

MAY 2017

DELIVERED MONTHLY TO 4,800 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



www.beddingtoncommunity.ca • www.calgaryarea.com/NW/Beddington

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca



Dr. Philip Love
 Dr. Michele Spooner
 Dr. Huda Jergeas
 Dr. Tanya Chacko

Core Values

- Gentle care
- Your comfort
- Cost effective treatment plans
- Quality work

Monday: 7-4
 Tue & Wed: 7-7
 Thursday: 7-4
 Fri & Sat: 9-4

(403) 275-6424

125-8220 Center St. NE
 Beddington Co-op Mall
 Next to Royal Bank

CONTENTS

5	MESSAGE FROM THE BOARD
7	REAL ESTATE UPDATE
7	BEFORE AND AFTER SCHOOL PROGRAM
8	5TH ANNUAL GARAGE SALE PARADE
9	WE NEED VOLUNTEERS FOR NEIGHBOUR DAY BBQ
10	BUILDING STRONG FAMILIES: PARENTING ON YOUR OWN
12	NEWS FROM THE FRIENDS OF NOSE HILL
16	MP MICHELLE REMPEL'S REPORT
17	MLA KAREN MCPHERSON'S REPORT
18	COUNCILLOR SEAN CHU'S REPORT



You're invited to

PISCES
 PET EMPORIUM

Customer Appreciation
BBQ & SALE

SATURDAY
JUNE 17TH
 11am-3pm 2017

4921 Skyline Way NE
 Deerfoot & McKnight

Meet our team of pet experts
 & vendors. Check out our photobooth,
 face painting, raffle prizes, giveaways
 & lots of family fun!



BD MAY 17





BEDDINGTON COMMUNITY ASSOCIATION

375 Bermuda Dr. NW Calgary, AB – T3K 2J5
 Phone: 403.295.8837 • Fax: 888.371.4991
banner@beddingtoncommunity.ca
www.beddingtoncommunity.ca

Delivered monthly to 4,800 households and businesses for 9 years!

Editorial Submissions

banner@beddingtoncommunity.ca
 All editorial content must be submitted by the 5th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

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



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Beddington Community Association.

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

Great News Publishing and Beddington Community Association does 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

MESSAGE FROM THE BOARD

Event planning for the spring and summer is well underway. Watch the Banner for details on the upcoming Community Garage Sale Parade and Annual Neighbour Day BBQ. We are also finalizing community art banners, which you will see on light posts along Beddington Drive starting soon.

If you have been thinking about getting involved in your community, feel free to drop by our Board meetings, the 4th Tuesday of each month from 7-9 p.m. in the upstairs boardroom at the Beddington Theatre Arts Centre. You can get to know the others on the Board and hear what we are up to.

The Board is currently seeking volunteers to fill the following positions:

- **Web Editor** to provide regular updates to our community webpage. 1-2 hrs per month. Experience with WordPress an asset.
- **Banner Editor** to craft stories and gather content from community partners for our monthly newsletter. 2-4 hrs per month.

If you are interested in helping out or have any questions for the BHCA Board, email us at bhca@beddingtoncommunity.ca



www.facebook.com/BeddingtonHeightsCommunityAssociation



[Beddington CA](https://twitter.com/BeddingtonCA)



WANT TO HELP START A COMMUNITY BOOK CLUB?

Do you love to read? Do you want to meet people in your neighbourhood? Cindy moved to our neighbourhood in the summer and is looking for some other avid readers who want to help her start a book club. She was a part of a successful book club in the last community she lived in and would love to get one started here. Please send a message to bhca@beddingtoncommunity.ca if you'd like to help her with the planning.



