toxicity-pets/

canadianveterinarians.net/documents/national-veterinary-association-acquires-cannabis-pet-poisoning-statistics-for-canada

vcahospitals.com/know-your-pet/marijuana-intoxication-in-dogs-and-cats

cbc.ca/news/canada/manitoba/cannabis-pets-vet-advice-1.5464578

canada.ca/en/health-canada/services/drugs-medication/cannabis.html

SCOOP YOUR DOG'S POOP

Bob Selzler

I walk my dog Duncan daily through our beautiful neighbourhood and we meet many friendly dogs and wonderful, responsible neighbours and dog owners. It is however very disappointing to see the amount of dog waste that does not get picked up.

Cleaning up your dog's waste helps keep our yards, parks, and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

In closing, under the City's **Responsible Pet Ownership Bylaw** it states:

- Dog owners must ensure that they bring along a suitable means to pick up feces.
- Dog owners must pick up all feces produced by their dog both on and off their property.

Keeping our neighbourhood and city pet-waste free is easy if we all do our part. MB

Calgary Collection Day Reminder

TRASH TALKING

Bob Selzler

Garbage, recycling and composting pickup schedule

visit calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html

- Find your pickup day
- Print a calendar
- Sign up for free reminders
- Download the Calgary Garbage Day app
- Report a missing collection
- Information on using your Black Cart, Green Cart and Blue Cart

What to do with takeout containers

Ordering takeout from your favourite local restaurant? Here are some tips to put your waste in the right place:

Green Cart:

- Food scraps and sauces
- Food-soiled pizza boxes and paper bags (sauce-covered or lots of food chunks)

Blue Cart:

- Plastic takeout containers – be sure to empty and rinse out first
- Clean pizza boxes and paper bags (some grease is okay)

Black Cart:

- Plastic cutlery
- Condiment packets/containers
- Foam containers
- Compostable** plastic takeout containers (cups, plates, bowls, utensils)

**Though marked "compostable" these items won't break down quickly enough for The City's composting process and will contaminate the finished compost. Put plastic items labelled as "compostable" or "biodegradable" into your black cart as garbage. MB

NEIGHBOURHOOD WINTER WALKS & SIDEWALK SAFETY

Bob Selzler

After almost a year into the COVID-19 pandemic, in the middle of a long cold winter, and with the advisory not to travel, it is only natural to be feeling a little down. Our current situation makes it difficult to stay in top physical and mental health. We have all found ways of filling our days over the past year, whether it is creating our own sourdough starter and perfecting the art of baking bread, bingeing on Netflix, endless Zoom calls, snow sculpting, sorting and reorganizing closets, or even being on a first name basis with your SkipTheDishes delivery person.

Are you bored and fed up with being stuck inside?

What is the one activity that can bring us the greatest benefit while meeting all these criteria:

- It passes the AHS COVID-19 safety guidelines and restrictions
- It can be done outdoors even during the cold and snow of winter
- It provides a boost to our bodies and brains
- It can be social (when following safety guidelines), or solo
- It can be local without traveling
- It is accessible to as many people as possible

Walking of Course!

Walking outdoors is not only beneficial to our physical and mental health, but it also connects us to our community.

It feels good to go out for a walk in our neighbourhood because walking helps to reduce anxiety and depression and connects us to the people around us when we are isolated and shut-in. Just seeing a friendly face and a brief hello with another dog walker or somebody else passing by, is an important part of what ties us together as people and neighbourhoods and adds to our feeling of belonging and happiness, by reminding us that we are not alone.

Alternatively, some people might think of walking as a solitary endeavor and don't talk to other people. Whatever floats your boat!

Walking in our own neighbourhood, whether on the sidewalks, up the Mayfair Bel-Aire Recreation Lane to the top of the ridge, or on the pathway to the Glenmore Dam, connects us to other humans and nature in ways that Zoom video calls, the telephone or emails cannot.

