

APRIL 2017

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## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

#### Editorial Submissions

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

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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PUBLISHING

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

*Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*



*Bridge into Dorothy, AB*



*Forest above Myra Canyon Trestles, Kelowna, BC*



*North Cape, PEI*

# PHOTO

*by Char Krausnick*

# GALLERY



## YOUR ROYAL OAK/ROCKY RIDGE

Box 91009, RPO Royal Oak N.W.  
 Calgary, AB T3G 5W6  
 Phone: 403-879-2820  
<http://rrroca.org/en/contact-us/>

## ELECTED OFFICIALS



**Councillor Ward Sutherland**  
**Ward 1 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2445 • Fax: 403-268-8091  
 Email: ward01@calgary.ca  
 Web: www.calgary.ca/ward1



**MLA Sandra Jansen**  
**Calgary-North West**  
 Suite 7223, 8650 - 112th Avenue NW  
 Calgary, AB T3G 0E2  
 Phone: (403) 297-7104 • Fax: (403) 297-7121  
 Email: calgary.northwest@assembly.ab.ca



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



**MP Pat Kelly**  
**Calgary Rocky Ridge**  
 202, 400 Crowfoot Crescent NW  
 Calgary, Alberta T3G 5H6  
 Tel: 403-282-7980 Fax: 403-282-3587  
 Email: pat.kelly@parl.gc.ca

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

# Volunteer Links

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

**Alberta Cancer Foundations Events Office**  
 Suite 120, 707 7th Ave SW  
 Calgary, AB  
 T2P3 H6  
 403.775.4676

**Alberta Health Services**  
 Calgary, AB  
 403.943.4702

**Calgary Immigrant Educational Society (C.I.E.S.)**  
 Calgary, AB  
 403.291.0002

**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**  
 1001 10 Ave SW  
 Calgary, AB  
 T2R 1M4  
 403.221.8780

**Habitat For Humanity**  
 210, 805 Manning Road NE  
 Calgary, AB  
 T2E 7M8  
 403.253.9331

**Immigrant Services Calgary**  
 1200, 910 7th Avenue SW  
 Calgary, AB  
 T2P 3N8  
 403.261.1120

**Mary's Meals**  
 PO Box 76144, Millrise RPO  
 Calgary, AB  
 T2Y 2Z0  
 1.855.702.0330

**Meals on Wheels**  
 5759 80 Avenue SE  
 Calgary, AB  
 T2C 4S6  
 403.243.2834



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 403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)



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sales@great-news.ca

91 Monthly Community Newsletters Delivered to 415,000 Households Across 152 Calgary Communities

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18

## Royal Oak / Rocky Ridge mybabysitterlist

Name	Age	Contact	Course
Caitlin	12	403-827-9228	Yes
Erica	13	587-349-2484	Yes
Farnaz	13	403-714-2075	Yes
Chloe	13	403-471-5899	Yes
Amber	14	587-349-4855	Yes
Allysa	14	403-614-1937	Yes
Teagan	14	403-400-3438	No
Kalyn	15	403-473-7907	No
Kiera	15	403-816-1822	Yes
Nana	15	403-918-4652	Yes
Gabriella	17	403-208-1698	Yes
Aliza	17	403-926-7851	No
Opey	21	403-975-2600	Yes
Deeti	23	780-200-8083	No
Angela	31	403-869-8453	No
Julia	31	587-577-0825	No
Cecile	48	402-827-2782	No

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."  
Enform IRP 9 (Revised)

[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

## REAL ESTATE COUNCIL OF ALBERTA



# Ask Charles

**I just spent \$50,000 to finish my basement with high-end finishings. Now, I'm listing my house for sale, and my real estate representative says she can't include the basement square footage in the total size. Why not?**

You developed your basement and it's beautiful. You're sure any potential buyer would agree that it looks great, and is definitely livable space. But, your real estate professional is correct, the square footage of your basement cannot be included in the size of your home for listing purposes.

In Alberta, real estate professionals are required to follow the Residential Measurement Standard (RMS) when listing a residential property for sale. The RMS contains nine principles that enable real estate professionals, as well as buyers and sellers, to determine and compare the size of residential properties. The RMS sets out the specific parts of a residential property that can be included in its size for listing purposes.

Above grade levels are the levels of a residence that are entirely above grade. Below grade levels are the floor levels of a residence that are partly or fully below grade. If any portion of a level is below grade, the entire level is considered below grade. Below grade spaces include lower levels and basements. The RMS size of a property is, essentially, the sum of its above grade levels. Below grade levels are not included in the RMS area.

Without the RMS in place, there would be little consistency in how real estate professionals, and their sellers, measure and describe their property. Some may want to include their basement (unfinished or not), some may include an enclosed sunroom, while others may include the space created by a bow or bay window.

