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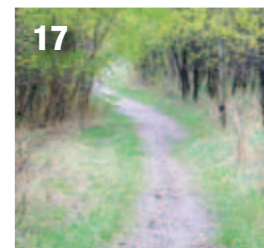
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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
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 F L U O R I D E H A C A S O M
 T P F R G D G F T C L A E Y S
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 K E C H T H G N O K W S L L A
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- SEALANT
- TOBACCO
- TONGUE
- TOOTH
- TOOTHBRUSH
- TOOTHPASTE
- VEGETABLES



Teach Your Children Well ... About Finances and Investing

By Toddye Kam, CFP®, CFA

High debt levels...lack of savings...the inability to budget – these problems all have several causes, but one of them is almost certainly financial illiteracy. Too many of us just never developed the money management skills necessary to cope with our complicated – and expensive – world. But if you have young children, you can teach them some money-smart lessons – and who knows? You could use the opportunity to give yourself a few valuable reminders, too.

Here are some suggestions for a financial “curriculum”:

Save for a goal.

In our highly-commercialized culture, it’s almost inevitable that your children will eventually become somewhat acquisitive. Obviously, it’s important to teach them that they can’t have everything – and they certainly can’t have everything right now. So, once they are old enough to receive an allowance or to earn money in some fashion, encourage them to set a goal for something they want, such as a toy or video game, and to put money aside every week for that goal. It’s also an excellent idea to model this behaviour yourself. So, if you are considering making a major purchase in the not-too-distant future, such as a car, show your children how you are setting aside money regularly for this purpose, rather than borrowing as much as you can or putting the entire purchase on a credit card.

Establish a budget.

It can be challenging to create a household budget and just as difficult to stick to it – but for most people, it’s worth the effort. You’ll be doing your children a favour by showing them how you have a certain amount of income and where it goes – mortgage, utilities, groceries, retirement accounts, etc. – each month. Explain to your kids that by staying within your budget, you can help avoid problems such as debt and extra fees tacked onto bills for late payments. You might also want to point out that, as your income rises, you can gain greater flexibility in budgeting. Here’s the key point: Living within your means pays off in the long run.

Have fun with investing.

It might surprise you, but even young children enjoy learning about the investment process, especially if you explain to them that they can be an owner of a company that makes a product or service they like. You might want to pick such a company and, along with your child, chart its course over time. You could give your child a pretend \$100 bill to “invest” in this company and then see how its value changes, explaining along the way that various factors – such as the popularity of the company’s products, the skill of its managers, and so on – will affect the stock’s price. At some point, you may even wish to purchase real stocks for your child and place them within a custodial account. And you might also want to show your child how your own stocks and other investments are performing. The investment world can be fascinating, and by sharing your enthusiasm for it with your children, you can encourage them to invest throughout their lives.

Knowledge is power. And the more knowledge about finances and investing that you can impart to your children now, the more empowered they will be to make smart financial moves in the future.

cont'd on adjacent page...

VOLUNTEER LINKS



For full descriptions go to the website <http://calgaryarea.com/index.php?p=volunteer>

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403.775.4676

Alberta Health Services
Calgary, AB
403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)
Calgary, AB
403.29102

Calgary Opera
1315 7 Street SW Calgary, AB
T2R 1A5
403.262.7286

Calgary Public Library
616 Macleod Trail SE Calgary, AB
T2G 2M2
403.260.2600

Calgary Reads
105, 105 12 Ave SE Calgary, AB
T2G 1A1
403.777.8254

Canadian Mental Health Association Calgary
400, 105 12 Ave SE
Calgary, AB
T2G 1A1
403.297.1700

Canadian Progress Club
Calgary, AB
myraskerrett@shaw.ca
<http://www.progressclub.ca/>
calgary-city-centre

Cerebral Palsy Association In Alberta
12001 44 Street SE Calgary, AB
T2Z 4G9
403.543.1161

CNIB Alberta and Northwest Territories
15 Colonel Baker Place NE
Calgary, AB
T2E 4Z3
403.261.7225

CNS volunteer opportunities.
City of Calgary
800 Macleod Trail SE Calgary, AB
T2P 2M5
403.476.7224

CUPS. Health Education Housing
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Calgary, AB
T2R 1M4
403.221.8780

Habitat For Humanity
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Calgary, AB
T2E 7M8
403.253.9331

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1200, 910 7th Avenue SW
Calgary, AB
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The Alberta Government Working to Save You Money

Lower Tax Bills for Albertans

Alberta's personal income tax system is adjusted annually with inflation, ensuring the value of Albertans' tax credits is not eroded over time and that taxpayers are not pushed into higher brackets by inflation. As Albertans file their 2016 tax returns, they will notice their tax credit amounts were increased by 1.3% raising their basic personal and spousal amounts to \$18,451 for 2016 and \$18,690 in 2017.

