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STEP INTO SPRING

UNIVERSITY OF CALGARY

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer ($25 value)
-$10 gift card
-Prize draw entry for $1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

CLIMB FOR WILDERNESS

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HUNTINGTON HILLS COMMUNITY ASSOCIATION

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

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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 Weather Information	511
Gamblers Anonymous	403-237-0654

Canada 150 Grant

EXCITING NEWS! As Canada celebrates its 150 years as a country, the Government is awarding Grants to areas within the City of Calgary. Thirteen Grants were given out to different communities. Huntington Hills Community was one of those communities to receive a Grant. This grant will help to finance the renovation project at the Community Association Building. Jim Murphy - General Manager and Heather Allison - Vice President of HHCA were invited to attend the unveiling of these grants on Tuesday, January 17, 2017. Mayor Nenshi and other dignitaries were at the presentation. We would like to thank all those involved in applying to get this grant and the Government for accepting HHCA as one of the recipients.

Huntington Hills Community Centre

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Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at

www.huntingtonhillscalgary.com/

Adventures in Learning Preschool

Registration is now open.
Registration fee:
$75.00 NON REFUNDABLE.
Three classes weekly (Mon, Wed, and Fri)
9:00-11:30 am $160.00 per month.
Two classes weekly
(Tue. & Thurs) AM $ 135.00

Class times

- Morning hours 9: 00-11:30
  Your child must be at least 3 years old age to enter and be fully toilet trained.

Subsidy is available through the Government of Alberta.

Huntington Hills Community Adventures in Learn Preschool
520 – 78th Avenue NW
Calgary, Alberta T2K 0S2
403-275-6666 ext 231 or 234 | 403-512-5732

Gym Rentals Available

Call the Main Office at 403-275-6666, ext 234 for more information.

CALGARY MOUNTAINVIEW LIONS CLUB

We Serve

Meets at the Triwood Community Hall on the second and fourth Tuesday of each month.
Serving Northwest Calgary, open to all men and women of legal age.
For more info call: John Wilson 403-932-6043

The North Central Family Support Program

The North Central Family Support Program is thrilled to announce our new partnership with BowWest Community Resource Centre. Outreach Advocates from BowWest will be at Huntington Hills office on Wednesdays and at the Northern Hills Community Offices in Vivo on Tuesday evenings to provide outreach, information and basic needs referrals for singles, seniors and families experiencing economic challenges. Please call Victoria at 403-703-0140 for more information or to book an appointment.

Good Food Box: prices and order information remain the same upcoming 2017 schedule

ORDER DATE **PICK UP DATE**

March 14, 2017 **March 23, 2017**

NEW! Support Group for Parents & Caregivers of Children with ADHD— Coming in January, stay tuned! For information please e-mail lorraine@weconnectyou.ca.

Good Food Box Dates for 2017

Call 403-275-6666 ext 221/232 for more information. You must pay cash by the order deadline no later then 11:00am that day. Orders must be picked up between 1-6 pm at the Huntington Hills Community Association. We are not responsible for orders not picked up on time. Identification may be requested at pick up.
$25/20 lbs, $30/30 lbs, $35/40 lbs

Order deadline please pay cash only by 11:00 am	**Pick up** date is **THURSDAY from 1-6pm (earlier pick up available if you receive a**
March 14 2017	March 23 2017
April 25 2017	May 4 2017
May 30 2017	June 8 2017
June 20 2017	June 29 2017
September 19 2017	September 28 2017
October 17 2017	October 26 2017
November 14 2017	November 23 2017

Public Skating

Public skating is ongoing.

Mondays – 2:00 – 3:30pm
Wednesdays – 2:00 – 3:30pm
Fridays – 1:15 – 2:15pm

HUNTINGTON PIONEERS ASSOCIATION

***A club for adults 50 years and** older, retired or semi-retired.*

Located in the lower level of the Huntington Hills Community Association
520 78th Avenue NW T2K 0S2
Phone: 403-275-4294 • Fax: 403-275-5227
www.huntingtonpioneers.com
E-Mail: pioneers50@telus.net
The Huntington Pioneers Association is a group of people participating in a variety of activities.

Some of the activities include:
Bridge, snooker, whist, shuffle boarding, art classes, craft classes, outings, movies, volunteer activities, social events and more!

