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**NORTHEAST CALGARY COMMUNITIES**

## The Genesis Centre **Community Grants & Youth Scholarship Programs**

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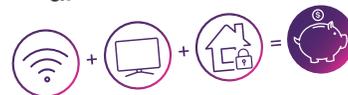
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Connecting the Genesis Centre and surrounding Northeast Calgary Communities.

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## Genesis Centre 2022

# ANNUAL GENERAL MEETING

This meeting will be hosted online.

Email [sking@genesis-centre.ca](mailto:sking@genesis-centre.ca) for log-in instructions.

Lotus Link is published four times per year by the Genesis Centre. To submit stories and photos contact your Community Association Board or email the Lotus Link editor at [jardiel@genesis-centre.ca](mailto:jardiel@genesis-centre.ca).

Interested in advertising in future issues of the Lotus Link? Contact the editor at [jardiel@genesis-centre.ca](mailto:jardiel@genesis-centre.ca).

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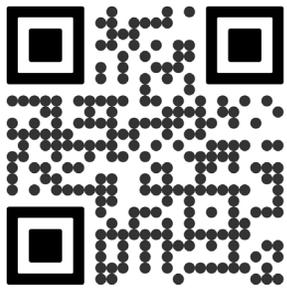
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# SADDLE RIDGE

## Message

### *from the President*



The spring has sprung – this means we have longer and warmer days ahead. Although, considering our weather lately, you never know what to expect. Spring also means dusting off old opportunities and turning them into new beginnings.

Talking about weather, on multiple occasions since 2012, we have seen severe damage to properties due to hail in the NE quadrant of the City. Please ensure that you have a proper home insurance in place that covers natural disasters like wind and hail.

It is exciting that we will no longer have to shovel the snow anymore. However, a lot of buried loose garbage will emerge as snow melts away. Although, there are quite a few volunteers who go out and try to cleanup throughout the year – this is not enough. If we all pitch in and only pick garbage from front and back yards – Saddle Ridge will be one of the cleanest communities in Calgary.

As a resident of Saddle Ridge, when you travel on main arteries of our community – 80th Ave, Saddlemont Blvd., 88th Ave, Saddlebrook Drive, Saddleridge Drive to name a few, loose garbage sticks out as a sore thumb. Not to mention illegal dumping of household items in and around Saddle Ridge. Please mark your calendar for Saddle Ridge Community Association's annual cleanup drive for this year, on September 10. For details, please keep an eye on bold signs and Facebook post when we get closer to the date.

We get a lot of complaints that there is garbage and used masks flying around, dog poop on pathways etc. It's not that someone else comes to our community to litter – it's us. We live in Saddle Ridge because we love being here – a vibrant diverse community, great food,

## DIRECTORY

### **Saddle Ridge Community Association**



**Office:**  
27 7555 Falconridge Blvd NE  
Calgary T3J 0C9  
Phone: (403) 590-2833

To contact the board please email  
[president@mysrca.ca](mailto:president@mysrca.ca)

**Web:**  
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awesome people, and close to everything we need. Then, why not keep it livable for our fellow residents. If you need cleanup kits, please email [president@mysrca.ca](mailto:president@mysrca.ca) and someone will drop you a kit. Once bags are full, you call 311 to pick up the garbage bags from your location for free. You do not have to dispose them off in your black bin.

The air travel is opening up as COVID-19 restrictions are lifting slowing all over the world. Just a heads up to find the airline and country of travel requirements around vaccination and mask restrictions.

If you like camping, please know that Alberta Parks has increased the reservation fee from \$5 to \$10. Happy camping!

Lastly, I would like to encourage all of the residents of Saddle Ridge to join the Community Association. Without you we are not able to do the things we would like to do for the community. At \$10.00 per household your yearly fee can do a lot to keep our community vibrant and friendly. 🌸

**Asim Baig**  
*President, SRCA*

# BECOME A MEMBER TODAY!

*Proceeds from SRCA memberships get reinvested back into the community and members receive exclusive benefits.*



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# SADDLE RIDGE

## Using Colour in the Garden

In 1642, Sir Isaac Newton first published his findings about the colour spectrum—the red, orange, yellow, green, blue, indigo, and violet that we learned in school—and we still use to describe the colours we see.

Colour can manipulate our perception of space. Cool colours give the impression that a space appears farther away. Place cool or softer coloured plants near the back of a bed to make it look more expansive. Bright, warm colours will capture attention front and centre and appear to bring a space closer.

BELOW: Stucco and window trim were considered when the pot and plants were selected to create this container.



The amount of light that your plants are situated in will cause colours to appear differently. Warm colours usually appear darker in low light. If you love to entertain outdoors in the evening, use creams, light yellows, and whites to make your garden stand out. Plant flowers of these colours near your house on your deck or patio for greatest effect.

The colour of your house will provide the biggest backdrop for your garden, so choose your paint wisely! If you want your garden to shine, choose a neutral colour for the exterior of your house. The colours you select for hardscape features in your garden will also play into your style. What about the mulch you choose or the pathways you set down? Do you want your containers to make a bold statement or to look classically elegant?