Name	Age	Contact	Course
Cameron	14	403-455-0142	Yes
Rebecca	14	587-223-6730	Yes
Angeline	15	403-275-0344	Yes
Bella	16	403-969-2072	Yes
Sabrina	17	403-512-3171	Yes
Winner	18	587-893-2935	Yes
Brittney	19	403-464-0213	Yes
Stephanie	20	587-969-3320	No
Zara	24	587-703-9212	Yes
Nikkita	25	403-826-8917	Yes
Kassandra	28	403-483-1788	Yes
Alexandra	34	587-716-3894	Yes
May	55	587-968-0782	Yes

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.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Drive NW • Phone: 403-295-8837 • Fax: 888-371-4991
 Website: www.beddingtoncommunity.ca | Email: banner@beddingtoncommunity.ca
 Follow Us on Twitter @BeddingtonCA and Facebook

EXECUTIVE DIRECTORS

President	Jessica Martin
Vice President	Ilona Dezentje
Secretary	Mary Urquhart
Treasurer	Esther Karasova
Director at Large	Roy Alexander
Director at Large	Vacant
Director at Large	Michael Leung
Director at Large	Michael Sokolowski
Director at Large	Anne McCauley
Director at Large	VACANT

COMMITTEES

Casino Coordinator	VACANT
Rink Coordinator	Ilona Dezentje



Beddington Heights Community Association Membership Application

Name: _____
 Address: _____
 Postal Code: _____
 Telephone: _____ Email: _____

Family Member's Names / Ages:	Name	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at www.beddingtoncommunity.ca
 Membership: \$20



BEFORE AND AFTER SCHOOL PROGRAM

Our summer camp registration is now open to the public! Visit our website (www.beddingtoncommunity.ca) or come down to the Beddington Community Arts Center to get registration forms.

Our camps run on a weekly basis so you can pick and choose care based on what works for your family and your vacation times! Visit our website for our cost and hours. Our cost includes all before and after care as well as all 2-3 fieldtrips we go on each week. We also offer an afternoon snack. We are a very active summer camp that believes kids should be kids and have fun outdoors as well as doing things they may not usually do on their own such as crafts, science experiments, group games and activities. We are also offering Before and After Care for Storybook Theatre's Summer Camp! So, if you are doing any of their camps and require before or after care, visit our website, e-mail, or call us today! We have great flexible pricing depending on your care needs.

We have also already started the process of registering families from our waitlist to join us for the next school year. If you have not done so yet and would like to get on our waitlist, please e-mail us at bhca.basp@shaw.ca or call us at 403-295-8837 ext. 104.

As for April updates, we had an early Spring/Easter break with the kids the prior month, which really allowed us to enjoy April and the weather we had!

Have a fantastic May and we will check back in June!

Katie Skoropata

Beddington Real Estate Update

Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$379,900	\$371,000
February 2017	\$354,950	\$355,525
January 2017	\$374,450	\$366,500
December 2016	\$370,000	\$346,000
November 2016	\$417,500	\$401,250
October 2016	\$339,500	\$329,500
September 2016	\$336,250	\$339,000
August 2016	\$399,800	\$378,000
July 2016	\$346,950	\$332,750
June 2016	\$399,900	\$380,000
May 2016	\$399,888	\$390,000
April 2016	\$375,000	\$364,000

Last 12 Months Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2017	16	11
February 2017	9	4
January 2017	4	6
December 2016	2	7
November 2016	10	9
October 2016	14	8
September 2016	15	12
August 2016	9	7
July 2016	18	10
June 2016	12	17
May 2016	15	15
April 2016	21	9

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

Lorli J.S. Dukart
Lawyer & Notary

Serving your community for over 21 years

**REAL ESTATE • WILLS • ESTATES
ENDURING POWER OF ATTORNEY
PERSONAL DIRECTIVES**

Tel: 403-216-6837 • Fax: 403-282-8595
www.dukartlaw.com
Cambrian Professional Centre
 #21, 41 Chelsea Street NW



GARAGE SALE

5th Annual Garage Sale Parade

June 10 • 9 a.m. - 2 p.m.

Are you looking to clear out some treasures?

Join the 5th Annual Community Garage Sale on June 10.

REGISTER before May 30. Tables also available at the Beddington Theatre Arts Centre.

Free for BHCA / SMCA Members or \$10 for non-members. You can become a member for only \$20/year!