We have regular monthly activities and we invite anyone meeting our membership requirements to join us:

Pot luck supper: last Monday of each month, starts at 5:30pm

Movie Night: 4th Friday of every month 7pm, Silver collection for popcorn and pop.

Art classes: Every Tuesday 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching.

Games Night: every Tuesday from 6pm – 9pm.

Soup and Bun Day: The 2nd Thursday of every month, starting at 12pm. Cost set by Board.

Club Cost and hours:
$30 for membership
Tuesdays and Thursdays from 10am – 4pm

Call 403-275-4294 for more information; registration and costs, program start times, and more.

Huntington Hills Community Association Out of School Care!!

Pre-accredited program offering an abundance of fun physical activities, field trips, clubs, and creative expression.

We are a home away from home where each child's individual needs, interests, and abilities are met and challenged.

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Interest based clubs
Affordable pricing!!
Field trips!!
Great Staff!!

Onsite Transportation
Delicious Healthy Snacks
Onsite skating, sledding and more!!

Come join in on the fun!! We offer Full time, part time and morning/afternoon kindergarten.

Servicing Huntington Hills Elementary, Alex Munro, Dr. J.K. Mulloy, St. Henry and St. Hubert schools.

Please contact Kayann or Sarah for further information at (403) 275-6666 ext. 277.

We look forward to hearing from you!

Humpty's Champions Cup

Tickets are now on sale for the Humpty's Champions Cup running April 25-30, 2017, at WinSport Park in Calgary.

The seventh and final Pinty's Grand Slam of Curling event of 2016-17 features all of the top tournament winners of the curling year. World champs, junior champs, Grand Slam champs and more collide in one final showdown to close out the season.

Winnipeg's Jennifer Jones topped Ottawa's Rachel Homan in a powerhouse women's final for the inaugural Humpty's Champions Cup title while Winnipeg's Reid Carruthers edged Toronto's John Epping in a thrilling second extra end for the men's trophy.

Both Team Jones and Team Carruthers will get a chance to defend their titles with guaranteed spots awarded to the reigning champs.

You don't want to miss this epic event, visit **Ticketmaster.ca** or call **1-855-985-500** to purchase your Humpty's Champions Cup passes today for a special early bird deal, so you can guarantee the same great seat for all 18 draws. Hurry, because the price goes up January 5th! Weekend packages, which includes both men's and women's finals, are also on sale now.

Family Connections Parent Link Centre

The Parent Link Centre is open from 9-5PM Monday-Friday & Thursday we are open 9- 7:30PM and We offer free programs for parents with children 0-6. For more information on hours and programs please stop by & visit us to pick up a calendar or call Tracey at 403-275-6666 ext 276.

The Parent Link will be closed Friday March 17 and the week of March 27-31.

PARENT LINK STAFF
Cassandra: Manager ext 274
Tracey: Administrative Assistant - ext 276
Sue: Parent Coach - ext 235
Paula: Child Development Facilitator – ext 237
Vivian: ESL Program Facilitator – ext 242
Michele: Program Facilitator – ext 241
www.weconnectyou.ca
All of the Parent Link Programs are free of charge!

PROGRAMS
ESL Program coming soon, Contact Vivian at 403-275-6666 ext. 242 for more information.

Playtime Fun: Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

Kids' Corner: Tuesday afternoons, 1:30-3:00; Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter and is another option parents with children under 12 months come to.

Play & Songs: Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. Exposing your child to these song times is great for developing their attention span. There are no toys available during the song time.

Baby and Me (under 12 months): Thursday afternoons, 1:30-3:00; Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests e.g. Library, AHS nutrition or Speech & Language speakers.

Come Play with Me (drop in program at Vivo): Thursday mornings, 10:00-11:30, February 2 – March 23, no program on February 16, 11950 Country Village Link NE, Calgary, AB T3K 6E3; Come join us for this, new, free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 403- 275-6666 ext. 276.

*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

Let's Play in the "New" Gym
Friday, 10:00-11:30; (Feb 3-March 24)
No program Feb. 17, March 17 & March 31
This program is most suitable for children from 1 - 5 years of age (as long as they are stable on their feet). Please note that there are no drinks or snacks allowed in the gym. Children and adults must wear indoor non-marking running shoes (No socks or bare feet). For more information, call 403-275-6666 #241. Look for our spring gym program to start up again April 21.

