

The Wedge “Village News” 2017 Late Winter Edition



*What a winter we are having!
My take away is how beautiful our surroundings are
& how fortunate we are to live in midst of this splendour!”
KHMackie, Publisher*

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MESSAGE FROM THE PUBLISHER

2017 has been a busy & productive time at The Wedge. If you're taking full advantage of the website, that continues to develop to suit our needs, you have likely stayed abreast of all activities underway. Both on a operational basis & socially.

Although some are reluctant to embrace the on-line world of communications, it is the best way for you to get the current information that impacts each of us on a daily basis.

[Latest News](#)

[Upcoming Corp. Important Events](#)

[Latest Classifieds](#)

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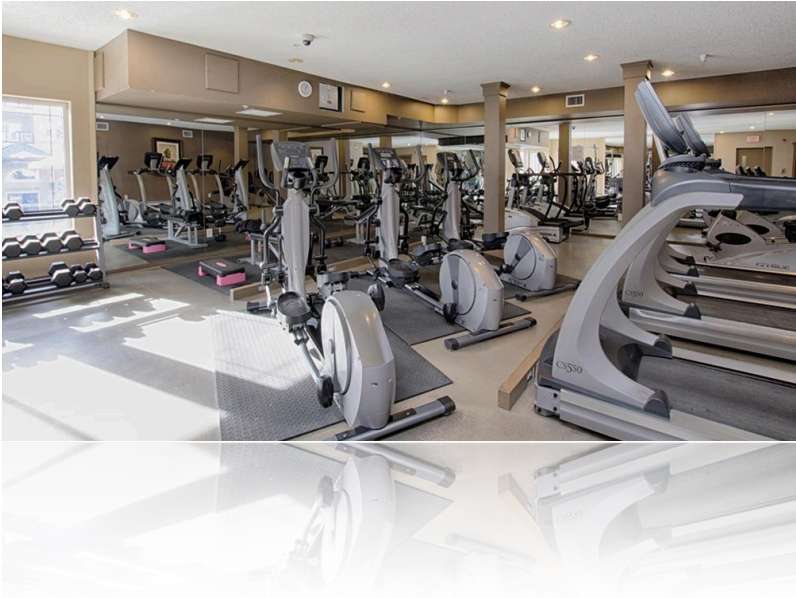
I'd like to extend sincere appreciation to a number of people. Firstly, the current board for all the hours they give to care for us. To SOC for sticking with the big projects that are coming to fruition. To all the volunteers that make such a difference in things like social events, newsletters, plant care, & many other little things that make life a little bit brighter for all of us at The Wedge.

Given the current chaos in the world, be mindful of those that are the fabric of our city, our nation, our family, our communities & our friends. Be respectful of each other & extend kindness whenever possible. In our 150th birthday year let us celebrate with pride!

Resident Contributions:

Sheila Rivers, Brenda McPherson, Alannah Vanel, Yvette Estopinell, Teresa Aholy, Marion Elliot, Davin Jackie, Jane Welsh & myself, Kim Mackie.
"Thank you everyone!"

GYM SERVICE & PREVENTATIVE MAINTENANCE



In May 2016 our Board approved hiring Davin Jackle to perform required repairs & preventative maintenance of the gym equipment. Sadly the equipment was in desperate need of maintenance due to some vandalism, in addition to normal wear & tear.

Davin established a very detailed preventative maintenance schedule & if service is required outside that schedule, those repairs are addressed. He is in charge of the equipment & provides service to the gym in a timely fashion whenever possible. For those residents using the gym regularly you will already know Davin, he talks to a lot of gym users while repairing equipment. Most are aware of ongoing maintenance & repairs, however information for all is always nice to have.

- **GYM PREVENTATIVE MAINTENANCE:** Has commenced to lengthen the life of the equipment & ensure the equipment is in safe running condition for residents of the Wedgewoods. As the equipment is getting repaired & brought back into shape, it is being done in the most cost effective way, under warranties, to ensure it does not become too much of a burden on condo funds (replacement parts & equipment are quite expensive).
- **REPAIRS SERVICE:** Repairs are typically done within a few days of reporting (if no parts are required). Sometimes we have to wait for parts, so it can be difficult to commit to a time frame for some repairs. Currently we are waiting for elliptical & treadmill parts, with those the gym will be at 100% again. Some critical spare parts will be kept in stock so if a unit goes down we can get it back up & running faster.

- **GYM REPAIR SCHEDULE:** Full preventative maintenance will be performed as per OEM (Original Equipment Manufacturer) guidelines & recommendations quarterly on each piece of equipment. This schedule was designed from the manufacturers recommendations for service intervals. All service work & repairs will be done in keeping with the manufactures specifications. For example, the type of lubrication used in servicing equipment will be what the manufacturer has recommended.

