# CHESTERMERES CANADIAN COMMON MAGAZINE



2025 Community Mental Health Fair Promoted Wellness and Resilience

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#### Chestermere Clears Municipal Inspection Hurdle

#### City meets and completes all 12 directives from provincial review

by Stephen Jeffrey

hestermere's local government has reached a significant milestone, successfully meeting all 12 directives outlined in a comprehensive municipal inspection report. The directives, issued by Alberta Minister of Municipal Affairs Ric McIver, underscore the city's commitment to restoring transparent and responsible governance. The minister's approval came via a letter dated March 12, 2025, signaling a fresh chapter for the community and its administration.

The inspection, which scrutinized municipal operations from October 2021 through December 2023, revealed a series of governance and financial management challenges. "The inspection ultimately found Chestermere's finances to have been managed in an irregular, improper and improvident manner during that period," the provincial release stated. This critical finding led to a series of swift actions by city officials. In a dramatic turn of events, three council members and former Mayor Jeff Colvin were removed from office on December 4, 2023, in an effort to ensure accountability and prevent future mismanagement. Additionally, the report resulted in the dismissal of three former chief administrative officers whose roles were closely tied to the oversight of the city's operations.

Mayor Shannon Dean expressed relief and optimism following the minister's endorsement of the completed directives. "We've had the opportunity to run into Minister McIver at a few events, and he has expressed to all of us on council how pleased he has been with the work of this council and this administration, including recently," Dean remarked. The mayor's comments reflect a renewed sense of purpose within city hall, as local leaders work to rebuild public trust and implement sound fiscal practices.

City staff emphasized that this achievement represents



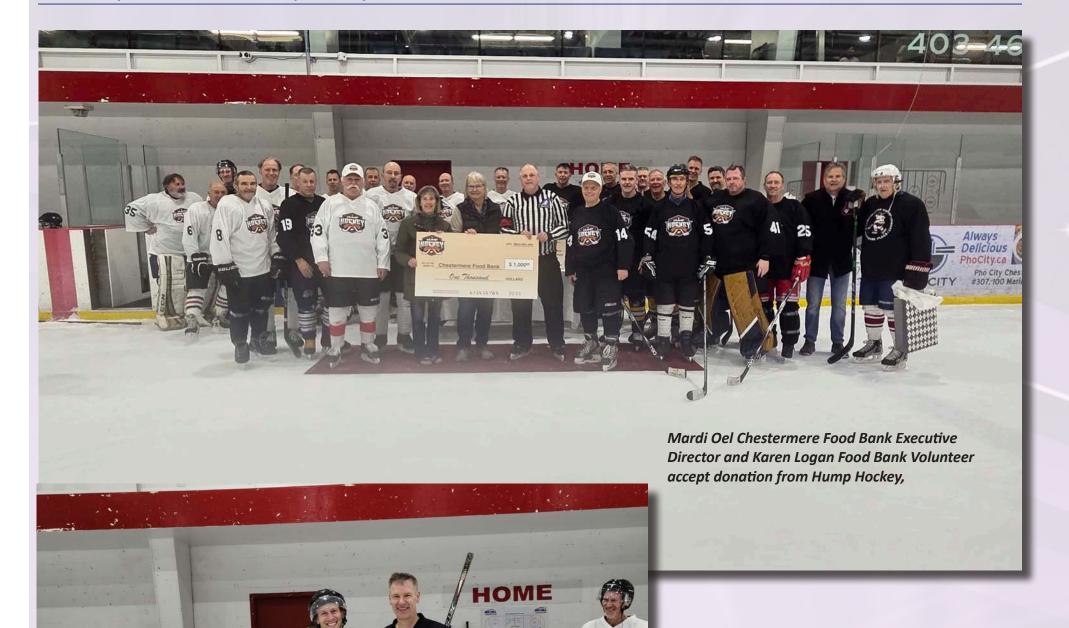
more than just compliance with directives—it marks a decisive step toward sustainable local governance. "This is a big day for the City of Chestermere," said Chief Administrative Officer Kent Edney. "It puts this inspection behind us, and the minister is satisfied with how council and administration are operating. It's in the rear-view mirror now." Edney's remarks suggest that the rigorous review process, while challenging, has paved the way for a reformed and more accountable municipal government.

Located in Alberta's Calgary Region, Chestermere has long been known for its close-knit community and vibrant local culture. As the city moves forward, officials stress that maintaining transparent practices and adherence to provincial regulations will remain a top priority. With the successful resolution of the municipal directives, Chestermere now looks ahead with renewed confidence in its leadership and operational integrity.



#### Hump Hockey completes successful 5th season

Submitted by Brent Ladds Pictures compliments of Melissa David



Bryan Herman and Dr. Ben Sader proudly display awards presented for rookie of the year selection.

ump Hockey building on four previous years of effort and work within the Chestermere Community, completed what many might consider its most successful season, this past Wednesday at the Chestermere Arena.

Co-founder Peter Carriere, indicated that "while we had a vision of what we wanted to create, we have been tremendously impressed with the speed at which we have been able to accomplish many of our goals".

The program was designed to replace the social gathering every Wednesday during the summer, at Lakeside Golf Course. Once the snow started to fall, "we wanted

to create something that allowed many of the golfers and non-golfers who socialize at Lakeside an opportunity to see each other over the winter months and sprinkle in some Canadian tradition – hockey," added Brent Ladds

Ladds continued "we owe a great deal to our three principle sponsors, Inland Machine Services – Tim Reid, First General – Jasred Maillot, and Skyline Exhibits Alberta – Bobby Scott for their continued support".

The players, the majority of whom are Chestermere and area residents, range in age from 39 to 82, with varying skill levels, but they are able to enjoy a competitive game every Wednesday afternoon, and retain bragging rights for their



IMS Hump Cup presented to Team Captain Mike Smith by his worship Mayor Shannon Dean

Ken Ogston recognized as 24-25 Lady Byng award winner



efforts, until the next game.

Dr. Ben Sader of Strathmore, a new addition to the Hump Hockey program this year, indicated it has been a great experience for him, and he looks forward to the Wednesday termere's Mayor, his worship Shannon Dean who has been gathering, each week.

The group went into full Championship mode after their March 19th game preparing for their final on Wednesday, by hosting the annual player selection draft for the Championship game and their pursuit of the IMS Hump Cup. With both goalkeepers, Mike Smith, and Brad Mayer captaining the selections for their respective teams, 28 players were chosen for the final game, which was won by Team Smith.

The game was officiated very competently by Chesvolunteering for the assignment for the past three seasons.

" It's always an honor to come out and ref the IMS Hump Cup game. Sports has a unique way to bring people together and its great to see some of these guys coming out, playing hockey and raising money for a great organization, like the food bank. The feeling of community with these gentlemen is inspiring"!

#### Bow River Riding Sees New Contenders in Election

#### A Chestermere Candidate Promises Bold Change and a Voice for the Working Class

by Stephen Jeffrey

he federal election campaign is in full swing, with party leaders crisscrossing the country to win over voters, and the Bow River riding is no exception.

As of March 31st, three candidates are vying for a seat in Parliament. Farmer David Bexte is representing the Conservative Party of Canada, while financial planner and accountant Tom Lipp is the candidate for the Christian Heritage Party. Chestermere resident Louisa Gwin, a construction worker with several years of experience at a Calgary firm, is running for the New Democratic Party (NDP).

Gwin, who has been a lifelong supporter of the NDP, acknowledges the uphill battle ahead in the diverse and expansive Bow River riding, which spans from Strathmore to Drumheller and down to Lethbridge County. "This is the first time I've run as a candidate in an election. I'm new, but I'm not afraid to face the challenge. I've done that my whole life," she stated. Her candidacy is driven by a deep commitment to fighting for working people and ensuring that power is shifted away from big corporations to everyday citizens.

Highlighting the riding's strengths, Gwin pointed to its picturesque communities and the critical role agriculture plays in the local economy. "I love that we have so many great communities here. Agriculture is really important in the Bow River riding. While oil and gas are vital for Alberta, we need to place more importance on our agricultural roots," she explained.

The candidate's decision to enter politics was influenced by the unfolding situation in the United States during the Trump administration—a development that Gwin described as "terrifying" and one that deepened her resolve to stand up for change. Despite a recent Mainstreet Research poll showing only 6 per cent of Canadians would vote NDP, Gwin is undeterred. "The NDP is stronger than we've ever been. We are here to stay, and I'm here to fight for the people of Bow River," she affirmed.

If elected on April 28, Gwin has outlined a series of progressive policies aimed at alleviating the burden of inflation and rising costs. Her platform includes using 100 per cent of suitable federal Crown lands to build 100,000 rent-controlled homes, scrapping GST on essentials such as groceries, restaurants, and children's clothing, imposing a price cap on basic groceries, and expanding access to life-changing prescription drugs free of charge.

As residents of Chestermere and the wider Bow River riding deliberate their choices, Gwin encourages them to vote based on conviction rather than strategy. "This is your chance to have your voice heard. Follow your heart and vote for the change that you want," she urged. With the campaign heating up, the coming weeks promise an engaging and pivotal contest for the future of this diverse region.

The Anchor will reach out to all candidates to help keep Chestermere voters informed.





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#### **OPINION ~ HEALTH CARE**



Dr. Vamini Selvanandan

#### We are stronger together

Death, politics and religion - three topics we are told to avoid at parties and the family dinner table. But in this age of polarization and uncivil public discourse, we might have to reconsider this stance. It is time to relearn how to have difficult conversations with kindness and mutual respect. We can add racism to the list of uncomfortable topics. Before the murder of George Floyd, we did not speak about racism in everyday conversation, but his death and the protests that followed brought about a collective social awakening of the horrors of racism in North America and around the world.

