



# The Chestermere Anchor

March 03, 2021 VOL 21 NO. 09



## Van Son expanding into Calgary

Story page 5

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*The views, opinions and positions expressed by all columnists and contributors are the author's alone. They do not inherently or expressly reflect the views, opinions and/or positions of The Chestermere Anchor City News or Anchor Media Inc.*

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Join us for an online  
information session  
about Lakeside.



Slokker Homes

7:00-8:30 PM

Tuesday, March 9, 2021  
Thursday, March 11, 2021

REGISTER

## Over \$170,000 allocated to local not-for-profit and registered charitable organizations

*The applications awarded work towards achieving the community's goals, priorities and contribute to the quality of life in Chestermere*

By **Emily Rogers**

Multi Media Reporter, The Anchor

The City of Chestermere's Human Services Advisory Board (HSAB) awarded over \$170,000 in grants to local social service programs and organizations.

"I can speak for myself and all of our other board members when I say that I have been deeply rewarded by the positive outcomes and successes of these local programs and agencies who have benefited from Human Service Advisory Board grant programs," said Board Chair, Scot Caithness.

Projects created by local not-for-profit and registered charitable organizations have received an investment of \$171,961 in grant funding from Chestermere Family and Community Support Services (FCSS) and the United Way Chestermere Partnership.

The funding was awarded by the HSAB after a total of 20 proposals were received for

consideration.

Every year, the HSAB is tasked with allocating the FCSS and United Way grant funds to proposals that contribute to the overall quality of life in Chestermere and achieve one or more of the overarching goals and priority outcomes described in the Social Investment Framework.

The 12 newly funded projects will complement the board's goals of advancing equity and social inclusion through vibrant, connected and engaged neighbourhoods and communities, healthy, connected, and engaged individuals and families, and positive mental health.

The HSAB has awarded the 2021 grant cheques to Accredited Supports to the Community for the Healthy Families Home Visitation Program, Camp Chestermere for the Helping All Campers Succeed 1:1 Program, Camp Chestermere for the Volunteer Mentorship Program Coordinator, Chestermere Food Bank for the Good Food Box Program, Junior Achievement of Southern Alberta for Financial Literacy Classes for Chestermere

Youth, and Synergy Youth and Community Development Society for the Care and Connection Project.

The FCSS funding was allocated to Camp Chestermere for the CLTD Teen Leadership Program, Chestermere Library for the Parenting2Go Service, Synergy Youth and Community Development Society for the Child Safety Project, Synergy Youth and Community Development Society for the Mental Health Coalition, Synergy Youth and Community Development Society for the SHOUT Boys/Girls Program, and Synergy Youth and Community Development Society for the Youth Encouraging Lasting Leadership (YELL) Youth Program.

The HSAB grants are distributed annually and applications for 2022 project funding will be available in June.

In March, the HSAB will be working on another call out for funding opportunities in the community through the Vitality Grant and Special Call for Proposals.

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\$1,899,900	865 E. Chestermere Dr	
\$399,900	172 Springmere Grove	
\$489,900	148 West Creek Blvd	SOLD
\$670,000	68 Rainbow Falls Blvd	SOLD
\$319,900	177 Shoreline Vista	SOLD
\$213,000	306-380 Marina Dr	
\$225,000	107-380 Marina Dr	
\$469,900	280 West Creek Dr	Just Listed

# Alberta seniors over 75 now eligible to receive COVID-19 vaccine

*Seniors can receive the vaccine at participating community pharmacies*

By **Emily Rogers**

Multi Media Reporter, The Anchor

**S**eniors over 75 years of age across Alberta are encouraged to schedule an appointment to receive the COVID-19 vaccine.

“Having more vaccine arriving in our province means we can continue protecting our most vulnerable citizens as quickly as possible, starting with those who are most at risk of severe outcomes. Immunizing our seniors against COVID-19 is another important step forward in keeping our families, our communities, and our health-care system safe,” said the Minister of Health, Tyler Shandro.

Albertans who were born in 1946 or earlier can now schedule their vaccine online or by calling 811. Appointment availability will be determined by vaccine supply.

Seniors 75 years of age and older will be directed to vaccination clinics that are closest to where they live.

Isolated seniors and those with mobility challenges can call 211 for information on help finding a ride to an appointment.

“We know that age is the greatest determining factor in whether someone may experience severe outcomes due to COVID-19. I want to remind our eligible seniors that vaccines are safe and effective. Now that it is your turn, please arrange to be immunized to protect yourselves and those around you,” said the Chief Medical Officer of Health, Dr. Deena Hinshaw.

Alberta Health Services (AHS) is also offering the vaccine to all residents in retirement centres, lodges, supportive living, and other congregate

living facilities with residents aged 75 or older.

AHS will directly contact these facilities to arrange appointments.

In sites where eligible seniors interact with residents younger than age 75, health officials will offer the vaccine to everyone living in the facility in order to reduce the overall risk of disease transmission, severe illness, and death.

Beginning Feb. 24, seniors over 75 can book their vaccination appointment at participating community pharmacies in Edmonton, Red Deer, and Calgary.

Appointments will start the first week of March. As more vaccine arrives, more participating pharmacies will begin to offer the vaccine.

“The Alberta Pharmacists’ Association is very pleased to have had the opportunity to work with Alberta Health towards the launch of this program. Community pharmacists are well prepared and ready to administer the COVID-19 vaccine. As the vaccine supply increases in the province, we look forward to expanding the program to include all community pharmacists in pharmacies across the province. Alberta’s vaccinating pharmacists are committed to supporting the provincial efforts led by Alberta Health towards safe, efficient vaccination for all Albertans as quickly as possible,” said the Alberta Pharmacists’ Association CEO, Margaret Wing.

Health officials have been working with the Alberta Pharmacists’ Association to develop a program for pharmacists to provide vaccines in their communities.

Initially, the vaccine will be limited to participating pharmacies in Edmonton, Red Deer, and Calgary.



Participating pharmacies were selected based on geographic and population needs, as well as their demonstrated ability to handle large volumes of vaccinations in short time frames.

The number of pharmacies is limited due to vaccine supply, strict storage, and handling requirements for the vaccine. As more vaccine becomes available, additional pharmacies will be able to participate in other communities.

Each participating pharmacy will adhere to strict protocols and has demonstrated experience with immunizations and the specialized skills needed to safely provide COVID-19 vaccines.

Albertans are strongly encouraged to have both doses of vaccine provided at the same location.

Albertan’s eligible to receive the COVID-19 vaccine include health-care workers in COVID-19 units, medical and surgical units, and operating rooms, health-care workers in emergency departments, home care workers, residents and staff of long-term care and designated supportive living facilities, respiratory therapists, paramedics and emergency medical technicians, First Nations, Métis and persons 65 years of age and over living in a First Nations community or Metis Settlement.

For more information, or to schedule an appointment, visit <https://www.alberta.ca/covid19-vaccine.aspx>.



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# Chestermere restaurant owner expanding to Calgary

*Peter Pham is excited to share his family's recipes at his new China Town restaurant location*



*Van Son Owner Peter Pham is excited to open a new restaurant with his father and sister, Pho City in China Town. Pham ensures that when customers come to Pho City they can expect the same recipes, quality, quantity, and service offered in Chestermere. Photo submitted by Peter Pham*

By Emily Rogers

Multi Media Reporter, The Anchor

Owner of Van Son, Peter Pham is excited for the opportunity to share his family's recipes with Calgarians at his new restaurant, Pho City, in China Town.

"I always wanted to open more, I know that our food, service, and quality is really good so I thought if I had the help I would want to open more," Pham said.

"We always wanted to expand to different locations so we're not too close to the other restaurants, so customers can come to us anywhere they go," he said.

For Pham, opening the Pho City restaurant with his family was extremely important as his aunt opened the first Van Son restaurant in Calgary and mastered the recipes that he uses today.

"I partnered with my dad and sister. I wanted to allow everyone to succeed, as my aunt did the same with me, my dad and sister have no experience in restaurants, we wanted to do this together," Pham said.

"My wife helps me run the Chestermere restaurant, which gave me more time to build another restaurant," he said.

Pham is currently working at Pho City seven days a week during lunch, then at Van Son in Chestermere every night.

"I'm working two restaurants right now until I can get this restaurant up and running well and smoothly. Then I can relax a little bit more," Pham said.

Due to COVID-19, Pham ran into many challenges opening Pho City, such as delays with completing renovations and obtaining the proper permits.

"Everything took longer. Finding a location, rent is a huge factor, during COVID-19 rent has gone down for a lot of people because businesses were shut down," Pham said.

"It's a hard time to open, but at the same time you can benefit from it, with cheaper rents," he said.

During the COVID-19 pandemic, finding suppliers became extremely difficult.

"When the borders shut down it was harder to find the products I need from across the border, shipping increased, and there were a lot of products getting stuck at the borders," Pham said.

"Because of Van Son, I already found different suppliers and different shops, so I knew where I needed to go," he said.

Adding, "It was easier opening a second business, because with the first one I already figured out everything I needed to do, everywhere I needed to shop, and where I could find the products."

When opening Pho City, Pham would shop to find the best pricing options to ensure it wasn't too expensive for the customer.

"We wanted to keep our prices as low as we can, but as we do our profit margin gets smaller. We want to keep our food quality good and have large quantities," Pham said.

"Other restaurants cut costs, we tried to keep



*Peter Pham and his family are excited to build a customer base and share his family's recipes in China Town at his new restaurant Pho City. "I love meeting new people, talking to new people, and knowing customers. It's always something different every day you work," Pham said.*

*Photo submitted by Peter Pham*

our quality and quantity good so people will keep coming back to us," he said.

Pho City has been open to the public for over a week, however, it's been difficult.

"It's been hard. Right now, most people work from home, households can only dine in together, that has affected both restaurants, no one is downtown right now, downtown has been very slow," Pham said.

Despite the challenges as a result of COVID-19, Pham is excited to meet new customers and train new staffers.

"I'm excited because I get to meet new people, I love meeting new people, talking to new people, and knowing customers. It's always something different every day I work," Pham said.

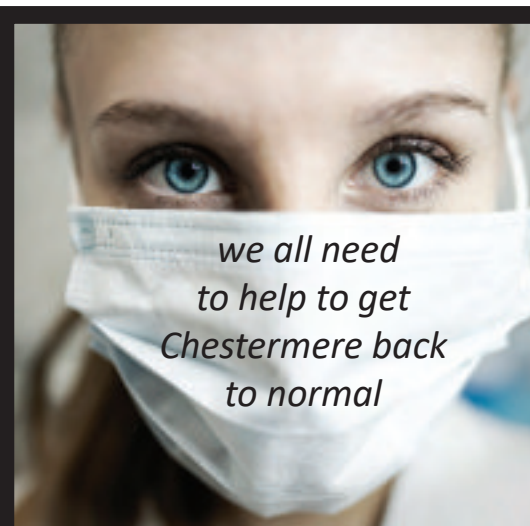
"The Chestermere location has been running smoothly, and with the new location I have to put a lot more effort into providing everything I want for my vision of the future of Pho City," he said.

When customers go to Pho City, they can expect the same recipes, quality, and quantity offered at Van Son.

"Customers can expect the best customer service I can give, the same amazing service we give in Chestermere, and a happy face," Pham said.

For more information visit the Van Son website at [https://www.vansoncuisine.ca/?fbclid=IwAR2x-BO6wbCv3Tuzg54v26rUbr-f51LE1QBSdudekK-SU\\_s5n1KfElBVf6OzY](https://www.vansoncuisine.ca/?fbclid=IwAR2x-BO6wbCv3Tuzg54v26rUbr-f51LE1QBSdudekK-SU_s5n1KfElBVf6OzY), or the Pho City website at, [https://www.phocity.ca/?fbclid=IwAR1Mc-4uULy7EvB\\_eZ1quAyKQ4oa0vo8oLKx\\_f7Lfn2i-PXyunzaZqhc0BUnc](https://www.phocity.ca/?fbclid=IwAR1Mc-4uULy7EvB_eZ1quAyKQ4oa0vo8oLKx_f7Lfn2i-PXyunzaZqhc0BUnc).





# MNP Economic Assessment Report indicates Lakeside Golf Club cannot continue to operate

*Members of the public are encouraged to attend an online information session on the future of the Lakeside Golf Club*

By **Emily Rogers**

Multi Media Reporter, The Anchor

**S**lokker Homes is inviting Chestermere residents to an online information session regarding the future of the Lakeside Golf Club, and the results of the MNP Economic Assessment Report.

With the collaboration of Slokker Homes and the current administration of the Lakeside Golf Club, information of the last five financial years was collected and submitted to MNP.