“It is everyone's responsibility that uses the gym, to take care of the equipment & use it as it was intended to minimize misuse damage, repairs & down time. This will keep costs down & equipment running. If there are any issues that people see please report them to property management to be able to get issues resolved in a timely manner. It is very important to keep the gym equipment in good shape, as it is important to the residents to maintain healthy positive lifestyles through fitness.”

**Davin Jackle, Consultant & CEO
Auto Driller Corporation**

As Davin mentions, the responsibility of caring for gym equipment belongs to those using the equipment. Be careful to treat this equipment properly, misuse will incur damage.

Something as simple as footwear needs proper attention.

DON'T WEAR YOUR STREET SHOES IN THE GYM.

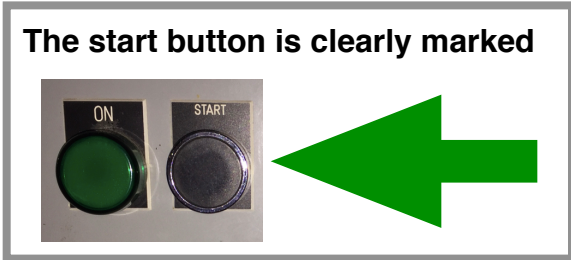
All those little pebbles get into the equipment & the damage is done! The belts in the treadmills are constantly being destroyed by these pesky little stones. Please bring a pair of runners with you to change into while in the gym.

GARBAGE HOUSE TRASH COMPACTOR / COMPOSTING

ONLY HOUSEHOLD DOMESTIC WASTE IS ACCEPTABLE:

Compacting waste reduces the amount of space in the disposal bins & more importantly it has a smaller footprint in landfill. We all need to be environmentally responsible so please take time to familiarize yourself with the equipment in our garbage house.

HOW TO USE instructions are posted on the outside of the compactor. Make sure the door is closed properly after placing your bagged waste in. If you find the compactor full please start up the unit, if it is partially full you can leave it until full. Residents using the compactor system may accidentally deactivate the unit by pressing the emergency stop button. Simply pull the button out to restart the compactor. Learn what to do when the compactor unit is not functioning, there may be simple resolution to the problem.



Educate yourselves, it will pay off in the long run!

The trash compactor is for bagged household waste only.

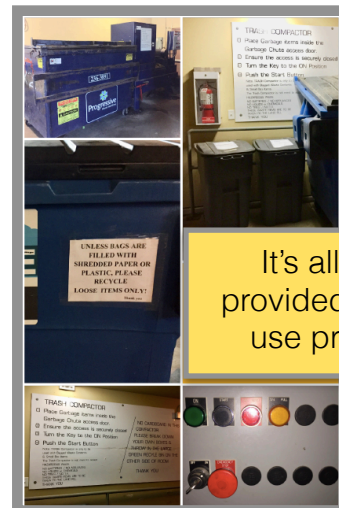
When placing bagged waste in the compactor please make sure you have **NOT INCLUDED** any of the following identified items:

- liquids, oils or fluids of any kind
- aerosol cans, chemicals or paints
- kitty litter or pet waste
- glass* or cardboard*
- diapers or other personal hygiene products
- these items* should be placed in the appropriate recycling bin.
- hazardous waste



Please pay attention to the signage posted

The large blue metal bins are for garbage items that cannot be placed in the compactor.



It's all been provided, please use properly

MULTI-FAMILY FOOD AND YARD WASTE FOR RESIDENTS

Starting Nov. 1, 2017 multi-family buildings must separate food & yard waste from regular garbage for composting & diversion. Similar to the City of Calgary [MULTI-FAMILY RECYCLING REQUIREMENTS](#), The Wedgewoods will be responsible for setting up a food & yard waste diversion program.

We will have to do the following:

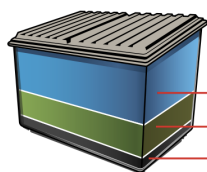
- Provide on-site storage of food & yard waste.
- Make sure there are enough containers to hold food & yard waste between collection days.
- Accept all food (raw & cooked):
 - Plate scrapings
 - Eggshells & dairy products
 - Meat, fish, shellfish & bones
 - Jams, sauces, salad dressing & cooking oil
 - Fruits & vegetables
 - Pastries, cookies, cakes & muffins
 - Bread, noodles, rice, bean & grains
 - Nuts, seeds, chips, popcorn & candy
 - Coffee filters & tea bags
- Accept yard waste:
 - Leaves
 - Branches & prunings
 - Plants & weeds
 - Grass clippings
- Arrange for food & yard waste to be collected for composting & diversion.



Reference:

[Calgary Waste Recycling Information](#)

WE NEED TO START RETHINKING WASTE



57% Recyclables
31% Compostables
12% Garbage

Nearly all of the garbage coming from collection bins isn't garbage at all. It's items like paper & cardboard, items that are compostable & recycling material.

THE WEDGEWOODS SOCIAL & INTEREST GROUPS



Hopefully you have noticed the **SOCIAL & INTEREST GROUPS INFORMATION** posted in the lobbies of each Chateau. I think it is fair to say that we are now well established with regularly scheduled activities!