Now that the intensity of the moment has passed, we are once again reluctant to engage with the topic. Maybe we think that racism is an American problem, not a Canadian one. Or maybe we think that if we don't talk about it, it can't be a reality in our society.

But racism is real for Indigenous Canadians who live on average 9 years less than non-Indigenous Canadians, and a shocking 19 years less in Alberta. Racism is real for black men in Canada, who are incarcerated at much higher rates than white men. And racism is real for the Muslim family killed in London, Ontario while out for a walk on a beautiful summer day.

Racism is not always conscious, explicit or visible. It is easy to recognize racial slurs, overt acts of discrimination or hate crimes but much more difficult to identify the invisible systems and structures in our society that perpetuate unfair treatment and oppression.

If racism is an iceberg, overt interpersonal racism is the small tip that is visible above the surface of the ocean. The greater bulk of systemic racism lies below the water unseen. And just as it is with an iceberg, it is the invisible part that causes the most harm. Systemic racism denies people of colour good jobs, decent housing, higher education, quality health care and fair treatment by the criminal justice system.

Historic examples of racism enacted through government policies and legislation are numerous: the Indian Act, residential schools, the Chinese Head Tax, Japanese internment, Canada's exclusion of Jewish survivors fleeing Nazism. But systemic racism is not a thing of the past. We still have many laws, policies and practices across all sectors - health, education, justice, politics and business - that oppress racialized people.

Real change in the lives of racialized people won't happen until we take specific steps to include everyone in our economy, our institutions and in governance. So, what are some actions we can take towards these goals?

We can call for reconciliation with Canada's Indigenous people to move beyond words to real action and can ask all levels of governments to co-operate to provide high quality services to Indigenous people and communities – from clean water to culturally safe healthcare to quality educational opportunities. We can advocate for Indigenous people to have control over their own governance, resources and land.

Employers and businesses can hire racialized people for good jobs that pay a living wage, have good benefits and clear pathways for advancing their careers. And for greater impact, they can recruit qualified and capable racialized people to lead their organizations.

Health, education, social service and government organizations need to hire frontline workers who reflect the diverse identities of the people they serve. The leadership of such organizations must also reflect the make-up of our communities. And organizations need to have formal antiracism policies that are implemented through budgeting, hiring and procurement practices that focus on equity.

Furthermore, all of us can leverage our personal networks, resources and spheres of influence to shift outcomes for racialized people. We can use our purchasing power in businesses owned by people of colour to buy products and services or invest our money. We can encourage racialized people to run for elected office, donate to and volunteer in their campaigns, and vote for them in elections. We can read books, buy art, and attend performances produced by people of colour and we can rent dwellings to racialized individuals, couples or families as they often have a hard time securing housing.

This is not about favouring one group over another, but about levelling the playing field and including those who have been left out for far too long. When people chant "Black lives matter!" they are saying black lives matter too. When people cry out "Every child matters!" they are saying Indigenous children also matter. We must recognize the humanity in all of us and acknowledge that we are stronger when we stand together.

Vamini Selvanandan is a rural family physician and public health practitioner in Alberta. For more articles like this, visit www.engagedcitizen.ca.

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### Chantelle de Jonge, MLA

# Provincial News

Canada's energy sector plays a significant role in the nation's economy

Canada's energy sector plays a significant role in the nation's economy, contributing to GDP, employment, and exports. In 2022, the oil and natural gas industry accounted for \$71.4 billion of Canada's overall GDP, which represents 3.2 per cent of the total. Energy exports make up 20 to 25 per cent of Canada's total international exports and support nearly 600,000 jobs across the country. These industries also generate critical revenue through federal and provincial taxes and royalties.

Overall, the energy sector constitutes approximately 5.5 per cent of all economic activity in Canada, with Alberta's oil sands alone contributing about 3 per cent of the national economic activity, totaling around \$54 billion per year. Given the uncertainties surrounding international trade, Ottawa should look to our energy sector as a source of economic opportunity. However, the federal government has continued pushing its 2030 Emissions Reduction Plan which aims to restrict the oil and gas sector, kneecapping one of Canada's most critical industries at the worst possible time.

The federal Emissions Reduction Plan hurts Canada's economy and kills jobs. The PBO projects that the required reduction in production would reduce nominal GDP by \$20.5 billion in 2032. It will reduce economywide employment in Canada by 40,300 jobs and full-time equivalents by 54,400 in 2032.

Alberta will not stand for this extreme ideological cap or the unjustified attack on our constitutional jurisdiction, economy, and the prosperity that it represents. Alberta's government will take this fight to the courts if these regulations become law.

Recently, China imposed retaliatory tariffs on a catalog of Canadian exports, including canola—a vital cash crop that many Albertan farmers rely on to make ends meet. This latest trade dispute demonstrates the risks of Canada's reliance on unpredictable global markets and the need for Ottawa to prioritize economic stability for all regions, including Alberta.

Now the federal government continues to flaunt their Emissions Reduction Plan in blatant disregard for the future of Canadians. We are prepared to go the distance to fight these unconstitutional, self-sabotaging

policies. By protecting our oil industry from federal overreach, we are taking a "Team Canada Approach". We are making sure that the lifeblood of Canada's economy operates effectively for Albertans, but also for the greater good of Canada during these uncertain times.

As Alberta faces uncertain economic times and tariff threats, our government is introducing a new eight per cent personal tax bracket on income up to \$60,000, meaning individual taxpayers will save up to \$750 in 2025 while two-income families will see savings of up to \$1,500. Overall, this personal income tax cut is expected to save Albertans \$1.2 billion in 2025, with savings rising to \$1.4 billion in 2028, helping to strengthen our economy and ensuring that you can keep more of your hard-earned dollars.

As always, please feel free to reach out to my office with your feedback and questions at Chestermere. Strathmore@assembly.ab.ca





# 2025 Community Mental Health Fair Promoted Wellness and Resilience

Local Community United for a Day of Empowerment and Resource Sharing

by Stephen Jeffrey with files from Baljinder Sull



n Saturday, March 15, Chestermere's vibrant community came together at the Chestermere Recreation Centre for an event that underscored the city's growing commitment to mental wellness. The 2025 Community Mental Health Fair, coordinated by members of the Mental Health Coalition—including Bal Sull of Sull Psychology, Terry Gill, Anisha Gardiner, Amanda O'Brien & Coralee McIntosh from Synergy, Leslie Racz of CRPCN, Marilyn Roughly of SARVSS, Yvonne Harris from Recovery Alberta, Steven Burness representing the City of Chestermere, and Robyn Weatherley of the Chestermere Public Library—delivered a day of education, dialogue, and community celebration.

Designed to welcome everyone from parents and caregivers to coaches, mentors, and youth, the free event focused on reducing the stigma associated with mental health challenges and raising awareness about available local resources. According to the Mental Health Commission of Canada, one in five Canadians faces mental health issues—a statistic that resonates deeply within our community and

highlights the importance of events like this. By bringing together service providers and professionals in one accessible location, the fair aimed to empower residents with practical strategies to support their own mental health as well as that of family and friends.

Throughout the day, over 220 attendees explored a variety of trade fair booths set up by local organizations offering programs and services related to mental health and wellness. These booths operated from 10:00 a.m. to 3:00 p.m., providing attendees with up-to-date information, interactive resources, and the chance to ask questions in a supportive environment. Local service providers and mental health professionals reinforced the message that seeking help is not only acceptable but essential to building a healthier, more resilient community.

Adding a dynamic element to the fair, local youth partnered with experienced professionals to present a series of 20-minute sessions beginning at 10:30 a.m. These presentations tackled pressing topics including eating disorders, self-worth, social relationships, family dynamics, and the















impact of social media on mental health. This innovative format allowed younger community members to voice their perspectives and engage in intergenerational dialogue—an important step in breaking down the barriers that often surround mental health discussions.

A standout moment of the day was the keynote address by Ryan Straschnitzki, a Humboldt Broncos survivor and an inspirational mental health and disability advocate. Straschnitzki, whose life was forever altered by the tragic 2018 Humboldt Broncos bus crash, shared his personal journey of resilience. Paralyzed from the chest down by the accident, he has since transformed his challenges into a mission of hope, establishing the Straz Strong Foundation to promote adaptive sports and community support. His moving speech shed light on the daily struggles of non-accessibility, limited funding for therapies, and the challenges of securing vital medical supplies. Straschnitzki's candid reflections and heartfelt call for community support resonated strongly with the audience, galvanizing local residents to contribute to initiatives that foster inclusivity.

In addition to the educational components, the fair featured a community raffle where 25 prizes were awarded. The prizes, ranging from gift cards and self-care baskets to

Calgary Flames swag—including a signed jersey by Ryan Straschnitzki—and even a Nintendo Switch, were donated by community members. This raffle not only added a fun, interactive element to the day but also underscored the generosity and spirit of Chestermere.

Feedback from the event was overwhelmingly positive. Attendees praised the informative presentations, the engaging role of youth speakers, and the presence of local figures such as the Mayor, Council members, firefighters, RCMP, peace officers, and MLA de Jonge. Highlights of the fair included an exclusive meet and greet with Ryan Straschnitzki, who not only signed mini hockey sticks emblazoned with the slogan "Stick it to Stigma" but also took time to interact with community members until the event's close.

As Chestermere looks ahead, plans are already underway for next spring's mental health fair—a promise to continue fostering open conversations and supporting local mental wellness initiatives. This landmark event has set a promising precedent for the community, reinforcing the idea that together, we can build a more informed, inclusive, and compassionate Chestermere.