A short 20 minute daily walk through the neighbourhood is a great way to get regular movement into your day and can provide a much needed break, all with the added benefits of loosening up your back from sitting most of the day and calming your brain while getting some fresh air, sunshine, and exercise. Plus, it can help you meet Health Canada's recommendation that adults (age 18-64) accumulate 150 minutes per week of moderate to vigorous aerobic activity.

A Reboot for our Brains

That good-feeling we have during or after a walk, is the result of how our brain responds to natural environments – including walking in our neighbourhood of large mature trees and open park areas – and how we process the sights, sounds, and smells, all at the speed of walking. While admiring the snow laden tree branches, listening to the chickadee-dee-dee calls, and the sweet refreshing smell of spruce, we experience a sense of tranquility, freeing our minds to reflect on our surroundings and explore our thoughts. It is like a reboot for our brains. Walks in nature can clear our mind and can stimulate creative thinking and imagine possibilities.

The Physical & Psychological Benefits of Walking Outdoors

- Get a good dose of Vitamin D
- Natural light is a mood booster
- Reduces levels of stress & anxiety
- Keeps your body moving!
- Improves blood circulation
- Supports a stronger immune system
- It can help improve your sleep
- It 's free & accessible to all fitness levels

Importance of Sidewalk Safety and Consequences

Walking outdoors is a great way to stay active right now and is important to our mental health but can be challenging during winter months due to slippery ice, and snow. Make sure to dress warm and wear shoes or boots that provide good traction on snow and ice.

Access to neighbourhood sidewalks cleared of snow and ice to the bare concrete surface is mandated through a City bylaw requiring sidewalks are cleared within 24 hours after the ice and snow is deposited.

Be a good neighbour and make sure your sidewalks are clear so we can all enjoy our safe walks through our beautiful neighbourhood!

(Continued on page 29)

DESIGN.
BUILD.
RENOVATE.

LD&A

CLIENT STORY

HERE'S TO THE HOMEBODIES

As busy parents to three young kids, our Parkland clients desired a home where their family could relax and recharge.

After completing a basement renovation with LD&A in 2017, they asked us to reimagine the main floor of their 1970's-era residence. The mission? To carve out separate spaces that had clearly defined functions.

With cooking high on the list of popular activities, our clients now have a large, thoughtful kitchen where multiple sous chefs can wield their culinary skills. And there are plenty of quieter spaces if a peaceful retreat is preferred.

When asked about their favourite part of the reno, dad quickly replies, "Pretty much all of it!" He's pleased to watch his kids naturally use each area in the way it was envisioned.

In an unprecedented year, where we've transformed our houses into temporary offices and classrooms, it's nice to still feel like there is truly ***no place like home.***

LYNNDONALDSON.CA | @LDAYYC | 403.263.6296 | 6503 ELBOW DR SW

(Continued from page 27)

Penalties for Failing to Remove Snow and Ice

Property owners/occupants who do not comply with the bylaw and subsequent notices issued by The City may be subject to:

An invoice to the property owner from The City for clearing the sidewalk on their behalf. The cost is a minimum flat rate of $150 plus GST and an administration fee. The amount will be added to the owner's annual property tax if not paid by the invoice due date.

A fine of $250 to the property occupant for a first offence. Repeat offenders may be fined $500 for a second offence and $750 for a third offence and each offence thereafter within a 12-month period. Tickets issued to repeat offenders may require a court appearance. Unpaid fines will be collected by Alberta Registry Service at the time of license or registration renewal.

What Can You Do?