A separate calendar was added to the website to allow social groups a place to provide the most current information available on events & activities. To view what's currently scheduled, the **RESIDENT'S SOCIAL EVENTS CALENDAR** is the best place to look.

Lobby notices are posted at the beginning of each month. As updates occur or information for the current month changes, the social calendar on the website is updated. Please note that lobby notices are not updated with each change, so it is important to check the social calendar on the website.

NOW IT IS TIME TO TRAIN OURSELVES TO LOOK FOR INFORMATION IN THE TWO AREAS MENTIONED ABOVE; LOBBY NOTICE BOARDS & RESIDENT'S SOCIAL EVENTS CALENDAR. ANY UPDATES TO ACTIVITIES WILL BE POSTED IN THE RESIDENT'S SOCIAL EVENTS CALENDAR, SO PLEASE CHECK THERE BEFORE PHONING OR EMAILING GROUP PARTICIPANTS.

These interest groups provide a welcoming way for all residents, new & current, to come together socially. Many new friendships have bloomed! If you wish to book a resident social event or request information that may not be included on the notices or online calendar, please contact residentevents@shaw.ca.

Kim Mackie, Resident

COMMUNITY NEWS

SOUTHWEST CALGARY RING ROAD (SWCRR)

PRELIMINARY WORK FOR THE PROJECT has been underway since July 2016. Full construction will start in the Spring 2017 & is expected to be complete in the Fall 2021. The \$1.42 billion project involves construction between Highway 8 (near Elbow Springs Golf Club) & Macleod Trail SE, including reconstruction of Glenmore Trail from Sarcee Trail to East of 37 Street.

The project includes:

- 1 roadway flyover
- 1 railway crossing flyover
- 31 km of 6-8 lane divided highway
- 49 bridges, including over the Elbow River & Fish Creek
- 14 interchanges, **THE LINKS BELOW WILL TAKE YOU TO DETAILED INFORMATION FOR EACH INTERCHANGE.**

- **Highway 8**
- **69 Street SW-Discovery Ridge Boulevard SW Interchange**
- **Glenmore Trail SW / Westhills Way SW / Sarcee Trail SW / 37 Street SW Interchanges**
- **Sarcee Trail SW / Glenmore Trail SW / Westhills Way SW / Strathcona Street Interchanges**
- **90 Avenue SW and Southland Drive SW Interchange**
- **Anderson Road SW / 130 Avenue SW* Interchanges**
- **Fish Creek Boulevard (146 Avenue) SW / 162 Avenue SW Interchanges**
- **Highway 22X / James McKeivitt Road SW-Spruce Meadows Way SW Interchanges**
- **Highway 22X Extension**
- **Macleod Trail / Sheriff King Street SW-6 Street SW* Interchanges**

* Provides highway access to ring road in one direction only.

There is also a **TRANSMISSION LINE REALIGNMENT** project underway on 69 Street SW & Glenmore Trail (Highway 8). ENMAX is working on a complex, multi-year project to relocate electrical infrastructure from 69 Street SW to Macleod Trail/Highway 2A to accommodate the construction of the SWCRR. Construction on the transmission line relocation commenced in February 2017 & is estimated to take 4weeks to complete. The work includes removing eight existing wooden transmission structures from Discovery Ridge Boulevard North & East of 69 Street SW and installing eight new steel monopole self-supporting structures in a new alignment.

As preliminary construction continues for the SWCRR, the **Site Clearing along Highway 8** to remove vegetation in the road right-of-way along Highway 8 near the communities of Discovery Ridge, Sienna Hills & Springbank Hill is well underway. This includes areas around the intersection of Discovery Ridge Boulevard & 69 Street S.W.

Site impacts are expected to include:

- Heavy equipment removing trees, bushes & other vegetation
- An increase in truck & equipment traffic
- An increase in noise during working hours

Signs have been posted on roadways & pedestrian walks in the area to notify the public of the activity & a full-time spotter will be on site to alert workers of pedestrian traffic.

Visit [Southwest Calgary Ring Road](#) project website for the most up-to-date construction & traffic information. This information will be updated & available on a daily basis throughout the duration of the project.

Also City of Calgary, Ward 6 provides current information @ [West Calgary Ring Road Update](#) website.

The New Year's Day Skate was a great way to welcome in the New Year as family & friends gathered despite the bitterly cold weather.



Special guests; Canada's gold medalists Meaghan Mikkelson & Natalie Spooner (also from Amazing Race Canada), as well as Rebecca Johnston from the Canadian National Women's Hockey Team, joined the fun. What a thrill for all of us, Meaghan brought her gold medals from both the 2010 Sochi & 2014 Vancouver Olympic Winter Games.

"There was great community spirit shared at this fun family event & we were part of the volunteer team serving cookies & hot chocolate. Discovery Ridge really does hold so many positive outlets for all of us. I would encourage you to participate when you can, meet new people & help make our neighbourhood a great place to live!"