Think in drifts of colour. A specimen here and there of multiple colours can seem chaotic. Showstopping groupings of two or three colours will easily achieve a “wow!” factor. Sometimes, however, a mixed bag of colour can be highly effective. If you’ve ever hiked in a meadow filled with wildflowers, you’ll know what I mean. The repetition of certain species and colours unifies the space.

Monochromatic (one colour) gardens can be extremely dramatic and fascinating, and they focus on plant texture and form over colour. Bold colours can be tricky to work with in small gardens, and are sometimes best showcased as small, intense pops, such as the deep orange of a terra cotta container or a striking border of bright red tulips in spring.

Don’t focus simply on flowers! Foliage plays a significant role in adding colour to your garden. Varying shades of green act as a perfect neutral base for all other colours in the garden and, if you want to try something

# EXPLORE A LITTLE COLOUR THEORY IN YOUR GARDEN

## Warm Colours

- Long associated with intensity and passion, **red** is a colour that demands attention. Too much **red** can quickly dominate and overtake the garden, so go easy on it. Excellent colour companions include **silver**, white, and **purple**.
- **Pink** has a cheerful, comforting, old-fashioned feel, a sense of the cottage garden about it. **Pink** looks amazing with **yellow**, **lime green**, **blue**, or white. The only colour that doesn't shine next to it is **red**.
- **Orange** is perfect if you want to capture a sense of the tropics in your garden. Pair it with **red**, **blue**, **purple**, or **lime green**.
- **Yellow** is a sunny, happy colour that brings a smile to most gardeners' faces. Try it with **purple**, **dark red**, and **variegated foliage**.

## Cool Colours

- **Blue** is synonymous with calm, cool tranquillity. Mix it with **purple**, **grey**, **green**, **silver**, and **pink**.
- **Purple** is a rich, sophisticated colour with plenty of depth. Combine it with **yellow**, **orange**, and **pink**.

Whether you want a calm, cool garden or a vibrantly invigorating one, plan to add colour to your garden this year!



TOP TO BOTTOM: A planter created with a pleasing combination of purple, yellow and pink. Monochromatic beds capture interest by using texture.

different, consider selecting plants with variegated leaves, perhaps something in blue, grey, or gold? Colour may also be seasonal and fleeting, for example the reds, oranges, bronzes, and yellows of autumn.

Plant stems, bark, or fruit can offer another effective source of colour—perhaps you've been stopped in your tracks by the shimmering white trunk of paper birch trees, or the brilliance of red osier dogwoods against winter snow.

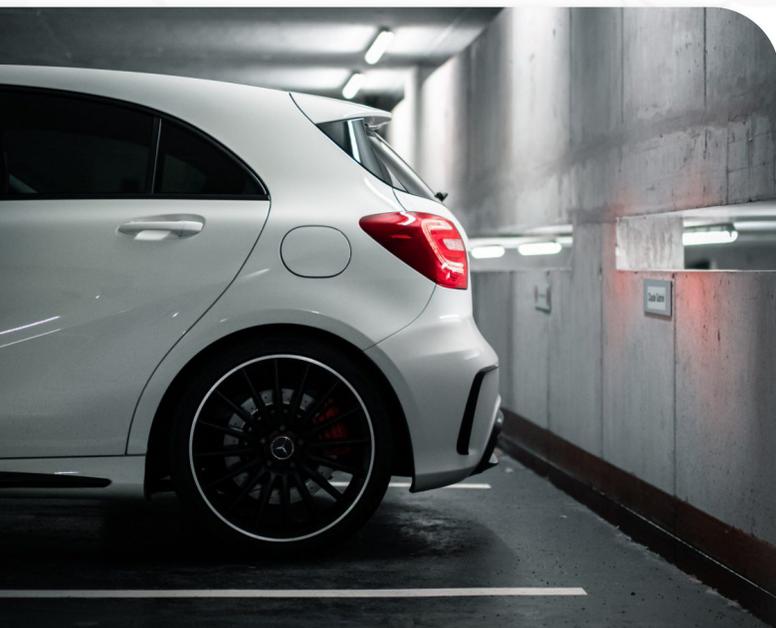
To learn more about gardening in Calgary visit the **Calgary Horticultural Society** website at [calhort.org](http://calhort.org). 🌱

**Sheryl Normandeau**  
Calgary Horticultural Society

## Help Stop Car Prowling

Car prowling is a crime of opportunity. Here are a few tips to reduce your risks:

- When you exit or enter your parked vehicle, stop, and look around the area.
- Before leaving your parked car, always remove the keys, roll up the windows, and lock the doors.
- Park in a well-lit area, use parking lots frequented by others, and avoid parking behind fences or hedges. A prowler attempt is more likely in darkened or secluded areas.
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables. A car prowler will almost always look inside a car for valuables before risking a break-in. Keeping valuables out of sight reduces your risk.
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended. Vehicles are commonly stolen at ATMs, convenience stores, and self-serve gas stations.
- If possible, store your vehicle in a closed and locked garage.
- If you park in an attached garage, always lock the door leading from the house to the garage and the garage door.
- If you don't park in a secure garage at home, don't leave gifts in cars overnight to keep them secret. Plan some way to move them inside the home undetected or have your gifts wrapped before you bring them home.
- If your car is stored in a carport or parked near your house, leave your exterior lights on throughout the night.
- If you park on the street, choose a well-lit, open space even if it means adding extra street/yard lighting and trimming back trees/bushes blocking your view of your vehicle.
- Consider replacing the light fixture closest to your car with a motion detector unit. Motion detectors are good psychological deterrents as the normal assumption of a person seeing a light come on is that someone has seen them. The light also makes the prowler or thief more visible.
- After opening an automatic gate to underground parking, wait for the gate to close before you park. Watch out for thieves waiting to slip in behind you.
- Avoid parking in attended lots. They're a major source of copied keys which can be used later to steal your vehicle and valuables.