# Poilievre Unveils Tax Cut Proposal Amid Fierce Federal Race

New economic plan promises to boost Canadian investments and counter U.S. tariffs

by Stephen Jeffrey with files from various msm

week, the political battleground heats up with Conservative Leader Pierre Poilievre announcing a bold new economic strategy. Speaking from a plastics manufacturing facility in North York, Ont., Poilievre introduced the Canada First Reinvestment Tax Cut, a policy designed to reduce taxes on investments. The measure aims to encourage Canadian investors to reinvest capital gains domestically, effectively delaying their tax hit if the funds remain in Canada. This proposal is positioned as a direct response to U.S. President Donald Trump's trade policies, asserting that stronger domestic reinvestment will help counteract American tariffs.

Poilievre emphasized that the tax cut could bring billions of dollars into the Canadian economy. He cited a striking statistic from 2023: \$460 billion more in investment was sent to the United States than was reinvested here in Canada. "These investments will rebuild our industry, restart our economy, and allow us to become self-reliant and sovereign from the Americans," Poilievre declared, suggesting that the policy will pave the way for increased investments in pipelines, mines, factories, and export terminals—crucial infrastructure for a stronger, more competitive Canada.

Across the political spectrum, NDP leader Jagmeet Singh criticized the Conservatives for appearing to be in "internal disarray" over their response to U.S. policies. At a campaign stop in Port Moody, B.C., Singh accused the Conservative camp of squabbling rather than focusing on fighting for Canadian interests. While Poilievre dismissed these concerns, his remarks underscore a clear divide among party leaders on the best path forward in the face of external pressures from the U.S.

In other campaign developments, Liberal Leader Mark Carney did not hold any public events on March 30, yet a new Ipsos poll for Global News revealed intriguing insights into voter preferences. The poll found that 44 per cent of Canadians view Carney as their top choice for prime minister, compared to 33 per cent for Poilievre and just eight per cent for Singh.

As election day draws near, residents of Chestermere and across Canada are watching these national debates closely. Local business owners and community members alike remain hopeful that a robust economic plan, whether championed by Poilievre or another contender, will restore Canadian industries and secure jobs in an increasingly competitive global market.

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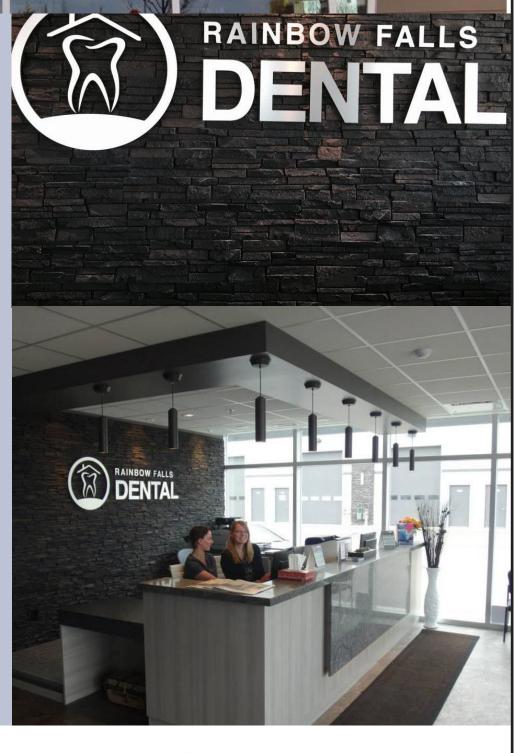
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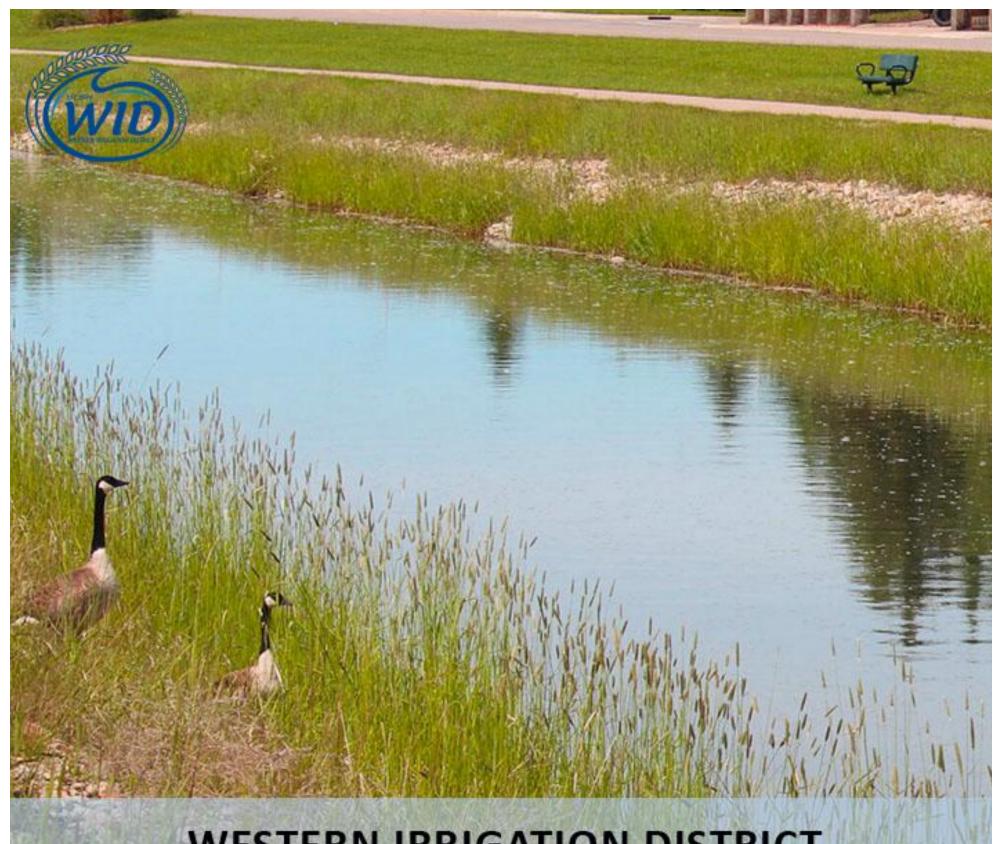
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### Entertainment ~ Local Theatre

With Vicki Myers



### Rosebud production of The Foreigner

The Foreigner Delivers a Delightful Dose of Laughter A brilliantly executed comedy of errors, wit, and humanity by Vicki Myers

osebud's local theatre scene recently played host to Larry Shue's acclaimed play, The Foreigner, a laugh-out-loud comedy that delivered both clever wordplay and physical humor reminiscent of classic TV shows like the Carol Burnett show. This production managed to capture the essence of Shue's work, which has been delighting audiences since its debut in the mid-1980s at the Humana Festival of New American Plays. Its enduring popularity lies in its ability to mix wit with visual gags and heartfelt moments that resonate with today's audience. Set entirely in a single, unpretentious room, the stage design and lighting provided the perfect canvas for the action. The minimalist set, complete with subtle details that invited the audience to feel like a "fly on the wall," allowed every character's nuance to shine through. The lighting worked seamlessly with the set, merging together like old friends sharing a playful game of tennis, elevating the overall atmosphere of the performance.

The cast for this production was a diverse and dynamic ensemble including Ian Farthing, Nathan Schmidt, Shelly-Ann Morgan, Jordan Cuthill, Lacey Edward, Brent Gill, Jack Loney, and Hayley Rosenbau. Their performances were a testament to the power of ensemble work, with each actor's timing and delivery contributing to a cohesive and spirited portrayal of Shue's humor-infused narrative. Watching these talented performers interact felt like observing a well-oiled machine, where every smile and pause was in perfect synchrony, enhancing both the comedic and heartfelt moments of the play.

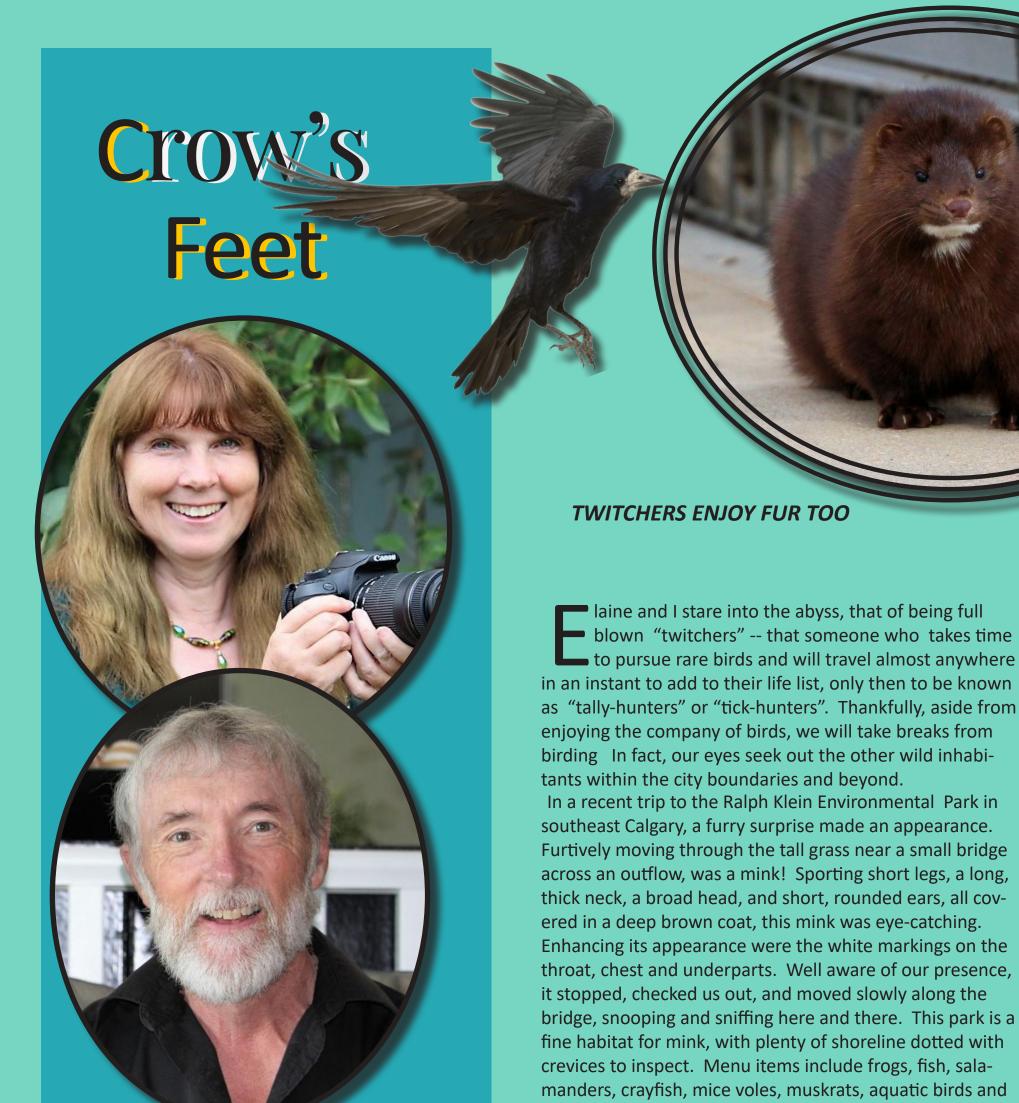
A standout performance came from the actor portraying the Foreigner—a character who communicates in an incomprehensible language yet speaks volumes through expressive gestures and visual comedy. His performance, a blend of scripted precision and spontaneous ad-libbing, had the audience in constant anticipation. His use of varied vocal tones evoked the charm of an old radio show, and his impeccable physical humor brought an extra layer of joy to