Kim Mackie

Volunteer involvement is required for the success of any event or community fundraiser. Life can keep us busy, sometimes it's a struggle to recruit enough volunteers for events. There are many of us who are retired, no longer have families to raise & are able to become involved in these causes. What better way to give back to our community than volunteering your time.

*“On February 11th, I had an opportunity to volunteer at the **CASINO FUNDRAISER**. DRCA participates in a casino approx. every 14 months, with considerable sums of money raised.*

These funds will be used for recreation facilities located behind The Wedgewoods, the surrounding landscaping & future signage at the entrance to Discovery Ridge.

Many of us use the facilities throughout the year, whether it be the ice rinks, tennis courts or taking our children or grandchildren to play on the playground equipment or soccer field.”

Sheila Rivers



The DRCA has many events throughout the year that require volunteers. Although we live in a condo environment, the greater community is ours as much as folks who live in single family dwellings. Why not become involved? It affords us the opportunity to meet & mix with our neighbours, possibly forming new friendships.

If you haven't already, consider an annual DRCA membership. Be part of the “collective voice” for Discovery Ridge. From both the City of Calgary & the Province of Alberta's viewpoint, the community association is the representation of Discovery Ridge collectively. That representative voice is far weaker than it should be for Discovery Ridge.

Please visit the

[DRCA Webpage](#) to find out more about community life in Discovery Ridge.



KHMackie, Resident & DRCA Volunteer

SIGNAL HILL PUBLIC LIBRARY



Transit: Bus # 13, 93, 94, 112, 454
5994 Signal Hill Centre S.W.
Centralized Switchboard: (403) 260-2600

The winter months can be long & we are very fortunate to have great family events in our public libraries. Signal Hill is the closest location to Discovery Ridge. Below is a link list of programmes available until June 2017. Take your pre-schooler(s) to some of these great events. A lovely way to spend family time with elementary-age children is to read together.

1-2-3: Count With Me!

- Your toddler will love this introduction to numeracy & have fun with numbers using rhymes, songs, books, & active play.
- **Audience:** Adults & Kids - Ages 2 to 3 with a parent/caregiver

Baby Bookworms

- Have fun sharing books, rhymes & songs with your little one.
- **Audience:** Adults & Kids - Ages 13 to 23 months with a parent/caregiver

Baby Rhyme Time

- Welcome your baby to the Library! Enjoy songs, rhymes & stories that will make your baby smile.
- **Audience:** Adults & Kids - Ages up to 12 months with a parent/caregiver

Drop-in Family Storytime

- Drop in for stories, songs & finger plays the whole family can enjoy.
- **Audience:** Adults & Kids - Ages 2 to 5 with a parent/caregiver

Reading Buddies

- Teen volunteers & Library staff provide one-on-one reading support & fun literacy activities for young readers.
- **Audience:** Kids & Teens - Ages 5 to 8

Words and Wiggles

- You & your preschooler will love hearing stories, singing songs & engaging in active play in this fun-filled program.
- **Audience:** Adults & Kids - Ages 4 to 5 with a parent/caregiver

Open to the public:
Monday thru Thursday 10am-9pm
Friday 10am-6pm
Saturday 10am-5pm
Sunday Noon-5pm

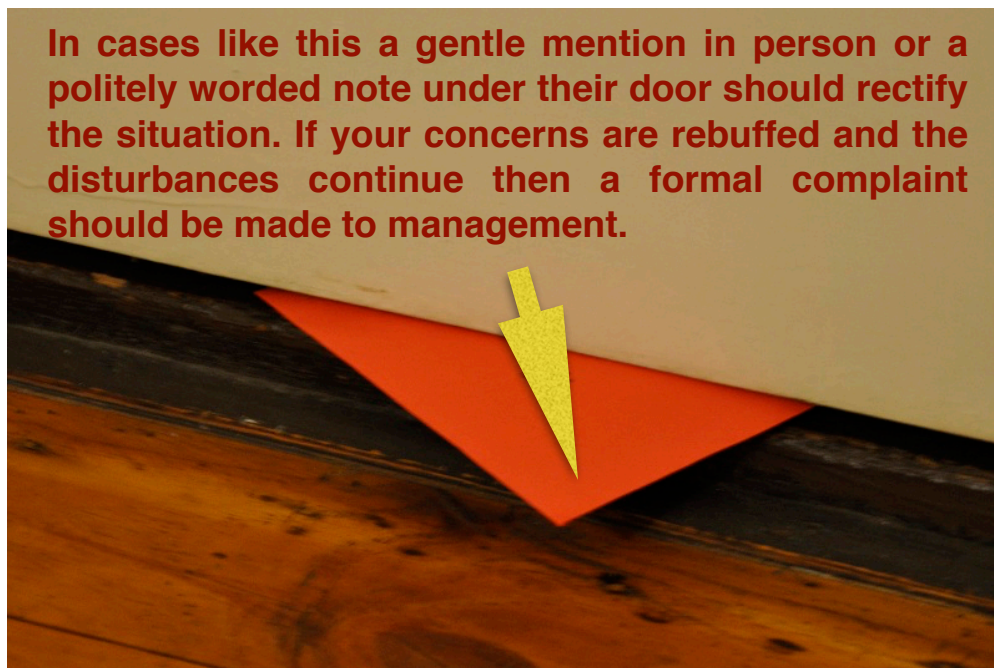
GENTLE REMINDERS

LIVING IN HARMONY

“When I moved to the Wedgewoods I had no idea what to expect from condo living. I had resided in my single family home for 32 years & living in a multi-family dwelling was a dim memory from my youth.