Just for Moms
Saturday March 25 2 – 4pm
Maintaining Healthy relationships.
Join our staff and a group of other Mom's as we have a chat on different ways to have and keep healthy relationships with those people who are in our day to day life. We will offer childcare and a safe fun environment for conversation and activities. Call Cassandra for more information 403-275-6666 ext. 274. To register call Tracey at 403-275-6666 ext. 276 starting March 3.

Me and My Dad
"Let's Build Something with My Dad"
Saturday March 25 10-11:30 am

Dads ONLY (and children) activity for children 1-5 years
To register call 403-275-6666 #276 starting Feb 28.

PARENTING PROGRAMS
Triple P Seminars (3-11 years)
(Introduction to Positive Parenting Programs/Triple P)

Raising Confident, Competent Children
March 7 6:30-8:30 pm

Raising Resilient Children March 14 6:30-8:30 pm
Call 403-275-6666 ext. 276 to register for the workshop and free childcare.

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years
Monday, March 20 6:30-8:30 pm
Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting Feb 28.

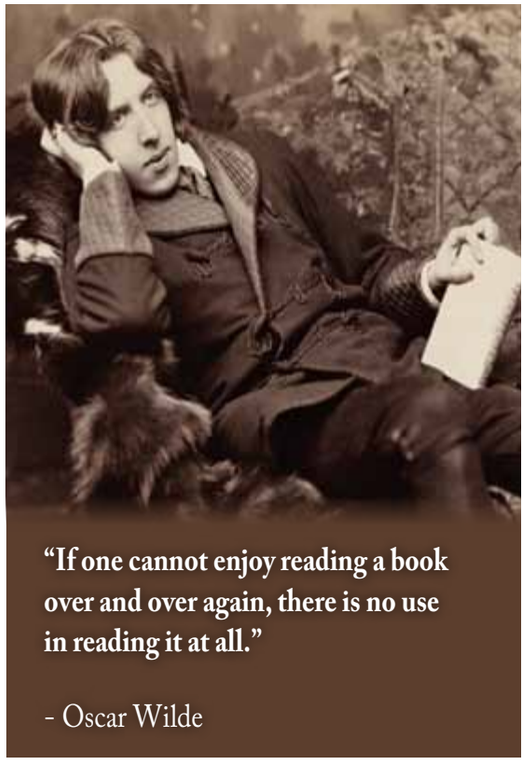
AT THE HHCA...

Registration for outdoor soccer is ongoing (started Feb 14 – ends April 15).

Program begins May 2nd.

Family Connections Parent Link Centre Seeks Volunteers

is looking for a volunteer to help us with a music and, or dancing program on Thursday evenings starting in March. It will be a 4 week program for children 2.5 – 6 years old. If this is something you might be interested in Please contact Vivian at 403-275-6666 ext. 242.



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde

Wanted:

Anyone interested in becoming a Board Member at Huntington Hills Community Association.

Huntington Hills Community Association is always looking for people to step forward and volunteer their time. You can do this by letting your name stand for a position on the Board of Directors. Our Annual General Meeting will be holding elections June 2107. Here is a description of the positions that will be voted on. If you are interested in letting your name stand for any position please contact Heather Allison at 403-512-7237 or by email president@huntingtonhillscalgary.com

President: The President shall be responsible for the general supervision of the Association and, without restricting the generality of the foregoing, shall:

1. Call all meetings of the Board of Directors and the Association, and shall be required to call a meeting of the Board of Directors upon request of three(3) Directors.
2. Preside as Chairman at any meeting of the Association or Board of Directors.
3. Shall act as the official spokesperson of the Association.
4. President has non-voting capacity. In the event of a tie vote, the President will hold the tie-breaking vote.

Vice President: The Vice-President shall be responsible directly to the President and his duties shall mainly consist of assisting the President in the administration of the Association generally. The Vice-President shall be required to assume the duties of the President whenever required.

Secretary: The Secretary shall keep minutes of all meetings, maintain the amended Bylaws, maintain all records of the Association and give notice of all meetings: and have custody and use of the seal of the Association. Make the records of the Association available for inspection by any Member, by appointment and under the supervision of a Director.

Treasurer: The Treasurer shall be responsible for the finances of the Association.

Board of Director at Large (8 positions): These are supportive positions within the Board.

Building Strong Lone Parent Families

The Building Strong Families offers individual and group support.

Individual Support: providing information, resources, referrals and parenting resources.

Group Support: Workshops are offered though out the year. Topics include: living on a budget, fun family activities, parenting on your own, resources, and self-care. Child care provided.

