

## A TRIBUTE TO BRENT FRASER

Author: David Gates, President, Scarboro Community Association

As I am sure most of you already know, our good friend and neighbour Brent Fraser passed away suddenly at his home in Scarboro on January 25, 2024. He is survived by his wife, Elizabeth, and his three sons, Adam, Andrew and David.

We remember Brent and honour his memory for many reasons.

Brent was a long-time member and then chair of our community association's Planning Committee. In this role, he had a keen understanding of the unique attributes of our community and the importance of tempering future development in a way that honoured our historic past. More recently, Brent readily agreed to take on an important leadership role as the member of our Board of Directors responsible for representing our community on the West Elbow Local Area Plan working group. He created a community advisory group to support his efforts to capture and reflect the important perspective of our community. He worked closely with Karin Gashus and Tarra Drevet, both members of the companion Heritage Sub-Group created by the City in conjunction with the broader planning initiative.

Scarboro community leader Tarra Drevet paid tribute to Brent at the recent celebration of his life. She related how they "gave oxygen to each other's bravery in the face of adversity, even hypocrisy".

She went on to observe that "Brent helped me become a braver and more authentic version of myself". Tarra captured the essence of Brent when she stated:

I hung on every word that Brent said. I looked forward to his interventions. In the beginning, they were few and far in between. Brent spoke softly and he asked questions. Brent was curious and he was fair. He never had any interest in being 'popular' for his views. When he spoke, he spoke his truth.

Possessed of a keen, dry sense of humour, Brent had an optimistic view of the world and of life, generally. He had a deep sense of curiosity and a broad range of interests. He also had a strong moral compass and was never afraid to speak up and share his thoughtful views, even when those views may not have been popular. He was not afraid to speak truth to power.

I want to extend to Elizabeth and to their three sons our deepest sympathy on their loss. I very much hope that at this time of great sorrow that they can find comfort, even solace, in the love and support of family and friends. I know that I speak for all Scarboro residents in saying how grateful we are to have had Brent as a colleague and friend. I will miss Brent's wise counsel and his deep commitment to our community. Our community has the great good fortune of having a large pool of dedicated community volunteers to take up his community leadership roles, but Brent can never be replaced.



# ACTIVE AGING

Strategies for graceful aging

Learn about the key pillars of brain health, how to age actively, and how to support loved ones in their journey.

Scarboro Community Association

Saturday, March 9

10am - 1pm

**REGISTER NOW**



Aging gracefully is not just a goal; it's a journey that requires deliberate preparation, knowledge, and the right support network. Join community partners to learn more about active aging and the six key pillars of brain health, as well as supports for caregivers. Discover a wealth of information and support from leading organizations including Active Aging Seniors, Positive Leisure Pursuits, Team Carepal, Calgary Fire Department, Calgary Immigrant Women's Association (CIWA), Cognitive Corner Golden Age Nutrition, Mind and Motion Therapy, Stretch Labs, YouQuest, and Women Owned Narratives.

Register: <https://www.eventbrite.ca/e/active-aging-tickets-810012678727>

SCARBORO COMMUNITY

**S**  **CCER**

REGISTRATION:

February 26th - March 11th

[www.scarborocommunity.com/soccer](http://www.scarborocommunity.com/soccer)



**U4-U12**



Emergency Medical Services

**Burns and Scalds**



Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

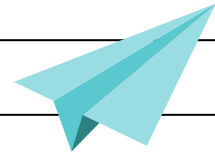
- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

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## NEWS FROM SUNALTA SCHOOL

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Christine McCrory: Principal

Sunalta is proud to have a strong music program with opportunities for students to play djembes (drums), Orff instruments and ukuleles. This month students were able to join a performance-based choir and will be participating in several musical opportunities over the next few months.

What do Canadian egg farmers have to do with curling? Well, they are the proud sponsors of Rocks & Rings, the program that we have had at Sunalta this week. Older Sunalta students paired up with their buddy classes and taught the littles how to roll, curl, raise, hit and counter. They also learned curling vocabulary such as, shot rock, weight, house, and tee-line. In March, we are excited to have Pulse Studios hip hop dance instructors coming for a two-week residency. Thank you to Sunalta School council for funding both of these opportunities.

Our grade 3 classes experienced some amazing STEM (Science Technology Engineering and Math) activities called Forces Reinforced. These hands-on projects were exciting and inspirational. We intend to purchase some new STEM resources to continue the learning.

Leadership club has been planning several whole-school engagements to enhance school community to build a strong sense of belonging such as honouring pink shirt day.

During the month of February, Calgary Board of Education students and staff will celebrate and explore the many contributions of Black Canadians, peoples, and communities worldwide. Black History Month is an opportunity for schools to amplify and spotlight the innovative, courageous, and inspiring voices, stories, and contributions of Black Canadians and communities.