With the highest basic personal and spousal amounts, no sales tax, and no payroll tax, Albertans benefit from the lowest overall taxes among the provinces. In 2016, Albertans enjoyed a \$7.5 billion tax advantage over the next lowest-taxed jurisdiction. This year, that advantage will grow to approximately \$8.7 billion.

Energy Efficiency Rebates Support Home Improvements

Beginning April 28, rebates of up to \$3,500 will be available for eligible home improvement products, including insulation for attics, basements and above-grade walls. Tankless hot water heaters (ENERGY STAR® certified) and triple glaze (low-e, argon) windows will also be available.

To qualify, homeowners must select from a list of Alberta-based registered contractors on www.energycalberta.ca/residential-retail/ to install eligible products. Contractors will guide homeowners through the application. Rebates will go directly to the homeowner once each project is complete.

There are three components to Energy Efficiency Alberta's Residential Retail Products Program:

- Home Improvement Rebates: You can buy eligible products and have them installed by a certified contractor to receive rebates.
- Online Rebates: You will be able to buy qualifying clothes washers, refrigerators and smart thermostats, and apply for rebates online.
- Instant Rebates: You can receive instant point-of-sale rebates on eligible products, such as LED lights, programmable thermostats, water-saving devices, smart power strips and heavy-duty timers.

SAVE THE DATE! The VIVO/MLA Stampede Breakfast is on July 8th! It's a great chance to connect with thousands of neighbours who make Northern Hills our home. We are partnering with Vivo to host an entertaining and fun-filled family event. If you would like to volunteer, please contact Susan Taylor (staylor@vivo.ca). If you would like to sponsor the event, please contact Alexis Apps (aapps@vivo.ca).

RESIDENT PERSPECTIVES

Q+A with Dr. Prabhdeep Chahal



Some Common Questions answered by
Dr. Prabhdeep Chahal, BSc, DMD, Dip Pedo, FRCD(C)

When should I first bring my child to the dentist?

The American Academy of Pediatric Dentistry recommends that a child be seen by a dentist when their first tooth erupts or by the age of 1. At this visit, I like to assess medical and dental history, teach parents tricks that help with oral hygiene, inform them on what to expect regarding teeth coming in or falling out, and any dietary or lifestyle modifications that may help prevent decay and keep their little teeth strong and healthy.

What is a pediatric dentist?

A pediatric dentist is the primary and specialty oral care provider for infants, children, adolescents, and children with all kinds of special needs. A pediatric dentist has 2-3 years of additional specialty training following dental school.

They're just baby teeth- why do they need to be fixed if they will just fall out?

Primary (baby) teeth are much smaller than permanent (adult) teeth, and can decay much faster. It is necessary to fix this decay before it gets bigger and causes an infection. The primary teeth are needed for feeding speech development and to guide development of the facial structures. Generally speaking, children don't lose their front primary teeth until age 6, and don't start losing their primary molars until age 9!

Is it necessary for my child to wear a sportsguard while playing sports?

Sportsguards (or mouthguards) are particularly crucial pieces of equipment for any child participating in any sporting or recreational activity. Sportsguards not only protect the teeth, but can vastly reduce the degree of force transmitted from trauma and can help prevent concussions, tongue and cheek lesions, and jawbone fractures.

At what age should my child start using fluoridated toothpaste?

We recommend using fluoridated toothpaste as soon as your child has teeth! It all depends on how much toothpaste you are using. For age 0-3 use a "smear" of toothpaste. For ages 3-6 uses a "pea-sized" amount. Fluoride is a mineral that helps make teeth more resistant to decay. There is no longer any fluoride in the water in Calgary, so using fluoridated toothpaste is very important for your child's oral health!

I don't want to give fluoridated toothpaste to my child. Are there any alternatives?

Yes, there are! Ask your dentist to learn more about fluoride alternatives and how these products are used.