I had to remind myself that I was living in close proximity to people, below & beside me, & to be cognizant of the fact that any noise I made & other annoying actions could be disturbing to my neighbours.”

Many residents, whether they are new to condo living or not, may not be aware that some of their daily routines can adversely impact a neighbour who is living above, below or next door to them. They may not know their TV is too loud, they walk with a heavy foot, they drop the lid on their toilet, or their loud conversations carry. It is worth letting them know.



Acquainting yourself with your neighbours, being on friendly terms & respecting everyone's right to peace & privacy will go a long way to ensure condo living can be a harmonious experience for all.

Sheila Rivers, Resident & Move Manager

COMMON SENSE REMINDERS



- Turn off the lights in your home, social room, fitness room & washrooms. If you aren't there the lights don't need to be on. Be energy efficient.
- Keep the windows closed, as there is a danger that the pipes will freeze and water damage will follow. Remember that you are responsible if this happens.
- Never leave home with the dishwasher or washing machine running. If things malfunction, or there is a flood, you really should be home, as you are responsible for the damage that occurs.
- Keep your dryer lint trap clean & don't leave the dryer running when you're not home. These are fire hazards we should all be aware of.
- If you are planning to be away for more than three days, you are obligated to have someone regularly check your suite.
- And what about the fireplace in the winter or air conditioning units in the summer? Don't leave them running or unattended, ever!
- If you don't know someone don't let them into the chateaux. Security is critical and affects all of us.
- Owners are responsible for their in-suite maintenance. If your tap is leaking, your toilet running or your fridge is making a weird noise, call a service company — not the property manager.
- Make your own arrangements for courier deliveries & other services.

COMMON SENSE GOES A LONG WAY IN BEING A GOOD RESIDENT.

- Owners are responsible for ensuring the safety, care & upkeep of their condo units.
- Tenants (renters) are responsible to their owners.
- Property management takes care of the buildings & common property.

Kim Mackie, Resident

PLEASE BE ROAD RESPECTFUL



Drive on the right side of the road. Yes, that means the right side. Not the left side. That would be the wrong side. This includes entry & exit to the parkades & driving within the parkades. And, don't ever drive in the middle of the ramp or any roadway for that matter.

Drive the posted speed. Or slower. Never faster. Don't make that pedestrian feel like you are about to run them down.

STOP at the STOP sign. Yes, that means STOP. Not yield. Not roll thru or pause. It really does mean STOP.

Slow down in the playground zone.
Please!

Pull to the side for emergency vehicles. Police, Ambulance, Fire Rescue. It may be your friend or family that they are trying to respond to.

Slow down in construction zones. There could be workers on or near the road that you can't see. Don't assume someone or something isn't there.

It's the Law!

Kim Mackie, Publisher

RESIDENT SUBMISSIONS

CHEAP & EASY DIY PET TOYS

Cats & dogs just love to play. A pet owner can put together some great toys with objects they have right at home without the expense of purchasing store products. Below are some super easy & cheap DIY toys you can put together in minutes.

Let's start out with a few toys for dogs.



One of the cheapest, easiest & handiest DIY dog toy you can make is placing an old tennis ball in the middle of a long sock. Tie a knot on either side of the ball. Voila, you now have a great tug toy for you & your dog which also works as a great toss toy.

Take a plastic milk bottle, remove & throw away the plastic cap. Put a dozen or so dog treats inside & give it to your dog. Your pooch will bite & scratch & throw around that bottle until the last treat has fallen out, which will likely keep your dog busy for a quite a long time!

Another very simple but effective toy is made by taking a small plastic bottle with the cap thrown away & disposed of. Now squeeze all of the air out of the plastic bottle. Put the bottle inside an old sock & tie a knot in the end of the sock to keep the bottle in place. The sound of the crackling plastic, & the texture, will be something your pup will go nuts for.

Now here are a few easy toys for cats.

Some household pieces make great cat toys just the way they are. These would include empty thread spools, paper bags, toilet paper rolls, plastic milk jug rings & empty cardboard boxes.



Many cats love to bat around a medicine bottle. The best way to turn a medicine bottle into a toy is to remove all the pills & scrub the container really well. Take a couple of dry beans or a small amount of dry rice, put them in the container & put the lid back on. Cats love swatting this around the floor, & if they somehow get the lid off they won't get hurt.

