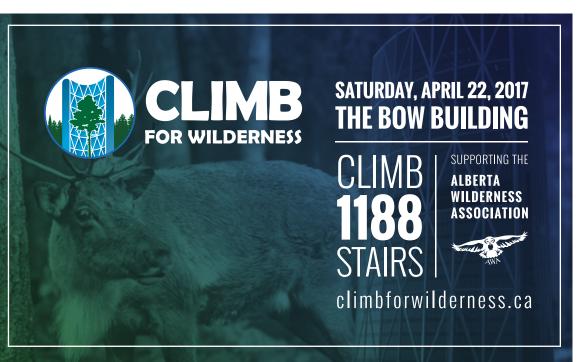
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MP Hon. Michelle Rempel 201-1318 Centre Street NE, Calgary, AB, T2E 2R7 Phone: 403-216-7777 Email: michelle.rempel@parl.gc.ca Website at www.michellerempel.ca

ALL EMERGENCI CALLS	וופ
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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS

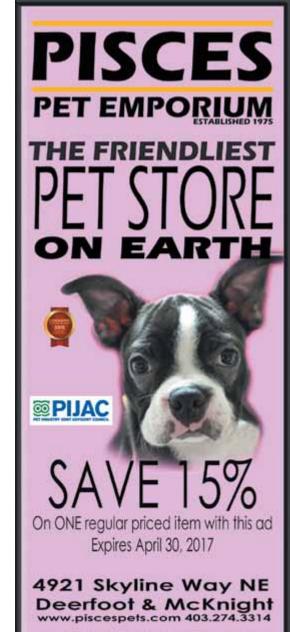


Babysitter Name	Age	Contact Details	Course
Adesola	14	403-695-5081	No
Ali	13	587-229-3392	Yes
Aman	40	403-401-1060	Yes
Bushy	46	403-452-0383	Yes
Carol	22	403-472-9002	Yes
Ejay	16	403-714-4538	No
Evan	13	403-879-6209	Yes
Evie	13	587-889-0110	Yes
Josephine	16	403-402-5752	Yes
Julie	26	587-435-5535	Yes
Lily	15	403-730-1611	Yes
Luke	13	403-730-1611	Yes
Maya	26	403-830-0831	No
Maya	26	403-830-0831	No
Shanila	38	403-805-6904	Yes
Shazia	47	403-472-9001	Yes
Tobi	16	403-909-6908	Yes
Zoey	14	403-803-2052	Yes

Calling All BABYSITTERS Calling All PARENTS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in. 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.





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Enhance the Value of Your Estate with Life Insurance

Most of us think of life insurance as a way to protect our family financially when we die. But insurance coverage can go beyond that basic need, to increase the value of an estate.

Of course, an insurance policy's primary purpose should be to ensure that your loved ones won't find themselves in difficulty. But consider using life insurance to leave more to your heirs, other beneficiaries or even charity.

You can do this through a permanent life insurance policy, such as universal life or participating whole life, which provides both insurance and an investment component. The insurance portion will take care of basic insurance requirements, while the investment portion can be used to boost the value of your estate. For example, when you take out a universal life policy, a portion of the premiums you pay go toward insurance, with the rest going into the policy's investment component (sometimes known as the cash or savings portion). The money in the investment component is sheltered from tax, resulting in faster growth than if money is invested outside the policy.

When you die, your heirs receive the face value of the policy's life insurance, as well as the value of the investment portion of the policy. Both are tax-free to beneficiaries, so they receive the entire amount of the policy and its investments.

With universal life, you have some control over the investment portion because you can choose from a number of investment options offered by insurers. Typical ~continued on page 9~

SupportWorks Helping Each Other Help Ourselves	
One of the biggest challenges of mental illness is feeling alone.	
With SupportWorks, it doesn't have to be.	2
We host weekly drop-in peer support meetings throughout Calgary to help people living with:	5
Depression Anxiety	3
Obsessive Compulsive Disorder (OCD) Post-Traumatic Stress Disorder (PTSD)	
Bipolar Disorder	1
For more information on meeting times and locations, visit SupportWorks.ca	8
and locations, visit Support works.ca	_

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 28



choices include investments whose returns are linked to the performance of brand name mutual funds, guaranteed interest accounts or stock market indexes. The wealth that accumulates in the investment component will depend on the deposit paid and performance of underlying investments.