If your car is broken into:

- Inventory missing articles for later use with the police or an insurance claim.
- Call the police and file a report. Consider whether surveillance cameras are present that could identify the individual or individuals involved. Even if there's little chance of catching the suspect, alerting the police can help prevent somebody else's car from being prowled. 🌿

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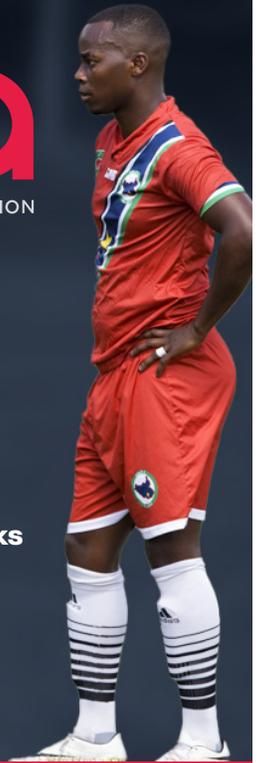
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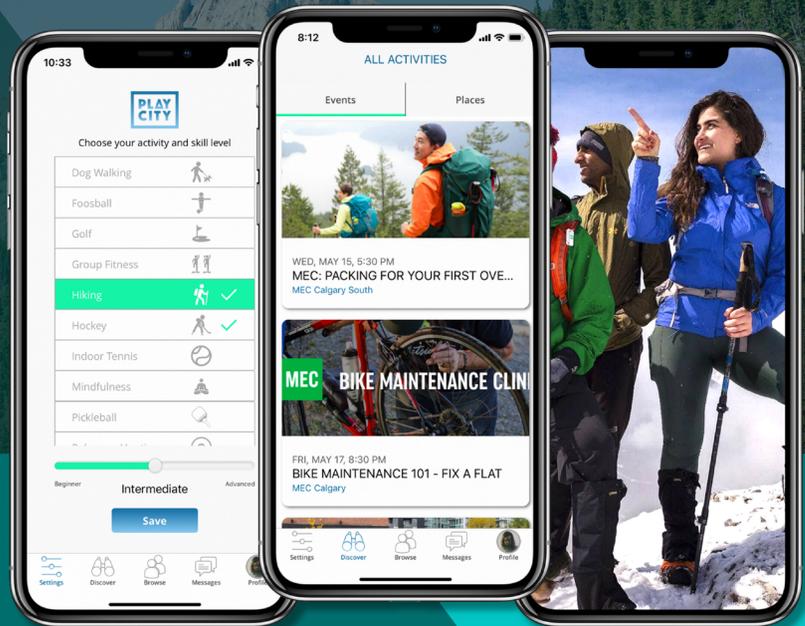
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# How to Get More Time: Our 5 Favourite Productivity Hacks

We all wish we had more time. Between kids, work, errands, and the little tasks we try to take care of around the house – it’s difficult to get to the things that really make a difference. While we can’t magically give you an extra hour or two, here are 5 productivity hacks to help you get more done in less time. So you can carve out that extra hour or two for some needed R&R or to work on that personal goal you’ve been putting off.

We’ll also share how the Academy of Learning Career College helps prepare students for personal and professional success from day one.



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## 1. The Pomodoro Technique

One of the most popular techniques to prioritize your time is all about tomatoes. Yes. Tomatoes. Or pomodoro, which is Italian for tomatoes.

The idea comes from university student Francesco Cirillo in the 1980s. And what did he do? Well he grabbed a tomato shaped kitchen timer and the Pomodoro technique was born.

### Here’s what you need to know:

- **Step 1:** Pick a task.
- **Step 2:** Set a 25-minute timer.
- **Step 3:** Work on your task until the time is up.
- **Step 4:** Take a 5 minute break.
- **Step 5:** Every 4 pomodoros, take a longer 15-30 minute break.

Pushing through a task that might take hours leads us to getting bogged down and could result in the task taking longer than it should. Which means we’re getting less done. Pomodoro works because it keeps your mind fresh! And fresh minds are better workers.



## 2. Eat That Frog

Here's the big idea: Most people don't like to eat frogs. Likewise, oftentimes when we look at all the things we have to get done during the day, there is that one project or task that is kind of like eating a frog. No fun, so we avoid it and do things that aren't really that important.

And the productivity hack? Eat that frog. First! By getting the task you don't want to do out of the way first, it frees up your time for things you enjoy.