Contact: Lesley at 403-275-6668 ext. 222 or singleparent@weconnectyou.ca

Celebrating 150 years of Canadian Wildlife!

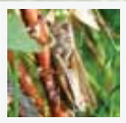
Saskatchewan

Who Am I?

Sitting by the water, quiet as can be,
Don't be fooled, that's not a rock, that lump is really me!
I've skin that's green and slippery, with spots upon my back.
A little like a leopard, I've lots of spots of black.

Waiting by the water, hungry as can be,
Suddenly my sticky tongue is longing to be free!
An insect buzzes by me, I leap without delay…
Zap! I trap him with my tongue, then munch the day away!

Garter Snake



Grasshopper

Northern Leopard Frog

Turn page upside-down for answer!

I'm a Northern Leopard Frog!

© Rosemary Gee, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 30

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first2000days Early Childhood Development Network North West Coalitions

Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a preschool child:

1. Help them give a name to their emotions. Big emotions can be scary; having a name helps calm the scary.
2. Play games that teach emotions and body language
3. Calmly talk to them about what is troubling them and discuss the problem.
4. Teaching family values and how to have a positive attitude.

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.

Calgary Co-Op Upcoming Elections

Author: Jennifer Lewis, jenplewis@gmail.com, www.bakeitorleaveit.com/about

The Calgary Co-op elections are fast approaching and this is your opportunity to vote! With so many grocery, gas bars and pharmacies in Calgary NW, these stores really make an impact on surrounding communities – Make your voice heard!

Co-operatives are unique because members are empowered! Members drive the direction of the organization, influence the quality of products and collectively prosper with membership returns.

The Calgary Co-op is embedded in YYC food culture and community events. I encourage you to take the time to shape your local community and vote. Election materials will arrive in the mail by late February, with online and in-store voting available throughout March.

Huntington Hills Real Estate Update

Last 12 Months Huntington Hills MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2017	$379,394	$375,000
December 2016	$408,000	$394,500
November 2016	$399,900	$404,500
October 2016	$409,900	$405,000
September 2016	$428,950	$412,500
August 2016	$434,900	$426,000
July 2016	$449,900	$435,000
June 2016	$399,900	$382,750
May 2016	$348,750	$338,500
April 2016	$409,900	$400,000
March 2016	$444,900	$426,500
February 2016	$459,300	$455,500

Last 12 Months Huntington Hills MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2017	9	4
December 2016	2	5
November 2016	5	8
October 2016	12	9
September 2016	9	8
August 2016	10	9
July 2016	10	9
June 2016	5	8
May 2016	15	6
April 2016	10	9
March 2016	7	8
February 2016	10	2

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

Adventures in Learning Preschool invites you to our Open House

When: Wednesday, March 8, 2017

Where: 520 78th Ave NW at Huntington Hills Community Association

Time: 4:00 - 6:30 pm

Telephone: 403-275-6666 ext 233 (for more info)

Registrations for Fall enrollment starts February

There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network.

Location: North Central Family Support Program
Huntington Hills Community Centre
520-78 Ave NW Calgary, Lower Level

Dates: March 14, April 18, May 9, June 13, 2017

Free: Registration is required
Call **403-275-6668 ext. 232** to register
For more information, contact lorraine@weconnectyou.ca

Time: 7:00 to 9:00pm

NORTH CENTRAL family support program

Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services

Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

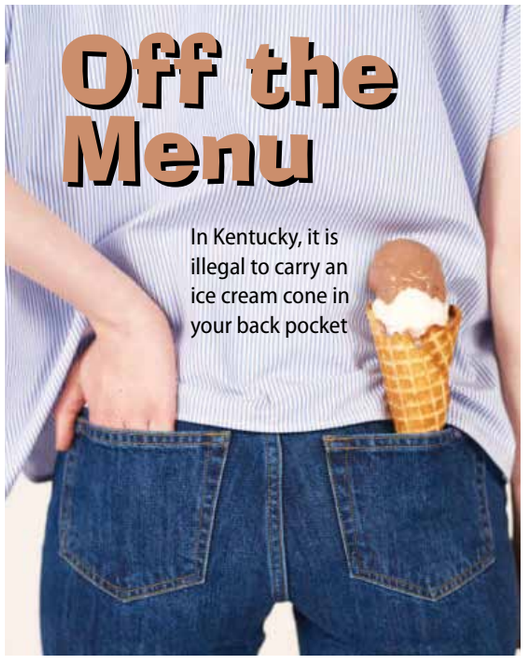
"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing."