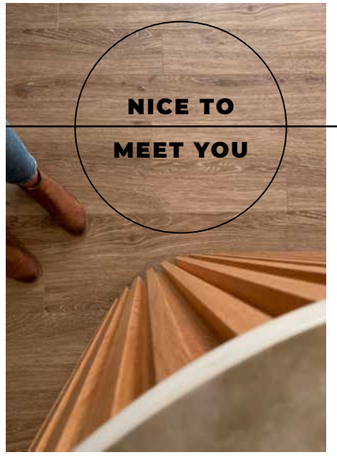
If after 24 hours and the sidewalks have still not been cleared of snow and ice, there are two things you can do:

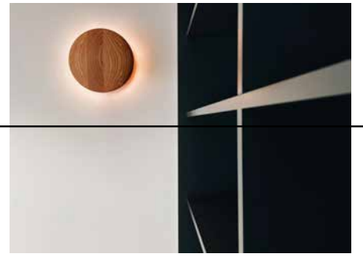
1. Report the non-compliance to the City Using 311 Calgary (see article in newsletter).
2. Walk cautiously doing The Penguin Shuffle:

- Point your feet outward like a penguin. Spreading your feet out slightly while walking on ice increases your centre of gravity.
- Take short, shuffle-like steps.
- Keep your arms at your side and out of your pockets. If you start to slip, having your hands free can help break your fall.
- Concentrate on keeping your balance.
- Watch where you are stepping and walk slowly taking small steps or shuffle your feet on icy paths.
- Keep your head up and do not lean forward. MB

Excerpt from the City of Calgary Street Bylaw 20M88, section 67 (1):

"The owner or occupant of a private parcel of land adjacent to a Sidewalk or Pathway that runs in front of the property or along the side of the property shall ***remove ice and snow f****rom that portion of the Sidewalk or Pathway adjacent to the parcel so that the Sidewalk or Pathway is* ***cleared to the bare surface, within 24 hours*** *after the ice and snow has been deposited."*





LD&A DESIGN. BUILD. RENOVATE.

OUR SECOND HOME

LD&A has been a proud member of the Mayfair - Bel-Aire community for over 14 years.

Although we're not quite as easy to find - now tucked behind the new commercial building going up on Elbow Drive & Malibou Road - we are still here to serve!

Please feel free to stop by if you are in the neighbourhood. A member of our team would be pleased to give you a socially-distanced tour of our recently renovated showroom, and we are always happy to meet our neighbours!

LYNNDONALDSON.CA
@LDAYYC | 403.263.6296
6503 ELBOW DR SW

INCLUSIVE COMMUNITY INITIATIVE UPDATE

Adrienne O'Reilly

On Wednesday, February 17th the Inclusive Community Initiative Committee hosted its inaugural event, a virtual meeting which brought together 18 households for great conversation, comradery, and the viewing of two thought-provoking short films.

First, we met father-and-son team Garry Berteig and Alexei Berteig who co-produced the film *Faces of Racism* and attended our virtual meeting. It was fascinating to hear how this film was designed to be used as part of the restorative justice program at Keyano College and has turned into a documentary that could potentially form part of school curriculum and is being rolled out in-house in various organizations as part of ongoing education. A few salient quotes by interview subjects within that film struck a chord:

- "Don't be afraid to talk about [racism]. Don't pass by it – always address it."
- "We can live in the same world and do the same thing – just with more respect for each other."
- "I'd like to see a world where we are celebrated for our differences."
- "I'd like to see a world where we all love each other and respect each other and our differences – where we agree to disagree, and we can live in peace."

The *Faces of Racism* film was very powerful: it made us see what it feels like to be in someone else's shoes. This film is part of a continuing conversation around racism. It gave us a concrete idea of what people are going through right now in Canada as well as across the globe. People worldwide are being mistreated and dismissed because of their ethnicity, race,

identity, and more; humans should come to a worldwide understanding that there is room for ALL of us and strive to be rid of pre-existing notions and biases. *Faces of Racism* can be viewed on YouTube: youtu.be/IrNLIlMWP5Y.

