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 🌐 www.cabdoc.ca



Citadel & Hawkwood Community Associations

860 Citadel Dr. NW **Box 62011, RPO Hawkwood NW**
Calgary, AB – T2G 4B8 **Calgary, AB – T3G 5S7**
Phone: 403.397.3454 **Phone: 403.239.2211**
boardmail@citadelca.ab.ca **president@hawkwoodcalgary.com**
www.citadelca.ab.ca **www.hawkwoodca.com**

Elected Officials



Councillor Joe Magliocca
Ward 2 Office
 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 2M5
 Phone: 403-268-2430
 Fax: 403-268-3823
 Email: ward02@calgary.ca
 Web: www.calgary.ca/ward2



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 Fax: (403) 216-5442
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CITADEL & HAWKWOOD FOR 5 YEARS!

Name	Age	Contact	Course
Courtney	13	403-862-0079	Yes
Sophia	14	403-208-9559	Yes
Sharon	14	587-354-1466	Yes
Ryan	14	403-852-9602	Yes
Chaerin	14	587-331-9207	Yes
Courtney	15	403-295-7751	Yes
Blake	15	403-547-3197	Yes
Madina	15	587-353-1955	Yes
Sandy	16	403-617-1516	Yes
Kristyn	20	403-554-1916	Yes
Kelly	32	403-992-6361	No
Roni	55	403-247-9913	Yes
Iffat Noreen	57	587-353-9949	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.

news@great-news.ca
Editorial Content DEADLINE 1st
 of each month for the next month's issue

YOUR COMMUNITY CONNECTIONS

COMMUNITY

Calgary Public Library
 Crowfoot Branch
 8665 Nose Hill Drive - T3G 5T3
 403-221-4122

Scouts Canada
www.myscouts.ca
 403-283-4993

Girl Guides
ggcinfo@calgarygirlguides.com
 403-283-8348

CITY PARKS & PATHWAYS

Edgemont Ravine

Edgebrook Dr. & Edgebrook Blvd. NW
 35.5 hectares of networking ravines in the northwest section of the city are completely surrounded by the community of Edgemont. The naturalized marsh was one of the first to be constructed as part of the water management scheme in a community development. The community and park were established in the late 1970s. Access to the ravines is available through the parking lot on the east side of Edgebrook Blvd. NW.

Ranchlands Park

700 Ranchlands Blvd. NW.
 Ranchlands Park occupies about 12 hectares in the community of Ranchlands in the northwest part of the city. The park was established when the community was developed in the 1970s.

Nose Hill Park

5620 14 St. NW
 Area: 1129 hectares
 Nose Hill Natural Environment Park lies in the northwest part of the city, surrounded by 12 residential communities. The park was created in 1980 and covers over 11 square kilometres. The hill most likely gets its name from the fact that, from certain locations and with a little imagination, it looks like a nose.

your COMMUNITY business of the month

Knibbe Automotive

Citadel-Hawkwood Communities

Can you describe a negative experience that you've had at an automotive repair shop? I bet that you can. Most of us have either had a bad experience getting their car repaired, or know someone who has. This is why getting your car repaired can be one of the most stressful experiences that many people will go through. We refer to this as "repairophobia."

It can be very stressful to:

- Trust someone else to take care of one of the most expensive things you own.
- Trust that they will be able to fix the problem.
- Trust that they will perform the repair properly.
- Trust that they will stick to their quote.
- Trust that your car will be ready on time.

As you can see, the common theme here is trust. At Knibbe Automotive we believe "gain trust, gain a customer; lose trust, lose a customer." This is the premise that we built the business on when I started it 12 years ago with my son, my daughter and my wife. I have worked in the automotive industry for 30 years and it became obvious that the businesses that succeeded were able to earn the trust of their customers. This was my vision.

This is why, in 2004, we opened Knibbe Automotive. I believed that if I could earn the trust of my customers, we would be successful. We designed the business to treat customers the way I would want to be treated. The service advisors are taught to "Own the Problem," which means to take care of the vehicle from start to finish as if it were their own. We hired the best technicians in order to ensure that we could deliver what we were promising. We designed processes to ensure that unnecessary repairs were not performed, that work was not started without the customer's authorization, and that the customers were communicated to properly and kept apprised as to the status of their car.