Reminder of student safety in the community: Sunalta community wants to remind families to discuss and review safety strategies when walking to and from school and/or within your community.

1. Walk with a friend or travel to and from school in a group
2. Tell your parents or teacher if you see anything that makes you feel unsafe
3. Don't talk to strangers and stay far enough away that you are safe
4. Do NOT go anywhere with anyone you do not know (in a car or on foot)
5. If someone you don't know approaches you, run the other way even if the person claims to know you or your parents
6. If a stranger makes an attempt to grab you, pull away and yell "Help, this is not my parent!" Move quickly away from the person.

If students or parents witness any suspicious person(s), please contact the police by calling 911 first and then contact the school.



### Renovating or Developing Your Property?

See the "Planning & Developing" section of the Community Website and contact the SCA Planning Committee. They are happy to assist in the process.

[Planning@ScarboroCommunity.com](mailto:Planning@ScarboroCommunity.com)

HEADS UP: It is now prohibited to turn right at all times on the red light at Richmond Road and 17th Ave SW.





## SCARBORO COMMUNITY PRESCHOOL

Jodi Durant, Scarboro Community Preschool Director

As we march forward into the month of March, and start exploring our unit on building and constructing, we want to take a moment to reflect on the wonderful activities and learning experiences we shared in February. Throughout the past month, we focused on the important themes of friendship and kindness, teaching the preschoolers the value of kindness and friendship.

Our young learners also delved into the fascinating world of science, conducting experiments with droppers and exploring the wonders of baking soda and vinegar. It was a joy to see their curiosity and enthusiasm as they made things bubble and heard the sizzling sounds.

**We are pleased to inform you that registration for our preschool program is now open and ongoing.** Classes are filling up quickly, so we encourage you to register without delay to secure a spot for your child. This year, we are introducing a new option for morning Kindergarten (KG) class attendees - they can now also participate in the four-day-a-week afternoon class, providing additional learning opportunities and social interactions.

For more information about our program, registration details, or any other inquiries, please visit our website or reach out to our Program Director, Jodi Durant, at 403-560-4881. Jodi will be happy to assist you and provide you with all the information you need to join our vibrant preschool community.



### RENT Scarboro Community Hall for Your Next Event!

Our hall, kitchen and boardroom are available for all your special event needs:

*Birthday Parties , Anniversary Celebrations, Business Meetings, Christmas Parties, Clubs & more!*

For more information visit [www.scarborocommunity.com/hallrental](http://www.scarborocommunity.com/hallrental)

For bookings please email [scahallrentals@gmail.com](mailto:scahallrentals@gmail.com)



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### BOOK CLUB: MARCH

#### Chapter One

"The Fortnight in September" - R.C. Sherriff

#### Chapter Two

"We Are Not Like Them" - Christine Pride & Jo Piazza

#### Chapter Three

"Homecoming: A Novel" - Kate Morton

#### Chapter Four

"Ducks: Two Years In the Oilsands" - Kate Beaton

#### Chapter Five

"Still Life" - Sarah Winman

#### Chapter Six

"The Sleeping Car Porter" - Suzette Mayr

#### Chapter Seven

"Bloodlands" - Timothy Snyder

### NEWSLETTER SUBMISSION DEADLINE

Please send all newsletter submissions to  
[scarboronewsletter@gmail.com](mailto:scarboronewsletter@gmail.com)  
by March 20th for the April issue.



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## SCARBORO HISTORY: TIM KANUKA

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Author: Kate Morisset



Photo: Sharon Avenue in the late-seventies, looking SE towards the Community Hall

Trail. He recounts that there was a hockey league but that Scarborough was not “a hockey powerhouse” as “we got our first goal about halfway through the season! The first goal, never mind winning!”

Tim remembers that the first year the community hall moved to its current location: “We played hockey on the tennis courts. That was the best year ever for outdoor ice.” Since the courts got wrecked, the Tennis Club insisted that the rink be moved to what is now the parking lot. “Some of the light posts are still there from those days.”

Sometimes, he recalls, “as the streets were not plowed, and the weather was colder, there would be ice on the road and we were able to skate down to the community hall from our house.”

Tim also remembers that the park (which we now call Royal Sunalta Park) was colloquially called Lower Triangle Park. That was the centre for all pickup soccer, football, and baseball games.

A summer recollection: “We would play a very disorganized and very fun hide and seek game” and then “we would run through all the yards in the neighbourhood.. through the hedges, backyards .. no one ever yelled at us. So it was all part of the street. Very, very fun that way.”