News from the Friends of Nose Hill

by Anne Burke

We are often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking, and cycling, I thought of wildlife sighting and plant studies, especially in the spring. However, there are butterfly enthusiasts too. Nose Hill has been the subject of photography, for decades, and there are paintings of the park in different seasons.

The Citizens for Nose Hill was an early preservationist group. Two other Calgary parks (which had been recognized as property of City-wide significance) were recently re-designated as municipal historical resources, under Section 26 of the Alberta Historical Resources Act. The aim is to protect each site in perpetuity, since they are eligible for provincial grant funds, in order to support on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee This Park was added to Calgary's inventory of evaluated historic resources, in 2010, based on the community effort to establish the park, on the centennial of Canadian Confederation. Harry Boothman, a Superintendent of Parks, and Eric Musgreave, founder of the Centennial Ravine Park Society in 1965, were influential in its 18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name.

William Reader, a garden designer, was a City Parks Superintendent from 1913 – 1942. Reader Rock Garden, established in 1914, was added to the inventory in 2007, with native plants, local materials, gardens and rock pathways. It reflects the optimism in our city's early 1900s. It was the first Legacy Park to open. (www.readerrock.com)

This bylaw protection is intended to prevent demolition but will pertain to the parks by ensuring any future changes or conservation work follow best practices in handling historical resources. The change has no impact on City operating or capital budgets.

However, the conservation of cultural landscapes can often have significant environmental benefits, as many have biodiversity being conserved as part of the landscape. In turn, their conservation contributes to biodiversity in Calgary.

There were letter of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.

Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

There are a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

1. Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
2. Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
3. Work your RRSP contribution into your monthly budget.

OVERVIEW

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their registered retirement savings plan (RRSP). If your annual income tax assessment includes a notice from the Canada Revenue

Agency (CRA) that details how much unused contribution room you have left in your RRSP from previous years, the time to act is now.

For example, contributing $10,000 into an RRSP that generates a 6% return, compounded annually could turn into $57,435 over the span of just 30 years. Plus, contributing the full amount creates a larger income tax deduction that could result in a significant tax refund.

KNOW YOUR LIMITS

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the CRA identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. CRA's website can also provide that information.

INVEST SMART

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill – but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments, will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

INVEST REGULARLY

Consider working your RRSP contribution into your budget. Our monthly investment plan automatically deducts a specified amount from your savings or chequing account on a regular basis, and invests it into funds held inside your RRSP. Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

CONSIDER THE BENEFITS OF BORROWING

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year, and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan. ** As your Consultant, I can help you determine whether a loan fits into your plan by looking at the following factors:

- Your age: The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.
- Your ability to repay: We would never recommend that you borrow more than you could possibly repay, because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help paydown a portion of the loan almost immediately.
- Your ability to borrow: An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

❖**April 1, MAKEFASHION 5.0 - Telus Spark Science Centre** MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: www.sparkscience.ca

❖**April 7-9, Make it! The Handmade Revolution (craft show) – Big Four Building.** Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: www.makeitshow.ca

❖**April 17-23, Calgary Underground Film Festival – various venues.** Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: www.calgaryundergroundfilm.org

❖**April 18-May 7, Calgary Perform Arts Festival (formerly Kiwanis Festival) – Mount Royal University**
In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: www.cpafestival.ca

❖**April 20, LOVE HER presented by Ovarian Cancer Canada – Hotel Arts.** LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: www.ovariancanada.org

❖**April 21-22, The 2017 Dairy Classic Championship Show – Stampede Grounds**
This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: www.ag.calgarystampede.com

APRIL APRIL APRIL

EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT – BUTTERFIELD ACRES

The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: www.butterfieldacres.com

APRIL 8-9, 2017 KITTIES N' BLOOMS CAT SHOW – SHOULDICE ARENA

The 2017 Kitties 'N Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: www.calgarycatshow.com

APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE – RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSC are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults $30 door/$25 advance, Students $20 door/$15 advance. More info: www.calgaryjazzorchestra.com

The Bad and Noxious Guys

Barbara Shorrock

There are weeds and then there are noxious and invasive species. The latter are seriously bad for the environment, taking over and crowding out native plants that belong here and provide benefit to other flora and fauna.