How much you pay in premiums and how often is generally up to you. In most cases you can pay whatever you wish. However, there are government-imposed maximums based on factors such as your age, gender, expected lifespan and the face value of the policy.

This flexibility is what makes universal life such a valuable estate-planning tool. You can start small, with the goal of providing financial protection for your family in the event of your death. As you grow older and find yourself with more disposable income or cash flow, you can focus on the investment component of the policy.

You're a good candidate for universal life if you have money left over to invest after your basic financial, investment and insurance needs are met-including maximizing yearly Registered Retirement Savings Plan (RRSP) contributions and paying down loans. This type of policy is suitable for not only for those seeking insurance flexibility and a way to enhance estate values, but those who need additional tax-sheltered growth after making RRSP contributions.

Speak to your financial advisor about how you can use life insurance as a tax-effective way to enhance the value of your estate.

Thanks Toddye Kam, CFP®, CFA Financial Advisor







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BEAUTY ON A BUDGET The Caigary Horicultural Society in partnership with the City of Caigary, is offering REE introductory gardening workshops. LEARN HOW TO ACHIEVE A BEAUTIFUL YARD! WHER: Yivo (Correntry Hills), 11950 Country Village Link NE Check out our other workshops on our website www.cahort.org. Register online at www.cahort.org or cal (461) 287-3469 X 0







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.



Explore nonfiction books with your child and discover . . . anything and everything!

Children love to read about real people, places, and events. Nonfiction books present real information in engaging and interesting ways. However, most children read a lot more fiction than nonfiction, so spend some extra time helping your reader learn how to navigate a nonfiction book.

Nonfiction books do not have to be read from cover to cover. Readers can use the table of contents and index to jump right to the information they are most interested in.

As natural learners, young readers are drawn to books that give information about something or explain something they've always wondered about. With a little help and guidance about 'how-to' read nonfiction, you can feel good about introducing your child to a new world of information and great new vocabulary words.

Explore these nonfiction books or ask your school or public librarian for other suggestions:

First Human Body Encyclopedia by DK Publishing

This beginner's encyclopedia shows what's inside the human body and how things fit and work together — through fascinating facts and close-up photographs. (Age 6 and up)

Frogs by Nic Bishop

Stunning color photographs of frogs as well interesting and quirky facts show how these beautiful, creatures survive in the wild. (Age 4-8)

Our Solar System by Seymour Simon

This beginner's guide to our solar system is filled with facts, engaging text, diagrams and charts, maps, and remarkable photographs. (Age 6-9)

With thanks to Reading Rockets

Calgary Reads helps children learn to read with confidence and joy. Help further our work by supporting our annual fundraiser, the **CBC Calgary Reads Big Book Sale** happening **May 12-14**, **2017 at the Calgary Curling Club**. Please donate used books for our sale starting Monday April 17 to Friday April 28 at the Calgary Food Bank and Tuesday May 2 to Sunday May 7 at the Calgary Curling Club. For full details of where and when and what we can accept, visit: calgaryreads.com



Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health?

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

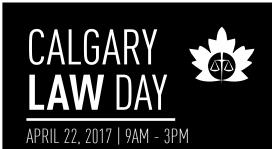
Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

Recycle your Electronics TVs, Computers, Laptops, Monit Cell Phones, Printers and mai other Metal Electronics at NO ch Drive thru Service 7 da	ny State Sta
Currie Barracks	Market on Macleod
Crowchild Trail Entrance: West on Flanders Ave, left on Quesnay Wood Dr, right on Bishop Dr, left at our entrance	Macleod Southbound Exit 78th Ave, we are located in SW corner of parking lot.
	food item for: Calgary Food Bank om or 1-888-678-2467

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at www. myhealth.alberta.ca







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PLANNING YOUR ESTATE

An important part of estate planning is having a Will and advance medical and financial directives such as an Enduring Power of Attorney and a Personal Directive.

In order to prepare a Will you need to decide who your Executors will be and name a Guardian for children under the age of 18. Existing Wills need to be updated especially if there are major changes in your life such as a divorce, or the death of a family member or children who attain the age majority.

