

ROSEDALE REPORTER

The Newsletter of the Rosedale Community Association

Vol. 22, #9

901-11 Avenue NW, Calgary AB T2M 0C2

web: <http://myrosedale.info>

May 2018

Dates

May 2, Wednesday

- Rosedale Community Association Board Meeting, 7:00 pm

May 12, Saturday

- Tennis Social

May 21, Monday

- Victoria Day

May 26, Saturday

- Rosedale Pub Night

June 7, Wednesday

- Rosedale Community Association Board Meeting, 7:00 pm

June 8, Thursday

- Rosedale AGM, Beugin Hall, 7:00 pm

The Rosedale Reporter is published ten times per year by volunteers of the Rosedale Community Assn. Deadline for submissions is the 15th of the month. Please keep submissions to 300 words or less as space is limited. Submissions and photos from community residents are welcomed and appreciated!

Rosedale.reporter@gmail.com

To Bee or Not to Bee – Henrietta Koning

Things were buzzin' at the Rosedale Community Center a few weeks ago. Over 80 people crowded into the main hall to learn about Alberta's wild bees, also known as native bees, from Megan Evans, the President of the Alberta Native Bee Council.

Of the more than 321 species of native bees in our province, guess how many are honey bees? The answer is zero.

Honey bees were not present in North America until settlers from Europe brought them here in the 1600s to produce honey and wax. Today, North American beekeepers continue to import more and more honey bees to fill the demand from farmers for crop pollination services and honey production. Wild native bees are excellent pollinators but they produce such a small amount of honey it's not worth harvesting.

Megan Evans stressed that honey bees and wild bees are very different from each other. For example, the majority of our wild bees are solitary and do not live in colonies like the honey bees but nest in the ground or in crevices of stumps, etc. Bumble Bees, which are generally the biggest wild bees, are an exception and live in colonies but nothing as large as a honey beehive. Wild bees can be as tiny as a pinhead. They adapt to winter by dying (except for the queen bee) whereas honey bees are kept alive over winter by bee keepers.

Thinking of setting up a backyard hive to collect honey? Maybe think again. Honey bees compete with wild bees for food. One honey bee hive consumes as much food as 100,000 native bees! Also, honey bees can spread disease-causing pathogens.

Continued on next page...



Rosedale residents learned all about Alberta's wild bees and built their own backyard bumble bee boxes at the Rosedale Community Hall. The evening event was organized by Anne Thomson who received a grant from The Federation of Calgary Communities.

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To avoid a negative impact on wild bees, the Alberta Native Bee Council suggests honey bee hives should be kept in agricultural areas of the province so that way our native bees can be left to thrive in natural areas that offer a lot of native plants and even in our backyards in the city.

All bee facts are from the presentation by Megan Evans, www.albertanativebeecouncil and www.fs.fed.us/wildflowers/pollinators/documents/AgCanadaNativePollinators

Pollinator-friendly Plants Recommended by the City:

- Bergamot
- Creeping white prairie aster
- Canada goldenrod
- Red, yellow, or blue columbine
- Wild blue lupine
- Forget-me-not
- Yellow prairie coneflower
- Bearberry
- Common gooseberry

Walking the Newsletter

For almost 40 years the Rosedale Reporter has appeared in Rosedale mailboxes thanks to helpful hands, and feet! There are 29 volunteers in the community who consistently, ten months of the year, go door to door delivering the newsletter to the residents on their route. There are two captains who distribute the newsletter to those 29 volunteers and there are three editors who produce the newsletter, pick it up from the printers and deliver it to the captains.

We would like to acknowledge and thank our West Side Captain Laura Margetts and our East Side Captains Cole and Muriel Charlebois. A big thank you to our faithful deliverers: Kim Kearl, Cindy and Don Fyvie, Michelle Atkinson, Maureen Rollins, Liz McWhinnie, Ed Dulkys, Gladis Bastiaan, Susie Dupuis, Sandy Paterson, Bev Mafrica, Helen Heacock, Rhonda Pick, Bev Morgan, Alison Slater, Danielle Brezina, Mr. Davis, Aiden and Annalise Foster, Doug White, Ruth Miller, Lorie Johnson, Deborah Oggy, Heather Seabrook and Julie Borden, Laurie LeMieux, Janice MacLaren, Elizabeth Bandelow, Tina Howell, and Jane Hambly. Your dedication is appreciated.