"MNP has done other feasibility studies for golf courses, and that is why they were the most qualified to provide this report in the Calgary area," said the President and CEO of Slokker Homes, Peter Paaup.

To complete the Economic Assessment Report of the Lakeside Golf Club, MNP reviewed the golf industry overall, the golf industry in the Calgary metropolitan area, the Lakeside Golf Club operational numbers, and the golf course itself.

"On that benchmark alone, the golf course is operating very poorly. The study identified an annual revenue shortfall of about 32 per cent on an annual basis, which roughly equates

to \$800,000 per year. On top of that, the golf course is behind on critical maintenance of almost 3 million," Paaup said.

"The hole is too big, 32 per cent revenue in order to break even is just too big of a hole, especially considering there are 52 other golf courses in the close-by area. There is no room to increase the annual membership, to increase the green fees, or to increase the food and beverage with that revenue number," he said.

For Slokker Homes, it was important to complete the Economic Assessment Report of the Lakeside Golf Club, as they want to be transparent.

"The obvious questions will be, why is the golf course not being sold, why doesn't it continue as an operating golf course, a study like this makes the financial feasibility question crystal clear," Paaup said.

Adding, "For Chestermere at large, it is very clear that the golf course is operating at an unsustainable financial loss on an annual basis. In the long-term, it will for sure have to close down."

Although Slokker Homes has not yet submitted an official development proposal to Chestermere City Council,

Paaup and the Slokker Homes team are working on showing the vision of the development.

"As a development proposal we think we have a very compelling vision that we will want to work in further cooperation with the citizens of Chestermere," Paaup said.

The development proposal will feature low-density housing, a buffer between the new development and existing homes, and green space.

"We think Chestermere can become a leader in the sense of bike-orientated development, and the golf course can connect the pathways. It's a compelling economic alternative, it will make Chestermere more diverse and economically help out," Paaup said.

Adding, "We understand some people will be highly disappointed, and there are a few avid golfers that will be highly upset, but we will offer a very compelling and attractive offer that will make Chestermere a better city."

For more information, or to register for the Slokker Homes information sessions on March 9, and March 11 visit, <https://www.lakesidefuture.com/lakeside-future/info-session>.





# Rotary Club of Chestermere donates new freezer to Chestermere Food Bank

*With the additional freezer, volunteer shoppers can buy in bulk, reducing cost, time, and fuel spent on multiple shopping trips every week*

By **Emily Rogers**

Multi Media Reporter, The Anchor

**T**he Rotary Club of Chestermere provided the Chestermere Food Bank with a freezer, so they can receive bulk meat and other frozen items.

"The Chestermere Food Bank is grateful for the ongoing support of the Rotary Club in Chestermere. Because the demand for our services has increased since the onset of the pandemic, we found our freezer space was stretched to the limit," said the President of the Chestermere Food Bank, Laurie Dunn.

She added, "The new freezer will allow us the flexibility to participate in the Food Bank's Alberta food sharing program where we can access large scale corporate donations, purchases of high demand food and Food Bank Canada's national food sharing system."

Each year, the Rotary Club of Chestermere asks for the Chestermere Food Bank's wish list of items they need.

"Rotary feels that our food bank does such amazing work in our community, they are always thinking outside the box, trying to find solutions as the needs arise, but they can't do this alone," Karen McKee said.

"They need help and along with food donations, they need operational supplies and equipment. To help them do their job more efficiently, and safer, every year we ask them for their wish list for anything they need for operational equipment," she said.

Last year, the Rotary Club of Chestermere provided a safety ladder to ensure the Chestermere Food Bank volunteers could do their job safely.

"This year, they told us they needed a freezer for meat, so we provided it for them," McKee said.

"With the extra storage capacity, our volunteer shoppers will be able to buy in bulk, reducing cost and reducing time and fuel spent in many shopping trips each week," said the Chestermere Food Bank Executive Director, Mardi Oel.

The new freeze is currently holding several pounds of ground bison, and Oel is excited to have the capacity to store other wild game for clients.

"Normally, we don't accept wild game simply because our clients are unfamiliar with it. In November, we began a comprehensive diversity and inclusion procedure where we asked each client to fill in a list whereby, we can determine the cul-



(From left) Jean Critchley, Mardi Oel, Jessie Short, and Karen McKee.

Each year, the Rotary Club of Chestermere asks the Chestermere Food Bank for a wish list of operational supplies. This year, the Chestermere Food Bank received a new freezer from the Rotary Club of Chestermere. With the additional freezer, volunteer shoppers can buy in bulk, reducing cost, time, and fuel spent on multiple shopping trips every week.

Photo submitted by Karen McKee

tural and ethnic needs of each client," Oel said.

"We then researched the various ethnic groups and have a list of their staples. Since then, depending on the client, we will buy okra as well as celery, Bok Choy, and lettuce," she said.

Adding, "We now have the capacity to bulk up on Halal meats rather than run out and buy it when we're expecting those clients."

The Chestermere Food Bank is also now offering a Vegetable of the Month post, giving each client a recipe incorporating the featured vegetable, providing all ingredients, and how to prepare it.

"The donation will not only save us time and money but will also result in education and awareness for all Chestermere and area residents," Oel said.

Each year, the Rotary Club of Chestermere has a budget for all of the organizations earmarked to support.

"If they need more than what we budgeted, we go back to our budget to see if we can provide that. We're more than willing to look at an extra amount, should they need it," McKee said.

"The need is higher, and donations are lower during COVID-19," she said.

In order to receive a Rotary Club of Chestermere donation, the organization must meet one of the seven main focus areas, including Peace and Conflict Prevention and Resolution, Disease Prevention and Treatment, Water and Sanitation, Maternal and Child Health, Basic Education and Literacy, Economic and Community Development, and Environmental.

"We look to that first, to see if they fit into that. With such a broad-based focus area, we would be hard-pressed to find something that didn't fit," McKee said.

All of the club members are then invited to give their input and review the yearly budget and donations.

"We're really grateful to the food bank, staff, and volunteers for all of the hard work, love, care, and compassion that they put into making sure the needs are met in the community," McKee said.

"I know they sometimes have very little to work with, sometimes they have some real struggles, but it doesn't seem to stop them, they find a way, she added. "Being able to support them in any way is really an honour for us."



# Support for Alberta small business available

*Additional financial supports are available for small and medium-sized businesses most affected by the COVID-19 pandemic*

By **Emily Rogers**

Multi Media Reporter, The Anchor

**T**he government of Alberta announced a new financial relief program that will provide security for small and medium-sized business workers and their families.

Under the new Enhanced COVID-19 Business Benefit, up to \$30,000 in support will be available to small and medium-sized businesses that have been the most affected by the COVID-19 pandemic and ongoing health restrictions.

"Small businesses are the beating heart of Alberta's economy and Alberta's government will always be there for them. We've heard the calls for more support and today we are providing even more funding for Alberta job creators to help them deal with the devastating impacts of COVID-19. We will continue to be there for Albertans, protecting lives and livelihoods with support measures just like this," said Premier Jason Kenney.

Small and medium enterprises account for more than 99 per cent of all businesses and nearly 55 per cent of all employment.

The Enhanced COVID-19 Business Benefit will provide financial assistance to Alberta businesses, cooperatives, and non-profit organizations with fewer than 500 employees.

Businesses that can demonstrate a revenue reduction of 60 per cent or more will be eligible to receive 15 per cent of their monthly revenue, up to a maximum of \$10,000.

The additional payment can be used to offset costs associated with COVID-19, such as purchasing Personal Protective Equipment (PPE), cleaning and disinfecting supplies, paying bills, or hiring staff.

The Enhanced COVID-19 Business Benefit is intended to provide additional support in cases where federal programs fall short.

Businesses are required to report the total amount of provincial and federal support received, to ensure no more than 80 per cent of revenue is covered.

Funds can be used to cover the costs of items

that prevent the spread of COVID-19, pay rent, employee wages or replace inventory, or helping businesses expand their online presence or e-commerce opportunities to continue to serve customers.

"The challenges associated with COVID-19 are ongoing, and this additional payment will provide even more immediate relief to Alberta's small businesses. We promised our job creators that we would be there to support them throughout this pandemic, and we will continue to evaluate the needs of Albertans while we engage with the federal government to address gaps in their long-term programs," said the Minister of Jobs, Economy, and Innovation, Doug Schweitzer.

Payments under the Enhanced COVID-19 Business Benefit will be available in April following the conclusion of the Small and Medium Enterprise Relaunch Grant program.

The funds received under this program do not need to be repaid.

Alberta's government has provided support to job creators by deferring corporate income tax collection for six months, deferring education



*The Minister of Jobs, Economy and Innovation Doug Schweitzer, announced the new Enhanced COVID-19 Business Benefit. Up to \$30,000 in support will be available to small and medium-sized businesses that have been most affected by the pandemic and ongoing health restrictions. The additional payment can be used to offset costs associated with COVID-19, such as purchasing personal protective equipment, paying bills, or hiring staff.*

*Photo by Chris Schwarz/Government of Alberta*

property taxes and freezing the rate at 2019 levels, deferring WCB premiums, and paying 50 per cent of them for small and medium businesses, providing a 90-day deferral for utility payments, and banning commercial evictions, rent increases and late fees for commercial tenants.

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# YOUR LETTERS

## Proposed Lakeside Greens Development

We moved to Chestermere in 1997 when the population was about 2,000. We were attracted to Chestermere by the beautiful Lakeside Greens golf course and the attractive Lakeside Greens housing development with the wide streets, spacious lots, and the variety of housing styles. At the time the three main recreational facilities in the town were the golf course, the lake and the Chestermere recreation facility – no swimming pool, no tennis courts.

Today, 24 years later, the population of Chestermere has increased over ten times to now 22,000 + residents. What are the three main recreation facilities today? The same three as in 1997 - the golf course, the lake and Chestermere recreation facility - no swimming pool, no tennis courts. Granted, there have been additions to bike paths, etc., but to lose the Lakeside Greens golf course would be a major blow to the major recreation facilities available and one less amenity to attract people to our city.

When we look around at Olds, Carstairs, Airdrie, Cochrane, Strathmore, Langdon, Okotoks, High River, Turner Valley and Nanton – they all have golf course(s). Many of these have far less population than Chestermere and are all able to maintain their golf courses.

When we look to the west side of Chestermere we see developments that will include more than 5,000 homes. Calgary has plans for five more developments by East Hills. How many more homes do we need in this area that we need to destroy an existing golf course to build more?

With the Covid-19 restrictions in place in 2020, golfing was one of the sports that was able to operate. Golf courses all over saw a great increase in participation and introduced a number of new participants to the sport. It appears that 2021 will continue in the same manner and should spur an increased interest in the sport and with the number of new homes coming to the area there should be a number of new participants to support Lakeside Greens Golf Course.

In a recent interview with CBC News, Peter Paauf of Slokker Homes made some disparaging remarks about Lakeside Greens golf course making it sound like it was a farmers field. Two quotes from the interview were:

“Paauf says for those who are interested in playing golf, they are choosing better-designed courses”. (If this were true then why was there such a great increase in tee times at this course in 2020)?

“(Lakeside) was built in the mid-’90s, truly as almost a farmer field golf course. It’s not the nicest golf course to play, it’s not the nicest golf course to live alongside”. (I imagine if you asked anyone in the Lakeside Greens housing development what they would prefer, to live alongside the golf course or to live looking at some condos).

It is obvious that Mr. Paauf is trying to discourage people from coming to play the course to give Slokker Homes more reason to turn it into a housing development. The citizens of Chestermere need to stand up and ensure we do not lose this recreational amenity. A community is more than just houses.

~Jim Moir

## Letters to the Editor Policy:

### Send letters to [letters@theanchor.ca](mailto:letters@theanchor.ca)

Letters to the Editor must be signed with an address and phone number for validation, should be restricted to a 500 word maximum and may be edited for content. The views voiced in the **letters to the editor** are not necessarily shared by the Chestermere Anchor City News or its publishers. The words are those of the author, and the opinions stated are the opinion of the author of the letter.

Not all letters will be printed, and the Chestermere Anchor City News reserves the right to edit letters for length, grammar and punctuation. We also reserve the right to halt a topic after it has run its effective or logical duration.

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# Seniors Teleconference showcasing healthy, affordable meals

*Sausage Bolognese pasta and Shakshuka were featured dishes*



By **Emily Rogers**

Multi Media Reporter, The Anchor

**P**resident of the Chestermere Food Bank, Laurie Dunn showcased two healthy budget-friendly meals for Chestermere residents to incorporate into their weekly menus during the Feb. 25 Seniors Teleconference.