An Enduring Power of Attorney (EPA) and a Personal Directive (PD) come into effect if you become incompetent during your lifetime and are important documents to have in place, together with a Will.

For more information, please visit our website **www.shibleyandcompany.com** or call us at **403-275-3230.**

Shibley and Company has been serving clients in northwest Calgary in the areas of Family Law, Wills & Estates, Real Estate and Corporate Law, for over 25 years. We are conveniently located in the Beddington Towne Centre Mall off of Centre St N.

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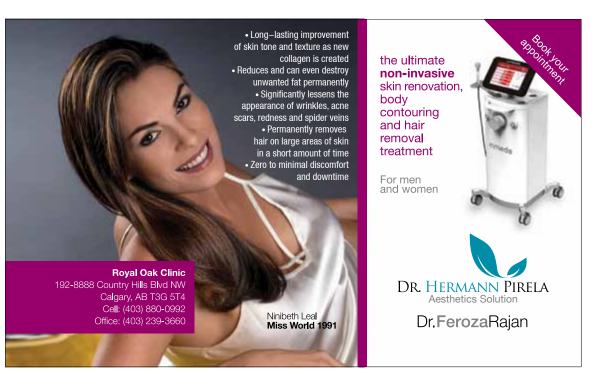


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The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from https:// www.flickr.com/photos/ubermoogle/18050433104/)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bards on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population

in the Peace River area.

- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

> **shamrock** is a young sprig of clover, used as a symbol of Ireland, Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

https://en.wikipedia.org/wiki/ Shamrock

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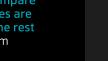


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Canadian Progress Club Calgary, AB myraskerrett@shaw.ca http://www.progressclub.ca/ calgary-city-centre

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

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

403.243.2834

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 do-

ing, 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."



Life can feel like a puzzle,

but it doesn't have to. Challenge yourself to put the pieces in place. Begin building a life plan and *living your purpose.* CULTIVATE PURPOSE DAY[~]

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Fancy Ferns I love, love, love ferns!

Ferns thrive in medium filtered light to low light and reguire 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 'Crocodvllus' 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.

Off the

Menu

Rabbit's Foot

Humata tyermanii

The tall chef's

hat is called a

toque

by Cindy DeJager

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).



IN & AROUND CALGARY

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year 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 hot surfaces (stoves), or making contact with electrical outlets. 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 at least clean material to protect 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:
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1



March 5 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

March 12 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

March 20 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

March 27 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.





Mla Calgary - Northern Hills Jamie Kleinsteuber 104, 200 Country Hills Landing NW Calgary, AB, Canada T3K 5P3 Phone: 403.274.1931•Fax: 403.275.8421 Email: calgary.northernhills@ assembly.ab.ca

Hello Residents of Northern Hills,

Seniors have told us that having the choice to remain in their home for as long as they wish is vital to their sense of independence and quality of life. Home means comfort, security and a greater sense of well-being.

Did you know our government has a program that can assist seniors in staying at home for as long as possible? The Seniors Home Adaptation and Repair Program (SHARP) aims at helping seniors be self-sufficient in their homes for as long as possible, while addressing the needs and priorities of an aging population. We've chosen to take action through SHARP and offer a low-interest home equity loan, so seniors can age in their community.

The previous Special Needs Assistance (SNA) for seniors program only offered about 53,000 senior households eligibility for home repair loans. In July 2016, SHARP was introduced to service up to 145,000 senior households. With it, seniors will be eligible to access more funds for a much broader scope of work than what was available under the SNA Program, such as adaptations to enhance physical safety, mobility, independence and health. The new program also includes a grant component for low-income seniors who don't qualify for a loan.

SHARP provides a maximum home equity loan of \$40,000 per household to seniors with a qualifying income threshold (maximum \$75,000 per household). Under the program, seniors will not be required to make monthly payments as they would with traditional loans. The simple interest loan would be repaid upon the sale of the property, if the senior moves, at end of life, or earlier if the applicant chooses to do so.

Since its launch, the Alberta Government has received over 800 applications. This accounts for approximately \$5 million in loans and \$230,000 in grants. The response from our senior community shows there was a strong need for this kind of program and that we are on the right track. After all, seniors should be able to age comfortably and with dignity – close to friends and family.