Cats are totally mesmerized by bubbles & love to play with them. To have a heap of fun with your cat, all you need is a mixture of dish soap, water & a bubble wand. It's hilarious watching what your cat does once those bubbles start appearing! Over the years I tried spoiling all my cats, spending a small fortune on an array of toys, but none seemed to interest them very much. No matter what I brought home, they were the happiest playing with the crunched aluminum foil balls I'd make. They loved batting them around & chasing them everywhere. There are some super pet toys out there, but sometimes it can just be the simplest things that grab our pet's attention the most!

In closing, not to be a party pet pooper, be mindful of the people that live below you. These toys are fun for the pets but you may want to ask the folks around you if they hear them. Submitted by

Alannah Vanel, Resident & Petsitter

GLUTEN FREE eating is becoming widely spread, due either to celiac disease, allergies or just to feel better. While more & more gluten free items are becoming available for purchase, not all taste good, stay fresh or are reasonably priced. I have found that making my own is a very good option & to do so, I spent quite a while trying different combinations of gluten free flours. I was looking for a cup to cup substitute that I could use in my old favourite recipes. And I found such a substitute!

Jane Welsh

Recipe #1 / GF FLOUR:

Use this combination, cup for cup, in any recipe. To this date, & this covers a few years, I have not found a recipe it doesn't work in. Do NOT use it in bread recipes simply because I find our convenient Lakeview Bakery makes wonderful gluten free bread that I freeze & take slices from the freezer as needed. I shop at Bulk Barn for the flours I use & their scoops, with a rounded scoop being my "measure", is one part. I make a large amount of this combination & keep it in a well sealed plastic bin.



Gluten Free Flour Blend

2 parts brown rice flour
 1 part tapioca starch
 1 part sorghum flour

- Mix well and store in sealed container.


Substitute cup for cup in any recipe. Add about 1 small tsp xanthum gum per cup of flour used in your recipe. Don't mix the xanthum gum in the container with the flour because you cannot be sure that you will get the correct amount in your recipe. This is what binds the flours together and gives some "spring" to your baked goods.

"If you try it in a bread machine and have good results, let me know."

From the GF kitchen of Jane

Recipe #2 / **BANANA MUFFIN RECIPE:**

One of the staples that I try to always have on hand so I can grab one for a quick & healthy lunch or snack. I use my GF FLOUR plus Xanthum gum, but you can use your regular flour. I put brown, soft bananas in the freezer so I always have some on hand & I'm not throwing them out. Fresh bananas work well too.



Banana Muffins

- 3/4 c sugar
- 1/2 c oil
- 2 eggs
- 3 mashed bananas
- 2 c flour + 1 rounded tsp xanthum gum if using GF flour
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 c orange juice
- 1 c mixed fruit, or peel, or craisins
- 1/2 c raisins (I often use just raisins or craisins)

• Mix first four ingredients well by hand, then add & mix the dry ingredients until moist. Add remaining ingredients & mix well. Put in muffin tins. Bake @ 350° for 25 minutes. Yummy!

From the GF kitchen of Jane

My name is Yvette & I'm from New Orleans, Louisiana.

Whenever we go home, we eat our way through the city - from awesome seafood, gumbos, beignets to po-boys galore! One of our all time favorite desserts is **BREAD PUDDING!** If you've ever had a really good bread pudding, it'll probably remind you of your grandmother or nice comfort food. My brother worked for the New Orleans School of Cooking right out of university. Their famous, delicious recipe is used by our family to this day!

Recipe #3 / **NOLA BREAD PUDDING** (served with warm whiskey sauce)

Recipe #4 / **WHISKEY SAUCE**

Yvette Estopinal

New Orleans Style

NOLA BREAD PUDDING

1-10 ounce loaf of stale
French bread
(or 6-8 cups of any type of bread
as long as it's stale)
4 cups milk
1 1/2 cups sugar
8 TBSP melted butter (1 stick)
3 eggs
2 tsp vanilla
1 tsp nutmeg
1 cup raisins
1 tsp cinnamon
1 bag coconut flakes
1 cup chopped pecans

Directions:

Combine all of these ingredients together, it will be moist, but not soupy. Pour it into a buttered 9x12 inch casserole dish & bake in a preheated oven @ 350° for 75 minutes or until top is golden brown.

**Serve with this warm
whiskey sauce!**

From Yvette 's Kitchen

New Orleans Style

WHISKEY SAUCE

8 TBSP butter (or 1 stick)
1 cup powdered sugar
2 egg yolks
1/2 cup bourbon

*"You can double this sauce if
you like a lot of sauce in your
pudding like I do!"*

Directions:

Cream butter & sugar over medium heat until all of the butter is absorbed. Remove from heat. When cool, blend in egg yolk. Pour in bourbon (to your own taste) & stir continuously. Sauce will thicken as it cools.