We do this by:

- Hiring the best technicians that we can find.
- Having our service writers be licensed technicians, ensuring that they are able to understand and explain to the customer exactly what is going on with their car.

- Having more service writers than most repair shops, allowing them to spend more time with each customer.
- Showing every customer the parts that were replaced on their car to help them understand what was done, and why.

At Knibbe Automotive, we strive to be different. We work hard at removing the fear and anxiety from the necessary evil of car repairs. We are not satisfied unless every customer leaves satisfied. We care.

We are located in the bustling Crowfoot shopping area, where we have expanded in order to serve all of our customers. We work on all makes and models, as we have technicians from a wide variety of backgrounds. We are located near the train station, and also have free shuttle available to the NW. We are open Monday to Friday, from 7:00 until 5:30.

Please drop by to see what we are like, call us at 403-547-7771 or 403-241-6100, or visit our website at www.knibbeautomotive.com.

This is my business, my reputation, and I care.

We will take care of you.

John Knibbe



KNIBBE AUTOMOTIVE REPAIR
 WWW.KNIBBEAUTOMOTIVE.COM

\$25 KNIBBE BUCKS

This coupon entitles the bearer to \$25.00 OFF automotive repairs on a minimum repair bill of \$100 at either location:

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160 Crowfoot Way NW 403-547-7771

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 *NOT VALID FOR OIL CHANGES

**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



CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

- **Friday May 13 - 9am – 9pm**
Author reading 7pm
- **Saturday May 14 - 9am – 9pm**
Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 – 9pm.
- **Sunday May 15 - 9am – 1pm**
Other special activities during the Big Book Sale will be announced on our website as they confirm: calgaryreads.com.

Donate books: We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

Book collection locations, dates and times:

- At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:
 - Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm
 - Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm
- At **Calgary Curling Club**, 720 3rd St. NW, Calgary:
 - Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp
 - Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com.



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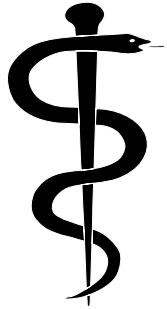
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IN & AROUND CALGARY

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.

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.**

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!

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 ex-

cessively 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.

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results polices and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.



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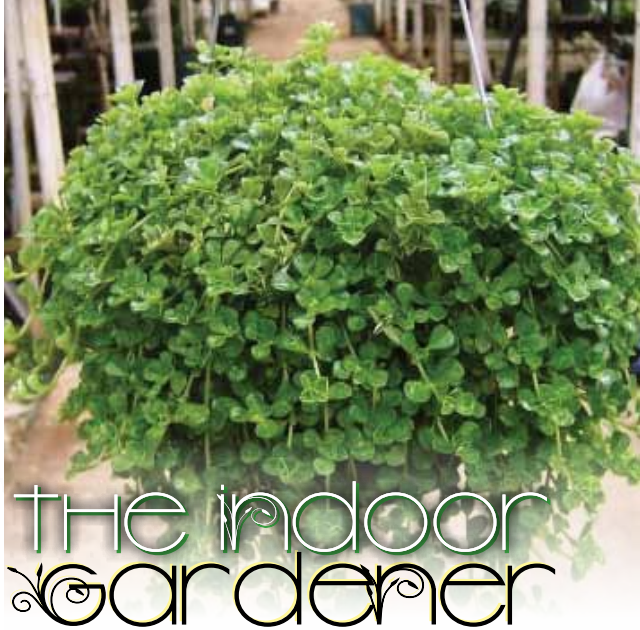


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Unit 312, 5149 Country Hills Blvd. NW
(Across from Hamptons Superstore)
www.calgaryregistry.com



THE indoor Gardener

by Cindy deJager

SOLEIROLIA HELXINE

(Baby's Tears)

A Baby's Tear Plant is a delicate looking house plant that resembles a mat or carpet of tiny green leaves as it spreads over the sides of its pot. Baby's Tears plants, which originally came from Corsica and Sardinia, have tiny round or bean-shaped leaves that grow on thin fragile stems. Baby's Tear houseplants can be used as table plants or small hanging plants.

My mother had this plant under a table lamp when I was a child, and I can still remember being irresistibly attracted to the tiny, fat leaves. I just bought myself a plant recently – you don't see them very often in the stores and I'm not quite sure why.

