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Phone: 403.282.2234

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Banff Trail Community Association BOARD MEETINGS

are on the first Wednesday of every month from 7:00pm-9:00 pm

Next meeting is March 2, 7-9pm
See you there!

Newsletter Submissions
April Issue
Deadline

March
7th

Editor – Melanie Masterson
howlereditor@
banfftrailcommunity.ca

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Vice-President	Heather Spicer	vicepresident@banfftrailcommunity.ca
Treasurer	Incoming	treasurer@banfftrailcommunity.ca
Secretary	Gianna Cassell	secretary@banfftrailcommunity.ca

DIRECTORS

Hall Maintenance	Alfred Wright	403 246-2232
Planning & Development	Rob Hirsch	development@banfftrailcommunity.ca
Communications Committee	Louise Brisson	403-809-5036 communications@banfftrailcommunity.ca
Programs & Special Events	Hall Manager	VACANT 403 282-2234
	Eileen Arthur	hallmanager@banfftrailcommunity.ca

VOLUNTEERS

Memberships	Natasha Freedman	403 454-7369 memberships@banfftrailcommunity.ca
Soccer Coordinator	Karen France	soccer@banfftrailcommunity.ca
Howler Editor	John Bannerman	howlereditor@banfftrailcommunity.ca

DIRECTORS AT LARGE

Mike Legge	403-870-0185
Llyal Grummett	403-284-3622
Chris Van Egmond	403-289-0216
Jeanette Monti	403-289-4321
John Bannerman	403-616-1747

Have questions about Hall rentals or availability?

Contact our Hall Manager Eileen Arthur at 403-282-2234 or e-mail her at: hallmanager@banfftrailcommunity.ca.

Office hours are Tuesday and Thursday 6:30 to 8:00 p.m.



Babysitting CO-OP

Check out the Banff Trail Babysitting Co-op at our next monthly social gathering. For more information about how families swap babysitting time as needed/available, and how parents enjoy a monthly evening of wine, snacks and chit-chat, contact our Coordinator Elena Rhodes at 403-202-4762 or email rhodese2013@gmail.com. Go to www.banfftrailcommunity.ca for more information.

MEMBERSHIPS

Community memberships are available at \$10 for single, \$15 for family and household, and \$25 for businesses Membership year is March 1 to February 28
Pay by PayPal online at www.banfftrailcommunity.ca

STAY CONNECTED WITH BANFF TRAIL:

Check out our Website:
[www.http://banfftrailcommunity.ca/](http://www.banfftrailcommunity.ca/)

Like us on Facebook: <https://www.facebook.com/BanffTrailCommunity>

Follow us on Twitter:
<https://twitter.com/BanffTrailYYC>

IN & AROUND CALGARY

South Shaganappi Study: Get Involved

The City of Calgary is conducting a transportation corridor study for the south end of Shaganappi Trail. The study area includes the Shaganappi Tr. and 16 Ave. interchange, the Shaganappi Tr. and Bowness Rd. intersection and the Bowness Rd. and Memorial Dr. interchange.

Your Input is Important!

Shaganappi Trail has always been identified as a vital link in Calgary's transportation network. Working closely with the community, we will develop a vision for the study area that accommodates all modes of transportation and is integrated with surrounding communities and land uses.

Phase Two: Concept Development and Analysis Engagement Opportunities in April/May 2016

IDEA WORKSHOP

Attend this workshop to share ideas about possible changes and different ways to achieve the study's goals and objectives.

RSVP at calgary.ca/southshaganappi or call 311.

PROVIDE INPUT ONLINE

If you're unable to attend the workshop, there will also be an opportunity to share your ideas online at calgary.ca/southshaganappi.

In addition to the events above, a similar workshop for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in April. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same workshop with others who may share similar perspectives.

For specific event dates, times and locations, or to learn more about the study, visit calgary.ca/southshaganappi or call 311.

BTCA Membership Form

Name: _____ Spouse: _____
 Address: _____
 Postal Code: _____ Phone: _____ Fax: _____
 Email: _____
 Children under age 18: _____

I am interested in volunteering with the community association:
 • Newsletter • Social Functions • Sports • Fund-raising • Maintenance
 • Other (please specify): _____

The rates for Banff Trail Community Association membership are:
 • Single \$10 • Family & Household \$15 • Business \$25

**Please mail your application form to
 BTCA 2115 20 Avenue NW T2M 1J1
 Make cheques payable to the Banff Trail Community Association
 Phone 403 454-7369 for more information**



News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This

applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary's natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

- a) Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.
- b) City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.
- c) Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.
- d) Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.



