



IT'S ALWAYS
GREEN
IN QUARRY PARK

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QUARRY PARK NEWS



QUARRY PARK NEWSLETTER
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An optimist is the human personification of spring!

Susan J. Bissonette

After the coldest February Calgary has seen in nearly a quarter century, March finally brought warmer temperatures and tempted us to dust off the patio furniture and look for our shorts. Old Man Winter may try to make a comeback as April is typically the second snowiest month in our province, but we know it won't last long. It is spring in Calgary when you keep both your sandals and your winter boots on the shoe shelf for a few weeks, and when you can get deals at ski resorts and golf courses at the same time! Enjoy this beautiful time of year — Happy Spring!

Think Green This Spring

As trees and lawns are slowly greening up, this might be a good time to start thinking about implementing a few greener lifestyle choices. If you would like to become a more environmentally-friendly home owner this year, check out Green Calgary's website at www.greencalgary.org. This urban environmental charity has supported Calgarians in living a more sustainable life since 1978, helping them take environmental action in their homes, work places, schools and communities.

The website offers a wealth of information and a variety of products such as rain barrels or composting bins for anyone interested in greener living, as well as opportunities to volunteer with the organization.

This April, Remington will be hosting a Green Calgary workshop here in Quarry Park. **"12 Steps to a Greener Home"** is an hour-long interactive workshop that will be available to 30 Quarry Park residents or tenants free of charge on a "first come, first serve" basis. Participants will be provided with many practical solutions, learn how to save money on their utility bills through simple changes at home and get valuable tips on making sustainable lifestyle choices that have a positive impact on the environment and our communities. Just incorporating a few everyday habits in your household can make a meaningful change in reducing your carbon footprint.

Watch for our email announcement with the workshop date and registration information!





QUARRY PARK AND AREA INFRASTRUCTURE UPDATES

Spring Clean-Up Street Sweeping

The 2019 Spring Clean-up started at the beginning of April and will run until mid-June. Street sweeping is done throughout the week from 6:00 a.m. to 6:00 p.m. on residential streets, and in the evenings or overnight on major routes. You can find the street sweeping schedule and a live progress map at www.calgary.ca/sweep. You can also sign up to receive an email notification 24 hours before your street is scheduled to be swept.

Watch for the street cleaning signs that will be placed around the community, indicating when your street is scheduled for sweeping and when the parking ban will be in effect. Any vehicle that has not been removed from the street during the times indicated on the sign is subject to ticketing, so make sure to make arrangements for someone else to move your vehicle if you are away. If street sweeping falls on a garbage pickup day, place your garbage bins on the sidewalk or grass boulevard next to the curb when sweeping is scheduled.



Pathway and River Cleanup

The Pathway and River Cleanup is an annual event held on the first Sunday in May, which this year will be **Sunday, May 5**. During the cleanup, registered volunteers help remove litter in Calgary's parks and along pathways and river banks. Prior to the event, individuals and volunteer groups are encouraged to register and identify a designated group leader and their preferred cleanup area.

Around Quarry Park, the designated cleanup areas are along the river pathway from the north-west end of Quarry Park to Carburn Park, Sue Higgins Park across the river and the pathway between Sue Higgins Park and the river. If you are interested in participating in this event, you can find more information and a map of the designated cleanup areas at www.calgary.ca/CSPS/Parks/Pages/Volunteer/Pathway-River-Cleanup/Pathway-and-River-clean-up.aspx





QUARRY PARK EVENTS & PROGRAMS

Happenings at the Y

Spring Session

The YMCA's spring session started on April 1, 2019. Registration for members and non-members is open by phone, online or in person. Check out the program guide online at www.ymcacalgary.org/program-descriptions for more information. Registration for the summer programs will open on June 4 for members and on June 18 for non-members.

Summer Camps

Registration is open and ongoing for the YMCA's Summer Camps hosted in July and August at Camp YMCA, Camp Riveredge and Camp Chief Hector. To see full program details and a listing of dates and times, visit the online program search and registration system "YMCA Online" at www.ymcacalgary.org/registration and click on the Programs tab.