## 3. ABCDE Prioritization

Sometimes we have a long to-do list and it can be hard to determine which things to get done first and which things are okay to put off. So how do you pick what to do and when? **ABCDE**

- **Step 1:** Write down your full to-do list.
- **Step 2:** Label each item A, B, C, D, or E.
  - A** – Very Important (MUST DO)
  - B** – Somewhat Important (SHOULD DO)
  - C** – Good to do, but not important (CAN DO)
  - D** – Delegate – These tasks are important, but someone else can do them
  - E** – Eliminate – These tasks are not important and shouldn't be done right now
- **Step 3:** Execute!

Once you've prioritized your list, it's time to get to work... even if it's eating a frog.

## 4. Time Batching

Time batching, which is a recommended component of the Pomodoro Technique discussed earlier, is about combining similar tasks into one time slot to help you accomplish your tasks faster.

An easy way to illustrate this technique is to think about how we run errands (or how we should).

**Option A:** Go out to pick up groceries, then go out to pick up the kids from school, then go out to the bottle depot, then go out to get gas, and then go out to the pharmacy to pick up a prescription.

**Option B:** Go out to the bottle depot, the grocery store (and visit the pharmacy inside), get gas, and then pick up the kids from school... in one trip.

The same is true for work, home, and study. Combine this idea of batching with the Pomodoro Technique and you'll be flying through your to-do list!

## 5. Plan Tomorrow Today

Here are two ways to maximize your productivity by planning ahead.

**Plan 1:** Don't stop working or studying until you plan your next day. What this looks like is carving out the final 15-minutes of your work day to build your to-do list (and prioritize it) for the following day.

What this does is allows you to walk away from your work or study session with a plan for success.

**Plan 2:** The idea here is the same as option 1, except you're doing it at the end of your day. Think through what needs to happen, write it down, prioritize it, and go to sleep worry free.

You could even keep a pad of paper on your bedside table. Do you ever go to bed thinking about all the things you need to do? Here's a best practice – get it out of your head and onto paper!

An added benefit to this productivity hack is that when something pops into your mind that you may have forgotten about, rather than thinking about it all night, you can roll over, grab your pen and paper, and write it down. 🌸

—

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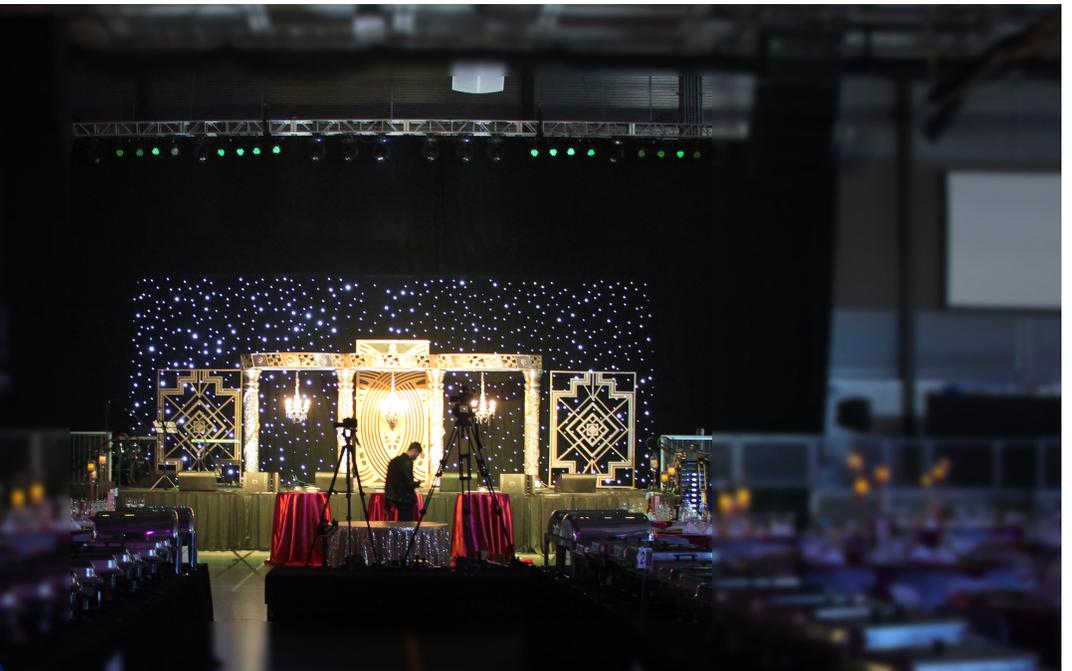


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23 Sage Hill Passage NW

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**403-885-6404**

200-8450 Blackfoot Trail SE



# Homestead is Pioneering Calgary's New Northeast

Featuring endless prairie fields to the east and breathtaking mountain views to the west, the new community of Homestead is reinventing how people see Calgary's northeast. The community, the first from local developer Partners Development Group, is situated east of Stoney trail and is currently accessible via McKnight Blvd. A community centered around family, nature and connectivity, Homestead is quickly earning its reputation as Calgary's new northeast.