If you have any questions or are not receiving the Rosedale Reporter in your mailbox, please email us at rosedale.reporter@gmail.com. Extra copies are always available at the Community Hall.

Bee Friendly in Your Backyard

A number of our wild bee species are in trouble. You can help by maintaining a yard where wild bees can flourish.

- Leave areas in your flower bed bare and un-mulched for ground nesting bees
- A few pieces of decaying wood can provide important nesting habitat
- Offer a diversity of flowers that bloom all season long
- Avoid using insecticides
- Avoid urban honey bee keeping
- Encourage bumble bees to nest by building a bumble bee house (instructions can be found on the Alberta Native Bee Council's website)
- Enjoy guilt-free honey by refraining from buying wildflower honey



Ruth Miller, centre, has not one but two routes in Rosedale that she delivers newsletters to. Her neighbours, Cole and Muriel Charlebois, volunteer as East Side captains.



Summer Solstice Patio Party: June 21st

Come meet your neighbours on the outdoor balcony at the Rosedale Community Hall to usher in the first day of summer! **Thursday, June 21**, beginning at 7:30 pm. Wine, beer and non-alcoholic beverages will be on sale. Light snacks will be served.

The outdoor balcony overlooks the tennis court and can be accessed from outside. In case of rain, we will move inside into the adjoining upstairs Beugin room.

Digital Parking, coming to your street

Come July, parking in Rosedale will be digitalized. That means no more parking stickers in the window of your car and no more hang tags for visitors. Instead, residents are expected to apply for their parking permit online or by phone. The permit will be linked to your license plate number and is valid for two years. That's the easy part. The challenge comes with managing visitor parking. Now when your guest arrives, you must go online, sign into your account, register the license plate number and activate the parking session. Then when the visitor leaves, the session must be deactivated. As before, only two visitor parking permits are allowed. No internet? No problem, there will be a 24-hour phone voice mail system.

Rosedale is one of the last neighbourhoods in Calgary to transition to online permits. The system, which started in August of 2017, has some Calgarians feeling a loss of privacy. In Rosedale for example, vehicles with cameras will be driving up and down our streets daily or possibly more than once a day. Jennifer Whitaker, who is the Media Representative for the Calgary Parking Authority, told the Rosedale Reporter in an interview that photo enforcement vehicles will move more frequently through neighbourhoods around hospitals and universities and other institutions like SAIT. This is the fast way to enforce parking restrictions rather than having a system driven by complaint calls. The cameras are angled to hit the license plates only, not houses or cars she assures. They take only still photos of license plates that will be kept on file for up to two years.

Calgary Parking Authority has a comprehensive website and says Jennifer, they will work through problems to find solutions for residents. Calgary is the first city in Canada to introduce a residential online parking permit system.

Tennis Social: Saturday, May 12th

Rosedale Tennis Club's 2018 season is underway. The court clean-up is scheduled for April 21st. Membership and Lesson Sign-ups are done online at www.rosedaletennis.net. Fees are reduced for sign-up prior to May 12th and are also reduced for families that sign-up for junior after school lessons that start on April 30th.

To officially kick-off the season, everyone in Rosedale is invited to our annual Opening Day Social, on **Saturday, May 12th from 2:00 - 8:00 pm**. Whether you are a serious tennis player looking for a place to play, thinking about taking up the game, or would just like to enjoy some socializing with your neighbours, mark this date on your calendar and be sure to join us for an enjoyable afternoon and evening. The event will go rain or shine, as the Community Hall is booked for back-up. BBQ burgers are provided at 5pm, with a salad or dessert with your entry ticket. Plans are to have some mix-in tennis for adults from 2pm onwards, and some demo tennis lessons for kids from a tennis pro in the afternoon. Check the RTC website for details closer to the date.

Rosedale 2018 Community Memberships

2018 Community Memberships are available either through email (Marnie @ marnie-jo@shaw.ca) or drop off to 750 Crescent Rd, NW. Or go online to myrosedale.info & purchase a membership online.

\$25/ family, \$15/single, or \$5/senior household.

Please note – anyone who takes ANY of the RCA classes must have a valid Rosedale Community Membership.

Yoga Classes Continue

All levels of students welcome. Everyone works to their own abilities – there is no requirement to have taken yoga before.