Tim and his wife and daughter moved back to Scarborough after purchasing the home from his father's estate in 1994. His family had lived in the suburbs and he says, “I feel really privileged” to be able to come back to the neighbourhood: “It was a great place to grow up and a great place to live now.”

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## CITY PLANS ZONING LAW REFORM

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City Council has scheduled a public hearing for April 22nd, to decide whether to adopt the biggest change ever in Calgary zoning - a base R-CG residential district citywide. The R-CG land-use zoning would allow town homes, single-detached or semi-detached buildings throughout almost all Calgary neighbourhoods.

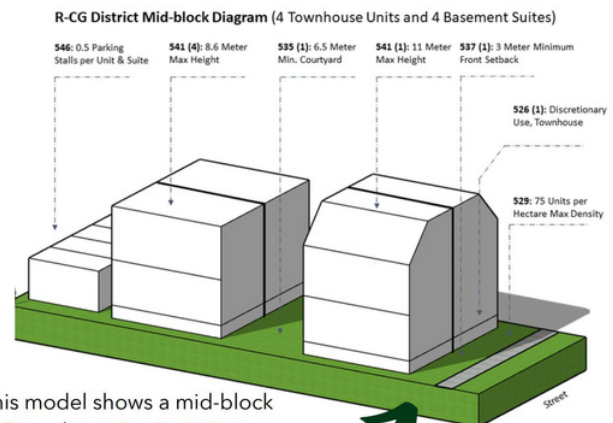
If this zoning change is approved, your neighbourhood could build a town home next door to you without you having an say, as long as they comply with the bylaw standards. If you don't mind, there is nothing for you to do. Otherwise, please mark April 22nd on your calendar.

This is what housing on an R-CG lot could look like:  
~ two sets of row houses ~ 0.5 parking stalls/ per unit  
~ 60% lot coverage. ~ reduced front & side setbacks

Tim Kanuka continues to reside on Sharon Avenue in a house that was built in 1929. His parents, transplants from Saskatchewan to Calgary in 1955, bought this Scarborough house in 1963 from the daughter of the original owners (the Conn family.)

Tim and his five siblings attended Sacred Heart School. At that time, Sacred Heart was both an elementary and junior high school. Tim was in the very last grade 9 class at that school, graduating in 1970. Interestingly, in 1970 there were 30 children living on Sharon Avenue, and as many as 25 attended Sacred Heart or Saint Mary's.

Tim remembers playing hockey with his brothers and other Scarborough kids in 1963 and 1964 at the old community hall just west of Sunalta School in what is now Crowchild



This model shows a mid-block "townhouse" orientation. They can also be side by side in a "rowhouse".



## MARCH AT SCARBORO UNITED CHURCH

Laura Maloney: Church Manager

Everyone is invited to a free Community Soup & Games Night on Friday, March 22nd in the Perkins Hall, doors open at 5:30 pm. Come and build community over a bowl of soup! This program is in partnership with The City of Calgary and the communities of Sunalta, Connaught, and Vic Park with support from the Sunalta Hub.

This month our community of faith completes our wandering journey through the season of Lent, when we are reminded that we cannot be worthy or unworthy of God's love. Grace simply is, even as we wander, stumble, or struggle. The end of March closes with Holy Week:

- Palm Sunday:** 10:30 am on March 24 - celebrating Jesus' arrival in Jerusalem  
**Maundy Thursday:** 7:30 pm on March 28, in the Memorial Garden - a time of reflection  
**Good Friday:** 10:30 am on March 29 - a service of lament, shared with Central United  
**Easter Sunday:** 10:30 am on March 31 - join us as we celebrate the resurrection

There is always something going on in the building, these events are open to everyone:

**Mondays:** Westside Singers - a seniors choir that gathers in the Perkins Hall after lunch

**Tuesdays:** Knitting, crochet, quilting & crafting - come on over for a cup of tea and good company at 10:30 am; on March 19 at 1:30 pm join the Promise of Ageing; or log on to Travel Tuesdays at 7:30 pm on the 1st & 3rd Tues. of each month to share stories and snaps

**Thursdays:** pop in to walk the labyrinth as a form of meditation between 11:30-2:30 or indulge your love of music by joining our choir rehearsals at 7 pm - Don't forget to check out the Gospel Workshop & Concert that we are hosting in May: all the details are at [scarborounited.org/the-scarboro-choir](http://scarborounited.org/the-scarboro-choir)

**Sundays:** all are welcome in person or online at 10:30 am

If you know someone who has a room to rent in Calgary for \$600-\$650 per month, please contact the office as we try to assist a friend of the congregation find affordable housing.



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## Calgary Meals on Wheels

**We need your help!**

If you can lend as little as 2 hours of your time delivering meals from 10:30 am-1pm, you can make a difference!