"I fell into food when I first got married 35 years ago. I knew the basics that my mother had taught me, and my husband said he liked split pea soup. I went to the store and bought a bag of the green split peas, threw them in a pot, put some water on top, and boiled them until they were a thick disgusting mess, thinking I had made split pea soup," Dunn said.

She added, "Thankfully he ate it, and said it was delicious."

Dunn now calls herself the Reluctant Caterer, as she fell into cooking roles as the Calgary Yacht Club Manager, cooking their Thursday night dinners, and in the past catering community events such as the Butterfly Gala.

"It just snowballed from there," Dunn said.

During the Seniors Teleconference, Dunn demonstrated how to make a sausage Bolognese sauce which made two different meals.

Dunn topped a pasta dish with a sausage Bolognese sauce and then cooked four eggs in the left-over sauce making a variant of Shakshuka.

"Shakshuka, which is normally a vegetarian dish, is a rich tomato sauce that you break eggs into. The eggs are cooked in the tomato sauce, and can be used for breakfast, lunch, dinner, it's a very versatile dish," Dunn said.

Dunn encourages residents who make the featured recipes to use the recipes as guidelines and make the dishes their own by using different meat, meat substitutes, or different seasoning.

"Recipes really are just guidelines, if you wanted to add more vegetables, you don't have to follow the recipe exactly. Tomato sauce is always a good place to hide vegetables especially for children," Dunn said.

"The amount of spice level is completely up to you, can use chili flakes, cayenne pepper, chili powder, or hot sauce," she added. "Start small though, you can't take it away once you put it in."

All of the ingredients Dunn purchased to make the two meals was less than \$20 and features many pantry staples including pasta, and tomato paste.

"It's a very quick meal, but like any good sauce you could simmer it for hours and it would still be delicious," Dunn said.

"If that's the route you're going to go, I always recommend adding fresh parmesan rind, keeping it in the middle of the dish, it adds that much more flavour to your dish. It's a delicious way to add extra flavour, especially to anything tomato-based," she said.

Dunn also recommends making a large portion of the Bolognese sauce, portioning it out, and freezing it for easy future meals.

"You can cut down the recipe, it's a great idea to make a whole pot of sauce, portion it out and find different uses for the sauce, Dunn said.

The Sausage Bolognese sauce recipe available on the Chestermere Food Bank at, <http://chestermererefoodbank.ca/2020/03/whats-for-dinner/#wprm-recipe-container-1057>.





Nick Jeffrey  
libations@theanchor.ca



Lakeside  
Libations

## Big Beer Blues

**T**roubling times are ahead for Canada's oldest brewer. After laying off 500 people across North America a few years ago, Molson Breweries have once again made the news, this time for locking out the workers in their Toronto brewery after months of acrimonious contract negotiations.

Things have certainly changed for the Molson Brewery since it was founded in 1786 by John Molson, who set up shop on the edge of the St. Lawrence River in Montreal. Canada only became a country in 1867, making Molson not only the oldest brewery in Canada, but also the oldest brewery in North America.

The Molson Brewery grew from its humble beginnings in Montreal to span our great nation, with operations as far east as St. John's, and as far west as Vancouver. Everything went swimmingly for the first few hundred years, but the spectre of globalization began to loom over Molson at the turn of the millennium.

In 2005, Molson merged with Coors to form the Molson Coors Brewing Company, becoming the 7th-largest brewer in the world. A year later, the Brazilian operations were then sold off to FEMSA, makers of light Mexican beers such as Dos Equis, Sol, and Tecate. To further muddy the waters, FEMSA sold off their beer business to Heineken a few years later.

While all these beer brands were changing hands, the giant SABMiller brewery, itself the product of a merger between South African Breweries and Miller, decided to join forces with Molson Coors. Are you confused yet?

So, this new mega-mega-mega-mega brewer was formed out of the ashes of South African Breweries, Miller, Molson, and Coors. The new joint venture was called Miller Coors. At this point, there really isn't much Canadian ownership left in Molson Canadian.

To make it even more confusing, SABMiller

was acquired by Anheuser-Busch Inbev a few years back. Not sure who AB Inbev are? They are the result of a merger between Anheuser-Busch (makers of Budweiser) and Belgium-based Interbrew.

After all these mergers, the global headquarters for AB Inbev is in Belgium. This conglomerate owns hundreds of different beer brands, and commands 25% of the global beer market. In fact, if you are drinking a beer right now, there is a pretty good chance that AB Inbev made it. Yes, that includes Molson Canadian, as well as other popular brands like Budweiser, Corona, Stella Artois, Becks, and countless others.

Lest you think that Labatt Blue is somehow more Canadian than Molson, think again. Labatt was acquired by Interbrew in 1995, which was acquired by Inbev in 2004, which merged with Anheuser-Busch in 2008. In other words, despite Molson and Labatt being fierce rivals in our domestic booze market, big chunks of their ownership can be traced back to the same multinational conglomerate.

While the locked out Molson workers are glumly marching the picket line, the nearby Big Rock Brewery in Toronto may be anticipating a swell in business and even a sense of déjà vu. Way back in 1985, when Big Rock was just an upstart small brewer in Calgary, the Labatt and Molson



breweries simultaneously went on strike in the hottest dog days of summer, making Big Rock the only beer available across Alberta, skyrocketing their market share. That scrappy little brewery ran their production lines 24x7, with every worker from the greenest intern to the CEO taking their turn on the bottling line just to meet demand.

As a beloved local success story, Big Rock has since grown larger than its ancestral home of Alberta, expanding to Vancouver in 2015 and Toronto in 2018. The Big Rock Brewery in Toronto is just a few clicks away from the Molson Brewery, so the locked out workers may just have a nearby taproom to commiserate in after their long hours on the picket line.

Molson's Toronto brewery produces 300 million litres of beer each year, including several dozen brands from their international portfolio. With five large brewing facilities in Canada, Molson will likely shift production to their other breweries to weather this storm, so the shelves at your local booze merchant will not run dry.

The beer snobs in the audience are unlikely to notice, eschewing the megabrewers to support small craft brewers, including our hometown heroes at Township 24 Brewing, who are open for pizza and delicious brews in their taproom on Rainbow Road, so get some before the next pandemic lockdown arrives!





**Dr. Preston Pouteaux**

*preston@sakeridgecommunity.com*

## Hermits and Other Neighbours

One of my greatest fears is to be stranded alone on an island. Like Tom Hanks in *Castaway*, I imagine myself creating an imaginary friend like his character's companion Wilson, the volleyball. My hair would grow long, I would go through every stage of grief, and still I would sit on some beach and stare off into some distant horizon. As a boy my imagination was taken up by novels like 'The Hatchet' and later other post-apocalyptic stories of solitary life, and I wondered how I would fare under the stress of loneliness. Then, last summer, I visited an isolated lighthouse in New Brunswick and a poster was attached to the door, inviting people to apply to be a lighthouse keeper. I could barely imagine the strange mix of loneliness and beauty such a job would offer.

Today many of us have been thrust, unwillingly, into places of isolation. While some in our city have large families and bustling homes full of people to help pass the time away, others are left alone, disconnected, and separated from the people they love. In all ways, we are experiencing some degree of solitary life.

There are other personalities that loom in my imagination in this

to a solitary life of prayer and contemplation. Some old churches would have a hermitage connected to it, or a 'cell' where these peculiar people would vow to stay and commit themselves to pray for their community and in some cases simply sit and listen to those who needed to speak.

Today this way of life is foreign to our modern sensibilities, we know too well the need for community and connection, but as I think about these interesting characters I wonder what I could have learned from them if I lived next door to a real hermit, sitting quietly on their porch watching the world go by. Do I have something to learn from their way of life?

Hermits, and perhaps lighthouse keepers, have found ways to be at peace with solitude. Some who have certain social anxieties have found peace in the isolation, for them a job in a fire-watch tower is a perfect fit. Still others have had to create very precise rhythms of life, play, work, learning, and creativity. One modern hermit I read about creates calligraphy and grows vegetables, opting for the most simple and slow

creative activities for peace and tranquility in her life.

As I explore websites like *hermitary.com*, a collection of contemporary and historical stories about isolation and the solitary life, I feel a deep compassion for those who are alone. I feel their struggle and pursuit of peace in a world full of fears. I also feel a renewed compassion for my own neighbours who, through no choice of their own, have had to learn to live apart for a season. My take away is simply this: living with empathy towards our neighbours, hermits or otherwise, will help us see them with eyes of compassion. The same care we have for our neighbours, locked away in their little isolated alcoves up and down each street can also help us see the strange shaping work of solitude in our own lives, and in doing so we might find a way to be at peace with it all. While I hope very few of us have started to speak to volleyballs like Tom Hanks did in the film *Castaway*, I have discovered a new kind understanding and love for those who do.





# Religious ignorance is on the rise but we can combat it in our schools

*Ignorance is the surest path to misunderstanding. And if it's not addressed, misunderstanding quickly descends into intolerance*

By Michael Zwaagstra  
Senior Fellow, Frontier Centre for Public Policy

***"Amen and awoman."***

This was how a U.S. congressman concluded a prayer recently in the House of Representatives. No doubt he meant to be inclusive of both men and women.

However, he sounded ridiculous. That's because the word "amen" comes from Hebrew and means "so be it." Amen has nothing to do with gender.

This embarrassing error leads to an important question: How did North American society reach a point of such widespread ignorance about a word commonly used to end prayers in both Judaism and Christianity?

The answer is that religious ignorance is on the rise. Many people know next to nothing about major world religions such as Hinduism, Buddhism, Judaism and Islam. They have no idea why Muslims fast during Ramadan or why Hindus celebrate Diwali.

Even our society's dominant religion, Christianity, is commonly misunderstood. Few people can outline the key differences between Roman Catholics and Protestants, and they would be hard-pressed to explain the significance of Pentecost in the history of the church.

It's not hard to see why this is a problem. Ignorance is the surest path to misunderstanding. And if it is not addressed, misunderstanding quickly descends into intolerance and hatred.

As Canada becomes more culturally and religiously diverse, it's important that people

learn about other religions. One of the best ways to do that is by taking a world religions course in high school.

To be clear, a properly designed course doesn't proselytize students, nor does it promote any particular religion. Rather, it exposes students to a variety of perspectives and helps them understand where other people are coming from.

For example, students who learn about the history of Islam, explore the Five Pillars of Islam and have an opportunity to visit a mosque are far less likely to assume that all Muslims are terrorists. Accurate information is the fastest way to dispel harmful stereotypes.

The good news is that World Religions 40S is offered in many Manitoba high schools. I was part of a team of teachers who helped develop and pilot this course. So far, it has been a huge success.

One thing I've noticed in teaching this course is that students are interested in learning more about other religions. They recognize that they need to have a better understanding of their co-workers, friends and neighbours.

Learning about other religions helps to take away the fear of the unknown. When you have a basic understanding of world religions, you're far more likely to have positive interactions with people from these different faith traditions.

This affects all of us. No matter how culturally homogenous someone's home community might be, anyone who visits a shopping mall will quickly see that religious diversity is a permanent reality.

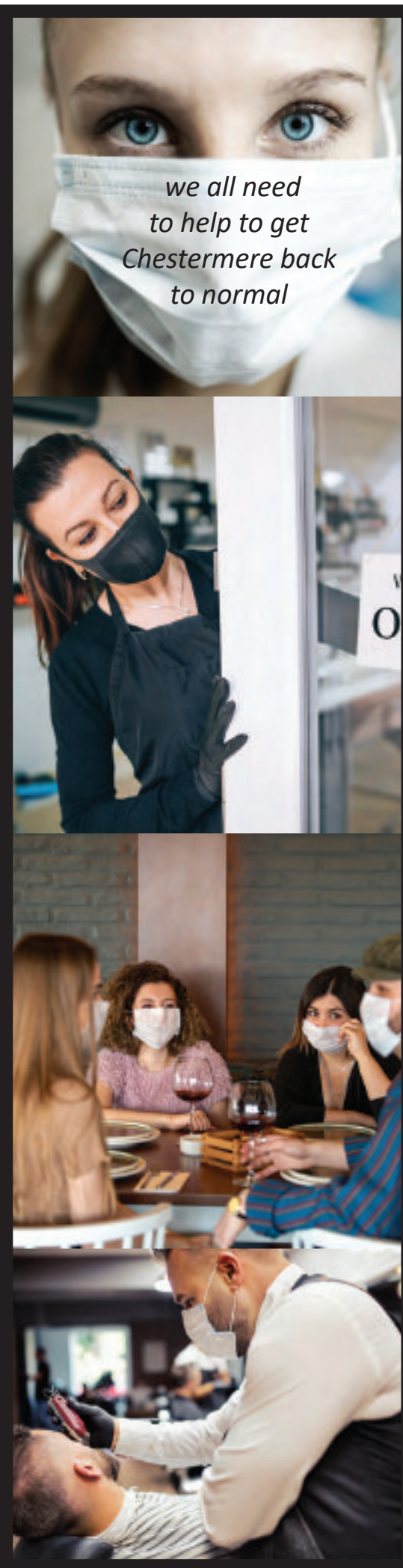
Fortunately, most students are excited to learn about people who are different from themselves. Taking a world religions course in high school helps them get accurate information in a safe and supportive learning environment. Other provinces would do well to follow Manitoba's example and make a world religions course available to their high school students.