All Classes: Drop-in \$15/class

Yoga 4 Backs (Critical Alignment) with Bridgette

- **Mondays, 7:30 to 8:30 pm** until June 25th (no class May 21st)

Hatha Yoga with Sophie

- **Mondays, 9:30 to 11:00 am** until June 25th (no class May 21st)
- **Wednesdays, 9:30 am to 11:00 am** until June 20th

****Please Note:** Participants in Rosedale Community Association (RCA) classes require a valid Rosedale Community Membership.



Bill Wood and Dave Patterson clearing snow from the tennis courts. Photo provided by Helen Heacock.

Rosedale Annual General Meeting: June 7th – Tyler Hallman

The Rosedale Community Association (RCA) Annual General Meeting will be held June 7 2018 at the Rosedale Community Centre in Beugin Hall at 7 pm. Committee chairs and other volunteers will provide a brief summary of their activities throughout the past year and what we can look forward to in the upcoming year. If you are interested in joining the board or otherwise volunteering this is a great opportunity to come and meet the respective chairpersons. Of course, if you just want to see what's going on with the RCA you are more than welcome to join us as well. We look forward to seeing you there.

May HIP Project: “The Joy of Reading”

This month, we are going to bring the joy of reading to the children in Calgary who have few or no books of their own. Donate a gently used children’s book or buy and give a copy of your favorite childhood book. You can also make a book mark, drawing your favorite fictional character or nursery rhyme. If you want, celebrate April Poetry month by writing your favorite poem or one of your own and hide it among the pages of your book. If you have any donations, they can be dropped off on Marnie’s doorstep @ 750 Crescent Rd, NW. Please visit www.behip.ca for more information. Humanity In Practice is a movement of Calgarians who want to simply make a difference.

*Reading builds bonds and brains. You can volunteer to read to child or a senior or even a pet! If you have a book you like to share, donate it to a Little Free Library in your community.

Is Blue Light Causing Your Sleep Problems? - Dr.

Alexa Birdgeneau, Rosedale resident and naturopathic doctor

Have you ever been camping and found yourself falling asleep earlier than usual once the sun has gone down? This happens in part due to melatonin, a hormone produced largely in the brain in response to darkness. Without sufficient melatonin, it may be difficult to fall asleep or you may experience broken or unrestful sleep.

Melatonin production is dependent on experiencing light exposure during the day, followed by darkness in the evening. Light exposure in the evening, particularly light in the blue range of the spectrum, suppresses melatonin production. Sources of blue light include LED lights, fluorescent lights, incandescent lights (to a lesser degree), and the big one: electronic screens such as TVs, phones, and computers.

What can you do to ensure you’re making enough melatonin?

- Avoid screens and regular lights for at least two hours before bed. Consider candles as an alternative. If you can’t avoid blue light sources before bed, here are some options:
 - Blue-blocking glasses that block out ambient blue light.
 - Blue-free LEDs in rooms you use at night.
 - Blue-blocking filters that layer over electronic screens.
 - Apps & features that reduce blue light emission from electronic devices e.g. f.lux, adjusting the colour of your TV display to yellow/red.
- Ensure your bedroom is completely dark by using blackout blinds.
- Choose dim red lights for night-lights.
- Get natural light exposure during the day.

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- **Looking for a garage to rent** near 6A street and Alexander Crescent NW beginning June 1st. Phone 403-282-3913
- **University student and long-time Rosedale resident is available to babysit and dog walk** this May-August. Please call Skyla at 587-433-9083
- **CBC/Calgary Reads Annual Big Book Sale** will be accepting donations of the CBC / Calgary Reads Annual used books & multimedia (no encyclopedias, dictionaries, text books, Harlequin Romances, Reader’s Digest, cassettes, magazines or agendas please) on **May 1st to 4th** (9a.m. – 8 pm) or **May 5th and 6th** (9 a.m. – 5 p.m.) at the Calgary Curling Club (720 3 Street NW)
- **SAVE THE DATE:** The CBC/Calgary Reads Big Book Sale takes place **May 11th to Sunday, May 13th at the Calgary Curling Club.**
- **Mark your calendars for Rosedale’s Community Clean-up Day.** The City of Calgary’s packer trucks will be parked in Rosedale **September 16th**, time to be announced, to accept waste and organic materials such as leaves and grass clippings

Other benefits of optimizing your melatonin may include: Healthy aging (melatonin is a strong antioxidant); decreased acid reflux/heartburn; reduced risk of type 2 diabetes and cancer (especially prostate, breast, and endometrial cancer); and possible reduced risk of depression, bipolar disorder, neurodegenerative disorders (e.g. Alzheimer's), and cardiovascular disease.

