

FEBRUARY 2017

DELIVERED MONTHLY TO 3,350 HOUSEHOLDS

MARLBOROUGH PARK

ON PARADE

THE OFFICIAL MARLBOROUGH PARK COMMUNITY NEWSLETTER

LEGO CONTEST

FEBRUARY 25, 2017

FEMME FATALE

MARCH 10, 2017

MARLBOROUGH PARK CENTER
6021 MADIGAN DR NE

BECOME A BETTER COMMUNICATOR AND LEADER

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EVERY MONDAY

19:00 21:00 (EXCEPT LONG WEEKEND)

NEXT BOARD MEETING

FEBRUARY 8, 2017 AT 19:00

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See how at heartandstroke.ca

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MARLBOROUGH PARK COMMUNITY ASSOCIATION

6021 Madigan Dr. NE • Calgary AB | T2A 5G9
 Phone: 403.248.1775
www.marlpark.ca • marlpark@shaw.ca

Delivered monthly to 3,350 households and businesses!

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mdeshaies@shaw.ca
 All editorial content must be submitted by the 12th of the month for the following month's publication.

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Check out our website:
www.great-news.ca



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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Marlborough Park Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

MPCA COMMUNITY NEWS



Seniors' Sentiments

The City of Calgary promotes the Snow Angel program, which encourages "Neighbors helping Neighbors." If you have a neighbour that is unable to shovel their sidewalk, be a good neighbour and do it for them. It also keeps the bylaw officers away.

There are several seniors and those with disabilities who need help, which is why there is a program in place. For this program to thrive, we need HELP! We as a Community encourage you to get involved, what better way, than to help a neighbour clear the sidewalk.

Block Watch

All meetings are in the lounge at the hall. If you notice suspicious activity in your area please call the police non-emergency line 403-266-1234. If you see a crime in progress please call 911 immediately.

If you have any questions contact Mary Ryan at 403-974-3204. Thank you for your support of our community!

Marlborough Park Block Watch
Next meeting Feb. 8, 18:45

December Stats
 Break and Enter – residential; 2
 Break and Enter – commercial; 0
 Break and Enter – shed/detached garage; 2
 Thefts – general items; 1
 Theft of motor vehicles & recovery – 3
 Theft from motor vehicles – 7 (vehicles continue to be left unlocked)
 Vandalism & Mischief - 2

President's Message

January came in with a roar at the New Year's Eve party at the hall this year. We had sold out New Year's Eve tickets by the third week of December. In my president's message last year I stated that you should get your tickets early and everyone did. Sorry to those that we had to turn away.

February is LEGO month, entry forms can be had at the office or online at www.marlpark.ca. Get your thinking caps on and get creating, remember no kits. Creations have to be from your own imaginations. See inside this newsletter for more information.

Jelly Bean dance is on February 10th 2017 at 6:30pm tickets are \$4.00.

Did you know that The City of Calgary offers free of charge, after school program here at Marlborough Park Community Association for ages 6 to 16 years old, on Tuesday and Thursday from 4:00pm to 5:30pm. Calgary AfterSchool programs develop self esteem, positive relationships and support youth in becoming successful adults. For more information. Kevin.MacMillan@calgary.ca or by calling 403-476-7174.

Hope everyone has a Happy Valentine's day

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." -- Helen Keller

Marlene Frederick, President
Marlborough Park Community Association

If music be the food of love, play on.
 - William Shakespeare

Marlborough Park Community Association

6021 Madigan Drive NE • Phone: 403-248-1775 • Fax: 403-273-9194

EXECUTIVE BOARD

President	Marlene Frederick	403-569-9573
1st Vice President	John Jirikowic	
2nd Vice President	Bill Jones	403-850-1670
Secretary	Jennifer Canu-Budd	403-475-3855
Treasurer	Leiana Hazard	403-248-8406
Past President	John Canu	

DIRECTORS WITH PORTFOLIO

Bingo	Denyse Chabot	403-248-5931
Centre	Bill Jones	403-850-1670
Communications	Mario Deshaies	403-204-1130
Lounge	Kathy Canu	
Membership	Nina Decaire	403-248-8610
Preschool	Jennifer Canu-Budd	403-475-3855
Program	Denyse Chabot	403-248-5931
Social	Tracey Fredrick	403-569-9573
Volunteers	Denyse Chabot	403-248-5931

Assistant Directors

Mary Ryan | Mitch Jones

Community Centre Administrator		403-248-1775
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LIAISONS

Guides	Meredith Barclay	403-874-7297
Friday Crib	Virginia Savage	403-366-3042
Loma Seniors	Ilene Miller	403-450-9827
Preschool Regist	403-235-2996	403-248-1775
Scouting	Main office	403-283-4993
Police Services Dist 4	Cst. Chris Langham	403-428-6400 Email: pol4413@calgarypolice.ca



Board Meetings

Marlborough Park Community Association Board Meetings are held in the community board room the second Wednesday of the month at 7pm. Everyone is welcome. The next Marlborough Park Community Association Board Meeting is on February 8 at 7:00pm.