Leafy Spurge (*Euphorbia esula)* is native to Europe and Asia. It found its way to North America in the early 1800's and was first reported in Alberta in 1933. It is an aggressive invader and, once present, can completely overtake large areas of open land. It displaces native vegetation in prairie habitats by usurping available water and nutrients and through plant toxins that prevent the growth of other plants near it. The stems contain a white sap that is toxic to most livestock and is a serious irritant to human skin. Goats are unaffected by the sap and graze on the young plants without ill effect, but will only eat them in the spring when they are fresh and succulent. Sheep have also been used along with herbicides and flea beetles, to fight it. The small light green flowers produce massive amounts of seed, which explode from the seed pod and travel as far as 6 meters. In addition, the root system is deep and very efficient in producing new plants as it creeps extensively underground.

Scentless Chamomile (*Matricaria maritima)* is a member of the Aster family, having single, white, daisy-like flowers with yellow centers at the ends of each branched stem. It produces rapidly by seed, with a single plant producing up to 1 million seeds that are mature as soon as the flower forms. Seeds remain viable for up to 15 years in the soil and are readily dispersed by wind or water, on equipment and vehicles, or as a contaminant in soil, fill material, crop seed, and animal feed. Seeds can float on water for up to 12 hours and new infestations are often found around watercourses. Not eaten by livestock, dense stands of scentless chamomile can reduce crop yields in hay fields, pastures, and other cultivated crops. Like many of our invasive species, it originated in Europe, and has no natural enemies here, except for man, who has found chemicals to control it. We are not terribly fond of herbicides in our parks, however, and mechanical and manual removal is our best line of defense.

Purple Loosestrife (*Lythrum salicaria)* has had a lot of press in recent years, as Alberta works hard to keep this species with no natural enemies under control. Native to Europe and Asia, Purple Loosestrife was likely introduced when its seeds were included in soil used as ballast in European sailing ships. The plant was also spread by early settlers and is still used in flower gardens and occasionally sold in nurseries today. The plant forms dense stands with thick mats of roots that invade and destroy wetlands, spreading over large areas, degrading habitat for native birds, insects, and other species. By crowding out native plants it reduces biodiversity. If you have *Lythrum* in your garden, you should consider replacing it with something less noxious. To dispose of Purple Loosestrife, put the plants in plastic bags, seal them, and put the bags in the garbage. Do not put them in the compost or discard them in natural areas. Discarded flowers can still produce seeds.

***Barbara Shorrock** is a writer, reader, traveler, retired realtor, ESL teacher, Spanish student and brand new great-grandmother! She can be found most first Wednesdays at the Queensland Garden Club, which welcomes all gardeners, experienced and new. We don't care where you live.*

The Indoor Gardener

by Cindy DeJager

Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern
Microsorium musifolium 'Crocodyllus'
Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern
Nephrolepis cordifolia 'Lemon Button'
Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern
Adiantum raddianum 'Fritz Luth'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot
Humata tyermanii
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern
FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.
Platycerium bifurcatum
Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern
Asplenium nidus
Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern
Pteris cretica 'Mayi'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern
Microsorium diversifolium
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern
Most common indoor fern.
Nephrolepis exaltata 'Fluffy Ruffles'
Medium to bright light and high humidity
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

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GLOBAL WARMING: AT HOME ON THE LOWER ELBOW RIVER

This past November I spent a sobering week at the Churchill Northern Studies Centre observing hungry polar bears languishing in the kelp beds on the shores of Hudson Bay, waiting for freeze up of the ice so they could hunt seals. This majestic species is at risk because the number of months that the bears can feed each year is shrinking as fast as the polar ice caps.

So what does this have to do with the Elbow River? For one, the Elbow River, its source the receding Rae Glacier to our west, is connected to Hudson Bay through a series of converging rivers that cross the prairies and eventually empty in to Hudson Bay.

It got me thinking…is the Elbow River in Calgary warming too? Why doesn't it freeze over anymore, like it did a century ago? What effect will warming have on the biodiversity of our river and its valley?

Digging around, I found some interesting data on Alberta Climate Records from the University of Lethbridge that show trends in winter climate (Dec 22-Mar 20) from 1950-2010. Winter warming trends for Calgary are considerable and eclipse summer warming. Overall, the average winter temperature is up 4.9oC from 1950 to just -4.4oC in 2010. By the end of the last decade, there were only 15.2 extremely cold days (-20oC or colder) in an average winter, less than half of those experienced in the 1950s. That's not a lot of freezing time for the river.