Religious ignorance is a major problem in our society. Learning about world religions in school is a great way to combat ignorance and promote understanding.

Surely, we can all say a hearty amen to that.

*Michael Zwaagstra is a public high school teacher, a senior fellow with the Frontier Centre for Public Policy, and author of A Sage on the Stage: Common Sense Reflections on Teaching and Learning.*

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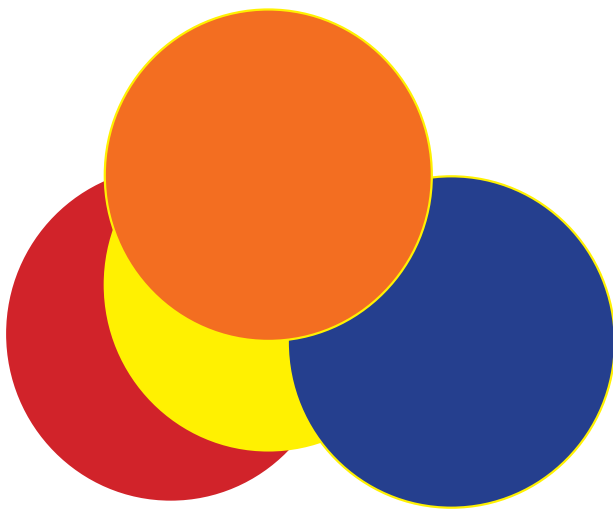




# SENIORS CONNECT



## Chestermere Whitecappers Association Enters Its 38<sup>TH</sup> Year



*Seniors Connect Dancing*

by Peter Tindall

One of the oldest organizations in Alberta's youngest city began as the Chestermere 50+ Club. The club was founded in June of 1983 by a resident of the tiny Summer Village of Chestermere, Jack Shaw. Jack also became the club's first President. In October 1985, it was renamed the Chestermere Whitecappers Association ("CWA") and formally incorporated as a non-profit society. The CWA has been serving the 50+ community of Chestermere, Rocky View County and area ever since. The association's name evokes the whitecaps on the lake on breezy days and also the white heads of hair that adorn many of our members! In 2020, there were 220 members. The association's Mission Statement reads: "To provide a venue and opportunities for Chestermere and area seniors to gather congenially to keep in touch with each other and the community through organized social

events, activities, informative presentations and entertainment;

To receive information and have the opportunity to give input regarding services which contribute to their quality of life; and

To foster fellowship and friendship which impart the comfort and security of living among caring friends."

After beginning as an informal club it became apparent that to best serve its members, a dedicated facility was needed. Consequently the CWA leased space in the original Recreation Centre, now known as the White Room. In 1997, the association began planning a "stand alone" seniors facility. However, in 1999 at the request of the Chestermere Regional Community Association, the CWA agreed to lease space in the Phase 2 expansion of the Rec Centre. In 2006 the association moved into its present space of over 4200 square feet.

Currently, the CWA operates with zero operational funding from the City of Chestermere

or Rocky View County and is run entirely by volunteers. The association relies on casino funds, membership fees and fundraising events to help cover expenses.

Numerous studies and my own personal experiences have shown that being engaged with others in the community is a key to healthy aging. The CWA provides a safe and welcoming space for seniors at any stage in life addressing their physical, mental, educational and social needs. A Whitecappers membership is a tremendous bargain. Non-members can also drop in for these activities and pay a small fee to participate. Some of the many activities members can enjoy are:

- Physical Activities: line dancing, chair yoga, Tai Chi, carpet bowling and walk fit. Thanks to a grant from the City of Chestermere, the association runs fitness programs. Led by a highly qualified fitness instructor, this program focuses on improving balance and fall prevention.
- Social Activities: morning coffee meetings, soup lunches, bridge, cribbage, board





*Seniors Connect CWA Facility*



*Seniors Connect Christmas Dance*

game nights, billiards, shuffle board, quilting, and art. Monthly themed potluck suppers are hosted, featuring members' favourite dishes, as well as dancing and entertainment by local artists. Special occasion dinners include Christmas, Thanksgiving, Easter, and Robbie Burns Day, many catered by local businesses. The association also arranges discounted tickets to Stage West and the Rosebud Theatre. Non-members can join in these events through ticket purchases and connect with seniors in the community.

- **Mental Wellness:** For those of us who have lost our partners or close friends, loneliness can be a huge problem. In addition to providing a welcoming social circle, personal counselling services can begin with Sharron Matthewman.
- **Educational Opportunities:** With a focus on health, safety and life enrichment, monthly "Lunch and Learn" programs coordinated with Sharron Matthewman and local topic experts cover topics like home safety, scam awareness, healthy eating, foot care as well

as many other topics of interest. All these meetings are open to the public, where lunch can be purchased or brought by individuals.

- **Staying Connected:** In order to keep in touch with current members and inform the public about the association, the CWA has a web page that can be found at [whitecappers.ca](http://whitecappers.ca). In social media, the association regularly updates its Facebook page.

New ideas for activities are always welcome. In previous years kayak trips and lawn bowling for example, were organized for interested members.

Like every other organization, Covid-19 has presented challenges. The association is committed to reopening as soon as possible and we will be able to adhere to all health and safety guidelines following AHS protocols. During the shutdown we have been contacting members to ask them how they are doing and whether we can help with prescription pickup, groceries and meeting other needs.

As our community grows, the Chestermere Whitecappers Association is committed to

growing with it. If you're 50+, a membership gives you tremendous value. New members are always welcome. Once the CWA facility is re-opened and you are curious about the centre and wish a tour, email the association at [chestermerewhitecappers@shaw.ca](mailto:chestermerewhitecappers@shaw.ca). A new membership in the Chestermere Whitecappers Association costs \$35.00 and runs from February 1, 2021 to April 30, 2022. To join or renew, please contact Pat Shaw at [patshaw242@gmail.com](mailto:patshaw242@gmail.com) or 403-273-5108.

I would like to thank Steve Jeffrey, publisher of The Chestermere Anchor, for this opportunity to tell the Whitecappers story.

**Seniors Connect is dedicated to sharing views, stories and topics written by seniors. All seniors are welcome to contribute columns. Please contact Don at [cassidyd@telus.net](mailto:cassidyd@telus.net) in order to receive a copy of the column guidelines. Editing is done as needed before publication. Photographs are encouraged with columns. We look forward to publishing your column!**





## Presenting Your Professional Experience: Numbers Are Your Friends

Numbers rule the business world—revenue, headcount, process time, value increase, number of clients, inventory count, profit margin, credit rating, customer satisfaction score. Numbers indicate and measure success or failure, whether a business activity is positive or negative to the bottom line. You'd be hard-pressed to find a business decision made without some factoring in of "the numbers," be it stats, cost, the potential return on investment.

Hiring is a business decision.

To make a strong case for yourself (*Envision your selling features.*) throughout your resume use numbers, the language of business, to quantify your results and establish yourself as someone who can bring value to an employer. Using numbers shows you understand how companies operate and that they exist to make a profit. Most importantly, using results-achieved numbers displays your value.

Which job seeker displays better value?

Candidate 1: Duties included taking field measurements and maintaining records, setting up and tracking project using Microsoft Project.

Candidate 2: Spearheaded the Hazzard County water decontamination project, finishing \$125,000 under budget due to a 25% decrease in staff allocation time.

Which job seeker gives a clearer

picture of their responsibilities?

Candidate 1: Supervised team leaders.

Candidate 2: Supervised 3 team leaders, collectively responsible for 40 CSRs answering 1,750 – 2,500 calls daily.

Which job seeker shows their work ethic?

Candidate 1: Completed first editing pass on articles.

Candidate 2: Reviewed and evaluated 50 - 75 articles per week, deciding whether to reject the article, forward it to the editorial team, or send it back to the author with revision suggestions.

Information quantified means something. Information not quantified is just an opinion. Most resumes are just a list of opinions, thus quantifying your professional experience will set you apart from your competition.

TIP: Always use bullets, not paragraphs, to describe your professional experiences.

For each position you list on your resume, ask yourself:

Did I increase my employer's revenue? How?

Did I save my employer money? Did I save time?

Was my boss(es), colleagues, staff, customers, vendors, and leadership team members happier because of me?

How did I contribute to improving my

employer's business?

When answering these questions, quantify (*percentage, range, monetary, frequency, before/after comparison, ratio*). Creating a resume that WOWs requires filling it with quantified results-rich statements.

Reduced customer complaints by 47% by implementing a formal feedback system.

Improved product delivery time 22% after assigning clarified monthly job tasks to team members.

In 2020, grew revenue 33%, and improved gross margin by 22%, by standardizing business operating procedures.

Produced \$1.75M in cost-savings after renegotiating the company's supply and service contracts (*14 vendors*).

Built sales organization from the ground up, hiring and training 15 sales representatives within 6 months.

In 2019, generated over \$7.25M in additional revenue by identifying, pursuing, and securing 4 new international contracts.

As I mentioned a few columns back, your resume must clearly and succinctly answer one question: How did you add or bring value to your employers? When it comes to answering this question, numbers are your friends.

Something to keep in mind: The king of numbers, the only metric in business that matters, the one that keeps a business alive and profitable, is revenue. As much as possible,

throughout your resume and cover letter, demonstrate the results you've achieved that were added value to your employer's financial success.

Don't write on your resume what's become a cliché, "result-oriented." Don't write it on your LinkedIn profile. Don't say it during an interview. Show your results! "In 2017, I increased sales by 29% by creating upsell opportunities for my 8-member sales team to offer."

Additional tips when bulleting your professional experience:

Employment dates need to be month/year. Only indicating years is a red flag you're trying to cover up employment gaps.

Under 2 Lines. Your bullets shouldn't be more than 2 lines.

The first 5 - 8 words are critical. When skimming a resume, the reader will likely read the first few words of a bullet then, unless their interest is piqued, move on to the next bullet. The first few words need to be captivating.

Next week I'll cover presenting your education, skills, and certifications. These need to demonstrate your career path, not that you simply attended classes.

Nick Kossovan, a well-seasoned veteran of the corporate landscape, offers advice on searching for a job. You can send him your questions at [artoffindingwork@gmail.com](mailto:artoffindingwork@gmail.com).





## Do dogs speak one common language?



In our Community Therapy Dogs program we have dogs that have learned commands in English and in French, depending on the nationality of their owner. This is not to suggest that dogs understand either English or French but merely that they have connected a particular sound to a particular behaviour whatever language the dog's owner is speaking.

This got me thinking: could a dog raised in Canada communicate effectively with a dog from any other country?

I wrote an article a number of months ago about a dog's bark and how the pitch, the volume and the repetition of the bark all mean different things in the canine world. But would, say, a deep throated bark have the same meaning to all dogs?

According to Stanley Coren, professor of Psychology at the University of British Columbia and author of many books on dog communication, including "How Dogs Think" and "How to Speak Dog", "all dogs share a universal barking language, though different breeds seem to

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President of  
Community  
Therapy Dogs Society  
email: [info@ctds.ca](mailto:info@ctds.ca)



have different dialects. The vocal sounds, though limited in the "words" which are barks, growls, whines, yips, yelps, whimpers and howls, are quite varied in the pitch, repetition and duration and these "inflections" form meaning. Generally, lower-pitched sounds are warnings and higher-pitched sounds are friendly."

It is key in our understanding of how dogs communicate amongst themselves to appreciate that verbal communication is not the primary method of canine communication. A dog's primary communication is first through scent, then body language, and then his vocal sounds such as barking, growling and whining. Any dog, upon meeting a "foreign" dog, would be able to know through body language what each other's social status is, through sniffs their age and sex, what they ate, their general health, where they've been, and availability to mate. Then, should it be necessary, through barks or growls, they can also determine how friendly or aggressive the other dog is and how they should proceed with the relationship.

Dogs living with humans quickly figured out that communicating to us through scent is useless —

we'll never appreciate the detailed messages embedded in urine on a fencepost! So our dogs speak to us through body language, because we understand it fairly well, and through barking, because it definitely gets our attention.