Homestead features something for everyone. There are townhomes with no condo fees from the mid \$300s, laned homes from the low \$400s, and spacious front garage homes from the \$500s. Homestead provides great variety of options to provide something for every lifestyle and life stage from first-time home buyers and downsizers to home upgraders and multi-generational families alike. Due to the high demand in the vibrant new area, the developers have already released homes in Phase 3, less than one year after launching the community.

The growing excitement about the community is largely thanks to the slower pace of life, highly anticipated community features, and exciting amenities coming soon to the community. "Homestead is all about community and connectivity" says Cale Marklund, Marketing Manager with Partners Development Group. "All of the amenities we are building are intended to inspire connections in some way whether it be with nature, with neighbours, or with family."

*Homestead  
is all about community  
and connectivity.*



Cale Marklund  
Marketing Manager

Homestead has been master-planned to include an abundance of outdoor recreation possibilities including a 19-acre environmental wetland, 4 kilometers of walking pathways that also connect to the regional pathway system, pickleball and basketball courts, soccer fields, a cricket pitch, and a 3-acre community association site that could feature additional recreation fields and community gardens. While the community is still in its early days, Marklund says they are on track to have a temporary cricket pitch available for use in the community as early as this summer.



PHOTOS: Homestead, by Partners Development Group, is quickly earning its reputation as Calgary's new northeast.



Possibly the most impressive community feature of all, Homestead is set to welcome a 4-acre neighbourhood commercial shopping site called Homestead Landing to the community, with construction set to begin later this year. Homestead Landing will provide community residents with a great variety of food and dining options, a grocery store, childcare facility, medical centre, fitness centre, convenience store and many other great amenities, right in the community.

With one community access point currently, it will soon also get much easier to travel in and out of the community. There are three more direct access points coming to Homestead as the community continues to grow. The soonest to be built will be an overpass from 80th Ave NE, with construction beginning this spring.

Homestead is now selling in Phase 3, featuring larger lots with laned and front garage homes. With beautiful options from four award-winning builders, Homestead is proving to be the perfect place to plant your roots in northeast Calgary.

To learn more about Homestead, their builders, and to stay up to date on community progress, visit their website at [liveinhomestead.ca](https://liveinhomestead.ca). 🌿

**Homestead**  
a **partners** community



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ETHNIC RADIO STATION  
PROVIDING SOCIALLY AND CULTURALLY RESPONSIBLE PROGRAMMING

# ISDA MAZAA HEHE KUCH HOR HAI



PROVIDING SOCIALLY AND CULTURALLY RESPONSIBLE PROGRAMMING  
DEVELOPING AND SHOWCASING CANADIAN TALENT  
STRENGTHENING LOCAL SERVICES

FOSTERING CULTURAL UNDERSTANDING

BY THE COMMUNITY, FOR THE COMMUNITY  
STRENGTHENING OUR CANADIAN IDENTITY  
CREATING EMPOWERING & ENTERTAINING EXPERIENCES  
SUPPORTING COMMUNITY CAPACITY BUILDING

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# ANTYX COMMUNITY ARTS

## Easing Your Transition Back into the Office with Social Snacking

With the recent lift of provincial COVID-19 mandates, many employees are starting the transition from working from home to returning to their offices. Hesitancy has been expressed for a multitude of reasons; everyone has varying comfort levels on interacting face-to-face in a supposed post-pandemic world, work-from-home routines have been established for roughly two years, and we've grown accustomed to a digital environment, communicating without sometimes even saying a word out loud. How can we ease the transition of returning to pre-COVID social norms?

Introducing the concept of social snacking into the workplace is an easy way to relearn some of the social skills we have lost as stated by Dr. Suzanne Tough, appointed fellow for The Connections First Project, and to create a stronger sense of community by building connections.

Social snacking is a term coined by psychologists that "describes brief and informal positive interactions in daily events, which contribute to happiness, sense of belonging and identity, and help to build naturally supportive communities."<sup>1</sup> While the concept focuses on a connection between two strangers, adopting this practice into your workplace can have the same positive effects for employees, increasing oxytocin (a "happy hormone" that the brain releases during a positive interaction) and building up emotional currency<sup>1</sup>. Dr. Suzanne Tough adds that:

**Improved mental health, increased ability to accommodate stress and better well-being can be attributed to the longevity and intentionality of social snacking in the workplace.**

"When people have a sense of connection, it builds a sense of trust. When you have trust in the workplace, over time, you can anticipate a number of positive outcomes including a better exchange of ideas, more authentic engagement among co-workers, better problem solving, and better thinking."

Improved mental health, increased ability to accommodate stress and better well-being can be attributed to the longevity and intentionality of social snacking in the workplace. To maintain a built sense of community, Nancy Reynolds, appointed fellow for The Connections First Project, recommends to:

"Engage with staff about what they would like to do or see done using social snacking to move toward a more naturally supportive work

community, both within their workspace as well as with those they might interact with within their collective workspace."

Examples of social snacks that you can do in the workplace:

- Ask your co-worker to join you for lunch
- Chat with a co-worker while making a fresh pot of coffee
- Include get-to-know questions during your staff meetings (ex: if you could travel anywhere in the world, where would you go?)