*"You can leave bourbon out of the
sauce for the younger children. I
have friends who don't add the
raisins, coconut & pecans. Instead
they put in a can of fruit cocktail!
It's very good also, just a different
twist. Enjoy!"*

**Serve both bread pudding &
sauce warm.**

Makes 16-20 servings.

From Yvette 's Kitchen



St. Patrick's Day is actually a modern invention although first celebrated in 1737 by Irish American colonists to honour & celebrate the Irish culture they had been separated from.

Today it is celebrated globally by all who are Irish & Irish at heart. In Ireland, prior to 1970, St. Patrick's Day was a minor religious observance in honour of Patrick, the patron saint of Ireland. It has since been reclassified as a national holiday.

Beginning with the Great Famine in 1845, followed by conflicts & economic issues, Ireland saw a mass exodus of her citizenry, which continued throughout the 19th century. The migrants settled in other English speaking countries with the majority landing in the United States. The Irish diaspora (Irish people & their descendants living outside of Ireland) is comprised of approximately 80 million people worldwide. This might explain why St. Patrick's Day is so widely celebrated.

TRADITIONS, LEGENDS & FOLKLORE:

- St. Patrick was a 5th century Christian missionary & Bishop of Ireland who spent over 30 years converting the pagan Irish to Christianity.
- Legend says he used the 3 leaf shamrock to teach the mystery of the Holy Trinity.
- The shamrock is not the symbol of Ireland, although it has been a popular Irish symbol since the 18th century.
- The Irish have celebrated St. Patrick's Day for over 1000 years on March 17, the date of Patrick's death.
- St. Patrick wasn't Irish, he was born to Roman parents in Britain.

- Leprechauns, also known as the little people, are not real, they are part of Irish folklore & the pot of gold they guard is theirs, which they earned by making & mending shoes.
- The drinking of green beer is not a tradition of Ireland, but one of Canada & the US
- New York's St. Patrick's Day Parade is the world's largest. Chicago dyes the Chicago River green & even the White House fountain is dyed green.
- People wear green on St. Patrick's Day, mainly outside of Ireland, to show their Irish heritage.
- In Ireland, for practising Christians, St. Patrick's Day is a Holy Day of Obligation.

“Love of music, gift of the gab, a sense of humour, strong convictions, loyalty & an amazing wit are some of the traits many Irish possess. With all those wonderful attributes who wouldn't want to be Irish even if it is just for a day.”

Submitted by Sheila Rivers, Resident

***May your thoughts be as glad as the shamrocks.
May your heart be as light as a song.
May each day bring you bright, happy hours.
That stay with you all the year long.***



An Irish Saying

The Kerby Centre, a “not-for-profit organization” in downtown Calgary, is committed to enhancing the lives of older adults. Established in 1973, the centre now serves in excess of 22,500 Calgarian's in assisting older adults in living well; as long as possible in their communities & in their homes.

“Thrive” (formerly the Grocery Delivery Program) provided by Kerby, is a vital service for the ailing elderly. It is a grocery delivery program for *low income seniors 55+ living in isolation & have difficulty shopping on their own. “Thrive” partners with Co-Op stores. When a client places an order, the volunteers shop for & deliver the groceries for a \$4.00 fee. Orders take 2-5 days for delivery & can be placed every two weeks or more. The program can also help decrease isolation & improve connections within the broader community, assist with referrals & navigating resources available to keep seniors safely in their own homes.

“As a “Thrive” volunteer I often see loneliness with my seniors, life can be challenging to many. Often the supportive visits are as important as the groceries I deliver. As in later years, friends & family move away so the social circle becomes much smaller.”

In many cases a volunteer may be the only person a senior has spoken to all day. In light of this, volunteers are trained to recognize hoarding, distress & elder abuse so they can put clients in touch with those that can help. Some seniors may only need occasional assistance, as in illness or emergencies & some may require ongoing assistance. “Thrive” changes life for the better. Clients know they can count on assistance when desperately needed. As for everyone, the unexpected happens & when it does “Thrive” is there to assist as long as necessary.

“Seniors in the programme are quietly courageous & very grateful for anything we do for them. Delivering their groceries & staying for a visit is the essence of the program, It’s very humbling to see such a small gesture on my part can mean the world to them. Many lasting friendships have developed through these visits! Everyone needs to be important to someone.”

Kerby is always looking for new volunteers & this program is so rewarding! “Thrive” Secret Santa Christmas gifts & Birthday presents are delivered just to let our seniors know they are cared for. The volunteers simply love this program!

“As I leave my senior I ask if there is anything else I can do before leaving; recycling, garbage, or any other task they need help with. The answer is always the same “Can you come back again sometime even if I don't need groceries?” People need people & kindness is so appreciated.”

Respectfully submitted by M. Elliott, Château 10

*Criteria for “Thrive” eligibility:

- Based on income guidelines: individual @ \$26,000 or less & \$38,000 for a couple.
- Income is established by Line 150 on the CRA Notice of Assessment for the current tax year.