This warming trend has no sign of letting up, with the media reporting that globally, 2016 was the warmest on record for the third straight year.

Despite the prolonged cold snap in early January, freezing on the lower Elbow was patchy, where temperatures rise with the controlled release of water from the Glenmore Dam and the flow from storm drains into the river. The Elbow River Watershed Partnership observed that the river, upstream from the Glenmore dam, was also flowing through January, with parts covered in ice, but not completely. Overall, the Elbow is flowing higher than average this winter, likely due to the large amount of rain received this past summer. More water flowing faster means it's not as quick to freeze. Dr Stefan Kienzle, the U of L project lead added that groundwater temperature is typically the same as the average annual air temperature, so we may be seeing a warming of groundwater. As most streamflow in the winter is baseflow (groundwater outflow), one can expect that some streams won't freeze as much as they used to.

Most of the research into the effects of climate change on biodiversity relate to extreme weather events, like flooding, drought or rapid changes in weather patterns. The gradual effects of warming on fragile riverine ecosystems are not well researched and monitoring is required. Will it mean more migratory birds stick around because of the open water? Will invasive weeds, destructive insects or pathogens take off? How will amphibians and aquatic species be affected? And back to Hudson Bay…will the polar bears be able to adapt?

Sources

Alberta Climate Records abrecords.cfapps.io

The Elbow River Watershed Partnership erwp.org

calgary.ca search Calgary Biodiversity

The Alberta Biodiversity Monitoring Institute abmi.ca

With special thanks to Gus Yaki and Nature Calgary

Historic Photo Credit: NA1635-2Glenbow c 1913-4

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

REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I heard that if someone calls themselves a "contractor," they don't need to have a licence to provide property management services. Is that true?

No, that's not true. The truth is it doesn't matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you're not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA's website at www.reca.ca.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Huntington Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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

RESIDENTIAL CLEANING SERVICE: Available to clean your home. I am a small business that have been helping people for 17 years. Also move in or out cleaning. Local references available. Free estimates. Call Bev at 403-408-9565 or email beav150@hotmail.com

Calgary Nose Hill
Hon. Michelle Rempel, MP
201-1318 Centre Street NE, Calgary, AB, T2E 2R7
Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

Last month my colleagues and I presented the government with our Alberta Jobs Taskforce report. The report was a result of our collective effort to consult with Albertans who have been affected by the jobs crisis here at home. For those of you who have not yet read the report, you can read it here: www.michellerempel.ca/alberta_jobs _report.

I would like to thank the many of you who have taken the time to write me and share your personal stories about how you, your families, and businesses have been impacted by various economic and financial stresses. I am continuing to work hard on your behalf to advocate for our community and its needs.

Unfortunately, there are many in our community who are still hurting due to the jobs crisis. That's why I will once again be hosting a "Career Services event" next month. For more details and to sign up please visit my website: www.MichelleRempel.ca.

A positive piece of news I received for our community, earlier this year, was Huntington Hill's successful application to the Canada 150 Infrastructure Program. The Huntington Hills Community Centre has been undergoing a large capital project to expand and renovate a portion of the facility that adds some much needed recreation space to our community. Congratulations to all the association volunteers and staff who have undertaken a great deal of work in order to make this project and application a success.

As always you can contact me at my office, about issues important to you, using the contact information above.

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

Greetings Residents,

City crews ready for spring street sweeping program

Spring is just around the corner! That means The City's annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

Once the program begins, visit Calgary.ca/sweep to:

- Find answers to all of your questions on our FAQ
- Track sweeper progress across the city on a live map
- Learn if there will be a parking ban in your neighbourhood, and
- Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood once the program begins.

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Year-Round Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

Cheers,

Councillor Sean Chu, Ward 4.

Guides Canada

FAMOUS FIVE DISTRICT

The Public is invited! Our annual carnival is Saturday, March 4, 2017 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunch room. The hours are 11:00 am to 4:00 pm. Admission is a non-perishable food or cash donation to the Calgary Interfaith Foodbank. If you are interested in donating to the silent auction, please contact Bonnie, bonnieguideleader@gmail.com. Your support is most appreciated to provide a well-respected program for girls. I also heard that the Classic Cookies may be available for sale at the carnival. Only $5.00 per box.