We are currently looking for meal delivery volunteers for:

- Regular, reoccurring home delivery
- Downtown drivers & couriers
- Volunteers with flexible schedules to fill in when needed

Give us a call or visit our website for more information: [mealsonwheels.com](http://mealsonwheels.com)  
(403) 243 - 2834 ext 1020



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## COMMUNITY BOARD



### HOUSE FOR SALE

1 1/2 story 1728 sq ft plus lower (approx 1000 sq ft). Main - living dining plus good size kitchen and bedroom/office. Upper - 2 bedrooms, 2 bathrooms. hardwood floors. Call or text for more info (403) 831-8657

### HOUSE WANTED TO BUY

My child attends Sunalta Elementary and we would love to be a part of this community. Looking for a 3 bedroom house, preferably with the bedrooms all on one floor. Please contact Jane at (403) 923-9263, or at [jane7park@gmail.com](mailto:jane7park@gmail.com)

### HOUSE WANTED TO BUY

Looking to buy a house within Scarborough. Our son currently attends Sunalta School and we would like to live in this great community. Please contact Asin on (403) 464-0463 or [asin\\_nuraniehotmail.com](mailto:asin_nuraniehotmail.com)

### HOUSE WANTED TO BUY

In search of a house to purchase in the lovely community of Scarborough! Looking for a 3 or more bedroom, 2 or more bathroom (or similar). Please call or text Stephanie at (403) 540-6326

### RENTAL WANTED

Seeking Rental Accommodation in the community. We are current Scarborough residents and responsible tenants. Please contact Michael at [svms673@gmail.com](mailto:svms673@gmail.com)

### ODD JOBS THIS FALL/WINTER

Two young Ukrainian junior/high school students willing & able to help with odd jobs this Fall / Winter. Highly recommended by Rob Mulloy/Sharon Nettleton. Contact their father, Michael, at (403) 708-6508

### CARDIO KLATCH

Seniors are welcome to join the FREE community fitness class on Mondays at 2:40 pm. Seated, standing and floor exercises are used to build strength, mobility and endurance. Email [doeringseis@outlook.com](mailto:doeringseis@outlook.com) for more information

### MONDAY NIGHT WORKOUT

Interested in community outdoor workouts Monday nights? Email [doeringseis@outlook.com](mailto:doeringseis@outlook.com) for more information

### NEW TO SCARBORO?

Want to know how Scarborough works? Want a membership? Directory? Thinking about joining dinner club? Drop us a line: [hello@scarborocommunity.com](mailto:hello@scarborocommunity.com) And if you want to join a bookclub, contact Denyse Fair at [denysefaire@gmail.com](mailto:denysefaire@gmail.com)

### FULL TIME NANNY: Available now

Need an extra set of hands with the children? Margie was a full time Nanny for a Scarborough Family for over 10 years and is now looking for a new family to help. She comes highly recommended and is an amazing cleaner to boot! Call Margie at (403) 616-4648

### NEIL'S HANDYMAN WORK

Have some projects around the house? Lots of experience, especially with old houses. No job too small. References from people within Scarborough that I have done work for can be provided. Call Neil King at (403) 863-8590

### FREE SHELIVING

Older painted solid wood Ikea shelving with drawer unit as part of shelving. Must be picked up in Marda Loop. Approx 30 inches height. Assembly required. Text only please (403) 998-0680

### BABYSITTERS & DOG WALKING

Riley is in Grade 12 and willing to help with house and pet care, French tutoring or babysitting. First Aid, CPR & Sports Med trained. Text 403-816-7824

Babysitting, house-sitting, pet care, shoveling and more...Carley is in grade 9, has babysitter and first aid training and is eager to help. Text (403) 975-6001

Looking for a babysitter? Sofiia is a 14 year old Ukrainian girl that attends Mount Royal High School. She has completed the Canadian Red Cross babysitting course and Red Cross First Aid. Email [epikhina83.n@gmail.com](mailto:epikhina83.n@gmail.com) or Call (403) 808-0526

Gabby, is a responsible student in Grade 9 at Mt Royal Junior High. She has her Red Cross Babysitters course certification, and is available for babysitting, on weekday evenings, and weekends. Text: (587) 664-3163

Calliah is a Grade 10 student, is experienced with dogs, has her Red Cross Babysitting certificate, and is available to walk your pup or babysit. She is available weekdays mid-afternoon to evenings, and all day on weekends. Text: (587) 889-4485

Rowan Davis, is a grade seven boy who attends Mt Royal School. He has completed the Home Alone, Babysitter and First Aid certificates. Is an AMA patroller. Plays basketball, builds lego and makes fun forts! 12 years old and ready to babysit children who are 4 years and older. Call or text: (587) 580-8243

# HAPPY EASTER