Editorial Content Deadline



MPCA COMMUNITY EVENTS

LOMA Whist Club

Loma Whist club meets every Wed at 1:00 pm year round. \$3.00 each, no partner required, no membership dues for the Whist Club. Community membership appreciated.

Two or three meals per year on the club. All welcome. For more information please call the hall at 403-248-1775 or Ilene at 403-450-9827.

If you are interested please call Marlborough Park Community Centre at 403-248-1775 for more information or drop in at 6021 Madigan Drive NE.



William Andrade of our Wednesday afternoon Loma Seniors Group turned 101 years young. Happy Birthday William.

Toastmasters Vibrant Speakers

Become a better communicator and leader. Hone your speaking, listening and criticism skills in a friendly atmosphere. *Vibrant Speakers* Toastmaster Club meets every Mondays (except long weekends) at the Marlborough Park community meets every Monday 19:00 - 21:30. For more information call Mario Deshaies at 403-204-1130 email address (mariodeshaies@hotmail.com).

Drop in Crib

Join us at the hall for adult drop in crib every Monday night from 19:00 – 21:30. Everyone welcome.

Drop in Darts

Ladies and Gentleman
You are invited
Drop-in Dart \$4.00
Every Thursday at the Lounge
19:00 to 22:00

Drop In Tai Chi

Is held every Tuesday from 9:15 to 10:15 am.

Drop-in Volleyball

Wednesday evening, \$4 each

Jelly Bean Dance

February 10, 2017, 18:30- 21:30

50+ Skating at Ernie Star Arena

4808 14 Ave S.E
Tuesday-Thursday 09:00 to 11:30

Seniors Crib Club



The Friday Seniors Crib Club meets every Friday at 1pm in the Activity Room at the Marlborough Park Community Centre.

There is a good payout each week, and special prizes through the year. During the Christmas season and June each year the Club members go out to one of the local fine dining restaurant for a meal. We celebrate birthdays with a luncheon twice a year.

The Club runs from September through June, no registration fees, Community memberships appreciated. Please contact Virginia Savage at 403-366-3042.



Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



MARLBOROUGH PARK COMMUNITY ASSOCIATION (MPCA)
Phone: (403) 248-1775 Office Hrs: 9-5pm Mon-Fri

LEGO CONTEST ENTRY FORM

Age Groups: 2-5 yr (Duple/Lego) 6-8 yr 9-12 yr 13-17 yr Adult

Categories:

Buildings & Structure Animals & Figures Vehicle & Transportation Creative Invention

Name: _____

E-mail address: _____

Phone No: _____

Amount Paid: \$ _____

*Please advise if your entry is oversize (over 15" x 15" grey baseplate)
(tear off top half and return with entry fee)

Contest rules:

- **COST - \$5.00 per entry /MAX. 2 entries per person) cash or cheque only.**
- Show your creativity and build your Lego creation.
- **No kits please! All entries must be original creations.**
- Entry forms due to MPCA office by Tuesday February 21st 2017
- Mail or drop off entry forms and entry fee to MPCA. (6021 Madigan Dr. N.E., Calgary, AB T2A 5G9) or drop off at the office. (Cheque or Cash only)
- All Lego creations must be dropped off at MPCA Hall on Friday February 24th 2017 between 6 & 9 p.m.
- 1st, 2nd & 3rd prize ribbons. Judging will take place on Saturday morning.
- It's **FREE** for all public to stop by & take a look at all the wonderful Lego creations on Saturday February 25th 2017 between 11 am & 3 pm Concession will be open serving coffee, muffins, hotdogs, pop, chips, treats
- Make sure you enter into the correct age group. Open to everyone - Limited space so enter early.

All Lego creations must be taken home Sat afternoon February 25th 2017. We'd love to keep them on display but we do not have the room.