ABOVE: Practicing Social Snacking can improve mental health and increase ability to accommodate stress.

- Go for a walk with your co-worker
- Download the social snacking bingo card for your office at [connectionsfirst.ca](https://connectionsfirst.ca)

## Get Involved in the Social Snacking Campaign

Over the past few months, Antyx and Burns Memorial Fund have been encouraging organizations to download the Social Snacking Toolkit available on the Connections First website and promote this concept internally. The next phase of the social snacking campaign is to further increase Calgarians' awareness of social snacking through organization-focused social media campaigns. We're inviting organizations that are interested in showcasing how they incorporate social snacking into their workplace to participate in a social media campaign facilitated by Antyx and Burns Memorial Fund. This will consist of a

blog feature on the Connections First website, and photo and video content to be published on your organization's social media channels. If you're interested in learning more about this opportunity, please contact Ashleigh Imbery by emailing [comms@antyx.org](mailto:comms@antyx.org). 🌱

**Ashleigh Imbery**  
Communications  
Coordinator



### SOURCES

1. "Social Snacking." Connections First, accessed March 9, 2022, <https://www.connectionsfirst.ca/social-snacking-toolkit>



# Alien In-Line™

## Summer Camp #1

July 18-22, 2022

8:30am - 4:30pm

## Summer Camp #2

August 22-26, 2022

8:30am - 4:30pm



7555 Falconridge Blvd NE,  
Calgary, AB T3J 0C9



# SUMMER CAMPS

# CREATE YOUR DREAM



Clinic

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- Have the chance to be selected for exclusive events in **Madrid**



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# WARD 5



## Greetings *Ward 5 Residents!*



There is so much to look forward to in a season of transition – towards Spring, and towards the hopeful end of the pandemic. As things warm up and open up, it's a great opportunity to get back into the community and to connect with each other again.

We wouldn't be here if it weren't for all the residents who acted so responsibly to protect and care for another throughout the pandemic. I want to thank everyone who stepped up to help and volunteer in the community during the pandemic. Your contributions are sincerely appreciated. To all the front-line workers who kept our communities safe, I thank you. Your courage to face the pandemic and still provide services is commendable. Let us continue treating one another with care and respect as we move forward.

As things open again, the Ward 5 Office has been able to be more involved in the community. It is our great pleasure to be able to meet residents in the community and spend time together in the neighborhoods that make up Ward 5.

This month, we joined the Calgary Police Service for a "ride-along" throughout Ward 5. We connected with business owners and employees across the 80th Avenue Plaza and look forward to finding innovative solutions to further protect local businesses. Walking around Castleridge Plaza was both troubling to see individuals experiencing homelessness and to see impacted local businesses. It's clear we need to work on the right solutions – to help business owners and to help those who need a place to go.

We hosted a Livery Townhall discussion to hear firsthand from taxi drivers across the city. Thank you to everyone who participated and shared your concerns, feedback, and hopes with me. I am looking forward to working with City Council and The City of Calgary on solutions to strengthen the taxi and transportation industry.

Moving forward, I'm eager to be able to connect more in the community and engage with residents. It is my pleasure to serve Ward 5, and I am grateful for the opportunity to do so in person again. Please do not hesitate to reach out to my office at [ward5@calgary.ca](mailto:ward5@calgary.ca) – we are here to serve you. 🌸

Yours faithfully,

A handwritten signature in black ink that reads "Raj".

**Raj Dhaliwal**  
*Councillor Ward 5, City of Calgary*

# Be YardSmart

Did you know? Calgary's drinking water is supplied by the Bow and Elbow watersheds, which face many pressures including a changing climate and growing population. You can help build resilient watersheds by creating a YardSmart yard. Use our new design guides to plant a beautiful garden bed that, once established, takes little time, effort and water to maintain.

Designs include:

- Layouts and plant suggestions for all areas of your yard - sunny, shady, wet or a combination of sun and shade.
- A brand-new native wildflower design that creates habitat for pollinators and promotes biodiversity. Included is step-by-step information on planting, watering and maintenance.

Created in partnership with The Calgary Horticultural Society, these garden beds are designed to thrive in Calgary.



More YardSmart tips:

- Find trees and shrubs that are hardy enough for our unique climate. For Calgary, choose plants labelled hardiness zone 2 or 3.
- Having a good depth of quality soil ensures your plants can access more water. At least six to eight inches of soil is recommended. Adding compost is the best way to improve soil depth.
- Capture free rainwater in a rain barrel and use it on your trees, shrubs and flower beds.

Visit [calgary.ca/yardsmart](https://calgary.ca/yardsmart) to access our garden bed designs and for a library of gardening tips, tools and resources. 🌱

The City of Calgary

# Let the Dogs Run Free:

## Map Shows Off-Leash Areas in the City

As the weather warms up, it's the perfect time to get outside with your four-legged friend. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy. The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. View the Calgary Off-leash Dog Areas Map on the Map Gallery. It can be found at <https://maps.calgary.ca/OffLeashDogAreas/>. 🌱



# GENESIS CENTRE



## Updates on The LOOP Project

LEFT TO RIGHT: Charcoal making at St. Patrick's Island; Handmade paper skirts and dresses.