To be really successful with this plant it requires bright indirect light and only enough water to moisten the soil. Mist this little plant often because it needs more humidity than we have here in Calgary.

Soil:

I have read that it gets tiny white flowers in the spring but I have never seen one in bloom.

The Baby's Tear is a non-poisonous houseplant.



Help Your Children Succeed in Life!

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

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems....while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!



Family Dental Care in Calgary

Stephanie McIntyre

From Baby teeth to dentures – everyone has unique dental needs that require attention to ensure that optimal dental health is achieved. As varied as the stages of dental care, there are many different types of dentists, all focused on different forms of treatment – so who should you see if you are looking for Family Dental Care in Calgary?

Family Dentists

Family Dentists are frequently referred to as General Dentists as they provide general dental services to patients of all ages in various scopes of dentistry. Unlike Dental Specialists who have focused on one area of dentistry and only provide services that fall within their specialty – Family, or General Dentists, have elected to provide a full range of services from dental cleanings to fillings and root canals and frequently see patients who have baby, permanent or no teeth.

Preventive Dental Care

Family Dentistry is focused on maintaining optimal dental health and preventing dental issues that require significant treatment. You may have wondered why your family dentist reinforces the importance of Routine Dental Cleanings and Exams – that's because

during this type of appointment a dentist and hygienist is able to monitor the health of your teeth and other oral tissues and provide treatment that reduces the risk of developing dental decay, gingivitis and periodontal disease. Allowing your dental team to capture x-rays on a regular basis provides an opportunity to see what is happening between teeth and below the gum line – areas that dental decay can quickly form.

Caring For Your Smile

Along with Preventive Dental Care that includes procedures like exams, cleanings and sealants – your Family Dentist also focuses on the health of individual teeth and your bite as a whole. Restoring teeth that are damaged due to decay, trauma, clenching and grinding is an everyday event that often expands to include the crowning of teeth that have excessive damage or have been restored numerous times and requires additional support. Your Family Dentist cares if you are happy with the health and esthetics of your smile – and is experienced in providing certain cosmetic options like Teeth Whitening and Dental Veneers that can improve the color of teeth and in the case of veneers a tooth's shape, size and alignment.

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.ccssd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to thoughtexchange@ccsd.ab.ca.
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.



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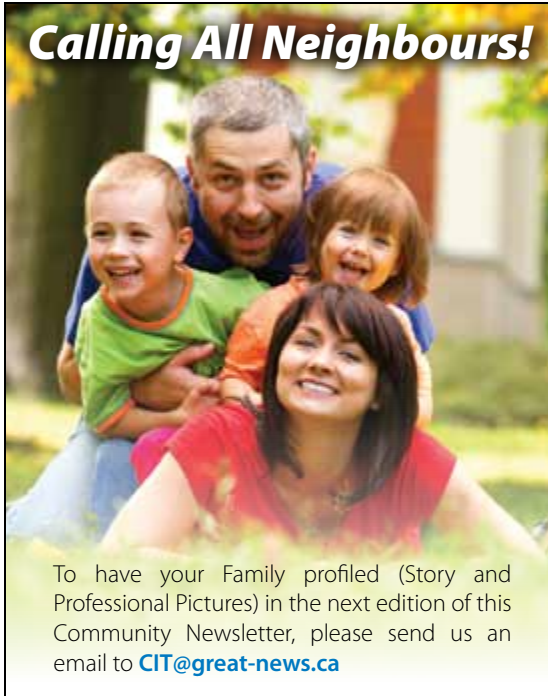
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Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to CIT@great-news.ca



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.
- 4. 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

Interesting ARCHITECTURE

The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.



Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (www.jchs.harvard.edu) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning

will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!

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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.

THE HUMAN BODY trivia



Worldwide, the average life expectancy at birth was 71.0 years (68.5 years for males and 73.5 years for females) over the period 2010–2013 according to United Nations World Population Prospects 2012 Revision, or 70.7 years (68.2 years for males and 73.2 years for females) for 2009 according to The World Factbook.



Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words

and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

If you are bilingual, talk to your child mostly in your first language – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

Embrace baby-talk – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

Read aloud to your child. Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: www.thirtymillionwords.org

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: www.calgaryreads.com.