MARLBOROUGH PARK COMMUNITY ASSOCIATION (MPCA)
Phone: (403) 248-1775



LEGO CONTEST

February 25, 2017

Marlborough Park Community Centre
6021 Madigan Drive NE

Cost: \$5.00 per entry (max 2 entries per person) cash or cheque only.

Open to ages from 2 years of age to 100 years young.

Show creativity and build your own Lego creation.

ALL ENTRIES MUST BE ORIGINAL CREATIONS. NO KITS PLEASE.

Entry forms available in our newsletter or at the office. Mail or drop off entry forms. (6021 Madigan Drive NE, Calgary, AB T2A 5H9)

All Lego creations must be dropped off at MPCA Hall on Friday, February 24, 2017 between 6 and 9pm.

1st, 2nd, and 3rd, place prize ribbons. Judging will take place on Saturday morning.

mybabysitter.ca

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

IN & AROUND CALGARY

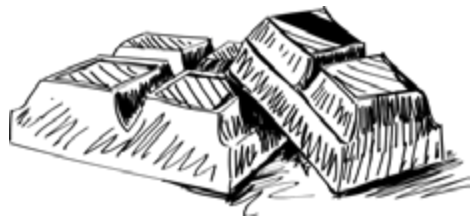
Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

FEMME FATALE IS NOW CALLED

Ladies Night Out

Join us at the Marlborough Park Community Association for our 6th Annual Ladies Fair. This year the theme will be **Death By Chocolate!**



Located at 6021 Madigan Drive N.E.

Friday, March 10th

5pm to 10pm

This is a truly unique shopping experience that combines a variety of lady focused vendors with a girls-night-out atmosphere!

\$4.00 admission gives you access to 30+ vendors,

a free snack, cash bar, music, prizes and more!

IN & AROUND SCHOOLS

Marlborough Park Preschool

We have a busy month in February; we will be finishing up with our Space theme by visiting the Spaceport at Calgary International Airport on February 7th and 8th, 2017. When we are at Space Port our experience will be on star labs, learning about the galaxy and the planets. For this to work out smoothly we need all families to be respectful of our daily schedule.

As well this month has Valentine's Day which we will celebrate by having a class party. There will be games, dancing, activities, and cookies decorating!

We still have space available in

- Class B Mon/Wed/Fri PM
- Class D Tues/ Thurs PM
- Class F Mon- Friday PM



GIRL GUIDE CORNER

Recently, the 71st Guides held a bottle drive in your area. We appreciate the support from the community as we fundraise to take the unit to Newfoundland in July 2017. Our next bottle drive will be held in January. We would love your continued support to help make lasting memories for these girls!

Currently, we have switched gears and you can find a unit knocking on your door or set up at a shopping centre selling our Fall MINT Cookies. If we've missed you or you would like to purchase cookies please do not hesitate to contact us.

We hope everyone has a wonderful October as we start to enjoy the cooler weather. If you are interested in Girl Guides please visit www.girlguides.ca or contact Joanna Quinn at crystalpalacedistrict@gmail.com or 403-291-1955.

Until next month: Yours in Guiding!

New Year's Eve Thank you

Would like to say thank you to Josh Bryant our DJ who did an awesome job, keeping everyone on the dance floor. Alpine Catering for another outstanding dinner. Royal Memories for setting up a photo-booth, which was well received by all. Andre and Denyse Chabot, Garth Troop for doing up the balloon drop. Leiana Hazard for being our greeter. Patricia Smith and Cherylynn Harvey-Molander for bartending. Marlene Frederick for setting up our midnight snack. Thank you to Atlas Sports Bar for donating a couple of door prizes and to Eastport Liquor Store for donating a prize. Last but not least the clean-up crew Mitch Jones, Garth Troop, Marlene Frederick and a special thank you to Joseph Awodutire for finding a lost diamond earring in all that mess on the floor.

*Happy New Year to everyone,
Tracey Frederick, Social Director*



dance
THROUGH LIFE
Adult Dance and Fitness Studio

FITNESS CAN BE FUN!

Check out Calgary's most warm and welcoming adult dance studio **DANCE THROUGH LIFE**



ADULT CLASSES BEGINNER TO ADVANCED WORKSHOPS

Ballet · Zumba · Tap
Hip Hop and More!