Why not just take a melatonin supplement? Although short-term melatonin supplementation can be appropriate in select cases, it's important not to overlook other benefits of proper light exposure that have not been researched as thoroughly as melatonin. Melatonin supplements may also mask other causes of sleep disturbances.

Disclaimer: Health-related information contained in this article is intended to be general in nature and should not be used as a substitute for a visit with a healthcare provider.

Rosedale School News:

Grade 9 Sailing Trip – Tess G. and Kaelan P.

The West Coast sailing trip for grade nine students has been an annual tradition at Rosedale for over a decade. This year, we grade 9's set sail once again for a fun and energetic, educational team-building trip on the Pacific Ocean, setting sail from Sydney Harbour and spending five days and four nights on board two ships, Island Odyssey and Island Roamer. Our class of thirty students and staff participated in this once-in-a-lifetime opportunity.



Group shot of the Rosedale students at the airport



The Rosedale students aboard one of the ships

As grade nine students, we prepared for the sailing adventure by learning about oceanic ecosystems, native wildlife, sailing etiquette and safety, and many of the knots that all sailors learn to tie. While on board, we learned about nautical navigation and how to prepare for weather events from the experienced crew on each ship. We broadened our understanding of Canadian geography and developed an appreciation for the scenery of the Gulf Islands, seeing orcas, harbour seals and various breeds of sea lions. Most of all, we developed a further understanding of the members of our class and had loads of fun along the way.

Throughout our Grade 9 year, we fundraised in the school community for this adventure, hosting bottle drives, auctions, dinners, movie nights, and a variety of other events. Eventually, our hard work paid off and the ships were ready to set sail! Our class was divided into the two ships, chosen by our physical education teacher, Mr. Senek. On the morning of March 15th, we flew to Victoria, B.C. Although we were tired, it was covered up by our excitement to finally be on the sailing trip. After the hour-long flight, we took a bus to Sydney Harbour, where our boat was docked. We then set out to explore the town of Sydney. This included visits to a bakery and the local library. We went to the Salish Sea Sanctuary, a marine museum devoted to promoting knowledge about ocean creatures. At noon, we untied our boats and set sail, eager and ready to experience new adventures. During our five days on the boat, we toured around all the Gulf islands making stops along the way.

We hope that the Rosedale community supports next year's sailors as positively as they supported us. The sailing trip was an experience that we participants will remember for the rest of our lives.

Rosedale Playschool 2018-19 Registration

There are still spots available for 4-year-old students in our afternoon class. Morning classes are full. Go to <http://www.rosedaleplayschool.com/> for more information.

You are invited to a

Rosedale Pub Night!!

Guest MC = Rosedale's Own Grant Pollock!!



Great Live Music

Featuring the Boomer Dance Party Band -- celebrated and enjoyed by all -- performing the best songs of the 50s to the 80s

Where: Rosedale Community Hall, 901 – 11th Ave NW

When: Saturday, the 26th of May, 2018. From 8:30 to 11:30 PM

What: You'll enjoy meeting and socializing with your Rosedale neighbors. Guaranteed good times!!

Admission: Advance tickets \$10 at www.myrosedale.info or from John Tatlow (403) 284-0577. At the door \$15

Don't delay. Only 100 tickets will be sold!

City of Calgary Preparing for legalization of recreational cannabis

The City has developed regulations and processes to accommodate the upcoming national legalization of recreational cannabis. You may not know that the federal, provincial and municipal governments each have separate areas of responsibility in the legalization of cannabis. Generally, the responsibilities of the three levels of government are as follows:

Government of Canada:

- possession limits
- new criminal offences
- laws around impaired driving
- taxation
- home growing
- public health
- advertising
- medical cannabis

Government of Alberta:

- workplace safety
- public health
- education
- impaired driving
- taxation
- public consumption
- rules and regulations governing private retail

The City of Calgary:

- retail cannabis store locations and rules
- public consumption
- land use and zoning
- educating the public about bylaws that govern these areas

From November 2017 – January 2018, The City carried out extensive research and engagement to hear how Calgarians wanted to see cannabis regulated. While The City’s response to legalization will need to work within the federal legislation and the provincial framework, the feedback we received has been important in amending bylaws and determining regulations that addressed areas of citizen concern. For details on The City of Calgary’s approach to legalized recreational cannabis, please visit Calgary.ca/cannabis or call 3-1-1.