the performance. The visual gags and carefully timed tics turned potential language barriers into opportunities for laughter and connection, reminding us that humor can be a universal language.

Beyond the laughter, The Foreigner carries a subtle but profound message. The play explores themes of self-discovery and the unifying power of human connection, suggesting that regardless of our backgrounds or where we come from, we all share common ground. This sentiment is perfectly in tune with the values of Chestermere, where community spirit and inclusivity are held in high regard.

The production was not only an exhibition of technical brilliance in stage design and performance but also a celebration of the simple, joyous moments that bring people together. With its blend of light humor and a deeper message, The Foreigner left the audience with a warm, uplifting feeling—a reminder of the enduring human capacity to connect, laugh, and grow together. For theatre lovers in Chestermere, this production was a must-see event that promises to resonate well beyond the final curtain call.





Birding with Elaine & Don bird eggs. . This past week, Elaine had been out birding at Elliston Park while I was doing housework. Walking along the fence that separates the park from the garbage truck garage, a once in a lifetime event occurred. Scurrying across an open area, accelerating at a high speed, was a Red Fox, carrying a recently deceased rabbit in its jaws. Elaine took aim with her camera and pressed the shutter button, trying to catch the flying fur ball preparing to cross 68th Street and then to hide in the Rotary/Mattamy Wetlands. Sadly she too, was a hare short of time when taking a picture.



Over a month ago, while birding at Griffith Woods along the Elbow River, lady luck smiled upon us. We had the great opportunity to spend about five minutes taking pictures of alces alces, -- a moose! Intent on munching through willow tips and aspen branches and totally aware of our presence, "Bullwinkle" exuded serenity and inner peace, all in a world appearing to have gone mad.

While visiting friends at the group campsite area at Wyndham-Carseland Provincial Park, a potentially smelly situation turned into a great experience. Over at the outhouse, Elaine spotted a sizable family of baby skunks, moving as if

they were being herded by some invisible force. No adult skunk was around. When the door of the outhouse was closed, the blend of black and white young would scurry and head quickly into the den, conveniently located under that very outhouse.

Be it feathered or hairy, "twitcher" or not, nature provides much to appreciate for those who wish to see life at its very best.

# Older Adults Coalition of Chestermere (OACC)



#### April 2025

#### **OLDER ADULTS' COALITION OF CHESTERMERE (OACC)**

Well, here we are, in another election. Regardless of the political leanings you have or the party you choose to support, it is important to get out and vote to ensure your voice is heard. It is equally important to be kind to each other.

#### **OACC NEWS & COMMUNITY EVENTS**

Income taxes are due to be filed by the end or April. The Chestermere Community Wellness Services Team is offering a community volunteer Income Tax Program again this year. If you need help preparing your tax return, there will be volunteers trained to assist you. Program eligibility requires that you must have a modest income and a simple tax situation. Please book an appointment with the Chestermere Community Wellness Services Team at 403-207-7079 or email hmangat@chestermere.ca.

Whitecappers membership renewals are open as of April 1, 2025. Annual memberships run from May 1 – April 30 every year. The cost to renew is \$40 per person. Your membership gives you free access to the Whitecappers entire schedule (supper costs will apply for dinners). Whether you participate in chair yoga, bridge, exercise classes, Saturday coffee, or Friday Pub Night, the cost is free with a membership.

2025 Seniors' Week is June 2 – 7th so mark your calendar. The Seniors' Week Committee is hard at work planning a great week of events to celebrate and recognize the contributions of Seniors within our community. Watch this article for more updates!

The Chestermere Public Library has issued their Winter Session Program Guide for March & April 2025. It is available online at https://www.chestermerepubliclibrary.com/Programs-Events/Program-Guide and select the Winter 2025 (March-April) edition. The next Self-Run Book club: Chapter Chatters meeting is on Wednesday, April 30th. It is open to all adults. They meet monthly and select a diverse range of books. Contact the library directly for more details on how to join.

Did you know that the Chestermere Public Library runs

a "Test Drive a Hobby" program. This is a program that allows you to borrow a hobby starter kit to see if you like it before diving in with both feet. There is a wide variety of kits. From acrylic painting, bird watching, crocheting, meditation, pickleball and even ukulele. Absolutely something for everyone! Stop by the library to check it out. April is the transition month for the city run Winter Neighbour & Family Connection Program. It will be replaced in the summer by the Block Party program for the winter season. The main idea is to gather with neighbours and your family to create a pot of soup or chili and for you all to enjoy yourself together as a group and/or family. Or host a neighbour or family pizza party and make a pizza together. Such get-togethers strengthen relationships and builds closer bonds within the family or with friends by doing something fun together." Registration forms are found on the City website at: https://thecityofchestermere. ca/residentialservices/winter-connections-program/ or by contacting Craig McLeod at 403-207-7050 ext. 7094 or email him at cmcleod@chestermere.ca.

#### **NEWS & VIEWS ON HEALTH**

Nutrition and access to fresh fruits and vegetables is key to healthy living. With the cost of fresh foods on the rise, it might be a great time to check out the Good Food Box Program that is run by the Chestermere Food Bank. This is a program offered to all residents that provides top-quality, fresh food to the entire community. This program is open to everyone. Simply place your order by the deadline, e-transfer your payment and pick up at the Food Bank on the delivery date. Whether you order a small, medium or large box, the selection of fresh food is amazing. Check out https://chestermerefoodbank.ca/good-food-box-program/for more information.

A reminder about the Chestermere Conversation Café. This group supports caregivers and family members of those working with Dementia or memory loss. Regardless of where you or your family member is in the dementia journey, it is a casual conversation setting offering peer support. Family members and dementia patients are

welcome to join in. Meetings are on the 4th Monday of every month from 2:00pm – 4:00pm at Lakeshore Manor (200 Marina Drive, Chestermere). Remember you can check out the link for more information: https://dementianetworkcalgary.ca/event/new-chestermere-conversation-cafe-in-person/

#### JOIN THE OLDER ADULTS' COALITION OF CHESTERMERE

**OACC** – Upcoming Meeting Dates – Wednesday, April 16, 2025, and May 21, 2025, at 1:30PM – 3:30PM Lakeshore Manor (200 Marina Drive, Chestermere). While walk-ins are welcome to our meetings, RSVPs are appreciated. Please email Betty at betty.dagg@shaw.ca . We kindly as that you park at the rear of the building in visitor parking. The OACC also welcomes community businesses, organizations, and service providers to join our meetings as a guest speaker. If you are interested, please reach out to Ellen or Dawn.

#### **RESOURCES**

The Chestermere Older Adults' Resource Handbooks (2023) are now out of stock. There may be copies still at the Chestermere Library, Whitecappers Association, Lakeshore Manor, and Synergy as well as medical offices and pharmacies throughout the city. Digital copy are available at the City of Chestermere website: https://thecityofchestermere.ca/residentialservices/wp-content/uploads/sites/7/2023/03/chestermere-older-adults-resource-handbook-2023.pdf

Chestermere Community Services – CSS offers programs and services to enhance the well-being of individuals and



families in Chestermere. They provide free and confidential services related to social support, information, and referrals to local resources provided by not-for-profit organization. They can be reached by email: cssinfo@chestermere.ca, or you can call 403-207-7050 or text 403-826-2611.

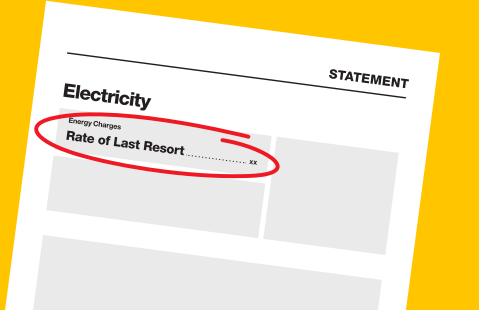


# Check your electricity bill.

If it says the Rate of Last Resort, you could save hundreds per year by switching plans.