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There are many important issues I am working on as your representative in Ottawa. While I remain committed to holding the government to account on issues like our economy, getting Alberta workers back to work, and support for families, seniors and young Canadians, the government has other priorities.

Earlier this spring, the Liberal government tabled their legislation on legalizing marijuana. I know there are many in our community who have strong opinions on either side of this issue. As we now have a specific bill before Parliament, my job, as your M.P., is to review the legislation, propose amendments if necessary, and ultimately make a final decision on the final bill before the House. There are many questions that Prime Minister Trudeau has not answered with his current legislation.

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I will be asking the following questions during debate of the bill:

- What are the costs of legalization? And does he have any plan to work with municipalities and provinces or will he just download all the responsibility for implementation and enforcement to them?
- If the age of possession is set at 18, and the medical community says it's not safe for people under the age of 25, how are our kids protected from the adverse effects?
- How will he make it safe for kids? How will he make it safe for motorists? How will he make it safe for workplaces?
- How will the issue of roadside testing be addressed and what direction is being given to police forces across the country to deal with marijuana possession and driving?
- How will this legalization take the criminal element out of pot sales?

I would appreciate your feedback, questions, and any concerns you have on this issue as Parliament debates this bill. I was pleased to host a Town Hall meeting at the end of April that was attended by over 200 individuals in our community. Many of you shared your thoughts on this issue in addition to others facing our country. It is always useful for me to hear directly from people in our community as I strive to represent you in Ottawa.

One event I would like to bring to your attention is a Canada Day celebration that I will be hosting in honor of Canada's 150th birthday on July 1st. The event will run from 11:00 AM – 2:00 PM at the Edgemont Community Centre and more details can be found on my website www.MichelleRempel.ca

As always, please do not hesitate to contact me about any federal issue.

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News from the Friends of Nose Hill

by Anne Burke

The FONHS hosted a free guided walk (2 hours) on Nose Hill to identify flowers and discuss the May Count of Plants in Bloom. Our guide was John McFaul, a professional naturalist who has been leading nature walks and hikes for 30 years. He received a BSc degree in Environmental Biology from the University of Calgary. John is an accredited Professional Interpreter with the Interpretive Guides Association, a member of the Friends of Nose Hill, and an honorary member of the Calgary Field Naturalists' Society (Nature Calgary). He has the Loran L. Goulden Award and the Frank & Alice Harper Memorial Award from the Federation of Alberta Naturalists.

The Alberta May Count of Plants in Bloom is an annual event sponsored by Nature Alberta to record plants in bloom in Alberta during the last week in May, using a standardized approach. The purpose is to provide information on the distribution of flowering plants in Alberta. This monitors the spread of non-native species and provides insights into the response of plants to variations in climate.

The City is responsible for the planning, design, construction, maintenance, and programming for 800 kilometers of pathways. Calgary has the largest urban bike

path system in North America. Let's keep this in mind while Nose Hill needs restoration and trails are closed to protect wildlife habitat.

You can download the new Pathways & Bikeways App from www.calgary.ca. The map is now in three formats: Mobile Application, Online, Paper Copy. Please note that Pathways are off-street routes and Bikeways are on-street routes. The speed limit along pathways is 20 k.p.h., unless posted. Wear a helmet. Yield to the right of way. Stay on the right side of the pathway, unless passing. Use a bell, whistle or horn to protect walkers and joggers. Do not pass in sections with a double yellow line. You cannot cycle or in-line skate on a pathway with a leashed dog.

All pathways and trails are for non-motorized use, except for powered wheelchairs. A regional pathway is part of the city-wide network, paved with asphalt, and off-street. A local pathway has routes in communities, linking to neighbourhood parks, schools, and other community destinations. Trails are unpaved paths and may be granular or compacted dirt. If you know of a bylaw infraction and would like to report it, please call 311.



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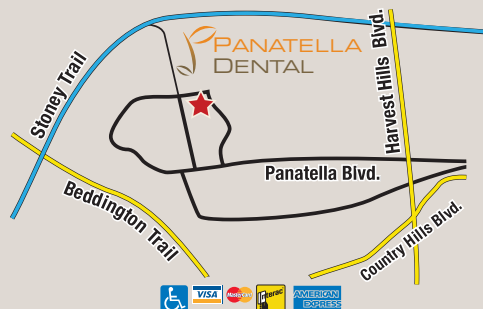
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