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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 in-

come 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.

Art of the world



Las Meninas, 1656 By: Diego Velazquez

Diego was a Spanish painter who was the leading artist in the court of King Philip IV and one of the most important painters of the Spanish Golden Age. Las Meninas, or The Maids of Honor, depicts a room in the Madrid palace of Spain's King Philip IV. The painting is famous for its complexities regarding reality and illusion. Uncertainty is played out in the relations between the viewers and the figures, as well as between the figures themselves. These complex uncertainties have welcomed much discussion and analysis among critics and scholars.

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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 32



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?



Bobcats in the City

If you live or walk near the lower Elbow River you may have noticed a significant decrease in white hares hopping around and nibbling at your landscaping, or fewer droppings and “bunny” tracks in the snow. The likely culprit? Bobcats!

Bobcats, a type of lynx, are small wild cats, distinguished by their dappled grey-brown coats, black-tipped ears and short “bobbed” tails. These muscular cats have longer hind than front legs, giving them a bobbing gait. This winter, several bobcats, some with kittens, have been sighted in communities along the Lower Elbow including Elboya, Britannia and Bel-Aire. Some were in the open, some perched in trees and another spotted crouching under tree boughs, camouflaged by its spotted coat. One local family even reported that their

pet bunny had been taken from an open outdoor enclosure.

About double the size of housecats, bobcats are adaptable predators, preferring rabbits and hares but will hunt insects, birds, rodents and even deer. They compete with coyotes for prey, are solitary and territorial; moving on when their preferred food source has been depleted. In this way they play an important role in maintaining balance within our biodiverse riverine ecosystem.

They are more active during winter days when their prey is most active, but otherwise are on the prowl around dusk and sunrise. The bobcat hunts by stalking its prey and then ambushing it with a short chase or pounce, grabbing it with sharp, retractable claws. If chased by a dog, they may climb up a tree. The bobcat usually has a main den, and several other shelters within the range of its territory, such as hollow logs, brush, or under low, open structures. While preferring forested areas, bobcats will follow their prey into the urban-fringe. Here their range is limited and isolated by our fragmented natural landscape, resulting in less gene diversity and a build-up of parasites.

The average bobcat lifespan is 7 years. They breed from winter into spring and have a gestation period of about two months. Kittens may be taken by other predators, including owls, eagles, and foxes, as well as adult male bobcats.

Alberta Fish and Wildlife does not consider bobcats a threat to humans and won't usually step in to remove them from urban environments. Rather, they prefer to

educate homeowners on how to discourage attracting the cats and offer the following tips:

- Remove birdfeeders from your property as they attract the smaller mammals that bobcats prey on
- Close off any open spaces underneath your shed, deck, stairs or anywhere else that might provide shelter for a bobcat
- Motion-activated lights may help scare bobcats away at night
- Keep smaller pets indoors or watch them closely when outside
- Keep pets on a leash when walking them
- Feed your pets inside
- Put your garbage out the morning of pickup, not the night before.

Questions or concerns about bobcats? Call the Calgary District Fish and Wildlife office during business hours at 403-297-6423.

Rather than labeling our bobcat encounters as human-wildlife “conflicts”, perhaps we can reframe this relationship as “co-existence”. And don't worry; the hare population will bounce back!

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.

Plant Trivia

What is the most common type of plant in the world?
Answer: Grass



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JOEY'S RESTAURANTS

How is my money affected by changes to the Alberta Income Tax Structure this year?

With tax season approaching, you are probably wondering how our provincial NDP budget will impact your household. October 2015, our taxation structure changed here in Alberta. Now take a deep breath because in Wild Rose Country we will continue to enjoy the highest spousal and basic personal amount tax deductions in Canada.

You've heard the term 'tax bracket'? Once you hit a certain amount, the rate increases in the next 'bracket'. In 2016 you'll pay more in the next tax bracket, but **only** on the additional income. There is a bracket system on federal income taxes, but the Alberta system doesn't match the federal. Confused yet? Read on fellow taxpayer.

Okay, so you can earn up to \$125,000 before you are bumped to the next tax bracket. There's no personal income tax on the first \$18,214 of taxable income. The Government of Alberta reports almost 93% of Alberta taxpayers will continue to pay at the existing 10% tax rate. That's because their taxable income is between \$18,214 to \$125,000.