Explore your options at UCAhelps.ca







Imagine standing on the untouched, icy shores of Antarctica, one of the most remote and aweinspiring destinations on Earth. Now, picture yourself witnessing newborn penguin chicks take their first steps in the vast white wilderness, surrounded by towering icebergs, pristine glaciers, and breathtaking wildlife encounters. This is your invitation to embark on a once-in-a-lifetime Antarctic expedition cruise with Swan Hellenic aboard the luxurious SH Diana in January 2027.

Why Antarctica in January? January is the heart of summer in Antarctica, offering the best wildlife encounters and weather conditions for exploration. This is the prime season to witness adorable baby penguins hatching and thriving in their colonies. The landscapes are alive with activity, as parents tirelessly feed and care for their young, and the icy waters are rich with marine life, including whales and seals.

Not only is the wildlife at its most

active, but this time of year also provides extended daylight hours nearly 24 hours of daylight—so you can soak in the spectacular scenery at all times of the day. The relatively mild temperatures (for Antarctica!) make it more comfortable for shore excursions, zodiac landings, and hiking across the icy terrain. Step Onto the Seventh Continent Antarctica is one of the seven

continents on our planet, and setting foot on its vast, frozen landscape is an achievement few travelers can claim. Unlike traditional cruises that simply sail past, this expedition cruise allows you to actually step onto the Antarctic Peninsula. Walk where few have walked before, explore untouched terrain, and take in the surreal beauty of towering glaciers, ice formations, and wildlife-filled landscapes.

Each landing is unique, as conditions determine the best

#### OUR **TEAM**

Paul and Diane are Travel Consultants based in the Calgary area. They provide all types of vacation options, but specialize in groups, river and ocean cruising. Click here to contact us today to start planning your next trip!

spots to explore, but every excursion brings you up close to this incredible environment. From massive penguin colonies to historic research stations, every moment is an adventure.

Your Home at Sea: Swan Hellenic's SH Diana

Step aboard the SH Diana, a state-of-the-art expedition ship designed for under 200 guests, ensuring an intimate and exclusive journey. Unlike large cruise ships, the SH Diana allows for a more personalized experience with expert guides, smaller group excursions, and a closer connection to the environment.

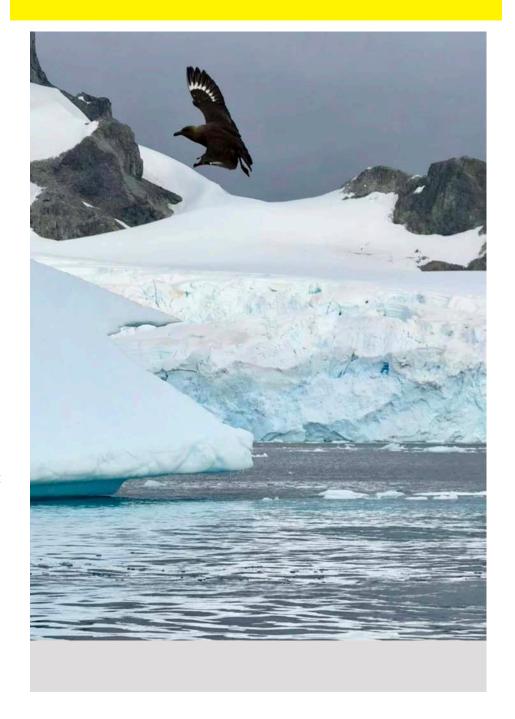
One of the most unique features? A fireplace in every cabin! After a thrilling day of exploration, relax in comfort as you enjoy the warmth and ambiance of your private fireplace—something truly special while sailing through icy waters. The ship also boasts world-class amenities, gourmet dining, and expert-led lectures to enhance your experience.

A Journey Led by Experts Swan Hellenic's handpicked expedition team consists of polar experts, naturalists, historians, and scientists who will enrich your experience with fascinating insights about Antarctica's landscapes, wildlife, and history. From guided zodiac excursions to onboard lectures, you'll gain a deeper appreciation for the frozen continent and its fragile ecosystem. **Exclusive Promo Pricing & Onboard** Credit – Book Now!

For a limited time, you can take advantage of exclusive promotional pricing for this incredible voyage. Plus, when you book before April 13th, 2025, you'll receive special discounted fares and over \$600 in onboard credit! This can be used for premium private excursions, spa treatments, souvenirs on board or even gear for your Antarctic adventure.

Are You Ready for the Adventure of

#### **Embark on the Ultimate Antarctic Expedition in** January 2027



a Lifetime?

This expedition cruise to Antarctica in January 2027 is more than a vacation—it's an experience that will change the way you see the world. From watching baby penguins hatch to stepping foot on the seventh continent, this journey is one that few get to take. With expert guides, luxury accommodations, and an intimate small-ship setting, Swan Hellenic's SH Diana offers the ultimate way to explore the White Continent.

Cabins are limited, and this exclusive offer won't last. Contact us today to reserve your spot and make your Antarctic dream a reality!

**About Us** 

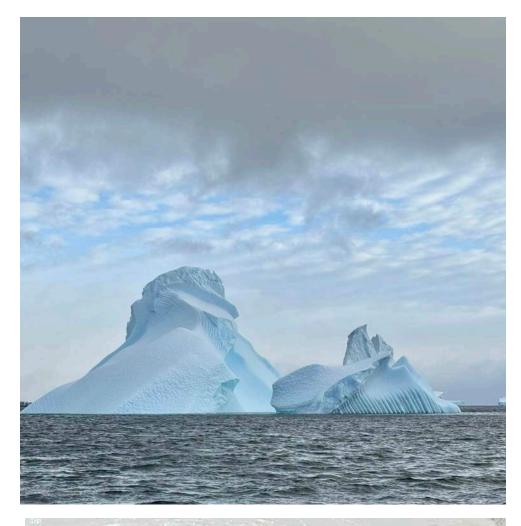
Planning travel can be overwhelming, especially with conflicting reviews and endless options. At PD Travel, we simplify the process by leveraging firsthand experience and industry connections to provide well-researched, tailored recommendations.

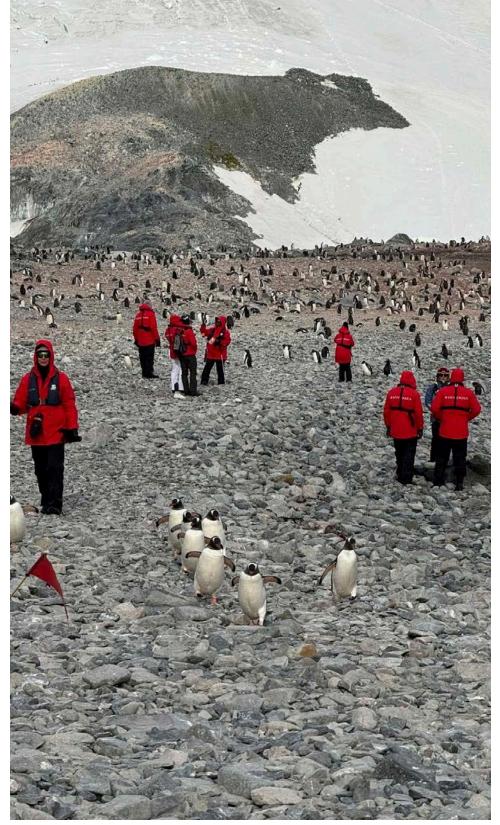
With extensive travel across North America, the Caribbean, Europe, South America, and beyond, we ensure your vacation is seamless and unforgettable. Based in Alberta, we serve clients worldwide with personalized, expert guidance.

Stay connected! Click here to join our newsletter for the latest trips, exclusive promotions, and travel tips.

Or Click here to explore Trip ideas—whether you'd like to join one of our group adventures or plan a journey on your own.

And if your dream destination isn't listed, let us know, and we'll be delighted to help you craft the perfect trip! We'd love to help you see your dream become a reality!









#### Whitecappers Activity Schedule March 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
02	03	04	05	06	07	Coffee at Whitecappers 10:00 am Cards/Crib 1:00 – 4:00 pm	
JZ	OFFICE OPEN  1:00 pm - 3:00pm  Walk Fit 11:00 am  Chair Yoga 11:30 am  Carpet Bowling  12:45 pm	Line Dancing with Tarnia 10:30 am	OFFICE OPEN 11:00 am -1:00 pm Walk Fit 11:00 am Chair Yoga with Vicky 11:30 am Carpet Bowling 12:45 pm Cards/Crib 1 - 4:00 pm	OFFICE OPEN 11:00 am -1:00 pm Quilting 9:30am Chestermere Artisans 1:00 pm Bridge 1:00 pm	Exercise Class with Julie 10:30 am Chair Yoga 11:45 am  Friday Pub Night 6:00 pm	Coffee at Whitecappers 10:00 am Cards/Crib 1:00 – 4:00 pm	
Daylight Saving Time begins	10 OFFICE OPEN 1:00 pm - 3:00pm Walk Fit 11:00 am Chair Yoga 11:30 am Carpet Bowling 12:45 pm	11 Line Dancing with Tarnia 10:30 am	12 OFFICE OPEN 11:00 am -1:00 pm Walk Fit 11:00 am Chair Yoga with Vicky 11:30 am Carpet Bowling 12:45 pm Cards/Crib 1 - 4:00 pm Board Mtg 7:00 pm	13 OFFICE OPEN 11:00 am -1:00 pm Quilting 9:30am Chestermere Artisans 1:00 pm Bridge 1:00 pm	14 Exercise Class with Julie 10:30 am Chair Yoga 11:45 am  Friday Pub Night 6:00 pm	Coffee at Whitecappers 10:00 am  Cards/Crib 1:00 – 4:00 pm	
16	17 OFFICE OPEN 1:00 pm - 3:00pm Walk Fit 11:00 am Chair Yoga 11:30 am Carpet Bowling 12:45 pm  Happy St. Patrick's Day	18 Line Dancing with Tarnia 10:30 am  Historical Foundation Meeting 1:30 pm	19 OFFICE OPEN 11:00 am -1:00 pm Walk Fit 11:00 am Chair Yoga with Vicky 11:30 am Carpet Bowling 12:45 pm Cards/Crib 1 - 4:00 pm	20 OFFICE OPEN 11:00 am -1:00 pm Quilting 9:30am Chestermere Artisans 1:00 pm Bridge 1:00 pm	21 Exercise Class with Julie 10:30 am Chair Yoga 11:45 am  Friday Pub Night 6:00 pm	Coffee at Whitecappers 10:00 am Cards/Crib 1:00 – 4:00 pm	
23	The state of the s		26 OFFICE OPEN 11:00 am -1:00 pm Walk Fit 11:00 am Chair Yoga with Vicky 11:30 am Carpet Bowling 12:45 pm Cards/Crib 1 - 4:00 pm	27 OFFICE OPEN 11:00 am -1:00 pm Quilting 9:30am Chestermere Artisans 1:00 pm Bridge 1:00 pm Friday Pub Nigh 6:00 pm		Coffee at Whitecappers 10:00 am Cards/Crib 1:00 – 4:00 pm	
30	31 OFFICE OPEN 1:00 pm - 3:00pm Walk Fit 11:00 am Chair Yoga 11:30 am Carpet Bowling 12:45 pm						