And let's not forget that dogs will communicate with other dogs and humans using a combination of body language, scent and barking, rather than simply using one method of communication. As well, the body language used by dogs can sometimes be very subtle so us humans need to be on our "A" game to fully comprehend the message being sent. Being aware of eye, ear, tail and body movement and positioning and the various meanings is very important for understanding your dog.

So to answer the initial question whether dogs are capable of communicating with dogs from other countries, the answer would be "yes". Dogs have cut through cultural barriers, language issues and an array of artificial nuances that have prevented humans from effectively communicating with each other over the years and have established benchmarks for communication to be admired.





Leela Sharon Aheer MLA

# Provincial News

When I was 15, an Aryan Nations chapter opened near Caroline, Alta. The chapter sent me a letter saying I was an abomination. They accused me of corrupting a white Christian bloodline, simply because my father is East Asian and my mother is white. In response, my high school teacher and I wrote a letter to the students of Chestermere High School, challenging white supremacy and racism. This was in 1985

I know what racism looks like, sounds like and feels like. I also know racism exists in Alberta. I have fought against it my entire life.

But I've also seen progress towards a more inclusive Alberta, thanks to the hard work of people and communities to foster welcoming spaces and to

share their cultural heritage and as Premier Kenney stated in the last week of February 2021.

"Albertans believe in the dignity of every human being, and have no time for these voices of division and hate, or the symbols that they represent.

Martin Luther King Jr. said that hate cannot drive out hate; only love can do that. In this spirit, I choose to share the benefits of diversity, to amplify the voices of those who have experienced discrimination, and elevate the work done by individuals and organizations across this province.

I believe that through the lens of multiculturalism we can begin conversations that will play a large part in combating racism. Racism is partially fueled by a lack of understanding and fear of change.

One important piece of this puzzle is bringing people together to share their stories, build relationships and promote diversity.

I thank my colleagues for their passion for ending racism in Alberta. We can all agree that finger-pointing and name-calling are not going to accomplish anything. We need to find solutions and we need to work together.

I believe that as elected officials on both sides of the house we all have the same goal: a province in which all people are treated equally, where no one has to fear for their life, and where anyone can pursue their dreams and faith freely. COVID 19 has tested all of us in this regard, and we all of have COVID exhaustion, are frustrated, angry, tired and scared.

Tens of thousands of Albertans have flooded the streets to honour and recognize the memory of those who have been beaten or killed because of racism. As elected officials, we owe it to the people we serve to rise above political differences and turn the momentum of the Black Lives Matter movement, as well as to address racism against Indigenous peoples, into lasting change in our institutions.

I believe people want to see their voices reflected in the leadership of this province. However, if we focus on negativity, we will fail. We must be united in challenging instances of racism and elevating the work of those fighting against it.

I will look to my colleagues in government to root out any racism in our health care, justice and education systems. I will continue to work with Albertans from different cultures and ethnicities so our actions across government can be guided by their life experiences.

This is not the end nor the beginning of this fight. This is another step in a long march to making the world a more just and equitable place. We commit to this work in honour of those who fought bravely in the face of prejudice and violence, in remembrance of those whose lives were stolen, for our children and our children's children.

Alberta is Alberta because of the beautiful tapestry woven together by the incredible diversity in our province that celebrates the colour, culture, pageantry, food, traditions and families of those who have paved the way for the rest of us to follow. Our story should not be defined by those who tried to hold us back, but by our decision to fight back through love, education and compassion.

This is a call for all of us to decide what we want our legacy to be. I want mine to be a better, safer, more welcoming province for all, and I hope that all Albertans, regardless of political stripe or background, will join me in building this future.

As always, we love to hear from you!

## ATTENTION ALL LADIES

## IT'S ALMOST GOLF SEASON!

- Anyone can join the 2021 Lakeside Golf Course Ladies Tuesday Golf League.
- Register now! Go to [www.lakesidegreens.com/leagues/](http://www.lakesidegreens.com/leagues/) to register online.
- Weekly prizes for scores based on handicaps and fun hole prizes, too!
- Weekly game fee of \$5 per person for prizes.
- Low green fee rate of \$28 for 9 holes or \$45 for 18 holes (power cart extra).
- Tuesday tee times with a 7-day advance booking!
- Registration fee: \$80 + \$40 for a Golf Canada Membership to track handicaps and scores (if not a member of Lakeside Golf Club), \$40 (member of Lakeside Golf Club).
- Questions? Contact Stefan Anderson at [golfshop@lakesidegreens.com](mailto:golfshop@lakesidegreens.com) or Linda at 403-606-0647 or e-mail [lakesideladiesga@gmail.com](mailto:lakesideladiesga@gmail.com).

Tuesday, April 20, 2021 (Information Meeting by Zoom)

Tuesday, May 4, 2021 (First Game)



## Just Like Cats & Dogs

by Dave T. Phipps





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# Chestermere

## Seniors Coalition

Respectfully submitted by  
Leslie Racz, CRPCN, Community  
Development and Sharron  
Matthewman, City of Chestermere,  
Community Services

### Health

CRPCN Update: On the COVID front, Vaccines have arrived again and we are waiting to hear from Alberta health who will be included in Phase 1B and when it will start. Likely the site for Vaccines will be Chestermere Health Center (Kinniburgh).

With the increase concerns of the COVID variants, Chestermere remains on enhanced measures with 42 active cases of COVID 19 in our community (at time of print). Please stay strong to your safe practises

and wash hands, social distance and wear masks. With the hope of new measures of opening restaurants, pubs and cafes, children's sports and performance activities and indoor fitness on February 8th, please refer to alberta.ca for specifics.

Exciting news for CRPCN, we have a new office in town! Reflections Clinic will be our new home base including all our support professionals. Stay tuned for more information over the coming weeks.

The Chestermere Mental Health Coalition has moved the Wellness Challenge to March 1st- 30th. Here is a chance to gather a team up to 4 people and work on your 5's: your sleep, eats, movement, relationships and work/play. Great pre-recorded

speakers to listen to at your leisure in the comfort of your own home, as well as makes little changes to balance your lifestyle while in your bubble.

Please go to [yoursynergy.ca](https://yoursynergy.ca) under wellness support to find out more.

### What's Happening in Chestermere

Camp Chestermere - is taking bookings for their Day and overnight camps now. Visit their website at: [www.campchestermere.com](https://www.campchestermere.com) Camp Chestermere is such an integral part of Chestermere's fabric for many years. Please know they are available for rentals for meetings, as they have space to social distance.

### Chestermere Coalition for Seniors

Meets every 3rd Wednesday of the month. The next meeting is March 17th at 1:30 via zoom. Please email [leslie.leslie.racz@crpcn.ca](mailto:leslie.leslie.racz@crpcn.ca) if you would like to attend. The coalition is also looking for seniors who want to have a voice in Chestermere, please join us and have your say.

### Seniors Tele Conference Thursday

25 February 10:30 - 11:30am

Topic - "How to cook a healthy and budget conscious meal - demonstration". Our guest presenter is Laurie Dunn who is the Manager of Calgary Yacht Club and President of the Chestermere Food Bank. Laurie is also known as the reluctant cater, who is absolutely amazing by the way!

If you would like to register, please contact [smatthewman@chestermere.ca](mailto:smatthewman@chestermere.ca) or call 403 - 804 - 0817 with your preference for joining.

### Chestermere Seniors Resource Handbook

Please let us know if you are wanting the new handbook delivered to your door by emailing us as well, otherwise pick one up at Chestermere Library, Synergy, any Pharmacy or Dr's office in Chestermere.

Seniors Week June 1-7, 2021  
Showing appreciation for our seniors' contributions to our community (Please watch this space for regular updates or <https://www.chestermere.ca/seniors>)



**MARCH INTO**

*Prince OF Peace*  
MANOR AND HARBOUR

INSPIRED SENIOR LIVING WITH 

**& WE'LL PAY FOR YOUR MOVE\***

STUDIOS, ONE BEDROOM  
& ONE BEDROOM + DEN  
SUITES AVAILABLE

\*Terms & conditions apply

CALL FOR DETAILS 403-285-5080 | 285030 LUTHER ROSE BLVD. N.E., CALGARY, AB | [verveseniorliving.com](https://verveseniorliving.com)



**SENIORS  
TELE-CONFERENCE**

**Thursday, March 11  
10:30 a.m. - 12:00 p.m.**

**Guest Speaker:**  
Kelly McKiel, General Manager of Lakeshore Manor  
independent living for seniors.

Join us for a Q & A and learn about Lakeshore Manor:

- Meet the staff
- Take a virtual tour
- View some sample menus

Register before 5 p.m. on March 10 by calling Sharron at 403-804-0817  
or email [smatthewman@chestermere.ca](mailto:smatthewman@chestermere.ca).

  
**CHESTERMERE**





# Sharron's Armchair Travel

*To prepare for our trip, please follow the steps for a relaxing journey.*

*Step 1 - Pour yourself a cup of tea or your favourite tippie,*

*Step 2- kick off your shoes,*

*Step 3 - pull up a comfy chair and ready? Let's go!*

*(Please note there are adverts at the beginning and the middle)*

Armchair Travel is one of the most wonderful ways to look into our fantastic, vast world and learn as much as our hearts desire. We can travel to some of our favourite places without leaving home. Through videos, pod casts, books and music and numerous other ways, we can go to places we have never seen, or only ever dreamed of. This way of travelling is

a delightful pastime and is good for the imagination and soul. This form of travel at it's best, makes us want to go and see for ourselves. After all we are curious individuals and have a thirst for knowledge!

Enjoy sensory and magical experiences as we travel back in time or across the globe, take a trip down memory lane and many more exhilarating moments that will make

you smile and fulfill your heart.

Ready? Let's explore Sweden, a Nordic country in Northern Europe, bordering Norway to the West and Finland to the Northeast. Sweden's geographical location makes it prone to cold and dark winters. In some of the most northern parts of the country above the Arctic Circle, you might get as little as three hours of

sunlight per day. Although Winter can be tough, Summer certainly makes up for this as daylight hours are long and the warmer temperatures, make Sweden one of the most beautiful places to be in during May to August. The challenges and ever-changing beauty of the seasons, are for you to explore.



Living with the Dark Winters in Sweden | Midnight sun & Polar night

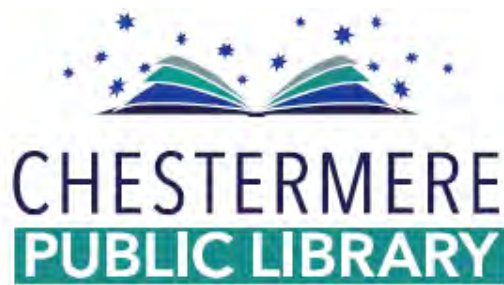


Sweden Beautiful Nature - Stockholm, Ristafallet Waterfall with Relaxing Music

**Health Reminder: your DR's in Chestermere are available via Phone and the Clinics are:**

LakeMed	403.235.3343
East Hills	403.910.0321
Rainbow Falls	403.248.4488
Reflections	587.333.3751
Oasis Medical	587.774.3132





### Library Hours of Operation:

Monday	9:00 am to 6:00 pm
Tuesday	9:00 am to 6:00 pm
Wednesday	1:00 pm to 8:00 pm
Thursday	9:00 am to 6:00 pm
Friday	9:00 am to 5:00 pm
Saturday	10:00 am to 1:00 pm

\*Closed on Sundays & Statutory Holidays

**Provincial Regulations stipulated that Libraries are closed to the public until further notice.**

### International Women's Day March 8, 2021

"A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world." *New Brunswick Nurses Union*

### Strategic Plan Survey

Chestermere Public Library wants to give you the best possible library service. We are conducting a survey to identify your library needs. This helps prioritize our goals. The survey link is available on our website and Facebook. We also have paper copies available for pick up. Call us at (403) 272-9025.

**Curbside Service** is available during our hours of operation. Call ahead for an appointment and we will have your items checked out and ready to go. We do allow walk-ups, but please be patient, as it takes a few minutes to gather up and check out your items. Please call us from your vehicle when you arrive.

**Library2You:** We have a weekly delivery service available on Fridays. You can place holds on the items you would like or phone us and we can place holds for you. When you receive notification that your holds have arrived here, (showing HELD status), just give us a call us at (403) 272-9025 and we can book a delivery for you.

**Storytimes are online.** Watch for stories and more on our Facebook page and our website.

Be sure to check out the Chestermere Public Library YouTube channel at <https://www.youtube.com/channel/UCNvnFRC63e9tiT44pWFOReQ> and the Anchor News YouTube channel at [https://www.youtube.com/channel/UCBjGGjTrCznvS6V\\_3P8X06A/videos](https://www.youtube.com/channel/UCBjGGjTrCznvS6V_3P8X06A/videos) for our videos.