Signs, Garage Sale Map & Advertising included.
Watch Facebook or the BHCA website for more info.

Register on <https://beddingtoncommunitygaragesale.eventbrite.com>



Community Clean Up

June 4th, 9:00 am - 2:00 pm

Our friends at MacEwan Sandstone Community Association have invited us to participate in their Community Clean up on June 4

Garbage, Yard Waste, Composting, Electronic Recycling, Metal Recycling (To be confirmed), Paper/Document Shredding (To be confirmed)

Location: Sandstone MacEwan Outdoor Rinks

Community Plant Share

Alex Munro School • 427 - 78 Ave NE

June 8, 4:30 to 6:30pm.

Drop off perennials between 2 and 3:30pm. You will receive vouchers to trade for new plants that afternoon. Plants also available to buy.

WE NEED VOLUNTEERS

for

Neighbour Day BBQ

We are planning our annual Neighbour Day BBQ for June 17 and would love some extra hands to help out that day! If you have a couple of hours to flip burgers or hand out drinks, please email bhca@beddingtoncommunity.ca



BOARD MEETINGS

Fourth Tuesday of the month
(except Dec/July).

7 p.m. start in upper board room at Community Theatre Building (former Community Centre)
Open to all BHCA members and the Beddington community.



Building Strong Families: *Parenting on Your Own*

This fun and informative workshop series was developed with the help of real lone parents.

Weekly topics include; living on a budget, dealing with stress, parenting on your own, working with your child's other parent, planning ahead, resources, family activities, taking care of yourself and moving on.

Lunch and Child Care Provided

Free Program

Six Workshops

Saturday Mornings: April 29 to June 10
(no workshop Victoria Day Weekend)

10 :00 AM to 1:30 PM

To register call 403-275-6668 ext. 222

singleparent@weconnectyou.ca

www.weconnectyou.ca

520 78 Avenue NW



BUILDING STRONG FAMILIES
lone parent program



IN & AROUND CALGARY

You have opinions. We want to hear them. Join Calgary's online panel, Citizens' View

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca.

the Gutter Doctor
EAVESTROUGH
Cleaning • Repair • Installation
FASCIA • SOFFIT • SIDING • ROOFING
20,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Outdoor home improvement project on your mind?

Planning on building a garage, expanding your deck or maybe installing a hot tub? You might be wondering what permits do I require? How long it will take? Or what bylaw and code considerations do I need to know about?

Before you pay for materials, hire a contractor or do it yourself, let The City help guide you on permitting and inspection requirements. We know the process can be confusing, but we're here to help answer your questions to ensure your project meets Alberta's safety codes and city bylaws.

Visit calgary.ca/myhome for answers regarding our most popular outdoor home improvement projects, or give us a call directly.

Planning Services Centre

403-268-5311

Monday to Friday

8 a.m. – 4:15 p.m.

calgary.ca/myhome

GREAT NEWS PUBLISHING 28 YEARS

Did you know that your restaurant can put a menu in our newsletter?

YOUR INSERT HERE

Turn local residents into local customers.
Contact us:
403-263-3044
sales@great-news.ca

91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities

News from the Friends of Nose Hill

by Anne Burke

The City annually invests in infrastructure and upgrades to ensure levels of service and address both capacity and lifecycle needs. The storm water quality retrofit program adds more wet ponds to long-established areas of the city. Wet ponds protect the quality of river water by slowing the flow, allowing sediment to settle. Plants help to remove pollutants. In all, there are 200-flood related projects requiring repairs or restoration. There are riverbank stabilization and erosion sites, the storm drainage system, and lift or pump stations. Construction projects include water main and pipe repairs, as well as new projects and upgrades to improve water and wastewater systems.

The North Calgary Water Servicing Project is underway. This is part of a long-term plan to sustain the water supply system. A new water supply line (feeder main) is required to service future area development. A consultant will design and construct a new water main from Big Hill Pump Station to the Beddington Reservoir. The preferred alignment will cross Nose Hill Park, using geotechnical tunnelling up to 90 metres or 300 feet deep. A rare plant and bird survey to ensure conservation of protected species will be done before phase 1 soil sampling to test the proposed route. The optimum time to drill 21 test holes (each 6 inches in diameter) is mid-winter when the ground is frozen, which minimizes the impact on the surface environment. However, the areas

adjacent to these test locations will be rehabilitated prior to crew leaving the site.

