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Northern Hills Community Association

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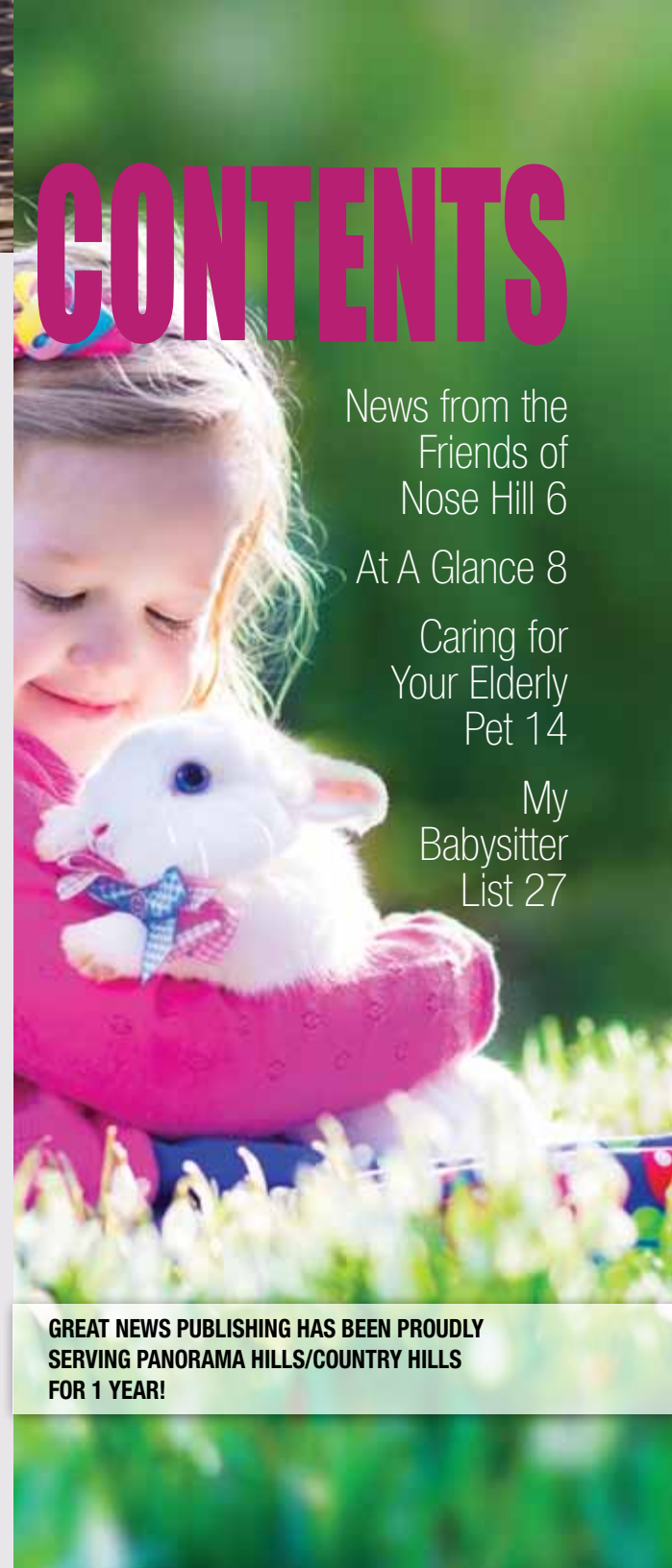
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## CBC Calgary / Calgary Reads Big Book Sale

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](http://Calgaryreads.com).



## Where's your Green Line station?

Station area workshops are coming to your neighbourhood starting in March!

You know your community best. Help us understand how to best fit the Green Line into your neighbourhood! How will you access your future Green Line station? Where will you travel to? Where are the missing pedestrian, cyclist, and feeder bus links?

Workshops will be held for stations on the north leg of the line in March, April and May.