The average income of single applicants is \$26,600, receiving an average loan of \$13,100. For couples, the average income is \$45,400 with an average loan of \$16,000. This program will also help to generate new work for contractors and help stimulate Alberta's economy.

To apply or learn more please call 1-877-644-9992 or visit http://www.seniors-housing.alberta.ca/seniors/ home-adaptation-repair.html.

CBE **BOARD OF TRUSTEES** Website: http://www.cbe.ab.ca · Email: boardoftrustees@cbe.ab.ca

Managing space for our students

When the provincial government announced several years ago that they would be building more than 20 new CBE schools in Calgary, we were very pleased. Many of our existing schools were operating at or beyond capacity, and we simply needed more learning space for students.

With 15 of those new schools opening in the 2016-17 school year, we knew thousands of students would be able to attend school in their own communities, and that many of our existing schools would be impacted.

A year ago, we started planning how we could make the best use of student learning space across our system. We connected with employees, parents and community members to gather feedback on possibilities for use of available school space. Feedback was gathered through meetings, open houses and an online survey. What we heard helped us develop possible scenarios for impacted schools in several areas of our city.

Students, parents and community members came out to numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student accommodation regulations, shaped the proposed plans that were made available to communities last month.

While we have always strived to involve students, staff, parents and community members in decisions that affect them, this past year has seen an unprecedented level of involvement with our communities. The plans presented at open houses and on our website in January reflect what was most important to our students, staff, parents and communities overall, and demonstrate what we can achieve when we work together in the best interests of students.

We would like to thank everyone who contributed time and effort over the past year to help us plan how to best use our schools for the benefit of our students. Your voices matter, and contribute significantly to the choices we make.

We've heard positive feedback about the process and know that we have difficult choices to make. Please visit cbe. ab.ca/dialogue to keep up to date on current community engagement projects and learn more about how you can share your perspectives with us.

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca. Follow the Calgary Board of Education on Twitter @yycbedu.

REAL ESTATE COUNCIL OF ALBERTA



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:

- 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.

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~continued next page~



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HOME GARDENING WITH BARBARA



The Bad and Noxious Guys

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 greatgrandmother! 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.



Panorama Hills • Country Hills

Northern Hills Community Association 11950 Country Village Link N.E. Calgary, AB | T3K 6E3 Phone:403.226.6422 • Fax:403.226.6421 www.northernhills.ab.ca • admin@northernhills.ab.ca

Last 12 Months PANORAMA HILLS MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
February 2017	\$514,200	\$495,000
January 2017	\$592,200	\$575,000
December 2016	\$494,900	\$483,500
November 2016	\$525,000	\$495,000
October 2016	\$509,900	\$493,250
September 2016	\$489,900	\$468,250
August 2016	\$519,900	\$512,000
July 2016	\$569,300	\$548,925
June 2016	\$569,900	\$562,000
May 2016	\$537,000	\$527,500
April 2016	\$562,400	\$547,500
March 2016	\$499,900	\$480,000

Last 12 Months COUNTRY HILLS MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
February 2017	\$359,900	\$360,000
January 2017	\$384,900	\$376,500
December 2016	\$0	\$0
November 2016	\$369,900	\$359,000
October 2016	\$379,900	\$365,000
September 2016	\$449,450	\$437,750
August 2016	\$375,000	\$368,000
July 2016	\$429,900	\$450,000
June 2016	\$393,900	\$391,450
May 2016	\$374,900	\$362,000
April 2016	\$397,400	\$389,000
March 2016	\$355,000	\$345,000

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

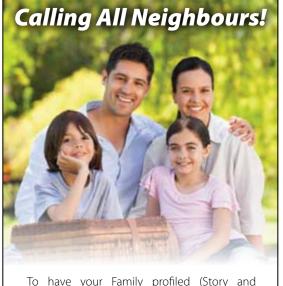
Unfortunately, there are many in our community who are still hurting due to the jobs crisis. That's why I will once again be hosting a "Career Services event" next month. For more details and to sign up please visit my website: www.MichelleRempel.ca.

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.







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