The City promises that there will be only minor surface disruption in the SW and NE corners of Nose Hill at the entrance and exit of the proposed tunnel. No other surface work would be required in the park. Phase 2 construction will occur in Summer 2017 to summer 2018. Drilling and survey equipment and personnel will be visible on the hill but away from the paths by mid-February to early April 2017. In addition, there will be signs at Nose Hill parking lots and an information brochure at www.calgary.ca/nosehill. You can phone 3-1-1 for general water construction inquiries or a list of road closures due to other construction projects.

TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."



IN & AROUND CALGARY



Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.

Thinking of Selling ?

Call for a Free No Obligation Market Evaluation of Your home and receive a FREE "Set to Sell" Market Report.



DELORIS WALKER, BA

Associate,

RE/MAX iRealty Innovations

403-815-0429



deloriswalker.com

Not intended to solicit anyone under a MLS listing contract




**Get up to
2,000 AIR MILES®+
Reward Miles**

when you BUY or SELL your home
with CENTURY 21® Bamber Realty Ltd.

Get started at
www.century21bamber.ab.ca/air-miles/
Want to know more?
gbamber@century21bamber.ab.ca

*Some conditions may apply. See your agent for details.
**††† Trademarks of AIR MILES International B.V. Used under
license by LoyaltyOne, Co. and CENTURY 21® Bamber Realty
Ltd. Each office is independently owned and operated.



Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Social emotional milestones at age 5 are:

- most concerned about family but are reaching out and making friends
- they are starting to learn about rules and behaviours outside of the home; they like rules as rules provide order
- becoming more independent and in control of their behaviour
- they better understand logic which leads to less tantrums and arguments
- sharing is better and they are starting to develop empathy
- they play mostly with the same gender, but are noticing more differences between genders
- may become clingy, bossy or show mixed emotions when tired
- can state family values and know that families have different values
- understanding the world around them better


Working with your child to reach these milestones is critical to a great start to school. Don't worry if your child reaches these milestones after his/her peers. Children develop differently; a guideline is that you should see these milestones be reached before they are 6 years old.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

BUSINESS CLASSIFIEDS

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



Sunday Services at 11am
Bible Study at 10am

The Pathway Church
375 Bermuda Drive NW - Beddington Heights Community Arts Ctr.
☎ 587-581-1858 • www.thepathwaychurch.ca

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.

HD PROPERTY CARE: 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

LOOKING FOR A NEW FAMILY DOCTOR? Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Ho (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

MAKING YOUR HOME SPARKLE: Spotless and smelling wonderful, we provide all types of cleaning services. We love to clean, so let us do it the work for you! Call Ally, 587-583-2046.



DASH THE SPANIEL

Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP
Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™



Calgary Nose Hill
Hon. Michelle Rempel, MP
 201-1318 Centre Street NE, Calgary,
 AB, T2E 2R7
 ☎ 403-216-7777
 ✉ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

On March 22nd, the federal government released its budget for 2017.

Many of you have contacted me expressing concern over the level of federal spending, the deficit, and the lack of a plan to return to balanced budgets in the foreseeable future. Unfortunately, the latest federal budget does not do anything to alleviate your concerns. In fact, the projected deficit for 2017 is \$23 billion and, at this current rate of spending, the budget will not be balanced until 2050.

Statistics released from the Parliamentary Budget Officer's (PBO) 2016 Labour Market Assessment show that despite the massive deficit spending the federal government has undertaken, between Q3 2015 and Q3 2016 there were no net full time jobs created. For those of you who are unaware of the role of the PBO, they provide non-partisan, independent, and arms-length fiscal and economic analysis of government activity.