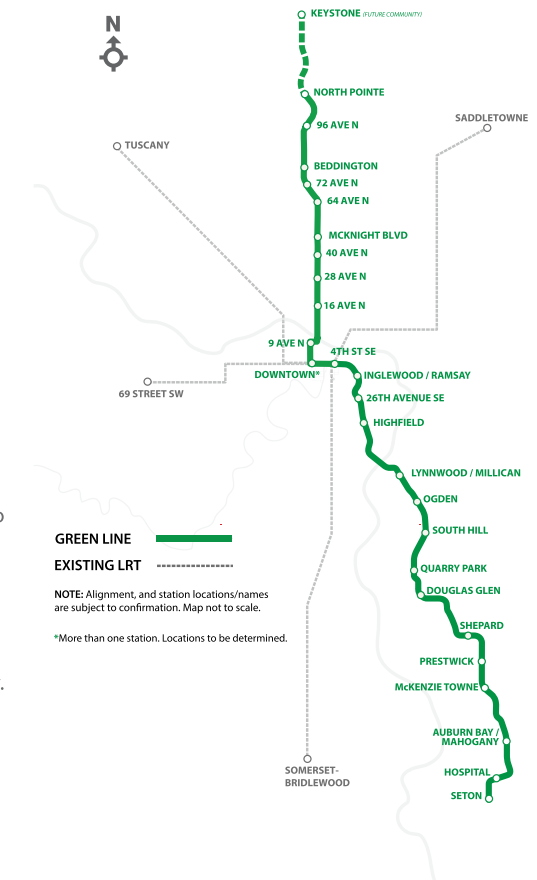
Visit [www.calgary.ca/greenline](http://www.calgary.ca/greenline) for dates and locations.

The Green Line is Calgary's next light rail transit (LRT) line, and the highest public transit priority for The City. This new line will add 40 kilometres to the existing 59 kilometre LRT system.

End-to-end, the line will connect the Northern Hills communities and Seton to downtown, and is estimated to serve 41 million passengers annually.

The Green Line is more than just a transit project; it will connect people and places, integrate with new and mature neighbourhoods, and help build liveable, vibrant and sustainable communities.

Follow the Green Line conversation on Twitter: @yyctransport #GreenLineYYC





# 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.

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## Nose Creek Softball & Tim Hortons Learn to Play Softball



Spring Softball/Fastpitch Registration for Youth  
Nose Creek Softball offers a community based program for young athletes to learn new skills, make new friends and have fun!

### PROGRAMS OFFERED:

- Girls Teams from U10 to U19
- Mixed Teams for Tim Hortons Learn to Play

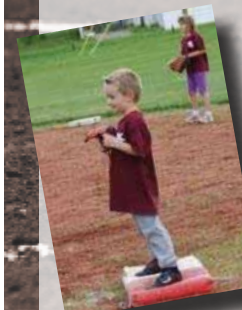
### All of our athletes have the opportunity to:

- Age appropriate skill development
- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

### Indoor Drop-In Clinics on Now!

Spring Session runs from mid-April to end of June  
Online Registration is Now Open!

For more information or to Register: [www.nosecreeksoftball.ca](http://www.nosecreeksoftball.ca)  
Male athletes U10 and up can register for the 'Calgary Boys Fastpitch' softball program at [www.calgaryboysfastpitch.com](http://www.calgaryboysfastpitch.com)





**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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.calgaryexpo.com)

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Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto: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 policies 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](http://www.cbe.ab.ca) under About Us, School Culture & Environment.

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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 [PC@great-news.ca](mailto:PC@great-news.ca)

# IN & AROUND CALGARY

## 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.

## 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](http://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](http://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](http://calgary.ca/southshaganappi) or call 311.



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# CALGARY PUBLIC LIBRARY



### Nose Hill Library

1530 Northmount Drive NW

Monday - Thursday 10 a.m. - 9 p.m.

Friday & Saturday 10 a.m. - 5 p.m.

Sundays (mid-Sept to mid-May) 12:00 noon - 5 p.m.

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Consider giving a Guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at [calgarylibrary.ca/card](http://calgarylibrary.ca/card)

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# 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](http://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!

## IN & AROUND CALGARY

### March is Community Association Membership Awareness Month!

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

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

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

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

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

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

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

### READYCALGARY 2016

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

#### Program Structure:

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

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

#### 2016 Session Dates:

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

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

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

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

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

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

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

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

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

# Caring For Your Elderly Pet



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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.*





## IN & AROUND CALGARY

### Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

BRAIN  
GAMES

## SUDOKU

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FIND SOLUTION ON PAGE 27



## Who Is Responsible to Educate the Children?

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

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

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

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's

responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

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

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

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

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# 4 Keys

to Becoming a Much Better Golfer in 2016 and Maximizing Your Enjoyment of This Great Game!!

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 2<sup>nd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> 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!

## 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](http://www.yyc.com) or [www.wcatc.ca](http://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](http://www.wcatc.ca)





## 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](http://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](http://www.calgaryreads.com).