February is Black History Month and as part of that celebration, our event highlighted one of the best-known Black Albertans, rancher John Ware, who settled in Alberta in 1882. We watched a short film about the story of his life and his accomplishments. We discussed that John Ware was not the only Black Albertan of his time nor was he the only Black cowboy of his time: he and his family were members of a vibrant Black community in Calgary – a community that faced racism then and still faces racism today. In fact, the John Ware story that is often told involves myths and stereotypes that are now being challenged. One of those challenging the traditional depiction of John Ware is Cheryl Foggo, award winning Black author, poet and filmmaker who recently released a moving, enlightening, and appropriately infuriating new documentary entitled *John Ware Reclaimed* which attempts to reclaim not just John Ware's story from the biased history books but the history of Black Canadians in the prairies. (We didn't have time to view this together during our event, but the film can be viewed for a small fee on NFB Canada's website at nfb.ca/film/john-ware-reclaimed. In the words of Cheryl Foggo: "mistakenly, many people believe John Ware succeeded because there was no racism. The truth is, he succeeded in spite of it."

At the conclusion of our event attendees were left with a few questions on which to reflect:

1. Owing to the privileges I enjoy, am I adequately aware or conscious of, those who are experiencing or are subject to racism?
2. Do I have a patronizing attribute towards members of a certain race? If so, how do I free myself from such attitudes?
3. What steps can I take to associate with people of different racial, ethnic, and cultural backgrounds without stereotyping, prejudice, and bias but in a spirit of fellowship, harmony, and oneness?
4. What source of inspiration or set of values that I can draw upon to support my efforts in overcoming prejudices and biases?
5. What are some personal steps that I can take to eliminate racism in my community?

We are pleased to announce that the Next Event to be hosted by the Inclusive Community Initiative Committee is expected in May and will be a presentation by Lisa Silver, Associate Professor at the University of Calgary's Faculty of Law, and member of the Committee and our community. Lisa will discuss "Racial Profiling in the Criminal Justice System." Stay tuned for more details.

If you wish to share your feedback and ideas or suggestions that the Inclusive Community Initiative Committee could implement to continue to engage, explore and discuss around topics of inclusiveness, please send us an email at inclusive.mayfair.belaire@gmail.com. MB

USING 311 CALGARY

Bob Selzler

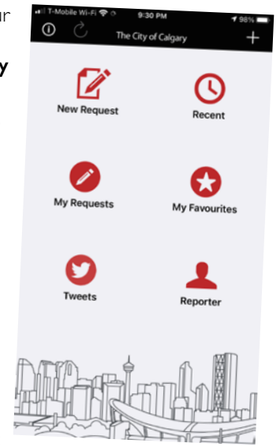
You can reach the City of Calgary for non-emergency and non-law enforcement related services (e.g. bylaw related issues, snow and ice, potholes, street cleaning, etc.) anytime, anywhere…using the **311 Calgary** mobile App, or visit calgary.ca/cfod/csc/311.html for **311 Online,** or **Call 311**.

First you need to download the **311 Calgary** mobile App for iPhone/iPad or Android, calgary.ca/cfod/csc/about-311-calgary-app.html

Once installed on your mobile device, familiarize yourself with the type of New Requests you can submit. The categories include: Snow & Ice; Animal Concerns; Buildings, Fences, Structures; Garbage or Untidy Property; Graffiti; Inspection; Road, Backlane Maintenance; Sidewalks, Pathways, Bike Lanes; Signs, Lights, Traffic Signals; Taxi, Limousine; Trees, Shrubs; Water, Sewer; and Other.

You can quickly and accurately submit a service request using the **311 Calgary** mobile App. Whether it is to take a picture of an icy snow covered sidewalk, a tree obstructing a sidewalk, or a nasty pothole concern, **311 Calgary** is your connection to City services while on-the-go. Using your smartphone's GPS, the App identifies the location of the issue on an interactive map. You can also search and select the appropriate service request, provide an accurate description of the issue, attach a photo, and include your contact information for follow up. Note, your contact information will not be shared with the public.