CALGARY COIN SHOW

March 19 & 20, 2016
10 am to 5 pm each day

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www.calgarynumismaticssociety.org

Volunteers Needed

The Banff Trail Community Association is in need of volunteers to help with projects and events throughout the year

We encourage everyone in the community to become more involved. Even if you are a short term resident you can be an engaged member of our thriving community.

We need more help so please get involved!

Contact Llyal 403-651-1019

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to “be part of it” and find out what your community association can do for you! It’s easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe 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 a hot surface, or making contact with an electrical outlet. 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 aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from 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 able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1.**

IT'S HAPPENING IN BANFF TRAIL

Remember, www.BanffTrailCommunity.ca is the place to look for short-notice events and more Community info. Check out our event calendar and interactive community map! We are also on Facebook now too: <https://www.facebook.com/BanffTrailCommunity>

Tai Chi Classes – Wednesday nights 7-8 p.m.

Wednesday nights from 7-8 at the hall. A great way to relax and meet people. Feel free to just show up – wear clothes you can move in! \$50 only for community members for 10 sessions.

Zumba® with Andrea - Every **Monday 7:30-8:30pm** and **Wednesdays 8:15-9:15pm**. Drop-ins welcome. Monthly Passes available. For up-to-date schedule and fees please check out <http://andreadawe.zumba.com> or contact Andrea at andreadawe.zumba@gmail.com Come join the party and dance yourself fit! No experience necessary!

Qigong is back on Mondays from 11:00 a.m. to 12:30 p.m.

Karate and Kobudo – Tuesday and Thursday nights 8 – 9 p.m.

Classes available for all ages. More information can be found at: www.shinshikan.com

Yoga Classes & Workshops

A great way to enjoy the benefits of yoga and have fun too!

Improve strength, coordination, posture and balance; increase your energy level and flexibility; enjoy greater vitality.

The All Levels class takes place on Thursdays from 7 - 8 p.m., and the Gentle Yoga class is held on Tuesdays from 10 - 11 a.m. For more information or to register, please contact Margau at 403-585-0043 or email yogamarg@telus.net. Ask about our monthly yoga workshops too!

Banff Trail Ladies’ Auxiliary

Meets at the Hall the first Thursday of every month at 10 a.m.

Wednesday Afternoon Crib Club

Every Wednesday from 12:30 – 3 p.m.

New Players Welcome! Join a lively group of seniors enjoying 9 - 12 tables of crib each week. Two crib tournaments each year and several Pot Luck Luncheons each year.

Feel free to drop by and join in the fun.

Check out the website or the Facebook page for more up-to-date information.

HOWLER SUBMISSIONS

Do you have an interesting story you think should be in The Howler? Know of someone living in Banff Trail how deserves to be featured in our newsletter? How about photographs of our community? If you do please contact howlereditor@banfftrailcommunity.ca.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 13

Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate

excessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY

READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)



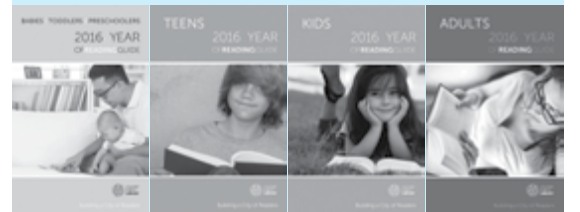
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Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- Certain **pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition

Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and income if either of you dies or becomes unable to work due to an accident or illness?
- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.



Dr. Christine Lilge Dr. Lauren Vredenburg Dr. Jennifer Maguire

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BRAIN GAMES SUDOKU

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**APRIL 8 TO 9
DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca

**APRIL 10 TO 11
EXTREME PLANET
WITH PHOTOGRAPHER
CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca

**APRIL 14
THE VIEW FROM BEHIND
BARS – AN EVENING WITH
PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of *Orange Is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/

**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
 - **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
 - **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
 - **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
 - **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
 - **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
 - **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
 - **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. <http://calgary.broadway.com/>
 - **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

Who Is Responsible to Educate the Children?