For 2016 tax year here's what it will look for those folks who make more than \$125,000. The tax rate is 10% between \$18,214 to \$125,000. For taxable income up to \$150,000, you'll pay 10% on your first \$125,000 and 12% on the next \$25,000. If you pull in between \$150,000-\$200,000, you'll pay 10% on \$125,000, 12% for \$25,000 and then 13% on that extra \$50k. The rate goes up to 14% for income over \$200,000 and it jumps again to

15% for those earning \$300,000+. And to make it even more complicated, these rates are effective 1 October, 2015. So the old rate (10% flat rate) and the new rates are prorated.

Whew! It's a little more complicated this year so here is a chart and some very basic tips:

Taxable Income	2016 Tax Rates	2015 Tax Rates
first \$125,000	10%	10.00%
over \$125,000 up to \$150,000	12%	10.50%
over \$150,000 up to \$200,000	13%	10.75%
over \$200,000 up to \$300,000	14%	11.00%
over \$300,000	15%	11.25%

Prepare that you might see additional taxes owing on your 2015 tax return. Why? Typically employers withhold money off your paycheque and submits the funds to pay your taxes. Remember that change that came into effect October 1, 2015? If your employer didn't implement the new tax rates to adjust your pay, then you might need to brace yourself for a little adjustment on your return.

Don't forget to add your Universal Child Care Benefit to your income. That was the cheque you received in 2015 if you have children. If you didn't realize before then I am sorry to bear the news. That money is considered taxable and so you'll be paying some bucks back on that amount.

Find someone who can inform or guide you. If you are still unsure about what these changes mean to your family's finances, rest assured...you are doing the right thing taking the time to inform yourself. Keep researching, reading and collecting the information you'll need to complete your income taxes effectively. Ask questions of folks in the know, post questions to discussion boards, hire a trusted professional, research the news and/or check out the Government of Alberta webpage for more details.

Richard Presland, CMA, MBA



Alan Killian PGA of Canada, CFP Professional
Jeremy Tanner PGA of Canada

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The 2nd most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are **4 keys** to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

Golf is a game and like all other sports, having strong "fundamentals" are key to your success. These fundamentals are best learned and developed when you participate in a "swing training program" that teaches you golf specific drills **without** the distraction of also trying to hit a golf ball. This process, without the ball, both teaches you these important fundamentals but through repetition, also trains your brain and body to efficiently **perform** these key swing fundamentals.

Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "effective" motion that

allows you to repeatedly hit the golf ball solidly. The more you practice and play golf with "improved fundamentals", the better you will become. The better you become, the more you will enjoy playing the game of golf.

The 3rd key is to set some realistic goals each year along with a well thought-out plan of attack to achieve them. Goal setting is vital as is developing a plan to attain them such as **practicing with purpose** and not just whacking balls at the range haphazardly like so many people do. Your goals and expectations should be commensurate with things like your athleticism, your time you have to devote to the game of golf, your commitment and dedication to this process, etc. Having goals/expectations that are too lofty along with no desire to practice is a recipe for failure.

The 4th key is to commit to some on-going monitoring and evaluation by a PGA Professional to ensure you are remaining on the right track. Depending on your progress, you may need to alter your goals, your plan or your level of commitment.

Golf is a **GAME** and your **priority** should be to **enjoy it** along with the company of your friends/playing partners. Working with a PGA Professional will help.

Good golfing!



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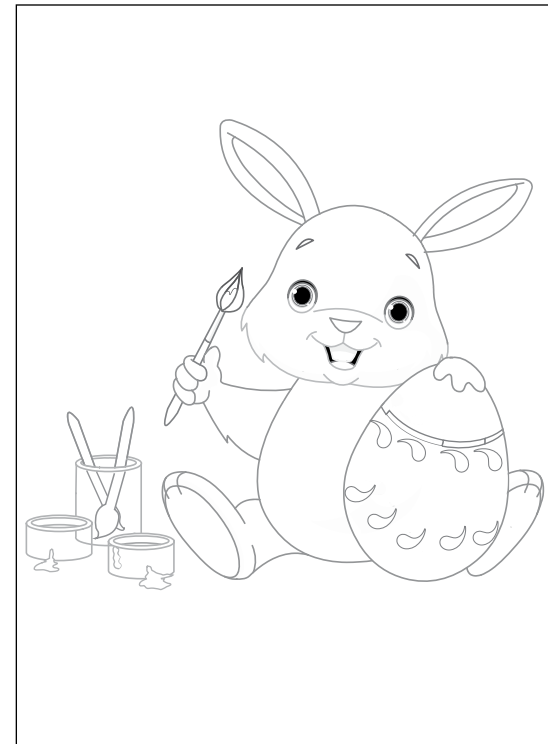
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SENIORS IN YOUR NEIGHBOURHOOD: Some may be at risk or struggling, but unable or unaware of how to get help. So how do you spot the signs? And what should you do about it? Visit seniorconnect.ca to view a free 30 minute educational video.