Private & Corporate parties

403-921-9757

www.dancethroughlife.ca

Visit us at Evergreen
Community Spaces

1709 8th Ave NE



Membership Application Attention! Privileges

MPCA has some well known secrets to tell everyone. Can't wait? Here they are:

- we have lifetime memberships for seniors 60 years plus for ONLY \$10 and you only pay ONCE.
- show your card and you receive a discount at the following store
 - Dairy Queen -- Madigan Plaza 5% off
 - Optics Plus -- Madigan Plaza 20% off
 - Village Square Leisure Centre Monday night Community Association night 30% off
 - UPS store -- Trans Canada Mall 5% off in store services
 - Subway- Abbeydale 10% Off
 - Remedy RX Pharmacy, memorial Square,4A,5268 Memorial Dr N.E
10% for over the counter products and a free gift for prescription fill
 - Royal Memories Photo Booth offer 20% off at MPCA function and 10% at any other location.
 - Clover Paint is now offering wholesale pricing

GET INVOLVED!

Marlborough Park Community Association Membership Application

Name _____
 Address _____
 Postal Code _____ Telephone (Day) _____
 E-mail Address _____

Membership fees: **\$20 per family yearly** AND **\$10 per senior 60 years plus lifetime**

Memberships expire August 31, 2017

Make cheques payable to: **Marlborough Park Community Association**

Mail completed application to:

Marlborough Park Community Association
 www.marlpark.ca
 6021 Madigan Drive NE
 Calgary, AB, T2A 5G9

Good Reasons To Join Your Local Community Association

Programs And Services For All Ages – Preschoolers To Seniors

Your community association offer programs directly or provide support to other organizations offering programs such as Girl Guides and Scouts. Community associations also partner with the City of Calgary to offer such programs as Park n Play and Youth programs. Community associations may also provide support services to residents in need as now shoveling for seniors.

Sports

Your Community Association offers organized sport opportunity for children, also for adults of all ages.

Community Safety

Block Watch, and bicycle safety programs are examples of how community associations ensure safety in the neighborhood.

Special Events

Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include stampepe breakfasts, craft fairs, community cleanup, book fairs, Easter egg hunt, Halloween party, jelly bean dances for the kids, and many others.

Awareness And Responsive To Planning And Development Issues

The community association makes every effort to keep track of development and planning proposals in the areas such as transportation, roads, park and playground development and traffic issues. The City of Calgary consults with the community association on these issues.

Community Newsletter

The community association communicates to the residents the activities, programs and services that are happening in the community through a regular newsletter.

Facility Operations And Rentals

Many community associations operate a facility that is available for programs, meetings, social and private functions. Outdoor ice rinks and tennis facilities are also maintained for the benefit of the community residents.

Membership Has Its Privileges

Membership does have its benefits such as; Toole Peet Insurance will provide special group rates for all community association members, percentage discounts at Dairy Queen, Optics Plus, Village square Leisure Centre, and Mark's Work Warehouse.



Trivia

Black History Month

The 21st Black History Month is celebrated this February, it was formally recognized following a motion introduced in the House of Commons by the first black Canadian woman elected to Parliament, the Honourable Jean Augustine.

Winter/Spring 2017 New Friends & Neighbourhood Groups Calgary Immigrant Women's Association



CIWA
Calgary Immigrant Women's Association

- Practice English and make new friends
- Sessions run from September to December and January to June
- Join anytime
- Free childcare (6 months - 6 years)

Contact:
Debra Colley at (403-444-1752) or debrac@ciwa-online.com

Thornhill Group (Judith Umbach Library)

6617 Centre Street N (Judith Umbach Library)
Mondays 10AM - Noon (Jan 9 - June 19)

Shawnessy Library Group

333 Shawville Blvd S.E (Program Room)
Mondays 1-3 PM (Jan 9 - June 19)

Manchester Group

5717 2nd Street SW (2nd Floor Program Room)
Tuesdays 10AM - Noon (Jan 10 - June 20)

Varsity Group

4612 Varsity Drive N.W (Varsity Acres Church Cafe)
Tuesdays 10AM - Noon (Jan 10 - June 20)

Beddington Group

16 Bermuda Drive N.W (Agape Language Centre)
Tuesdays 1-3PM (Jan 10 - June 20)

Fish Creek Library Group

11161 Bonaventure Drive S.E (Program Room)
Tuesdays 1-3 PM (Jan 10 - June 20)

Westbrook Group (Nicholls Family Library)

1421 33 Street SW (Program Room)
Tuesdays 1-3 PM (Jan 10 - June 20)

Bowness Group

4712 21st Avenue N.W (New Life Church Basement)
Wednesdays 10AM - Noon (Jan 11 - June 21)