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?

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calgary.varsity@assembly.ab.ca

Friends,

February has been a busy month for the constituency of Calgary-Varsity. We had the opportunity to engage with many of you in the community and learn more about your individual interests. This month we celebrated a number of remarkable birthday milestones in Varsity – including one resident who celebrated her 102nd Birthday in January. Our office was happy to provide a celebratory scroll commemorating this remarkable birthday milestone. As always, we welcome the opportunity to celebrate you or your loved ones in Varsity by way of an official commemorative scroll.

We learned even more this month about the community of Montgomery at their Annual General Meeting. First and foremost we learned how passionate and active the members of the Montgomery board are about their community and service to residents. We are looking forward to meeting further with members of the Montgomery community association in the coming months.

Our office has also been busy assisting many community kitchens whose operations have been shut down by the municipality. We are assisting with amending applications for provincial grants in order to help these kitchens afford the municipally mandated changes. We encourage community members to contact their city councillors to discuss the issue more fully.

Varsity has much to celebrate this month on a provincial scale, as the constituency has been set apart by its MLA being recognized within the Government. Our MLA, Stephanie McLean, has been appointed Minister of Status of Women and Minister of Service Alberta on February 2, 2016. Varsity has not had an MLA appointed to a ministerial portfolio in more than a decade. Our office believes this elevation serves as provincial wide recognition of the constituency and raises the profile Calgary-Varsity.

We would like to thank the many constituents who have offered their congratulations to Minister McLean on her appointment, and want to assure all residents and our community partners that we will continue to provide the same level of service through our office.



COUNCILLOR, WARD 7
DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
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I have long been an advocate for managing the cost of Calgary's growth. After a decade of debate and billions of dollars added to The City's debt, City Council unanimously agreed to end the "sprawl subsidy" to ensure that growth pays for itself. I am extremely proud of this work.

Over the last year, The City worked closely with the urban and suburban development industries to establish an off-site levy to apply to all new developments. An important partnership emerged, one in which the industry agreed to become an enhanced steward of a growing City. The new rates took effect on February 1st of this year and will provide the City with a lot more financial flexibility.

As a result, levies paid by developers to The City will now cover the cost of infrastructure needed for new communities, as well as upgrades to infrastructure for established communities. Those costs have to be paid one way or another. With the new levy, the cost of necessary infrastructure is included in the purchase price, rather than hidden through property taxes or utility fees.

The key elements of the new off-site levy are:

Developers will pay for water and wastewater treatment in new and established communities city-wide;

Developer levies will cover the full cost of water distribution, wastewater collection, drainage, transportation (roads, intersections, traffic signals, bridges), and community services (libraries, police stations, fire halls) in new communities;

With this important policy established, the stage is set for the next steps. New development in established communities means real change for the residents who live there, and added wear and tear on public amenities. Increased density can also mean a dramatic increase in property tax revenue. As part of the levy discussion, The City agreed to work with the urban developers, and the communities experiencing redevelopment, to find ways to reinvest in aging infrastructure. Communities experiencing significant change will see a direct benefit, with improvements to valued amenities like parks, sidewalks, recreation centres, and libraries.

Over the next year, I will be meeting with Ward 7 communities to talk more about community improvements resulting from redevelopment.

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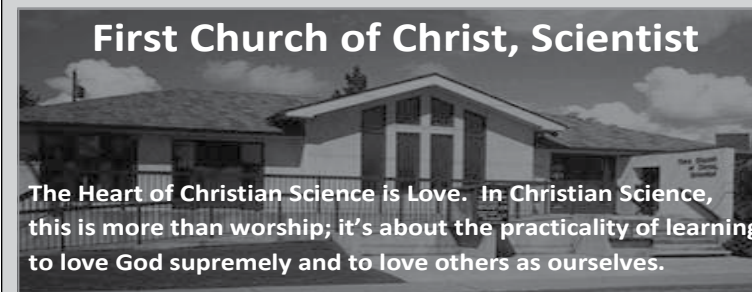
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Contact news@great-news.ca

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



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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

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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

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SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
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Gamblers Anonymous	403.237.0654

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For more information or to book a summer trial membership, contact
Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com