Walk Fit k Fit 11:00 am Chair Yoga Carpet Bowling 11:30 am 12:45 pm Cards/Crib 1:00 pm TUESDAYS Line Dancing 10:30 am THURSDAYS
Quilters
Artisans of Chestermere 9:30 am 1:00 pm Bridge FRIDAYS Fitness class Chair Yoga 1:00 pm 10:30 am 11:45 am Friday Pub Night 6:00 pm SATURDAYS Drop In Coffee. Cards/Crib 10:00 am 1:00 pm

Drop-in. No charge for members. \$3/non-members. Wednesdays only with instructor Vicky. Drop-in. No charge for members. \$3/non-members. Everyone welcome. Come and meet the players already enjoying the games. Room for many more! Wednesdays only. Everyone welcome. Come and enjoy your favorite card game or crib.

Drop-in. No charge for members. \$3/non-members. Classes with instructor Tarnia.

Come in and see what they do, or just chat and have coffee with them. All levels of skill welcome. Try out our painting group. All levels of skill welcome.

Join us for a good game of bridge. New players are always welcomed!

Working on balance for seniors. No charge for members. \$3/non-members. Classes with instructor Julie. Drop-in. No charge for members. \$3/non-members. Come and enjoy games, darts, shuffle board, pool, or crib/cards. No charge for members. \$3/non-members.

Everyone welcome. Come and enjoy your favorite card game or crib.

HOW TO —

# SPOT

#### **FAKE NEWS ONLINE**

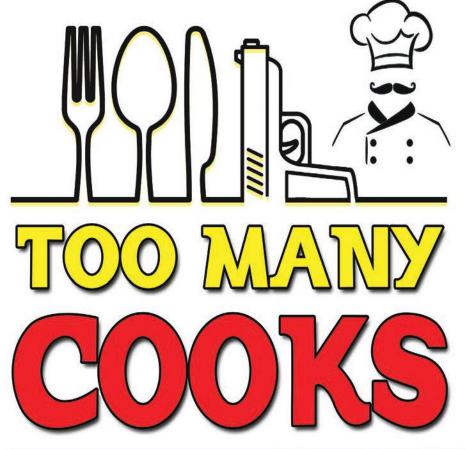
- ls this a credible source?
- 2 Is the Perspective biased?
- Are **Other** sources reporting the same story?
- 4 Is the story Timely?

#### www.SPOTfakenews.ca





### FEBRUARY 7 -APRIL 13, 2025



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# Cakesiale



# Libations

### Are You Lonesome Tannat

#### **Nick Jeffrey**

#### libations@theanchor.ca

While dining at one of those all-the-meat-you-can-eat Brazilian steakhouses recently, the waiter recommended a big and bold red wine called Tannat to match the intense flavours of all the grilled meats constantly brought to our table on long skewers.

I could only recall tasting a Tannat once before, on a sidewalk café in Barcelona nearly a decade ago. For those not familiar with the varietal, its origins lie in Basque Country, straddling the border between France and Spain, mostly grown in the foothills of the Pyrenees Mountains. The grape is thought to be ancient, but historical records get very fuzzy prior to the 17th century, and it is only in the past few decades that the grape has garnered international attention.

As you may have guessed from the name, Tannat is full of tannins, making it a prime candidate for extended aging in oak barrels. Due to its natural astringency, Tannat is often

blended with Cab Sauv or Cab Franc to soften the wine for more mass-market appeal.

While the grape was a regional success in southwestern France for centuries, the grape really took off when the grape was brought to Uruguay by Basque settlers in the 1870s. Much like the French Malbec grape has become the national grape of Argentina, the French Tannat grape has become the national grape of Uruguay, a small but up-and-coming player on the world wine stage. The Uruguayan wine industry is slightly larger than Canada's, but is growing much faster. Most of the production still serves the South American market, but we see a little bit more appear here in North America every year.

Tannat pours as a dark and inky purple into the glass, and has been described as a Cab Sauv on steroids, with plenty of firm and tannic backbone. Due to the warmer climate, Tannat wine produced in South America tends to



be jammier and more fruit forward than the more austere French expressions.

While a few winemakers use the Tannat grape to make rosé wines by removing the skins almost immediately after pressing, the majority of plantings go to the full bodied reds, with the high tannins and high alcohol content making it a wine worthy of long aging prior to release.

Due to extreme levels of snootiness, French winemakers are loathe to mess with tradition, so the French expressions of Tannat are typically quite tannic, so the wine is made more palatable by blending with softer wines, or by extended oak aging to smooth out the rough edges. The more adventuresome New World winemakers in Uruguay and neighbouring countries have no such reservations, and often employ a novel method of micro-oxygenating the wine with a slow trickle of air, which allows the wine to be served much younger.

There are a handful of different Tannat wines available here in Alberta, mostly from the New World growers in

Uruguay and Argentina, but we occasionally get a few shipments from the historical homeland of France. We even have a few plantings of Tannat in the Okanagan Valley of BC, which I first sampled about a decade ago on one of my annual pilgrimages to BC wine country, but those small releases typically sell out from the winery door, so rarely make it across the BC border to Alberta.

Should you find yourself in BC anytime soon, my favourite domestic offering is the Moon Curser Tannat, produced just outside of Osoyoos. Moon Curser Vineyards boasts the first Canadian plantings of Tannat, and has sold out every year since the inaugural release back in 2010. While a bit on the pricey side, Moon Curser is known for their plantings of uncommon European varietals, and is always on my list to visit while I am in BC.

The Tannat varietals from South America can be found in Alberta bottle shops in the \$25-\$30 range, so look for one on your next visit to your local wine merchant.

# PUBLIC LIBRARY Chestermere 105B Marina Road Chestermere



We have a variety of programs for all ages for FREE at the Library!

Please check out our website for the full program guide. www.chestermerepubliclibrary.com

#### **Upcoming Library Closure**

Please note: the Library will be closed from April 18th to April 21st for Easter Long Weekend.

#### Adult Creative Club: Intro to Needle Felting Ornaments

Join us to learn the basics of needle felting on Wednesday, April 2nd at 5:30PM. Participants will create their own felted ornament perfect for hanging at home, in a window, or on a rearview mirror. Registration required.

#### Adult Creative Club: Crafternoon

Drop in for casual self-led Crafternoons on April 6th from 1:00PM to 3:00PM and connect with fellow craft lovers in the community. We provide the space, and you bring any non-messy art or craft projects you have on the go, have been meaning to try, or would like to continue from our regular Adult Creative Club classes. No registration required. Bring your own sup-

#### Online Safety: Practical Strategies For Preventing Youth Exploitation

Join us and a special guest from Synergy for an informative presentation focused on the risks and challenges our youth currently face online and on social media on April 9th at 6:30PM. Designed for parents / caregivers, educators, and community members, this presentation empowers attendees to help create safer online environments for youth. Participants will gain practical strategies for protecting personal information, recognizing the warning signs of online exploitation, fostering open communication and promoting safe digital behavior. The presentation will be followed by a Q&A session. Registration required.

#### Sow, Save & Sustain: Seed Saving Basics

Learn how to save your own seeds, save money, promote sustainability and become more self-sufficient with a guest from the Rocky View Agricultural Society on Wednesday, April 16th at 6:00PM. Explore the basics of seed saving, learn about sustainable seed saving methods, selecting the best plants and more. Registration required.

#### Global Cinema Movie Night

Through our monthly Global Cinema series, we showcase films produced and filmed outside of North America. Join us on Thursday, April 17th at 5:00PM for a showing of "Made in Bangladesh". No registration required.

#### Earth Day Clean Up

Let's take some time together to help clean up Chestermere for our third annual Earth Day Clean Up on Sunday, April 27th at 1:00PM! Our goal is to clean from outside the Library all the way to the end of John Peake Park! Gloves and garbage bags will be provided. Please dress for the weather. No registration required.

#### Afterschool @ CPL

Join us Monday through Thursday and Saturdays for afterschool activities for kids. Registration is required for each program.

Mondays at 4:15PM - Mystery Mondays. Ages 6-12.

Tuesdays at 4:15PM – Reading Buddies. Ages 6-12.

Wednesday at 4:15PM – Wonder Wednesdays. Ages 6-12.