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# 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

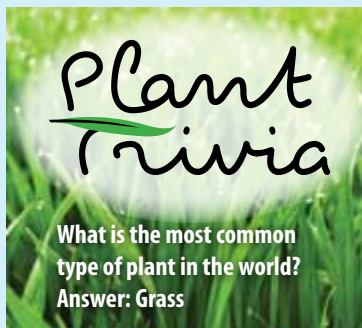
educate homeowners on how to discourage attracting the cats and offer the following tips:

- 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.*



# 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.



# 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.cssd.ab.ca/board-of-trustees/](http://www.cssd.ab.ca/board-of-trustees/), Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.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@cssd.ab.ca](mailto:thoughtexchange@cssd.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.



Name	Age	Contact	Course
Zoey	13	403-803-2052	Yes
Josephine	15	403-402-5752	Yes
Tobi	15	403-909-6908	Yes
Maggie	21	403-605-8598	Yes
Shanila	37	403-805-6904	Yes
Aman	39	403-401-1060	Yes

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## BRAIN GAMES SUDOKU

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# Are You Scheduled Or Just Completed Joint Replacement Surgery?

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

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

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 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.

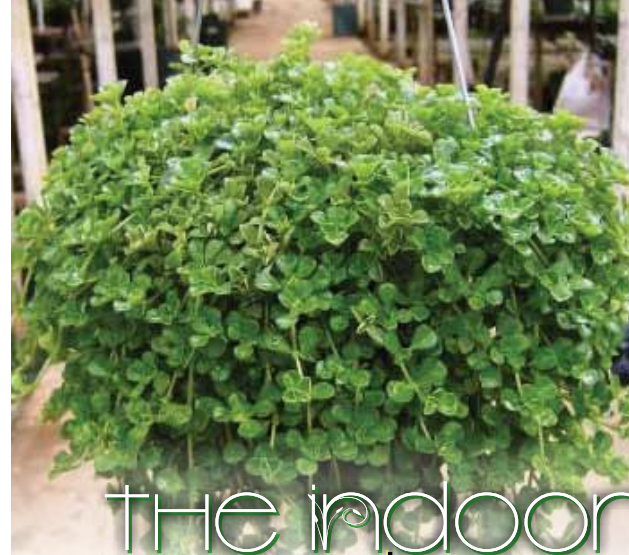
Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy 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*



## 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.



**MP CALGARY NOSE HILL  
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Phone: 403-216-7777  
Email: michelle.rempel@parl.gc.ca  
Website at [www.michellerempel.ca](http://www.michellerempel.ca)

As the 1st session of the 42nd Parliament resumes, I will continue to be a strong voice on your behalf in Ottawa, representing the interests of Calgary Nose Hill. In these uncertain economic times, it is necessary to be vigilant in holding the government to account, both for the manner and the amount of your money that they are spending. I will remain consistent in calling for a balanced and prudent approach to the federal budget.

Within the riding, I have already begun meeting with our community association presidents to discuss issues of local importance such as federal infrastructure spending on projects like the LRT Greenline, and I will continue meeting with our provincial and city representatives on matters that cross governmental boundaries.

The current downturn in the energy sector in Alberta has affected many of you or your families, and the following federal government contacts may be of interest to you.

- Service Canada general enquiries: 1-800-622-6232 [www.serviccanada.gc.ca](http://www.serviccanada.gc.ca)
- Service Canada job bank: [www.serviccanada.gc.ca/eng/sc/jobs/jobbank.shtml](http://www.serviccanada.gc.ca/eng/sc/jobs/jobbank.shtml)
- Unemployment insurance (EI) general enquiries: 1-800-206-7218
- Canada Pension Plan and Old Age Security general enquiries: 1-800-277-9914

As always, my constituency office remains available to provide the usual services for the people of Calgary Nose Hill and I hope that you will feel free to contact my office with any issues or concerns you may have. Please contact me at: 403-216-7777, [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca) or visit my website at [www.michellerempel.ca](http://www.michellerempel.ca).

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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 drivetovolunteer.org

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Email: calgary.northernhills@assembly.ab.ca

## Greetings, residents of Calgary-Northern Hills,

The last month has been a busy time for me as an MLA with work on committees and caucus meetings in Edmonton. The Legislature will return to regular sittings starting on the 8th of March and the Second Session of the 29th Legislature should continue until June. During this period, the government will be presenting another budget which takes into account the current fiscal realities. As some of you may have heard, the Government of Alberta has moved forward with cost control measures by freezing the salaries of non-union Government employees.

In addition to cost controls, work is being done to stimulate the economy and support municipalities in their infrastructure programs. Throughout Alberta, our municipal partners have been stressing the importance of municipal infrastructure support. Many had asked whether we would restore funding to the Strategic Transportation Infrastructure Program (STIP). We did. Some of the key outcomes from STIP funded projects will include:

- Improved connectivity between communities.
- Enhanced mobility of people, goods and services on Alberta highways.
- Increased capacity of transportation infrastructure to support economic growth.
- Improved safety and efficiency of Alberta highways.
- Extend the service life of infrastructure to reduce long-term costs on the path to balanced budgets.