Of further concern is the fact that the government's own Gross Domestic Product projections continue to decline despite the increased deficit spending. Canadians are right to be questioning the logic of huge deficits, with no end in sight, which are not creating jobs and are not increasing Canada's competitiveness economically or creating future growth. This is not to mention the scrapping of tax credits, including the public transit tax credit, and delays for investments in critical job training programs, infrastructure, defence, and child care.

I will continue to fight for the interests of Alberta families, workers and seniors who are being impacted by this economic downturn.

I recently sponsored petition e-983 which is currently open for signature. The petition is in response to the government's discussion paper regarding changes to the way the House of Commons operates. These proposed changes would eliminate Friday sittings in Parliament, set permanent limits to debate in the House of Commons and committees, and only require the Prime

Minister to attend Question Period once per week.

I believe these proposed changes are not in the best interest of Canadians. If you agree I would ask you to visit my website, www.MichelleRempel.ca and sign the petition today.

As a reminder, I am hosting a Career Services event on May 13. For more information, and to RSVP, please visit www.MichelleRempel.ca.

As always, if you have comments or questions on any issue, please do not hesitate to contact me.

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

MAY MOON CALENDAR

 First Quarter May 2	 Full Moon May 10	 Last Quarter May 19	 New Moon May 25
--	---	---	--



MLA Calgary-Mackay-Nose Hill
Karen McPherson
 Current Member
 #106, 8220 Centre Street NE
 ☎ 403-215-7710
 ✉ calgary.mackay.nosehill@assembly.ab.ca

The signs of spring are in the air! After a long winter, it's great to be welcoming back robins and crocuses and warmer weather.

Bill 2 is before the House as I write this update and I was very proud to speak in support of the important changes this bill will make for people who've been sexually assaulted or have been the victim of domestic violence. Currently these survivors have two years from the incident to bring a civil case forward and that is often not enough time for someone to have healed enough to face their assaulter in court. I share my own story of being sexually assaulted as a child and I know that being able to bring a civil case forward, in their own time, is a huge step forward in healing from assault. I'm very proud our government has introduced such compassionate legislation and am hopeful it will pass. If you are interested there is a link to my speech on my Facebook page (Karen McPherson – MLA)

Last month I had the pleasure of visiting some of the remarkable schools in our constituency. I was lucky enough to visit with the students and staff of St. Henry's, Huntington Hills, Sir John A. McDonald, and Renfrew Educational Services. Congratulations to Sir John A. Macdonald School on serving the young people of our neighbourhoods so well for 50 amazing years; I think we both look pretty good for 50!

Energy Efficiency Alberta is a new provincial agency providing programs and services to help Albertans save money and energy. From its downtown Calgary headquarters, Energy Efficiency Alberta will help make efficiency an important part of the diversification of the energy economy. The agency will also provide approximately 30 jobs for Albertans. By taking advantage of the Residential No-Charge Energy Savings Program alone, the average Alberta family will save \$112 per year on its power bills. I encourage everyone to sign up for an energy efficiency assessment visit: <https://www.energycalberta.ca>.

I always welcome your feedback. You can email us at calgary.mackay.nosehill@assembly.ab.ca, call us at 403-215-7710, or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

Hoffman

INSTITUTE

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Visit www.hoffmaninstitute.ca to find out how you can,

- Gain better personal relationships
- Renew your enthusiasm for life and vitality
- Create greater emotional resilience
- Have relief from anger and depression and more...



GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044



THE TRUE NORTH STRONG AND FREE

In honour of Canada's 150th birthday, Great News Publishing wants to know...

WHAT IS YOUR FAVOURITE PART OF BEING A CANADIAN?



Submit your best answers for a chance to be featured in upcoming newsletters!
canada150@great-news.ca
 #34, 4550 112 Ave SE, T2C 2K2
 Visit our [Facebook page](#) for more details
[facebook.com/GreatNews.ca](https://www.facebook.com/GreatNews.ca)



Councillor, Ward 4
Sean Chu
 403-268-3727
ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Hello Ward 4 Residents,

Save the date! *Thursday, May 25th 2017*
 Ward 4 Traffic/Pedestrian Safety Meeting

As your Ward Councillor I am dedicated to keeping our streets safe for users of all modes of transportation. As such, I would like to invite you to the City of Calgary, and Calgary Police Service (CPS), annual Community Traffic/Pedestrian Safety meeting on:

Thursday, May 25th 2017 from 6:30 to 8:30 p.m.