Thursdays at 4:15PM – Feel & Flow With Chestermere Parent & Caregiver Support Services. Ages 6-12.

Saturdays at 11:15AM – Surprise Saturdays. Ages 6-12.

#### Family Fun Fridays

Join us every Friday at 3:00PM for a fun activity for the whole family. Registration required. April 4th – Morse Code Keychains

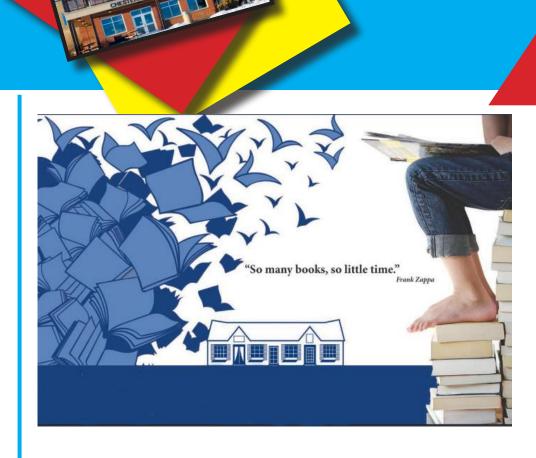
April 11th – Scavenger Hunt

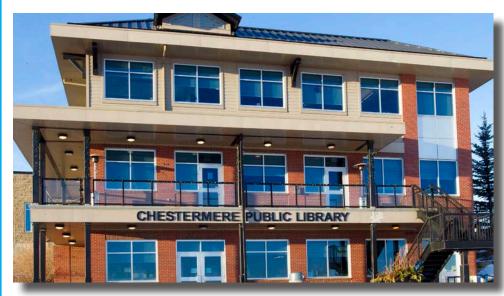
Join us on Tuesdays and Thursdays at 10:15AM for songs, rhymes and stories. No registration

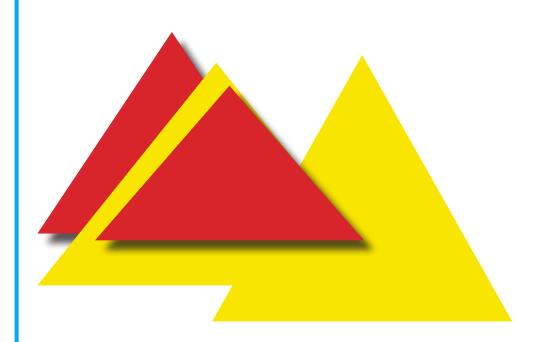
We also have a Baby Storytime on Friday at 10:15AM for parents and babies between the ages of 0-23 months.

#### YouTube Storytimes

Find us on YouTube by going to https://www.youtube.com/@TheChestermerePublicLibrary for a variety of storytimes available anytime!







403.272.9025

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** 

Graphic Novel and Manga Clubs
This month, our Graphic Novel and Manga club are looking at Magical Girl Comics. Try something new and let us know what you chose. Join our Discord on our website to discuss this month's theme

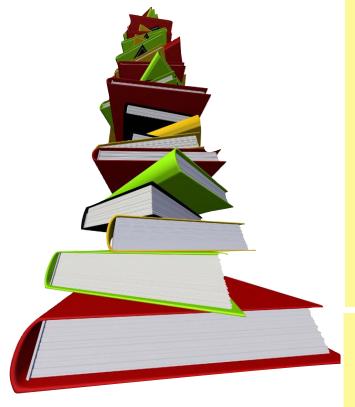
Self Run Book Club

Want to host your own book club at the library? We will help you get everything you need and provide a space for your group to get together. We provide copies of your chosen book, library space, and cookies and coffee for your meeting!

Contact us at info@chestermerepubliclibrary.com to arrange your meeting.

Share Your Library Experience

Have you taken part in any of our library services? We are looking for feedback on the library and our programs. Let us know what you think and how we can improve. Your feedback directly impacts our services and programming so we can continue to make the library better for everyone. Email your feedback to info@chestermerepubliclibrary.com or drop it off in our feedback box.



#### **SUPPORT YOUR LOCAL LIBRARY**

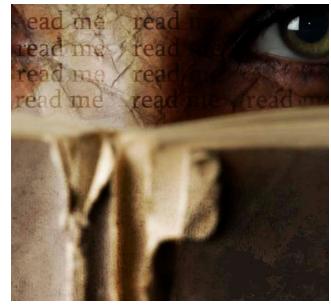
Are you aware that the library is a Registered CHARITY? This means that we depend on donations from the public to support us. We are looking for corporate or personal sponsors for our Programs. Any donations help and allow us to improve all our programming. Contact

info@chestermerepubliclibrary.com if you would like to donate.

#### **MONTHLY NEWSLETTER**

Are you wondering what's happening at the library? Would you like to know? Sign up for our monthly newsletter for updates on programming, Reading Programs, Featured Displays, Community Outreach, Featured Artists, and more. Sign up by visiting our website at

chestermerepubliclibrary.com

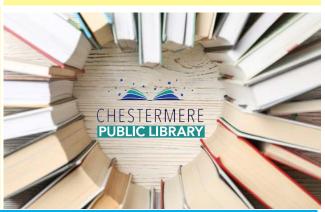


#### **Library Hours:**

Monday through Thursday – 10:00 am to 7:00 pm

Friday and Saturday – 10:00 am to 5:00 pm Sunday – 12:00 pm to 4:00 pm

chestermerepubliclibrary.com



403.272.9025

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, (Not including summer.) Quilting experience not required, new members welcome. For more information please contact Melodie at 587-225-4395



#### The Chestermere Fine Art Guild

The Chestermere Fine Art Guild meets every Thursday at 1pm, in meeting room 1; and have classes on the first and third Monday at 6:30 pm. Come and explore your artistic potential. We welcome new members beginner to advanced.

Like us on Facebook and/or email chestermereartguild@gmail.com

DER ADULTS COALITION OF CHESTERMERE MEETING

When: April 16th 1:30pm - 3:30pm

Where: Lakeshore Manor 200 Marina Drive

#### RSVP:

jumpmaster2@shaw.ca illingw8@telus.net

Walk-ins welcome, RSVP appreciated

St. Gabriel's the Archangel Parish Catholics in Chestermere: Weekend masses are now open for public celebration without seating restrictions at St. Gabriel's Catholic School (197 Invermere Dr.). There is no longer advanced registration required to attend mass (Saturday 5 pm, Sunday 9 am, and 10:30 am), but please stay home if you feel sick that day. For more information please call 403-455-0196.



# Chestermere Lions Club

Meets on the 4th Wednesday of each month at 7:00pm

Meetings are currently by zoom. Checkout our facebook page for more information,







WEEKLY ART SESSIONS ANNUAL **(SHOP** JOIN NOW!







**Community Therapy Dogs Society** 

#### **Annual General Meeting**

when: April 16 - 7pm to 9pm

**Where: Lifepath Centre for Community Development** 

101-340 Merganser Dr W Chestermere T1X 0Z6

For Board nomination details contact Alan Dickie at BoardSecretary@ctds.ca

www.ctds comm

#### Chestermere Christian Fellowship

1.6 km north of Hwy 1 on Conrich Road

Services: Sunday 10:00 am **Sunday School downstairs** for ages 3 to 12" Pastor Vince VanderVeen 403-204-2079



WANT TO JOIN OUR TEAM? You or someone you know may have a well-behaved dog that loves people.

Would you like to be part of an organization that brings comfort to people through their interaction with therapy dogs?

If you answered "yes", please go to www.ctds.ca and complete a Volunteer Application form



community Therapy Dogs Society

# The Rotary Club Of Chestermere

Rotary Chestermere meets virtually on the 2nd Tuesday of the month at 6:00pm via Zoom and in-person on the 4th Tuesday of the month at 6:00pm at Lakeshore Manor to share a meal, fellowship and hear our Guest Speaker.

Guests are warmly welcomed to join our meetings. Please contact Bill Quinney at wtquinney@shaw.ca



#### RCMP Policing Priorities Open House - March 26

Join members of the Chestermere RCMP for their Open House at City Hall! This is your chance to share your opinions on policing priorities and help shape the future of our community. Date: March 26, 2025 Time: 6:00 PM - 8:00 PM Location: City Hall No registration required.



### Charles mere Fine Are Casses WITH GUILD ARTISTS

16+



#### **MONDAY APRIL 7 2025** 6:30 TO 9 PM OPEN STUDIO

BRING YOUR OWN PHOTO/IDEA OR FOLLOW THE LEADER.

**MONDAY APRIL 21 2025** 6:30 TO 9 PM GETTING STARTED

LANDSCAPE PAINTING



MEMBERS WITH SUPPLIES: FREE NON-MEMBERS WITH SUPPLIES: \$5 **NON-MEMBERS SUPPLIES PROVIDED: \$10** 



CHESTERMERE REC CENTRE - MTG. ROOM #1

FOR INFO & SUGGESTED SUPPLY LIST SCAN: WWW.CHESTERMEREART.CA

EMAIL: CHESTERMEREARTGUILD@GMAIL.COM



## HOROSCOPES WEEK OF March 30 TO April 06, 2025

#### ARIES - Mar 21/Apr 20

Aries, a burst of energy propels you to move forward. It feels like everything is clicking, and you are full of ideas and brimming with contagious enthusiasm.

#### TAURUS - Apr 21/May 21

You are in the mood to get down to business this week, Taurus. It's a great time to focus on your career or finances. Pay attention to all of the little details as you go along.

#### GEMINI - May 22/Jun 21

**Curiosity takes control this week, Gemini.** 

Opportunities for learning are all around you. You just need to look for them. It may be a new class or a trip that you take with friends.