### Phase One

The Loop Project is well into its first half of the year in our Phase One: Year One. We kicked off the Summer months with charcoal making with Lane Shordee at St. Patrick's Island, and medicine picking with Blackfoot Elder Pablo Russel at Nose Hill Park. In the Fall we created handmade paper shirts and dresses with Tamara Cardinal at the Kiyooka Ohe Arts Centre. As of March 2022, we have just completed our Winter Colour session with Alia Shahab at Miskanawah, and we are looking ahead to our Spring session with Ryan Willert where he will teach the group about shadow puppetry.

### Phase Two

Looking ahead to our Phase Two: Year Two in the upcoming years, we are welcoming our new partner, Trellis, to the team who will help bring our vision to a reality! With their support, the previous temporary sculptures currently installed in the main atrium of the Genesis Centre will be replaced with permanent artworks in the upcoming years.

### Get involved!

- Be a part of the artwork! We would love to hear what the seasons mean to you and your community. Please submit your responses to: [thimmelspach@miskanawah.ca](mailto:thimmelspach@miskanawah.ca) to have your ideas integrated in sculptural design plan.
- Visit our website and read more about the Loop Youth Leaders, Lead Artists, our Elder, and our Journey here: [www.closestheoop.art](http://www.closestheoop.art)
- Stay tuned for more! 🌿

THIS PROJECT IS SUPPORTED BY:



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# Community Grants & Youth Scholarship Programs

Did you know that Genesis Centre has its own grant streams for individuals and groups looking for some funding to jumpstart their projects?

These funding opportunities are aligned with its core mission to serve the community and foster both economic and community development. In addition, these opportunities demonstrate its commitment to operating as a non-profit entity, wherein funds are reinvested directly back into the community it serves. Every year, the two grants programs that Genesis Centre operates are the Community Grants program, and the Student Awards program.

## Community Grants | Intake: February

Grants up to \$3,000 supporting community driven ideas, projects, events, and programs that demonstrate broad impact and build strength in Northeast Calgary. These grants are assessed against the criteria of creating a vibrant and united community, as well as prioritizing healthy and active children and families.

### A Vibrant & United Community

- Reducing social and community isolation
- Individuals and families' engagement in community activities
- Increasing the socio-economic status of residents, women, and minority groups

### Healthy & Active Children & Families

- Increasing physical activity levels and reducing sedentary behavior
- Lowering rates of obesity and preventable diseases
- Leadership development and empowerment of our youth

## Student Awards | Intake: June

Established to recognize youth leaders who demonstrate academic achievement as well as community involvement in Northeast Calgary.

The Genesis Centre core values surround community leadership and volunteerism. The Genesis Centre feels strongly that more needs and can be done to support those who are working to make Northeast Calgary a better place to live, study, work, and play.

Two awards are being made available to high school students across Calgary, although applicants from Nelson Mandela High School and Bishop McNally High School stand a greater chance of being selected. Each award is valued at \$1,500 applied directly to tuition.

## ATTENTION STUDENTS!

Apply now for a Genesis Centre Student Scholarship! Application forms, eligibility, and instructions can be accessed online at <https://genesis-centre.ca/about/>, or directly by scanning this QR code.



## Questions?

Email [community@genesis-centre.ca](mailto:community@genesis-centre.ca) for more information on the Genesis Centre's upcoming Community Grants and Youth Scholarship opportunities. 🌸



# EID MARKET VENDOR CALL

MARKET DATE APRIL 29TH 2022

ARTISANS AND INDEPENDENT  
SELLERS ARE WELCOME TO  
HOST A BOOTH AT THE MARKET

2.5X8: \$100  
10X20 SPACE: \$300  
10X10 SPACE: \$200  
CLOTHING RACKS \$15.00  
ADDITIONAL TABLES \$10.00

FOR MORE INFORMATION  
PLEASE EMAIL:

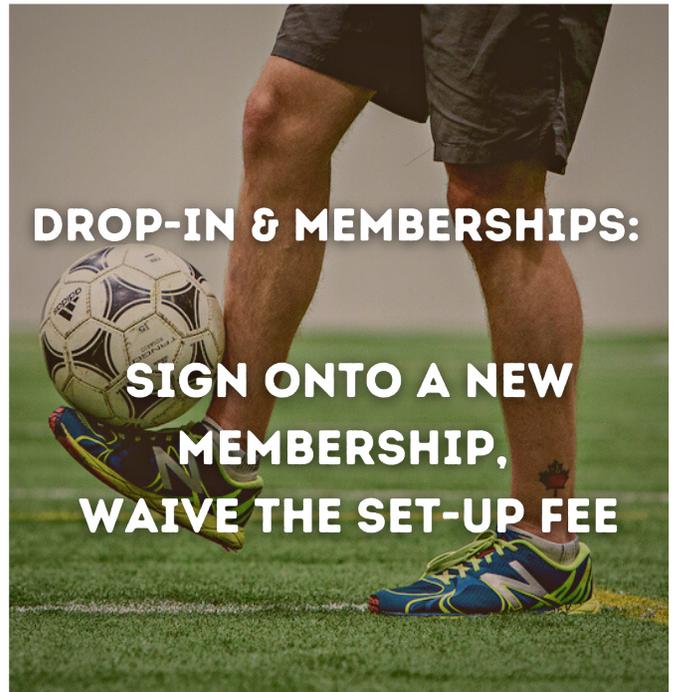
[bookings@genesis-centre.ca](mailto:bookings@genesis-centre.ca)