VOLUNTEER DRIVERS NEEDED: to get seniors to urgent medical appts. From your computer or phone, you can choose days/times that fit your life (no need for same time every week), the areas closest to you, and which seniors you drive. We pay mileage or issue tax receipts. Visit driventovolunteer.org

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Calgary.ca/ward2

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I would like to take this opportunity to wish everyone a Happy Easter. As we get closer to spring with warmer temperatures, I encourage Calgarians to get outdoors and enjoy the many recreational opportunities in and around the City. However, please take extra caution around frozen lakes and streams. It is particularly important to stay away from drainage ponds as any remaining ice will be very thin. Even though the ice may look solid, looks can be deceiving. Stay off the ice unless it is a City or community-designated area.

Neighbourhood Spring Clean Up

The warmer temperatures and melting snow also provide a great opportunity to consider organizing or participating in a neighbourhood spring clean up. It is important for all of us in Ward 2 to do our part in keeping our communities clean. Furthermore, if you see uncleanliness in your neighbourhoods, please feel free to contact 311 or my office.

Crowchild Trail Study

Thousands of residents in Ward 2 utilize Crowchild Trail every day. The City of Calgary is currently conducting a study that will identify short, medium and long-term upgrades for Crowchild Trail between 24 Ave. N.W. to 17 Ave S.W. Your input is crucial to the future of this important roadway. Calgarians are invited to drop-in at one of several open houses on:

- Thursday, March 10, 5 to 8 p.m. Red and White Club, McMahon Stadium 1833 Crowchild Tr. N.W.
- Saturday, March 12, 10 a.m. to 1 p.m. Queen Elizabeth Sr. High School 512 18 St. N.W.

Visit calgary.ca/crowchild for event details and other opportunities to provide your input as they become available.

Year in Review Newsletter

In many coffee shops around Ward 2 you will find my "Year in Review" newsletter. It is important for me to keep you informed on current events and projects going on in Ward 2, but it is also important to look back at the progress we made together as a community on

roads, parks, and other issues that are important to you. The "Year in Review" newsletter can be found in hard copy at coffee shops throughout Ward 2 and also online at www.joemagliocca.com.

Joes Tip:

Download the 311 Calgary Mobile App - By downloading the 311 Calgary mobile app you can connect directly with The City to submit a service request at any time of day. With the 311 Calgary mobile app, you have the option to attach a photo to your request, use your smartphone's GPS function to allow the app to detect your location and have the ability to track the status of your request using the auto generated service request number. Visit www.calgary.ca for more details.

Insect Trivia



BRAIN GAMES

SUDOKU

1	2	7	8	9	4	5	6	3
6	8	9	2	3	5	1	4	7
3	4	5	1	6	7	8	9	2
4	9	8	3	2	1	7	5	6
7	3	2	4	5	6	9	8	1
5	1	6	7	8	9	2	3	4
9	5	3	6	1	2	4	7	8
8	7	1	9	4	3	6	2	5
2	6	4	5	7	8	3	1	9

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
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
Weather Information	
Gamblers Anonymous	403.237.0654

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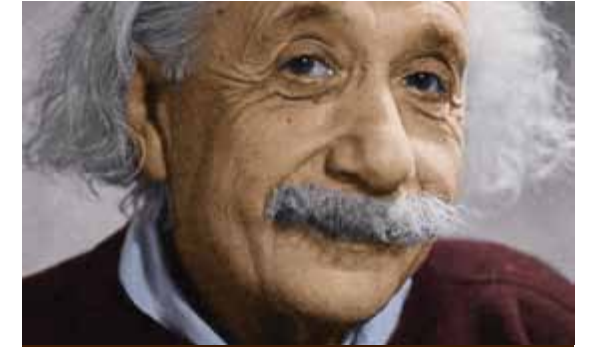
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Contact news@great-news.ca