#### CANCER - Jun 22/Jul 22

Cancer, this week you may have a lot of emotional processing going on, particularly regarding relationships or past experiences. Embrace these deeper feelings.

#### **LEO - Jul 23/Aug 23**

Your social energy could be off the charts this week, Leo. Others will be drawn to your magnetism and selfconfidence. It is a great time to network or collaborate.

#### VIRGO - Aug 24/Sept 22

Efficiency and productivity are the name of the game right now, Virgo. When it comes to organizing and planning, you will be all about getting things done in a timely manner.

#### LIBRA - Sept 23/Oct 23

Libra, this week is a time for self-expression. You may

find yourself pulled toward hobbies or artistic endeavors that enable you to showcase your talents.

#### SCORPIO - Oct 24/Nov 22

This is a time to dive deep into your home and family life, Scorpio. You want to create a sense of stability at home and address anything that might compromise that. Trust your gut with how to move forward.

#### SAGITTARIUS - Nov 23/Dec 21

Communication is the key this week, Sagittarius. Initiating important conversations and speaking directly with others is a great way to clear the air and get to the root of these issues.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, you are focused on your financial well-being this week, but other issues may fall by the wayside. You might have to bring in someone else to keep the balance.

#### **AQUARIUS - Jan 21/Feb 18**

Personal goals and ambitions are front and center this week, Aquarius. This could put you in the spotlight and showcase what you want to accomplish to those around you.

#### PISCES - Feb 19/Mar 20

Pisces, this week invites you to slow down and recharge your batteries as much as possible. You might feel pulled to spend time alone or simply get away for a few days.

#### **FAMOUS BIRTHDAYS**

MARCH 30

Céline Dion, Singer (57)

#### MARCH 31

Christopher Walken, Actor (82)

**APRIL 1** 

Randy Orton, Wrestler (45)

APRIL 2

Zach Bryan, Singer (29)

APRIL 3

Paris Jackson, Model (27)

**APRIL 4** 

Robert Downey, Jr., Actor (60)

**APRIL 5** 

Lily James, Actress (36)



Solve the code to discover words related to sports safety.

Each number corresponds to a letter.

(Hint: 9 = S)

A. 18 24 18 18 15 22 9

Clue: Protective eyewear

B. 2 24 25 2 4 9 9 3 24 25

Clue: Brain injury

C. 9 13 24 20 14 9

Clue: Athletic endeavors

D. 9 10 17 22 14 19

Clue: Protection

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to sports safety.

#### DHEA



Answer: Head

### GUESS WHO?

Answers: A. goggles

B. concussion C. sports

D. safety

I am an actress born in California on April 9, 1990. My parents were both in the film industry and I made my acting debut in a Disney Channel film. I became known for playing a lead role in a saga about vampires and werewolves.

Answer: Kristen Stewart

# SAFE SPORTS WORD SEARCH

T F S S D Α X U F D Y N N D 0 X Н Ν Ε Ε S S Ε C S E G U P N 0 X 0 J B X N B J S C Н Y Т Ι X Α В D R Α 0 Ν 0 Н Н Ν S Ε G R D Α Ι F A D Н 0 D Т Α G 0 B W V P 0 U Ι P F A J C C Т Ν V R 0 N W G Α C М Ι L N N Α Y G M E Т R E L V R W N M T R T Ι R U Τ 0 S Τ G T B 0 D М W W М M V Ε U E Ι Ι G Ε E T E L Н Т A 0 Y U G Ν F R P T U Τ A Τ J Н P G Ι D W C R Ε R P S T F Н R G L E М S R P X E C P L B 0 N Ε C Ε G B P Ε U D G V P Y B L Н Α Ν G T E G P М X V N E S 0 R C U N Α 0 В 0 Ι Ε Н Ι Ε E L 0 R T Н S S R C U V B 0 D Y B Ε X P M X U E R N 0 G 0 E Y R R V Ι Т T F E Ι D R J 0 Y Y X X C 0 E N N Ι B X 0 T T D E X U Α 0 Ε R U C E S E G X Α F N N E S T Ι S S C J N N 0 U Ν C B C D R Ι U R D 0

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

#### **WORDS**

ATHLETE CONCUSSION COOLDOWN **EXHAUSTION EYEWEAR FLEXIBILITY GUARDS** HELMET **HYDRATION INJURY** LIGAMENT MOTION **PADS PREVENT PROPER PROTECTION** REPETITIVE **REST** SEASON **SECURE SORENESS** STRETCH **TENDON WARMUP** 

# anchor

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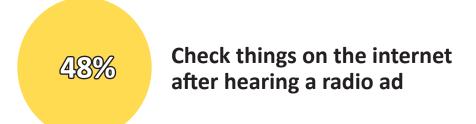
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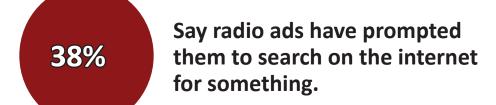
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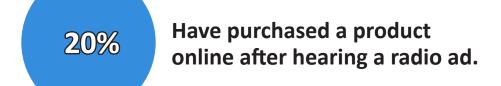
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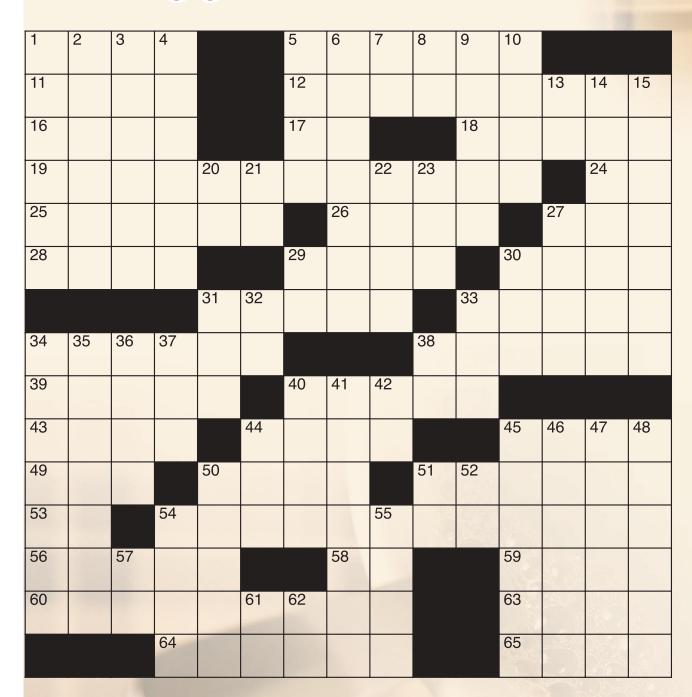
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# Coffee break



#### **CLUES ACROSS**

- 1. Narrow piece of wood
- 5. African desert
- 11. Waxy covering on birdsÕ beaks
- 12. Sour
- 16. Infrequent
- 17. Former AL MVP
- Vaughn
- 18. Policemen wear one
- 19. Out of the question
- 24. Used to chop
- 25. Symptoms
- 26. Not moving
- 27. Folk singer DiFranco
- 28. Comedian Armisen
- 29. Quantitative fact
- 30. Incline from vertical
- 31. Scottish musician

- 33. Rooney and Kate are two
- 34. Positioned
- 38. A very short time
- 39. Tropical American shrubs
- 40. Yemen capital
- 43. Spanish municipality
- 44. Medical professionals
- 45. Fibrous material
- 49. Confined condition (abbr.)
- 50. Without covering
- 51. ÒMad MenÓ hon-
- cho Don
  - 53. Hockey position
- 54. Taste property
- 56. Fertile spots in a desert

- 58. They precede C
- 59. ÒRequiem for a DreamÓ actor Jared
- 60. Try a criminal case
- 63. Liberal rights organization
- 64. Spoke
- 65. Insect repellent

#### **CLUES DOWN**

- 1. Unshaven facial hair
- 2. More thin
- 3. Show up
- 4. Seethed
- 5. Ancient Greek city
- 6. Poisonous plant
- 7. Hello
- 8. College sports official
- 9. Monetary unit of Russia

10. Wings

13. Take too much of a substance

14. A citizen of Uganda

15. Most appealing

20. Atomic #18

21. Global investment bank (abbr.)

22. Jewish calendar month

23. Popular sandwich

27. Swiss river

29. Incorrect letters

30. Popular entree

31. Foot (Latin)

32. A driverÕs license is one form

33. Extinct flightless bird

34. Appetizer

35. After battles

36. It neutralizes alkalis

37. Beverage container

38. Partner to

ÒPaÓ

40. Gray American rail

41. Salt of acetic

acid

42. Canadian

province

44. Dish made with lentils

45. Narrative poem of popular

46. For each one

47. Come to

terms

origin

48. Test

50. More dishonorable

51. Unit of loud-

ness

52. The Ocean

State

54. Monetary unit in Mexico

55. Lying down

57. Thus

61. Where LA is located

62. Western

State

					- 11/4			1000						
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Many animals give birth during this season when the weather is warm and there is more food available.

How they

English: Cloud

Spanish: Nube

Italian: Nuvola

French: Nuage

**German:** Wolke

#### **Math Blocks**

Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

2		3	10
	12		19
9		10	25
18	23	13	1

OL	9	6	
0	12	Z	
ε	G	7	

Solution

Answer: April showers

# **BLOOM**

CANADA

**HISTORY** 

1782

John Molson, the future pioneer of Canadian steam navigation, arrives in Canada.

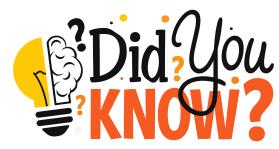
a flower cultivated for its beauty

#### **Get Scrambled**

Unscramble the words to determine the phrase.

LPIAR HWESROS

Answer: Spring









# Classified

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