And yes, we are still accepting registrations in some units. If you are now ready to enroll your daughter, please visit girlguides.ca and look for the registration information. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, isteads@telus.net if you are interested in more information.

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

I hope everyone has had a great winter and is excited to welcome spring; it's almost here.

As of March 2nd our government is back in session and I am looking forward to once again bringing your voice to Edmonton.

Last month I had the opportunity to hear from businesses in the riding at the Small and Medium Business Town Hall I hosted. A variety of resources and supports were available including information on new initiatives like the Alberta Investor Tax Credit and the Capital Investment Tax Credit. These are available at www.alberta.ca/starting-running-business.aspx. The Ministry of Economic Development and Trade also has a helpful Small Business Resources website, http://smallbusiness.alberta.ca/.

Calgary Mackay Nose Hill is a diverse riding that includes many farms and ranches as well as established and much newer urban development. Last month, I was pleased to meet with and tour a variety of amazing organizations. Among these was The Egg Farmers of Alberta (EFA). The EFA represents Alberta's more than 170 registered egg farmers, who are dedicated to providing our province with a steady supply of high quality, locally produced eggs. Also in the constituency, I visited Center for Affordable Water Sanitation and Technology (CAWST). CAWST an incredible organization in Calgary that enables clean, safe water worldwide. I learned about bio sand and sanitation initiatives that help keep people healthy. I was also pleased to visit The Alberta Institute for Wildlife Conservation (AIWC), which has been rehabilitating injured and orphaned wildlife since 1993. All of these incredible organizations are valuable to our community and I look forward to seeing their continued success.

I want to represent you as much as possible. I welcome your feedback. My office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday, and Friday (we are closed from 12:00pm-1:00pm). On Thursday's our hours will be 12:00pm until 7:00pm.

Huntington Hills mybabysitterlist

Name	Age	Contact	Course
Tegan	12	403-203-8163	Yes
Keira	14	403-809-9020	Yes
Saml	14	403-463-8264	Yes
Benjamin	14	587-284-6324	Yes
Hazel	15	587-890-9559	Yes
Emily	15	587-581-3684	Yes
Brooklyn	16	403-990-6176	Yes
Rachelle	19	403-971-8870	Yes
Paige	23	780-305-1381	No
Tannis	24	403-852-0889	Yes
Emilie	27	403-923-3816	No
Shawna	30	403-968-5764	Yes
Tammy	30	587-968-1638	Yes
Andrea	31	587-437-2048	Yes
Dayelle	33	587-755-1878	No
Anna	34	403-607-7464	Yes
Teresa	44	403-478-3749	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.*

COMMUNITY ANNOUNCEMENTS

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

VOLUNTEERING *is good for the soul*

Highwood Lutheran Church

Easter

419 Northmount Drive NW Calgary

Lent Studies
Wednesdays at 7:00 PM

Come and join us for Holy Week:

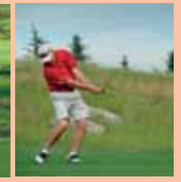
April 9, Palm Sunday	10:30 AM
April 13, Seder meal	6:00 PM
April 14, Good Friday	10:30 AM
April 16, Easter Sunday	10:30 AM

For more information
Call the office, 403-289-8206
facebook, @HighwoodLutheran
or visit www.highwoodlutheran.com

BRAIN GAMES SUDOKU

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

COUNTRY HILLS GOLF CLUB



- 36 HOLE PRIVATE GOLF CLUB
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- CHAMPIONSHIP COURSES
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Phone: 403 - 226 - 7761 | www.countryhills.ab.ca

ACHILLES FOOT CLINIC

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- Diabetic Foot Care
- Ingrown Toenails
- Bunion Pain
- Custom Orthotics
- Fungal Toenail Treatment
- Heel Pain

Providing Medical and Surgical treatment of the foot for the whole family!

Accepting new patients
No referral needed

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Dr. Dale Rapske B.Sc. D.D.S.*

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- Crowns & Bridgework
- Teeth Whitening
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deerfootdental@gmail.com

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Friday	9 am - 3 pm
Saturday	9 am - 4:30pm

By Appointment

www.deerfootdentalcentre.ca

2nd Floor 225-971 64 Ave NE ... same building as Original Joe's Restaurant

*Denotes Prof. Corp.

KidneyMarch

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3 Unbelievable Days • 100 KM

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Each day 15 Canadians get the devastating news that their kidneys have failed.

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