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



Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

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MLA FOR CALGARY-HAWKWOOD **MICHAEL CONNOLLY**

Phone: 403.216.5444 Fax: 403.216.5442
 Email: calgary.hawkwood@assembly.ab.ca

On March 8, MLAs will return to the Legislature to start another busy session. In the spring we will release our next budget and I encourage you to email my office at calgary.hawkwood@assembly.ab.ca with your input.

In January and February, I have been busy out in the community. On February 28th, I took the coldest swim of my life at the 2016 Polar Plunge in Arbour Lake. The Polar Plunge is organized by the Alberta Law Enforcement Torch Run, and all the money raised goes to Special Olympics Alberta. I hope I never take a swim that cold again (until Polar Plunge 2017)!

Our office is now an art gallery! I have artwork from students at Robert Thirsk High School on display for the next few months. Thank you to our talented students and teachers for making this possible! I encourage you to come by our office to check out our student artwork at #29, 735 Ranchlands Blvd NW.

We have so many creative people in our communities. I was blown away by the entries at the 10th Annual Silver Springs Lego competition in January. With entries from all over Calgary (and even the rest of the province) it's easy to see why people from all over Calgary-Hawkwood go to check out these Lego masterpieces.

One of my favourite parts of being an MLA is getting to speak with our youth. I had the pleasure of speaking to Grade 6 students at Arbour Lake School about what I do as an MLA and how the Legislature works. In 2015, Arbour Lake students visited the Legislature so it was wonderful to teach them more about government.

Thank you for taking the time to read my update. If you have any questions or concerns, don't hesitate to email me at calgary.hawkwood@assembly.ab.ca or call 403-216-5444.

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2016 STATS	HAWKWOOD SALES	HAWKWOOD AVG PRICE	CITADEL SALES	CITADEL AVG PRICE
Bi-Level	1	\$485,000	1	\$450,000
Bungalow	0	-	1	\$615,000
Two Storey	1	\$500,000	5	\$447,000
Two Storey Split	0	-	0	-
Split-Level	1	\$497,000	1	\$410,000
Townhouse	0	-	1	\$330,000
Condo	0	-	0	-
TOTAL SALES	3		9	
Avg days on Market	28 days		36 days	

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\$369,900

171 Royal Manor NW

- mint condition 2 bedroom+loft condo
- white kitchen, South yard, backs on park
- finished walkout, walk to LRT & bus stops

TEXT T855763 TO 85377



\$589,900

191 Arbour Wood Close NW

- custom 3 bedroom bi-level on greenbelt
- hardwood & tile floors, vaulted ceilings
- finished walkout, DT views, walk to LRT

TEXT T984515 TO 85377



\$449,900

71 Edgepark Villas NW

- lovely 2 bedroom+den villa, backs on park
- vaulted ceilings, finished walkout, A/C
- oak kitchen, 2.5 baths, walk to shopping

TEXT T882876 TO 85377



\$364,900

49,5400 Dalhousie Drive NW

- lovely 2 bedroom / 1.5 bath townhome
- laminate floors, fully finished, 1 car garage
- walk to Dalhousie Station LRT, fenced yard

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\$639,900

7031 - 61 Avenue NW

- renovated Nu-West bungalow 4 bedrooms
- quartz counters, fully finished, 2 car garage
- big backyard, upgrades, walk to schools

TEXT T859488 TO 85377



\$759,900

9 Hawkside Road NW

- renovated 5 bedroom+den two storey
- maple kitchen, finished walkout, mtn views
- hardwood floors, built-ins, estate area

TEXT T977515 TO 85377



\$209,900

2301, 4001B - 49 Street NW

- updated 2 bedroom / 2 bath condo
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- across from Market Mall, adult 25+ complex

TEXT T828317 TO 85377



\$599,900

95 Arbour Lake Way NW

- custom 4 bedroom+loft former showhome
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- 2 decks, new roof/furnace/exterior



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