Thornccliffe Greenview Community Association (5600, Centre Street North)

The meeting will give residents an opportunity to hear about the [Calgary Safer Mobility Plan](#) and learn how we are keeping Calgary's roads safe for all users. At this event residents will also be given the chance to voice their ongoing concerns.

As a 21 year veteran of the Calgary Police Service, traffic safety is of paramount concern to me. This issue also consistently appears as a top concern in citizen satisfaction surveys so I also know it is of great importance to you. That is why the Traffic Safety meeting is open to all Ward 4 residents and will be a forum that fosters discussion, raises awareness, and leads to real solutions.

CPS who utilizes both education and enforcement to ensure the safety of drivers and pedestrians, rely heavily on traffic safety requests, as a key indicator of where targeted enforcement and education are needed, to address traffic concerns. So, based on your feedback at this meeting, CPS will be able to conduct additional enforcement in our Ward and report-back their findings. The City's Transportation Department will then be able to research and recommend specific engineering measures that could be applied where issues other persist.

For more information about the sessions, visit Calgary.ca/trafficsafety or calgary.ca/ward4



Calgary



Golf courses – fun and affordable family time.

Youth Packs only \$60 – awesome deal for Juniors
 6 games for the price of 5, plus bonus offers

Family Golf rates anytime

- McCall Par 3/Richmond Green
- Family of 4 only \$33
- Lakeview family rates \$44

Event Nights: We're Family Friendly

- Family Nights (FREE golf for Juniors)
- Beginner Nights
- Fun, prizes and free tips from the Golf Pros

Quality time with family and friends

- 8 courses/3 Driving Ranges in Calgary
- Fun lessons with friendly Golf Pros

Connect with us.

- Download our FREE golf app
- Sign up for our e-Newsletter
- Find us on Facebook



For dates and details visit calgary.ca/golf

2017-0485 17-00257306

DON'T WAIT
 THE TIME WILL NEVER BE JUST RIGHT.

WARRIOR CHALLENGE

MAY 13, 2017 /// EVENT: STADIUM CALGARY, AB

REGISTER NOW
WWW.XWARRIORCHALLENGE.COM

ALL CANADIAN KARATE UNION KARATE

SANDSTONE

Berkshire Citadel Community Church

Monday Evenings

- 6:30-7:00 Karate Chop Kids Ages 4-6
- 7:00-8:00 Family Karate Class Ages 7 & up

BEDDINGTON HEIGHTS

Community Arts Centre

Wednesday Evenings

- 6:30-7:30 Family Karate Class Ages 7 & up

HUNTINGTON HILLS

Community Centre

Tuesday Evenings

- 5:30-6:00 Karate Chop Kids Ages 4-6
- 6:00-7:00 Family Karate Class Ages 7 & up

MOUNT PLEASANT

Community Centre

Thursday Evenings

- 5:30-6:00 Karate Chop Kids Ages 4-6
- 6:00-7:00 Family Karate Class Ages 7 & up



REGISTER NOW

ALL CANADIAN KARATE UNION
www.acku.org 403-232-0228



New Patients Welcome



Sandstone Dental

Perfecting One Smile at a Time

The Clear Alternative to Braces



get the confidence
of a great smile



220-66 Sandarac Drive NW
Calgary, Alberta T3K 4L2



General & Cosmetic Dentistry
Dental Implants
Full Denture Services
Childrens Dentistry
Sedation Dentistry
Emergencies Welcome

All services performed by a General Dentist

Dr. Peter Manzer

Dr. Niromi Fernando

Dr. Dat Tran

Call Today for your Free Consultation 403-275-3131
Visit us online at www.SandstoneDental.ca