### Graphic Novels and Manga Club

Love reading Comic Books, Graphic Novels, or Manga? Interested in participating with an online group of people who enjoy it as much as you? Join one of our *Graphic Novel* and *Manga Clubs*. There's one for adults and one for teens. We will be enjoying a different theme each month. The theme for March is "Video Game Comics". Join us on Discord to chat about the books you read. Registration is available on our website, you must be at least 13 years old to register. Go to our website at <https://www.chestermerepubliclibrary.com/>, click programs and events and scroll down to Graphic Novel and Manga Club. Under information about our club, find the bullet that says, 'To request an invite to discord'. You will be taken to a registration form to complete, and you will be added to the club.

### Online Novel Book Club - March 4, 2021 meeting will be at 7:00 pm

The next title for discussion is: *The Family Upstairs* by Lisa Jewell. We have copies available here at the Library ready for curbside pick up. Below is a brief synopsis.

"Soon after her twenty-fifth birthday, Libby Jones returns home from work to find the letter she's been waiting for her entire life. She rips it open with one driving thought: *I am finally going to know who I am.*"

Zoom Link for discussion: <https://zoom.us/j/98967997201>

### Spring Reading Program April 1 – 30, 2021

The Spring Reading Program will be virtual this year due to the Provincial Restrictions around the pandemic. You can register online at <https://www.chestermerepubliclibrary.com/> or call the library at (403) 272-9025.

### E-resources

Don't forget you can still access all our e-resources. Go to our website for more details and access to e-resources like: cloudLibrary, Lynda.com, and NoveList Plus.

**If you have any questions or comments you can email us at: [info@chestermerepubliclibrary.com](mailto:info@chestermerepubliclibrary.com)**

**For more information about what is happening at the Library, check our website. Don't forget to follow and like us on our Facebook, Twitter, and Instagram pages.**

**Chestermere Public Library**  
105B Marina Road  
Chestermere, Alberta T1X 1V7  
403-272-9025

[www.chestermerepubliclibrary.com](https://www.chestermerepubliclibrary.com)





*Proven Sales Record with over 710 Homes SOLD since 2003*  
**'Setting Higher Standards of Marketing and Professionalism'**  
*Since 2003 I have SOLD over 500 Homes in Chestermere Alone!*  
**No one Sells more Pre-owned Homes in Chestermere...No One!!**  
*\*(Stats collected from Mls System)* **Proud Supporter of all Chestermere's Events**

***Karen Gonzales***

**403-803-7234**

**Chestermere Resident since 1985**



**\$529,900 New Listing...!!**



**260 Springmere Way**

**\$889,900 Just Listed**



**136 Stonemere Point**

**\$699,900 Just Listed**



**125 E. Chestermere Dr**

**\$284,900**



**70-300 Marina Dr**

**\$319,900**



**177 Shoreline Vista**

**\$670,000 Just Listed**



**68 Rainbow Falls Blvd**

**\$489,900 Just Listed**



**148 West Creek Blvd**

**View My "On-Line Open House" Videos  
at [www.ChestermereHomes.ca](http://www.ChestermereHomes.ca)**

**\$469,900 Just Listed**



**280 West Creek Dr**

**\$1,899,900**



**Backs onto Lake**

**865 East Chestermere Dr**

**\$399,900**



**172 Springmere Grove**

**\$599,900**



**216 Aspenmere Close**

**\$225,000**



**107-380 Marina Dr**

**\$213,000**



**306-380 Marina Dr**





## PEOPLE FACT:

ATTENTION TO DETAIL AND CAREFUL MEASUREMENTS ARE REQUIRED DURING THIS CULINARY ACTIVITY.

ANSWER: BAKING

## How they SAY that in...

**ENGLISH:** Flour  
**SPANISH:** Harina  
**ITALIAN:** Farina  
**FRENCH:** Farine  
**GERMAN:** Mehl



## PEOPLE FACT:

## What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

**A**

**B**

Answers: 1. Fortune cookie next to wrist 2. Missing cookie heart middle at bottom 3. Cookie middle inside of cookie in middle 4. Cream instead of jam

## CANADA



## HISTORY

1997

THE CANADIAN RADIO-TELEVISION AND TELECOMMUNICATIONS COMMISSION (CRTC) INTRODUCES A TELEVISION RATING SYSTEM.



## FOLD

to mix an ingredient gently



1. The Croods: A New Age (PG) animated
2. The Little Things (R) Denzel Washington, Rami Malek
3. Judas and the Black Messiah (R) Daniel Kaluuya, LaKeith Stanfield
4. Wonder Woman 1984 (PG-13) Gal Gadot, Chris Pine
5. The Marksman (PG-13) Katheryn Winnick, Liam Neeson
6. Monster Hunter (PG-13) Milla Jovovich, Tony Jaa
7. Nomadland (R) Frances McDormand, David Strathairn
8. Land (PG-13) Robin Wright, Demian Bichir
9. News of the World (PG-13) Tom Hanks, Steve BoYLES
10. The War with Grandpa (PG) Robert De Niro, Uma Thurman

## Did You Know?

THE FIRST CUPCAKE RECIPE WAS INVENTED IN 1776. IT WAS A LIGHT CAKE BAKED IN SMALL CUPS. THE SECOND CUPCAKE RECIPE WAS INVENTED IN 1871.

## GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CINNAMON ROLL

## Math Blocks

Fill in the missing blocks with numbers between 0-9. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

9		2	11
	3		12
	1	4	10
18	4	11	

4	1	5
5	3	4
2	0	6

Solution

## CANADA



## HISTORY

1802

SAINT MARY'S UNIVERSITY IS FOUNDED AT HALIFAX.



## COVID-19 INFORMATION

# COVID DOESN'T QUIT.

## Neither can we. Stay safe.

We're all tired of COVID-19, but this fight isn't over. We all need to keep doing the right things to prevent the spread—and protect the most vulnerable.



Stay home if you're sick



Practice physical distancing



Wear a mask when you can't distance



Limit of three cohort groups

[alberta.ca/covid19](https://alberta.ca/covid19)

Alberta



# Entertainment & Movie News



March is Women's History Month, kicked off in part by International Women's Day on March 8. It's billed as "a global day celebrating the social, economic, cultural and political achievements of women," and by golly, there's much to celebrate — strong female characters, biopics of groundbreaking women, inspirational stories from every corner of the globe. Here are five wonderful stories of women to start you off:

**Whale Rider** — Paikaea Apirana ("Pai") was born into a New Zealand tribe that awards its leadership to the first-born male. Pai is first-born and in the line of succession, and feels that being chief is a destiny and right, but she is a 12-year-old girl. However, through word and deed, she proves her feelings right again and again, despite a grandfather who rebuffs her attempts to learn the traditional fighting style (which she learns anyway and masters) and who does not include her in ritual initiations (finding a whale tooth).

**Queen of Katwe** — The true story of Ugandan chess phenomenon Phiona Mutesi (Madina Nalwanga), born in Katwe, a slum on the outskirts of Kampala. Under the tutelage of missionary Robert Katende (David Oyelowo), she learns chess, perseverance and the power of confidence. Phiona works her way through local and international contests, setting her sights on the success necessary to lift her loving family out of poverty.

**On the Basis of Sex** (PG-13) — A brilliant mind coupled with an incredibly dedicated work ethic, Associate Justice Ruth Bader Ginsberg (Felicity

Jones), the Notorious RBG, finished law school with honors under adverse circumstances, but couldn't find a job working as a lawyer due solely to her being a woman. When her lawyer husband comes across an obscure but revolutionary tax-law case, Ruth sees it for the opportunity it is. You can't please all of the people when you dramatize the life of a cherished legend, but I liked this story's inspirational focus.



Focus Features

## Cynthia Erivo in "Harriet"

**Harriet** (PG-13) — From self-liberation to American human-rights icon, Harriet Tubman (Cynthia Erivo) takes center stage in a stirring and inspirational biopic. When her husband, a freeman, attempts to secure her release, the farm's owner refuses. Tubman is labeled a troublemaker and sent to be sold, but escapes, making the arduous trek to Pennsylvania and winning her freedom. She then returns for her family again and again, bringing home many slaves in the process.

**A League of Their Own** — A lively cast of characters led by Geena Davis, Lori Petty, Madonna and Rosie O'Donnell (oh, and Tom Hanks) breathes life into the story of the All-American Girls Professional Baseball League, a wartime effort to keep sports alive while the boys were off fighting. Although treated as a joke by some fans and even male managers, the players become real pioneers in women's sport being seen as watchable in its own right. Plus, it's funny!

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## HOLLYWOOD by Tony Rizzo HOLLYWOOD by Tony Rizzo

**HOLLYWOOD** — Welcome to the first big scandal of 2021. Armie Hammer, of the hit film "Call Me by Your Name," is in hot water because messages have surfaced on social media, allegedly written by him, in which he, supposedly, gives graphic details about sexual fantasies, some referencing cannibalism. He's denied the accusations and calls them "bulls\*\*t." His estranged wife, Elizabeth Chambers, has publicly said she is "shocked, heartbroken and devastated."

Lionsgate, producers of the upcoming Jennifer Lopez film "Shotgun Wedding," which was to have co-starred Hammer, moved swiftly to remedy the situation, replacing Hammer with Josh Duhamel. How Hammer's other films, already completed and awaiting release, will be affected is anyone's guess. "Crisis," with Gary Oldman, Evangeline Lilly, Greg Kinnear, Michelle Rodriguez and Luke Evans, was due Feb. 26, followed by "Death on the Nile," due Sept. 17. The sports comedy "Next Goal Wins," with Michael Fassbender and Elisabeth Moss, is in post-production, awaiting a release date.

Lopez, meanwhile, has completed "Marry Me," with Owen Wilson (due May 14), and is prepping to play drug lord Griselda Blanco in "The Godmother."

\*\*\*

Two of Josh Duhamel's recent successes were "Transformers: The Last Knight" (2017) and "Love Simon" (2018). Due to COVID, his next projects, "The Lost Husband," with Leslie Bibb (Christine Everhart in "Iron Man" 1 and 2) and "Think Like a Dog," with Megan Fox, went to Video On Demand, while "Buddy Games," which he wrote/produced/directed and starred in, with Dax Shepard, Kevin Dillon and Olivia Munn, has been caught in the COVID distribution mess as well. He's also got the Netflix streaming series "Jupiter's Legacy," with Ben Daniels, Leslie Bibb and Matt Lanter, with the first episode due May 7.



Deposithphotos

## Josh Duhamel

Duhamel still has legions of loyal fans from "All My Children," and, oh yes, he was married to the "Black Eyed Peas" Fergie for 10 years, and they had a son. He's a far better match for Jennifer Lopez than Armie Hammer.

\*\*\*

We suspect the Shirley MacLaine/Peter Dinklage film "American Dreamer," which begins shooting March 15 in Vancouver, will undergo a name change since the film "American Dreamer," starring stand-up comic Jim Gaffigan, was released in 2019. MacLaine, one of the last four living studio-created movie stars of The Golden Age of Hollywood (the others being Jane Fonda, Sophia Loren and Robert Redford), will give Dinklage a run for his money. He plays a Harvard economics professor and she, a lonely, childless near-death widow, offers him her sprawling estate for next to nothing. Dinklage will next play a man pretending to be a leprechaun in "O Lucky Day." It must be quite a part because he swore he'd never play a leprechaun ... proving never say never!

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# Astro Advice

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FOR WEEK OF March 1, 2021

---  
**ARIES** (March 21 to April 19)  
 Whatever decisions you're faced with this week, rely on your strong Aries instincts, and base them on your honest feelings, not necessarily on what others might expect you to do.

**TAURUS** (April 30 to May 20)  
 Your sensitive Taurean spirit is pained by what you feel is an unwarranted attack by a miffed colleague. But your sensible self should see it as proof that you must be doing something right.

**GEMINI** (May 21 to June 20)  
 More fine-tuning might be in order before you can be absolutely certain that you're on the right track. Someone close to you might offer to help. The weekend favors family get-togethers.

**CANCER** (June 21 to July 22)  
 The week continues to be a balancing act 'twixt dreaming and doing. But by week's end, you should have a much better idea of what you actually plan to do and how you plan to do it.

**LEO** (July 23 to August 22)  
 Changing your plans can be risky, but it can also be a necessary move. Recheck your facts before you act. Tense encounters should ease by midweek, and all should be well by the weekend.

**VIRGO** (August 23 to September 22)  
 You might still be trying to adjust to recent changes. But things should improve considerably as you get to see some positive results. An uneasy personal matter calls for more patience.

**LIBRA** (September 23 to October 22)  
 Congratulations. Your good

intentions are finally recognized, and long-overdue appreciation should follow. Keep working toward improvements wherever you think they're necessary.