## GENESIS CENTRE APRIL PROMOTIONS

# HOP INTO ACTION

**DROP-IN & MEMBERSHIPS:**

**SIGN ONTO A NEW  
MEMBERSHIP,  
WAIVE THE SET-UP FEE**



**RENTALS:**

**BOOK THE MULTI PURPOSE ROOM  
ANYTIME BETWEEN APRIL 11TH -  
22ND TO RECEIVE YOUR AUDIO AND  
VISUAL EQUIPMENT USE FOR FREE.**





# Youth Scholarship

Recognizing Local Youth Leaders



Submit Your application here  
[community@genesis-centre.ca](mailto:community@genesis-centre.ca)



[Genesis-Centre.ca](http://Genesis-Centre.ca)



Application Deadline: June 30, 2022

# YOUTH SOCCER PRACTICE & LEAGUE

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**403-554-6426**



# ENERGY EFFICIENCY at Home

Whether you're looking to save on your utilities or reduce your environmental footprint, there are many good reasons to be thinking about your home's energy efficiency.

So, what does energy efficiency look like at home? It doesn't have to mean spending a lot of money on renovations or upgrading appliances. Energy efficiency can be as simple as shifting a few of our daily habits or introducing small, but impactful, changes to our homes. For instance, did you know that air drying your laundry could save you up to \$65 per year?

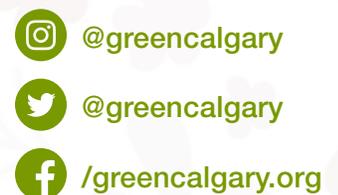
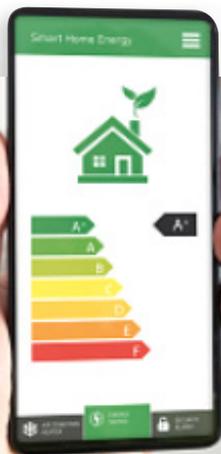
**Green Calgary** and **ENMAX** are excited to present our new program: **Energy Efficient Future**, where we will connect you with simple but effective tips and tricks for your home. In this free 1-hour workshop, we guide you through five simple steps to move towards energy efficiency and provide you with a free Home Action Plan workbook to get you started.



Community groups and associations can book a complimentary workshop, with options for virtual and in-person sessions. For more information visit [www.greencalgary.org/energy](http://www.greencalgary.org/energy) or contact us to book a session for your community, [workplace@greencalgary.org](mailto:workplace@greencalgary.org).

To get you started, here are few tips on reading your utility bill:

- Take a close look at each section of your bill. This will give you an idea of where costs are coming from and which utilities you're using more or less of throughout the year (electricity, natural gas, or water). You can use this information to decide which actions you can take to make your home more efficient.
- Start tracking your energy use. Write down how much electricity and natural gas you use each billing period. Electricity is recorded in kilowatt hours (kWh) and natural gas in gigajoules (GJ). One kilowatt hour is equal to using a 100-watt lightbulb for 10 hours, and one gigajoule is enough energy to heat 150 bathtubs of water.
- Check the billing dates. Take a look at start and end dates on your utility bill to see which dates are being billed. Lining up these dates with recent temperature patterns could help explain unusual costs. 🌿



# Join 1 in 3 Calgary Homes in Collecting **Rainwater for your Garden!**

Did you know that a single rain barrel can capture over 3,000 litres of water every year? Rain barrels capture chlorine-free water at a natural temperature which can help keep your garden and yard healthier this spring!

Water collected in your rain barrel helps prevent soil erosion that could damage your foundation, as well as remove the nutrient-rich topsoil from your garden.

Our rain barrels are made locally from reused plastic barrels. If you want to learn more about the use of rainwater and purchasing a rain barrel, follow us online at [www.greencalgary.org](http://www.greencalgary.org)!

We will have a rain barrel sale at the **Genesis Centre** on May 28th from 10am to 2pm. You can pre-order your rain barrel on the Green Calgary website starting April 1st and we'll have it ready for pick up at the sale! 🌱



## **EARTH DAY, EVERY DAY!**

Here are some simple actions you can take this Earth Day:

1. Sort it right! Learn how to sort your garbage correctly. Visit the City of Calgary's *What Goes Where* page for all sorts of tips and info!
2. Host a school or community clean up to improve your local environment!
3. Conduct a waste audit. Find out how much waste you create and what you are throwing away!

Ask us about any of these simple actions at [greencalgary.org](http://greencalgary.org)! Green Calgary also welcomes schools to join our free 'Earth Day, Every Day' online event on April 22. We will move beyond recycling and composting and look at the importance of reducing our waste!

To find out more and register, visit our website: [www.greencalgary.org/green-kids](http://www.greencalgary.org/green-kids). 🌱



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