The information and photo you provide allow City employees to assess, prioritize and efficiently respond to requests. You can submit your request immediately while on-the-go or you can take the photo and then submit your request once you get back to the comfort of your home. You can also track the status of your requests simply by clicking on **My Requests.**



Watch the How to Submit a Service Request video: youtu.be/qcqVrAAvPiY

It's simple and quick to submit a request and within a few days that icy snow covered sidewalk will be taken care of. MB

OTHER RESOURCES

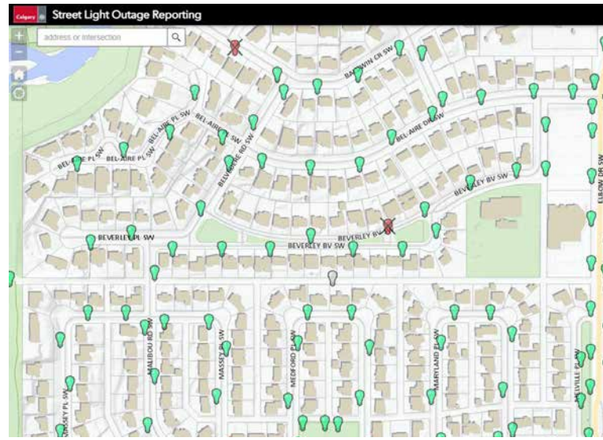
Bob Selzler

Electricity (ENMAX)

- Reporting a Power Outage: Call (403) 514-6100 or submit online outages.enmax.com/portal/reportoutage.aspx
- View Current Outages: outages.enmax.com/portal
- Downed Power Lines: Call 911 if lines are sparking, there is a fire, a power line is down, or line has been dug up or exposed.

Street Light Problems (City of Calgary)

- **Report burnt out / flickering lights** Use the street light outage map (streetlightoutage.calgary.ca) to report:
  - Burned out street lights,
  - Flickering street lights, and/or
  - Street lights that remain on during daylight hours.
- **Report damaged lights** Use the **311 Calgary** mobile App, **311 Online** (calgary.ca/cfod/csc/311.html) or **Call 311** to report:
  - Physically damaged bulbs
  - Damaged street light pole, base or bulb covers,
  - Any other physical damage



Gas (ATCO)

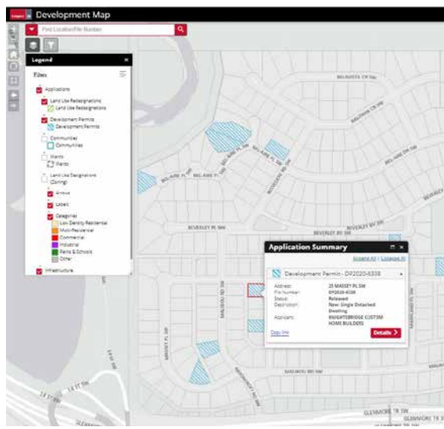
- **Gas Related Issues:** Call (403) 245-7222 (in an emergency)
- **Do you smell gas or have no heat in your home?** Call the emergency line. 1-800-511-3447

Alberta One Call

- **Click Before You Dig** to submit a locate request albertaonecall.com/submit-a-locate-request or call 1-800-242-3447

Development Activity in Neighbourhood

Visit the City of Calgary Development Map developmentmap.calgary.ca and zoom into our neighbourhood and click on the shaded area for more information. MB



Retirement is your time to enjoy the lifestyle that you have worked for.

But managing your finances in retirement is more complex than any other point in your life. Even if you have saved over $1 million, everything from getting the income you need to making your savings as tax-efficient as possible is more challenging when you are supporting your family from your savings.

Working with a retirement transition specialist can help make sure your finances can support your lifestyle for as long as you need, while ensuring your family is looked after the way you want.

Call the Popowich Karmali Advisory Group or visit our website to request a meeting, or attend a free online seminar to learn more about structuring your investments for retirement.

(403) 966-8400
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CIBC Wood Gundy | Popowich Karmali Advisory Group

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