**SCORPIO** (October 23 to November 2)  
 Try to look at your options without prejudging any of them. Learn the facts, and then make your assessments. Spend the weekend enjoying films, plays and musical events.

**SAGITTARIUS** (November 22 to December 21)  
 Someone might want to take advantage of the Sagittarian's sense of fair play. But before you ride off to right what you've been told is a wrong, be sure of your facts.

**CAPRICORN** (December 22 to January 19)  
 You might be surprised to learn that not everyone agrees with your ideas. But this can prove to be a good thing. Go over them and see where improvements can be made.

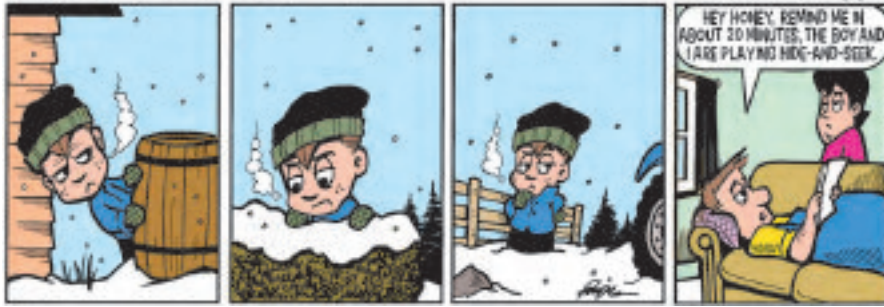
**AQUARIUS** (January 20 to February 18)  
 After taking advice on a number of matters in recent months, expect to be called on to return the gesture. And, by the way, you might be surprised at who makes the request.

**PISCES** (February 19 to March 20)  
 Reassure everyone concerned that a change of mind isn't necessarily a change of heart. You might still want to pursue a specific goal, but feel a need to change the way you'll get there.

**BORN THIS WEEK:** You are able to make room in your heart for others, and that makes you a very special person in their lives.



## Amber Waves



## R.F.D.



## The Spats



## Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

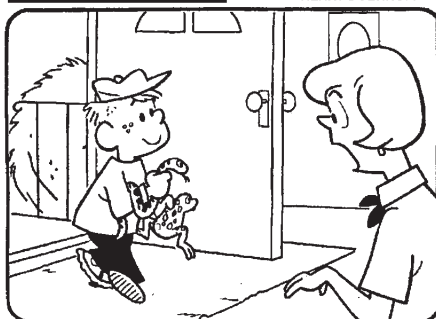
### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

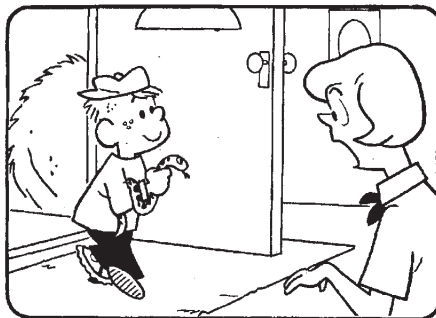
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is different. 2. Frog is missing. 3. Door knob is higher. 4. Hailing is missing. 5. Cap is reversed. 6. Earring is missing.

## ACROSS

- 1 Peruke
- 4 Touse
- 8 Labyrinth
- 12 Altar constellation
- 13 Isaac's eldest
- 14 Modern taxi alternative
- 15 World of organized crime
- 17 Dross
- 18 Earth (Pref.)
- 19 Poetic feet
- 21 Ohio city
- 24 Actress Long
- 25 Mentalist Geller
- 26 Candied veggie
- 28 Knight wear
- 32 Stagger
- 34 Gaiety
- 36 Flintstones' pet
- 37 Seoul setting
- 39 Fawn's mom
- 41 Dol. fractions
- 42 Bearded beast
- 44 Salsa scoopers
- 46 "La Mer" composer
- 50 4, on a phone
- 51 Pre-diploma hurdle
- 52 Ruffian
- 56 Church area
- 57 Rochester's

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
			18				19		20			
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- love
- 58 Citrus drink
- 59 Privation
- 60 Source
- 61 At once
- 8 Hot dog condiment
- 9 With skill
- 10 Gusto
- 11 Work units
- 16 "Goshi"
- 20 "Homeland" org.
- 21 Ankara resident
- 22 Crunchy cookie
- 23 Klutz
- 27 Wet dirt
- 29 State made of two peninsulas
- 30 Aware of
- 31 Colonial seamstress
- 33 Lentils, for example
- 35 Dijon denial
- 38 Reply (Abbr.)
- 40 Aerie newborn
- 43 Leading man?
- 45 Greek X
- 46 Transaction
- 47 Big fair, for short
- 48 Striped fish
- 49 Vacillate
- 53 Spanish gold
- 54 Hubbub
- 55 Just out

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1. TELEVISION: Which 1980s-'90s sitcom featured the Conner family?
2. LANGUAGE: What does the Greek prefix "pan" mean in English?
3. MOVIES: Which artist sang the song that inspired the movie title "Pretty Woman"?
4. GENERAL KNOWLEDGE: What is the first primary color that babies can see?
5. GEOGRAPHY: What is the world's longest cave system?
6. MEDICAL: What is a fasciculation, the medical term for a common ailment?
7. U.S. PRESIDENTS: Which president was the only one to be elected a U.S. senator after leaving office?
8. GEOLOGY: Emerald and aquamarine are types of which mineral?
9. U.S. STATES: What was the first state to ratify the U.S. Constitution?
10. MEASUREMENTS: What dosing measurement (metric) is used to administer liquid medication?

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1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72

Answer

## Weekly SUDOKU

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

Solution time: 25 mins.

Answers

## King Crossword

1. "Roseanne"; 2. All; 3. Roy Orbison; 4. Red; 5. Mammoth Cave, Kentucky; 6. Involuntary muscle twitch; 7. Andrew Johnson; 8. Beryl; 9. Delaware; 10. milliliter or ml

Trivia Test Answer



⊙ \*\* ☐ ☺ ♣ ~ ♀ ✧ \* ✨ ✕ ✨ + ☞ ✨ ▲ ☾ ✨ ♂ ✨ ☞ ☞ ☞ ☞ ☞ ☞  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# CRYPTO FUN

☐ ☾ ☞ ✨ ♂ ☞ ☞ ~ ☞ ✨ +  
Determine the code to reveal the answer!

Solve the code to discover words related to frozen foods.  
Each number corresponds to a letter.  
(Hint: 22 = E)

A. 21 16 22 22 3 22 16

Clue: Cold storage

B. 15 22 21 8 9 1 22 16 7

Clue: Extra portions

C. 21 15 5 7 2

Clue: Done quickly; in a \_\_\_\_\_

D. 20 12 22

Clue: Frozen water

Answers: A. freezer B. leftovers C. flash D. ice

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to frozen foods.

O R S F T

--	--	--	--	--

Answer: Frost

## Guess Who?

I am an Instagram star born in England on March 4, 1999. My parents are a famous soccer player and a former pop star. I made my first television appearance at age 3, and I have three younger siblings. I share my first name with a borough in New York.

Answer: Brooklyn Beckham

## FROZEN FOODS WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

BURGERS  
CAKES  
DESSERT  
FISH  
FRENCH FRIES  
GARLIC BREAD  
HASH BROWNS  
ICE CREAM  
LEFTOVERS  
MEALS  
NUGGETS  
PANCAKES  
PASTA  
PIZZA  
POT PIE  
POTSTICKERS  
POULTRY  
SANDWICHES  
TOASTER CAKES  
VEGETABLES  
WAFFLES  
WHIPPED TOPPING





## This Weeks Simple Recipe

# CHESTERMERE FOOD BANK

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### A taste of traditional Irish cooking



St. Patrick's Day is an opportunity for the world to celebrate Ireland's patron saint and Irish culture with family, friends, food, and fun. Many St. Patrick's Day traditions have been passed down through generations. This includes various foods and recipes that are native to Ireland that have spread around the globe thanks to the vast Irish diaspora.

When dishing up new traditions at home, try this recipe for Traditional Irish Colcannon. Courtesy of Kerrygold, producers of Irish butters and cheeses. Colcannon is a mashed potato recipe made even more savory with the inclusion of cabbage and other ingredients. Serve with corned beef, Irish bacon or Irish stew.

#### Traditional Irish Colcannon Serves 8

- 2 pounds red potatoes, cut into large chunks
- 3/4 cup milk
- 3/4 teaspoon salt
- 6 tablespoons Kerrygold Salted Butter, plus additional melted butter, if desired
- 1 cup chopped onion
- 6 cups finely shredded green cabbage (or

one 10-ounce package)

- 1 cup (about 4 ounces) shredded Kerrygold Dubliner<sup>®</sup> Cheese or Blarney Castle Dubliner<sup>®</sup> Cheese

Freshly ground pepper to taste

Cook potatoes in boiling water about 20 minutes or until very tender; drain well and mash with skins on, adding milk and salt.

While potatoes are cooking, melt butter in a large skillet.

Add onion; cook 10 minutes, stirring occasionally, until very soft.

Add cabbage; cook and stir for 5 minutes more or until very soft.

Stir cabbage mixture and Kerrygold cheese into hot potatoes and season with pepper.

Mound onto serving plates and make a well in the centre of each. Pour a little melted butter into each well, if desired. Garnish to taste.





**ATTENTION ALL LADIES**

## IT'S ALMOST GOLF SEASON!

- Anyone can join the 2021 Lakeside Golf Course Ladies Tuesday Golf League.
- Register now! Go to [www.lakesidegreens.com/leagues/](http://www.lakesidegreens.com/leagues/) to register online.
- Weekly prizes for scores based on handicaps and fun hole prizes, too!
- Weekly game fee of \$5 per person for prizes.
- Low green fee rate of \$28 for 9 holes or \$45 for 18 holes (power cart extra).
- Tuesday tee times with a 7-day advance booking!
- Registration fee: \$80 + \$40 for a Golf Canada Membership to track handicaps and scores (if not a member of Lakeside Golf Club), \$40 (member of Lakeside Golf Club).
- Questions? Contact Stefan Anderson at [golfshop@lakesidegreens.com](mailto:golfshop@lakesidegreens.com) or Linda at 403-606-0647 or e-mail [lakesideladiesga@gmail.com](mailto:lakesideladiesga@gmail.com).

**Tuesday, April 20, 2021 (Information Meeting by Zoom)**  
**Tuesday, May 4, 2021 (First Game)**



### Chestermere Christian Fellowship

Services: Sunday 10:00 am  
 Pastor Darcy Neufeld 403-204-2079  
 1.6 km north of Hwy 1 on Conrich Road

### The Chestermere Fine Art Guild

The Chestermere Fine Art Guild meets every Thursday at 1pm, at the Recreation Centre North side, upstairs in room 2. Come and explore your artistic potential. Welcoming new members beginner to advanced. Like us on Facebook and email [chestermereartguild@gmail.com](mailto:chestermereartguild@gmail.com)

### The Chestermere Lions Club

Meets the 2nd and 4th Wednesday of the month, September to June at the Chestermere Rec Centre at 7pm. Check out our website at [e-clubhouse.org/sites/Chestermere/](http://e-clubhouse.org/sites/Chestermere/) or email us for more information at [chestermerelc@gmail.com](mailto:chestermerelc@gmail.com)

### Chestermere Lakeside Kruzers Car Club

Meet and Greet Show "n" Shines every 2nd Tuesday Starting may 21st thru Oct. at The Dockside Marina starting at 6.30pm. Come and meet other car enthusiasts and share your passion. 50/50 draw proceeds to local charity. See us on Facebook, Lakeside Kruzers @gmail.com. Contact Roy Spanko, [rtspanko@shaw.ca](mailto:rtspanko@shaw.ca) 403 285-8309

### Lakeside Quilters' Guild

Meeting each month at the Chestermere Recreation Centre on the first Wednesday of each month. Sew days are on the third Wednesday of each month and a sew Saturday each month, excluding summer. Quilting experience not required, new members welcome. For more information please contact Melodie at 587-225-4395

### St. Gabriel's the Archangel Parish

**Catholics in Chestermere:** Weekend Masses are now open for public celebration at St. Gabriel's Catholic School (197 Invermere Dr.). To allow for physical distancing, space is limited to 100 people at each Mass (Saturday 5 pm, Sunday 9 am or 10:30 am) with advance registration at [saintgabrielparish.ca](http://saintgabrielparish.ca). Please stay home if you feel sick or have a chronic medical condition. For more info, call 403-455-0196.