This represents a \$119 million dollar investment over five years. That is a \$100 million increase over the previous government.

## Nominations for Grade-A Educators.

Albertans are encouraged to nominate an outstanding educator in their community for the 28th annual Excellence in Teaching Awards. This year, approximately 30 semi-finalists will be selected and 20 winners will receive Excellence in Teaching Awards. Nomination will be open until Friday, March 4, 2016.


"We know that having quality teachers and principals is critical to student success. These awards are a great opportunity to recognize some of the great work that goes on every day in Alberta classrooms." – David Eggen, Minister of Education.

Award recipients will receive a certificate of recognition and access to \$4,000 for professional learning. Semi-finalists receive certificates and access to \$1,500 for professional learning.

## Bill 6 / Enhanced Protection for Farm and Ranch Workers Act.

The Government created the Enhanced Protection for Farm and Ranch Workers Act to bring the protection and compensation of non-family farm and ranch employees in line with what's already extended to other employees and similar to what's in place in other provinces, where family farms continue to thrive.



The government is currently working to ensure the appropriate representation of industry and farmers on a series of working groups which will design workplace regulations over the next 12 to 18 months. You can see this information in detail at [www.alberta.ca/farm-and-ranch.cfm](http://www.alberta.ca/farm-and-ranch.cfm).



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## COUNCILLOR, WARD 4 SEAN CHU

403-268-3727 • ward04@calgary.ca  
www.calgary.ca/ward4

Greetings Ward 4 Residents,

### Cool camps for your little critters

Send your kids on an action-packed nature adventure this spring break! The City of Calgary's nature day camps connect children with the natural world through hands-on activities and outdoor play. Campers will explore the exciting world of bugs, birds, plants and animals, and gain a better understanding of nature and their place within it.

Spring nature day camps run from Monday, March 21 to Thursday, March 24 and are located at the Inglewood Bird Sanctuary, Ralph Klein Park and Devonian Gardens.

Nature Fun Camps, designed for children 4 and 5 years old, introduce preschoolers to the natural world using games, crafts and stories. Camps run from 9 am to noon and are \$92 per child.

Nature Spring Camps, designed for children ages 6 to 10, focus on nature's amazing transformation during the spring season, including insect, plant and animal adaptations. Camps run from 9 am to 4 pm and are \$180 per child.

The City of Calgary also offers nature day camps during July and August for children 4 to 12 years old. These week-long adventures are offered at the Inglewood Bird Sanctuary. Half- and full-day camps are available. Summer camp registration begins February 29.

Worried about childcare? We have you covered. Before- and after-camp care is available upon request at a cost of \$25 per timeslot.

For more information or to register for a spring nature camp, visit [calgary.ca/parksguide](http://calgary.ca/parksguide) or call 403-268-3800.

### Youth Employment Centre Hiring Fair

Looking for a job? Visit the FREE Youth Employment Centre Hiring Fair on Tuesday, April 5 from 1:30 pm to 6:00 pm at the Big Four Building. Connect with employers offering hundreds of positions that need to be filled now. Dress to impress and be prepared to be interviewed.

Get a job and start your dream career at Calgary's only hiring fair exclusively for youth ages 15-24. Visit [next-steps.org](http://next-steps.org) for more information and to view the list of employers attending the event.

### Calgary AfterSchool

Calgary AfterSchool offers free, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 pm – 6:00 pm, when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills.

For more information, including a listing of all programs, visit [calgary.ca/afterschool](http://calgary.ca/afterschool).

Best regards,

*Councillor Sean Chu*

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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
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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**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto: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.

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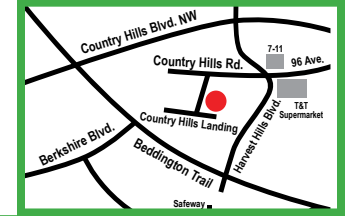
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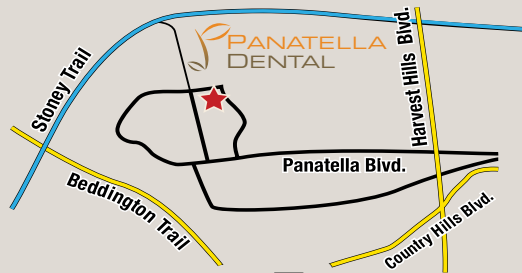
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