Vision: A happy, healthy senior population

**Mission: To assist older people to live as well as possible,
for as long as possible, as residents in the community**

[Visit the Kerby Centre webpage for further information on full services.](#)

ARE YOU INTERESTED

Are your closets overflowing, your laundry room packed, or your storage locker looking like Value Village?

“There has been some interest in having a parking lot ‘Swap Meet’ where you could buy, sell, trade, or even give away items that no longer serve you. Participants would have to provide a 9 x 12' tarp on which to display their goods. Canadian Tire West Hills carry these @ \$7.98 + GST. This way everyone would have the same space.

THIS WOULD BE OPEN TO RESIDENTS OF THE WEDGEWOODS ONLY. Residents participating would be 100% responsible for set up, take down & discard and/or delivery to donation centres. Anyone wishing to sell furniture could take a photo & make a deal between themselves. Things left over (with the exception of furniture) could be collected & donated to various businesses that help those less fortunate.”

If interested email [volunteering @wedgewoods.ca](mailto:volunteering@wedgewoods.ca). With sufficient interest the idea will be presented to the Board for consideration & approval. Bearing in mind the building envelope construction starting early spring may affect feasibility.

Submitted by Brenda McPherson, Resident

TEN FUN FACTS

- Banging your head against a wall burns 150 calories an hour.
- A toaster uses almost half as much energy as a full-sized oven.
- In every episode of Seinfeld there is a Superman somewhere.
- The Grammy Awards were introduced to counter the threat of rock music. In the late '50s a group of record executives were alarmed by the explosive success of rock 'n roll, considering it a threat to "quality" music.
- The 57 on Heinz ketchup bottle represents the varieties of pickle the company once had.
- During the chariot scene in 'Ben Hur' a small red car can be seen in the distance.
- There is a city called Rome on every continent.
- Your ribs move every time you breathe, on average 5 million times a year.
- The glue on Israeli postage stamps is certified kosher.
- Dolphins sleep with one eye open.

Submitted by Alannah Vanel, Resident

OUR HOMES ARE OFTEN OUR BIGGEST INVESTMENT

After a long, cold winter, spring is finally around the corner! Fortunately life has carried on beautifully & most have managed to maintain an active outdoor lifestyle. Walks in the woods, skating at the park, as well as our social events & casual gatherings have kept us connected in our village. When I stop to think about



our surroundings I am overwhelmed by the beauty. It is much like living in our own National Park with the woods, creatures & serenity that surrounds us every moment of our days.

It would be very difficult to place a price on the land our property sits on, it is truly priceless. Having said that, there are ways we can increase the value of our individual units which in turn increases the desirability of the entire complex. As the start of 2017 is bringing a much brighter outlook for the economy in Calgary, some of us may decide to sell, perhaps move south to avoid another frosty winter. If this is the case, it is critical that we do our research. Our decisions will not only benefit us individually, but also those that remain at The Wedgewoods by retaining investment value of their homes.

“In my professional & personal experience selling real estate, I have learned little things make a large impact on the value of our homes.”

Teresa Ahloy

Here are some valuable tips to consider:

- *Invest time & effort, meet with at least two professional realtors.*
- *Ask questions: Do they have the experience & ability to market your property effectively with a PROVEN strategy & track record. Do they have the confidence & expertise that will bring results & maximize value?*
- *A team can be great but will you deal with the realtor hired or passed on to the team? Who is the team & what are their qualifications? What services do they provide & who is obligated to pay for the services?*
- *Is a professional photographer provided or someone qualified to take measurements of your home? The wrong square footage can bring undesirable legal issues.*
- *A knowledgeable agent provides the tools to present your home in the best possible fashion, a stager and/or a handyman to take care of small issues that may influence a buyer.*
- *Sellers can help by being prepared; have condo documents on hand, receipts for repairs & improvements made to the unit.*

Trust in your agent is essential, you are allowing this person to handle the sale of what might be your largest investment. Choosing a realtor based on commission isn't always wise. An experienced realtor will have the knowledge & expertise to price your home effectively, coupled with strong negotiating skills, will obtain your price & easily make up for, likely exceeding, a discount that you may have taken elsewhere. You do not want to lose value due to over pricing followed by numerous price decreases.

These are all small suggestions that make a large impact on value. When we all work together, making wise choices, it truly does make a substantial influence on the value of this beautiful piece of paradise that we all share.

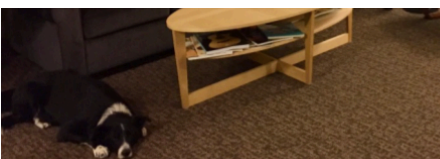
Submitted by Teresa Ahloy, Resident & Realtor/Mortgage Planner



We do have fun!



If anyone has photos to share we would love to have them for our newsletters.



Looking forward to so much more!

Kim Mackie, Publisher