Events at the Joy and Vitality Centre

Joy and Vitality Centre at The Market in Quarry Park is now offering free 30 minute Supplement Consultations to educate those interested in targeting specific health concerns or finding out about holistic options for their personal health issues. If you would like to book a free consultation, please visit www.joyandvitalitycentre.ca/free-30-min-supplement-consultation-calgary/

If you are looking for something different to do this Easter, try a Salt Cave session with a special rate offered on **Saturday, April 20 and Sunday, April 21**. Tickets are limited so book soon. To reserve your spot or to find out more about the health benefits of salt therapy, visit www.joyandvitalitycentre.ca/salt-room/.

With Easter fast approaching, Joy & Vitality Centre is offering a Chocolate Making Workshop on **Sunday, April 14 at 5:30 p.m.** To learn about the benefits associated with eating chocolate and how to make your own chocolate from scratch, book your ticket at www.joyandvitalitycentre.ca/events/.





IN AND AROUND QUARRY PARK...

Remington Race For Pace

It's time to embrace your inner hero and register to run or walk for children with special needs at the annual Remington Race For Pace in Quarry Park. Join in the fun and help Pacekids change lives on **Saturday, June 22, 2019** by participating in the 1 km Superhero Parade, 5 km walk/run or 10 km run. All funds raised go directly toward Pacekids, a family-focused non-profit society offering programs and services for children with disabilities. The race starts at the Remington parking lot at 200 Quarry Park Blvd. SE where you will also find the superhero zone with snacks, bouncy castle, face painting and much more. To learn more or to register please visit www.raceforpace.ca.



Neighbour Day – June 15, 2019

Neighbour Day originated in 2014 to celebrate the outpouring of support and generosity by Calgarians after the 2013 flood. It has evolved into an annual opportunity for neighbours to come together and celebrate the unique qualities that make their neighbourhood special. This year's Neighbour Day will be held on **Saturday, June 15**. The City of Calgary is encouraging everyone to host local community events such as block parties, street chalk drawing competitions, neighbourhood picnics, potlucks or BBQs to meet your neighbours, have fun and enjoy your community.

Some events such as block parties or events held at a greenspace require a permit. The deadline for permit applications is May 24. To support the communities, The City is waiving all permit fees for block party and greenspace bookings on Neighbour Day.

If you are interested in planning and hosting a Neighbour Day community event, visit www.calgary.ca/neighbourday. The website has links to planning ideas, permit applications, FAQs and some very helpful tools and resources such as a block party guide, invitation templates and planning checklists.





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MISCELLANEOUS

Calgary Wildlife

The Calgary Wildlife Rehabilitation Society recently sent out an alert about baby hares. If you see these little guys in parks or yards over the next month, keep in mind that their mothers leave them alone for long periods of time, only coming back twice a day to feed them. This is a protective strategy to keep those babies safe; baby hares are generally not orphaned and do not need our help, unless they are bleeding or have been bitten by pets. Remember: See a hare, leave it there. www.calgarywildlife.org

Dog Owners

During this time of year, when many animals have their young, it is especially important to keep your dog on-leash at all times if you walk in any public space in Calgary, even if no specific on-leash signs are posted. The only place that your dog can roam free is in a designated off-leash area. It is also good to remember that certain areas are always “no dog areas”, whether a sign is posted or not. These include play structures, school grounds, wading pools, sports fields, golf courses and cemeteries. Dogs are to be kept at least five metres away from these areas.

Easter is Coming!

This Easter weekend, join one of the many egg-cellent events in town ranging from Easter Egg hunts to egg decorating workshops to delicious Easter brunches. For some great ideas on what to do this Easter weekend, check out www.familyfuncanada.com/calgary/category/easter/ or www.eventbrite.ca/d/canada--calgary/easter/.



HAPPY EASTER!