Richard Palibroda

Over 30 years of real estate sales in Rosedale



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Calgary Association of Lifelong Learners (CALL) Events:

Rosedale residents are invited to attend for free The CALL Café and speaker series now being held at the Varsity Acres Presbyterian Church at [4612 Varsity Drive NW](http://4612VarsityDriveNW). Here are the presentations for April. For more information, check the CALL website: <http://calgarylifelonglearners.ca>

Science and Environment Lecture Series: Tuesday, May 1st, 7:30 – 9:00 pm

Topic: Rocks, Ridges and Rivers. Geological Wonders of Banff, Yoho and Jasper National Parks. **Presenter:** Dr. Dale Leckie, the author of a recent book of the same name.

CALL Café: Monday, May 14th, 1:00 - 3:00 PM

Topic: Gardening in Small Places. **Speaker:** Bert Einsiedel
Many gardeners, including some with spacious yards, are experimenting with smaller gardens such as sun rooms, family rooms, bedrooms, patios, decks, bathrooms, and kitchens. Some are learning how to select and use

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containers of varying shapes and sizes. They think about soils, amendments, plant food, light, humidity, temperature, and plant supports. Our illustrated talk will cover some approaches to gardening in these small spaces and the pros and cons of different containers made from different types of materials. We will share some creative suggestions on how to use limited space and containers in order to obtain the best growing conditions for our plants. Come and share your questions, ideas, and experiences in growing ornamentals, vegetables, herbs, and fruits in small spaces.

Bert Einsiedel is a long-time volunteer and member of the Calgary Horticultural Society. He is also on the Executive of the Varsity Community Garden, a Master Composter, and a Green Calgary volunteer. He is Professor Emeritus of Extension at the University of Alberta. Bert and his wife Edna are members of CALL.

Treks and Travels: Wednesday, May 16th, 7:30 to 9:00 pm

Topic: Lord Howe Island - Australia. **Presenter:** John Bargman

Lord Howe Island, a UNESCO world heritage site of global natural significance, sits 600kms off the east coast of Australia and is part of the state of New South Wales. David Attenborough wrote "Lord Howe island is so extraordinary it is almost unbelievable". The hilly island and its surrounding islands and islets are part of an underwater mountain that rise 2000m from the seabed. The island has about 400 year-round residents and limits the number of tourists that can be on the island at any one time. As well as having several endemic plants, insects and birds it is surrounded by the most southerly coral reef in the Pacific Ocean. It has been said that if you sat down with a pen and paper to consciously design the perfect island, you could hardly improve on Lord Howe.

Health and Wellness Speaker Series: Tuesday, May 22nd, 1:00 - 3:00 PM

Topic: Medical Tourism. Presenters: T Stoodley and Tanya Greffard

With universal healthcare in Canada, the development of outbound Medical Tourism is years behind other countries. This is a multi-billion-dollar industry that has been around over a century worldwide.

With more and more people considering Medical Tourism, it is important to learn how it really works and how to navigate the medical tourism process.

Rosedale Community Association Volunteer Board

President: Tyler Hallman, president@myrosedale.info

Past President: Matthew Armstrong,
pastpresident@myrosedale.info

Vice-President: Angela Kokott,
vicepresident@myrosedale.info

Co-Treasurers: Dave and Deb Guebert,
treasurer@myrosedale.info

Secretary: Cindy Fyvie, secretary@myrosedale.info

Development Permits: James Reid,
development@myrosedale.info & Matthew Armstrong

Hall Rental: Donna Anderson bdccanderson@shaw.ca

Events Coordinator: Ellen Brawn,
eventcoordinator@myrosedale.info

Membership: Marnie Worbets, 282-6921, & Cathie Dadge

Newsletter: Jennifer Edwards, Dawn Lewis, Henrietta Koning. rosedale.reporter@gmail.com

RCA Life Cycle: David Paterson, 289-5677

Rink: Dave Guebert

Tennis: David Paterson

Traffic: Iain Campbell, traffic@myrosedale.info

C.A.L.L. and Seniors: Carol Gerein, 282-0672

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