Edgemont Group

224 Edgemoor Lane N.W
Wednesdays 10AM - Noon (Jan 11 - June 21)

Marda Loop Group

3818 14A Street S.W (River Park Church - Room 110)
Wednesdays 10AM - Noon (Jan 11 - June 21)

Saddletowne Library Group

7556 Falconridge Blvd N.E (Program Room)
Wednesdays 1-3PM (Jan 11 - June 21)

CIWA Evening Group - Ongoing all year round

Free Childcare (19 months - 6 years)
138 - 4th Avenue S.E (Room 232)
Wednesdays 5-7 PM

Ranchlands Group

7750 Ranchview Dr NW, Unit #23 (NW Islamic Centre)
Thursdays 10AM - Noon (Jan 12 - June 22)

Village Square Library Group

2623 56th Street N.E (Library Program Room)
Thursdays 10AM - Noon (Jan 12 - June 22)

Forest Lawn Library Group

4807 8th Avenue S.E (Program Room)
Thursdays 1-3 PM (Jan 12 - June 22)

Chinatown Group

114 - 3rd Avenue S.E (Room 208)
Fridays 1-3 PM (Jan 13 - June 23)

Calgary Immigrant Women's Association
#200, 138 - 4th Ave SE | (403) 263-4414 | www.ciwa-online.com

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



February 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

February 18 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

February 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



Take Control Of Your Heart Health

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your health-care team can help you figure out what risk factors you should focus on first and set goals that you can reach.

Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes, cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.

Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

Control alcohol consumption

How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your health-care provider.

Find more information, resources, and health tools at heartandstroke.ca



Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



Regular Eye Exams

Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca



Marlborough Park Real Estate Update

Last 12 Months Marlborough Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$0	\$0
November 2016	\$349,900	\$335,000
October 2016	\$375,700	\$364,450
September 2016	\$379,450	\$371,500
August 2016	\$384,800	\$370,000
July 2016	\$396,400	\$385,000
June 2016	\$327,950	\$339,000
May 2016	\$358,975	\$345,500
April 2016	\$339,900	\$333,200
March 2016	\$330,000	\$320,000
February 2016	\$388,000	\$373,500
January 2016	\$339,800	\$333,500

Last 12 Months Marlborough Park MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	0
November 2016	5	4
October 2016	5	6
September 2016	4	2
August 2016	7	7
July 2016	10	2
June 2016	6	6
May 2016	5	1
April 2016	1	6
March 2016	4	3
February 2016	5	3
January 2016	2	1

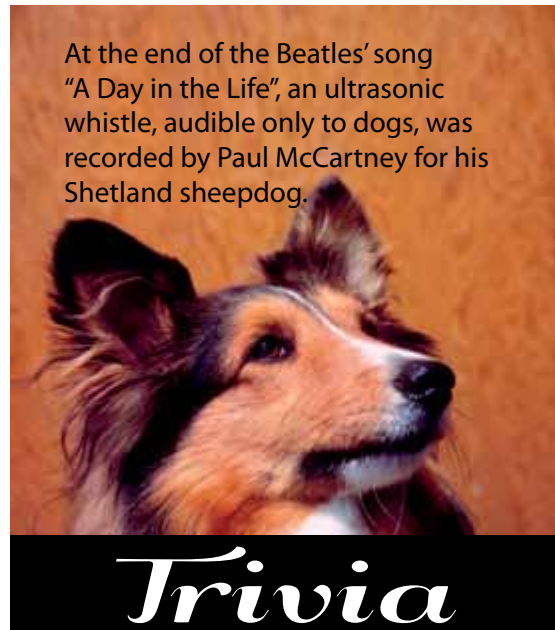
To view more detailed information that comprise the above MLS averages please visit marlpark.great-news.ca

CALGARY JAZZ DANCE: Kids Dance Classes! Meet new friends and stay active. Winter session for acro/jazz (ages 4+) on Mondays. Certified and professional instruction. We are located in Mayland Heights at the Evergreen Community Spaces. Acro, Jazz, Tap, Ballet and Hip Hop classes coming soon! Visit our website at calgaryjazzdance.com to register or call Arlene at 403-835-4535. New students welcome.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



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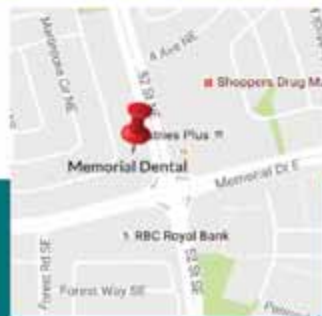
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