### The Rotary Club Of Chestermere

Meets via Zoom on the 2nd & 4th Wednesday of the month (Sept-June) at 12:00 Noon.  
 Guests are warmly welcomed to "Zoom in" whenever they can!  
 Please email us for more information at: [rotarychestermere@gmail.com](mailto:rotarychestermere@gmail.com)  
 Check out our website at: [www.rotarychestermere.org](http://www.rotarychestermere.org)



# COMMUNITY INITIATIVES

provided by Jen Peddleston

**'THE INSIDE SCOOP'** - a collection of recipes from ultra cook and baker Laurie Dunn ( The Reluctant Caterer), Manager of Calgary Yacht Club, compiled and sold to raise funds for Youth Sailing – a great Christmas present! Click here to order \$22.

<https://calgaryyachtclub.wildapricot.org/Sys/Store/Products/170050>

**Yoga At Home** - Join Chestermerian and popular yoga instructor Jill Domoslai for one hour of Vinyasa Flow yoga. Offered MWF or just come one day a week. Suitable for every level, Jill has suggestions to modify --or if experienced, do more advanced poses via Skype. Sponsored by the Calgary Yacht Club-keeping you fit! Register for 5 or 10 class package.

<https://calgaryyachtclub.wildapricot.org/Store> Email me if you would like to do a try-it-out class, and I'll put you in touch with Jill.

**Dexterity Dance** found When we were running our dance classes online we noticed just how much the kids were craving connection, creation, and celebration - all of which seem to be lacking in everyone's lives these days! We thought how can we change our programming so that the kids aren't "on mute" the whole time - and each class they are connecting with the instructor and their peers, creating either through movements or tangible mediums, and of course celebrating their accomplishments after each class.

Our Children's Fine Arts & Social Club was inspired by, designed for, and will focus on connection, creativity, and celebration.

It is a virtual program, utilizing Zoom the way it was meant to be used - for connection and collaboration. But if at any point restrictions allow, we will transition the clubs to in-person at the studio.

The clubs are a wonderful way to break up these winter months with something that the kids look forward to every week!

We also hope to get the clubs involved in the community best we can during these restrictive times. Right now we have valentines cards and poetry planned to be created and delivered to Prince of Peace Manor.

We are super excited to sort of take control of our own timeline and start achieving some goals with the kids!!

**The CRCA** is offering family household rentals of any room or gym at the facility (excluding the arena which is \$99) for \$30 for the month of February. Bring the family to play soccer on the turf or shoot some hoops in the gym. Please call 403-272-7170 to book.

**The Lakeside Greens Golfcourse Preservation Society** (formed 2020) is seeking more people who agree with them, to sign their petition. Here is that petition should you wish to sign. <http://chnng.it/RPJkpbzM> For more information contact them through their webpage <https://lakesidepreservation.com/> or [lakesidepreservation@gmail.com](mailto:lakesidepreservation@gmail.com)

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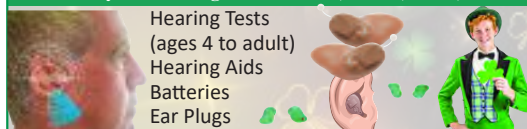
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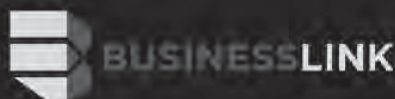
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403.235.2748

[www.britcandarts.com](http://www.britcandarts.com)

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## Food Bank



## Parliament/Politics

### Martin Shields, Member of Parliament Bow River Constituency

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Strathmore, AB T1P 1K1

T: 403-361-2980

Fax: 403-361-2989

[martin.shields@parl.gc.ca](mailto:martin.shields@parl.gc.ca)

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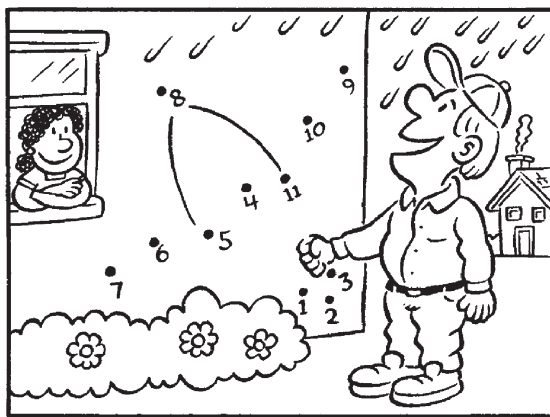
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**RIDDLE-DOTS!** "Hey, Mike! What can go up a chimney down but can't go down a chimney up?" Connect the dots and solve the riddle.

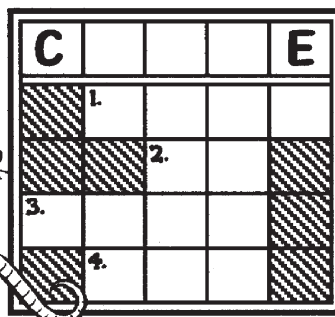
**SOMETHING IN COMMON:** What do the following two sentences have in common? 1. No lemons, no melon. 2. Was it a car or a cat I saw?

Both can be read the same forwards or backwards.

**FIND-A-WORD!** On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

1. Cost per unit.
2. In or near.
3. Spoiled --.
4. Long-tailed critter.

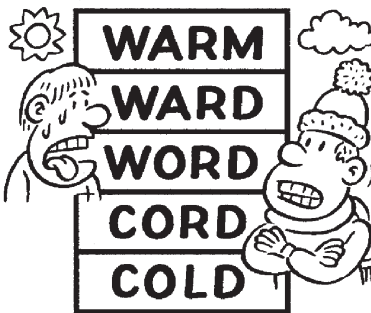
1. Rate. 2. At. 3. Brat. 4. Rat. Mystery word: Crate.



Illustrated by David Coulson

# Junior Whirl

by Charles Barry Townsend



## LADDER PUZZLES

LADDER puzzles have been around for over a hundred years. They were made famous by Lewis Carroll, the author of "Alice in Wonderland." In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move you must change one letter in the previous word so as to form a new word. In our example we changed WARM into COLD in four moves. See if you can change the following four words:

1. BOAT to CASH.
2. MORE to LESS.
3. FISH to MEAT.
4. SICK to WELL.

1. BOAT, COAT, COST, CAST, CASH.  
2. MORE, LORE, LOSE, LESS.  
3. FISH, FIST, FEAT, MEAT.  
4. SICK, SILK, SILL, SELL, WELL.

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**TAYLOR, Margaret (Peg)**  
**June 5, 1928 – Llanelly, Wales**  
**February 24, 2021 - Calgary, Alberta**

It is with sadness that the family of Margaret (Peg) Taylor announces her peaceful but sudden passing early in the morning of Wednesday, February 24, 2021 in Calgary, AB, at the age of 92 years.

Peg was born in Llanelly, Wales, where she lived with her parents and older sister Dorothea (Disa). She grew up in a close-knit community with plenty of extended family nearby. Her dad was a “foundry-man”, who played clarinet in a group in his spare time, and her mother was a hardworking home maker, who always ensured the two girls were dressed to perfection. Peg often told stories of the four of them taking seaside holidays in the family’s motorcycle with sidecar. Peg and her sister went through their adolescence during WWII, but she never spoke of the rationing etc., as being a hardship. This is likely where she developed her “get on with it” approach to life.

After the war, Peg attended Teachers College in London and then emigrated with her parents to Canada in 1946, following her sister who married a Canadian serviceman the previous year. Pegs parents eventually settled in Calgary, while she attended the University of Alberta in Edmonton, to obtain her teaching credentials. It was here that she met Nick, while on a train going home for Christmas. Following graduation Peg taught in a one-room schoolhouse in Blackfalds, AB, 1948/49, while Nick finished his degrees in geology and mining engineering, and they were married on October 1, 1949.

Peg took on her new role as wife, mother and homemaker with gusto! She and Nick had nine children with only fourteen years between the oldest and the youngest. Peg had converted to Catholicism prior to being married and she regularly attended religious education (CCD) sessions and was an active member of church service organizations aimed at helping the community (CWL). Family was her number one priority and she was devoted to creating a stable, loving home. She took one weekend a year away from her family, to attend the St. Francis Retreat in Cochrane, spending two full days on her own in contemplative silence.

Once the youngest of the children was close to being on their own, Peg went “back to school”, obtaining a BFA from the University of Calgary. She was always interested in art, history, architecture and design, and embraced her studies and pursued her long-time passion for painting. She was an inspired and prolific painter, eventually settling on acrylics as her favoured medium. You can find her work on the walls in the homes of her children, grandchildren, nieces and nephews, friends and acquaintances. Over the years, Peg became involved in the artists groups and guilds in her community, participating in art shows, adjudicating art at the college level, and forming strong bonds and lasting friendships along the way.

In addition to her passion for art, Peg and Nick both shared a love of music, particularly Opera. They were frequent travelers and at each new place, they sought out an opera to see. For several years their vacations were centered around Opera, often attending two performances each day. Music and art nourished her spirit and to share these experiences with Nick was perfect in her eyes.

Peg was a beautiful woman, inside and out. She had a brilliance and vivacity that drew you in, making you feel special and warm. She had a snappy sense of humour and could entertain you with her stories and anecdotes. At her core, she had a powerful strength of character that helped to support her family during difficult times. She was decisive and didn’t dwell on problems, choosing rather to take the necessary action and then get on with things. She didn’t let the slings and arrows thrown at her by life, diminish her faith and belief in the beauty that surrounded her every day.

Peg was devoted to her family and in particular to Nick, who was her chosen life partner, best friend, lover, confidante, husband and biggest fan. She was his constant rock and he, hers. They were the perfect fit for one another, gently and unconsciously adjusting to the ebb and flow, the give and take that makes a marriage. They shared their 71st wedding anniversary in October just days before Nick passed away. And after only 4 1/2 months apart in those 71 years, they are together again for eternity.

Peg will be lovingly remembered by her children, Patrice, Jennifer, Terry (Louise), Sheila, Ally, Susan (Brad) Waugh, and Sarah (Ed) Brouwer; her thirteen grandchildren, Melody, Will (Erin), Zin (Emilie Lauriola), Chris (Floor Dekkers), Fred, Aron (Michelle Tong), Simon, Bailey (Robert) Palmer, Robyn (Richard Dahms), Mariah, Maxine, Matthew, and Nikki, and her three great-grandchildren, Jamie, Dylan, and Zazie. Peg is also survived by her sisters-in-law, Jean (Chuck) Sayre of Seattle and Laura (Adam) Hamilton of Parksville; her dear nieces, Stephanie (Hughes), Debbie (Depew) and Nancy (Scheffer), and several other nieces and nephews.

Peg was predeceased by her parents, Lemuel in 1993 and Gladys (née Martin) in 1996; her sister Dorothea (Disa) Roberts in 2014 and by her beloved husband, Nicholas William (Nick) in October 2020, and their children, Catherine Marie (Cayt) McGuire in 2009 and Ian Nicholas in 2004.

Due to Covid restrictions, there will be a small, private Funeral Mass for immediate family on Friday, March 5, 2021 at 10:00 a.m. at Sacred Heart Church in Calgary. The service will be available for viewing through a video link which will be posted on the McInnis & Holloway website. The family invites friends, other family members and acquaintances to share their memories, photos and sign the guestbook on Peg’s obituary at [www.McInnisandHolloway.com](http://www.McInnisandHolloway.com). The family plans to have a Celebration of Life later in the year for both Peg and Nick, when it’s possible to gather again in large groups to share in honoring their lives.

In lieu of flowers, the family is kindly asking that donations be made instead to the CNIB Guide Dog Program, <https://cnib.ca/en/>; or to The Mustard Seed, <https://giving.theseed.ca/donate/>

In living memory of Peggy Taylor, a tree will be planted in the Ann & Sandy Cross Conservation Area by McInnis & Holloway Funeral Homes, Park Memorial, 5008 Elbow Drive SW, Calgary, AB T2S 2L5, Telephone: 403-243-8200.



# Classifieds

## Auctions

COFFEE & FOOD EQUIPMENT, ANTIQUES Online Auction Feb 25 – March 3/21, Ponoka & Blackfalds, AB. Also selling Collectables, Horse Drawn Buggy, Amish Horse Board Room Table Drawn Carriage, & More. [www.montgomeryauctions.com](http://www.montgomeryauctions.com) 1-800-371-6963.

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## Health

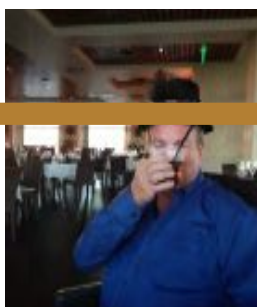
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# Support Local Support Alberta Support Canada

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A woman with glasses and a checkered shirt is holding a blue sign that says "Come In We're Open". The background is a blurred indoor setting, possibly a shop or a community center, with warm lighting. The entire image is overlaid with a semi-transparent red filter.

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