The RMS provides a consistent means of measuring, and describing, residential property size in Alberta.

Sellers, and their real estate representatives, are welcome to include additional measurement information in their listings, but the primary size listed in the listing must be the size according to the RMS.

Sellers need to remember that size isn't the only factor that will affect a property's list or selling price. Other factors include location, condition, quality of finishing, layout, and even type of ownership. You may not be able to include the square footage of your basement in the total square footage of your home, but the features of your home will set it apart from other properties. Size matters, but it's not the only thing that matters.

"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](http://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](mailto:askcharles@reca.ca).



# Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

“Someone with lived experience will likely have a different perspective than someone doing the research,” explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. “This will allow the voice of people living with and caring for mental illness to influence research projects,” adds Babins-Wagner.

## HOW DO INTEREST RATES INFLUENCE YOUR INVESTMENT CHOICES?

Suzanne Smith-Demers – Consultant

Interest rates have a wide impact on the economy with a direct impact on your investments and on your investment choices.



### Lowering interest rates

- Make it possible to borrow money at extremely attractive interest rates.
- Conservative income-producing securities, Guaranteed Investment Certificates (GICs) and direct investment in bonds, become more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

### Low interest rates

- Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.
- Federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

### Rising interest rates

- Generally reduces the amount of money in circulation which helps to keep inflation low.
- Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds and away from stocks.

### Higher interest rates

- Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations).
- Borrowing becomes more expensive for consumers who spending more to service debt.

It's inevitable: interest rates will rise and fall, markets will experience periods of volatility, and the economy will grow and contract. While all of these factors will influence your investment choices, the key to your long-term investment success is maintaining a properly diversified portfolio guided by an asset allocation strategy, align that with your tolerance for risk and designed it to achieve your investment goals. Talk to your professional advisor about how to do just that within a financial plan tailored to you.



Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the

body, which in the joints leads to reduced mobility and in the blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care.





# SPRING YARD WASTE LANDFILL DROP-OFF



Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for **free** composting.

### Before you leave for the landfill:

- ✓ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
- ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
- ✓ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit [calgary.ca/yardwaste](http://calgary.ca/yardwaste)

## Landfill hours have changed

Landfills are open from 7:30 a.m. to 5 p.m. on the following days:

	Spyhill Landfill 69 <sup>th</sup> St. and 112 <sup>th</sup> Ave. N.W.	East Calgary Landfill 17 <sup>th</sup> Ave. and 68 <sup>th</sup> St. S.E.	Shepard Landfill 114 <sup>th</sup> Ave. and 68 <sup>th</sup> St. S.E.
SUN		•	
MON		•	
TUE		•	•
WED	•		•
THURS	•		•
FRI	•		•
SAT	•	•	

Visit during the week or before 9 a.m. to avoid line-ups.

## Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

## FREE MULCH FOR RESIDENTS AND BUSINESSES

Pick up free mulch at all three City landfills while supplies last.

Bring your own shovel to load mulch.

For more information visit [calgary.ca/yardwaste](http://calgary.ca/yardwaste)



WILDLIFE

# White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

### Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
  - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
  - The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



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



# What to do if You've Got an Issue with Your Legal Bill

By Brian Seaman

If you've got a legal bill that seems too high for the work that was done on your behalf, did you know that you have an option to possibly get it reduced? This process is unique to the legal profession and is set out in the *Alberta Rules of Court*. The review process applies not only to a legal bill and disbursements but also applies to retainer agreements.

The process is relatively straightforward. The provincial department of Justice and Solicitor-General has Queen's Bench Review Officers at its' 11 judicial centres located around the Province; in Calgary, the centre is located at 601 5<sup>th</sup> Street SW. These Review Officers hold law degrees, have practiced law, and act as important gatekeepers of the integrity of the legal profession by ensuring fairness.

If you have not received a satisfactory explanation as to the charges and disbursements from your lawyer, you may apply for a review of your bill. You have six months from the date that the bill was sent to file what's called a Notice of Appointment of Service; this Form, along with the various other forms you'll need including the Affidavit of Service, can be found online at [https://albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer's-bill-sample-forms-\(november-2010\).pdf?sfvrsn=0](https://albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer's-bill-sample-forms-(november-2010).pdf?sfvrsn=0). The cost for filing is \$100.00 and is payable by cash, credit, debit or cheque or money order payable to the "Minister of Finance and Enterprise of Alberta." Court orderlies at the judicial centre can direct you to the proper counter to file your

documents. You need to file the original document, plus three copies, and you'll need to include the account(s) that you want reviewed.

Once you've filed your documents, you must serve the Notice and supporting Affidavit on the lawyer whose account you're challenging. This can be done by personally attending the lawyer's office and serving the documents, by recorded mail through Canada Post, or by hiring a process server. In any case, unless the lawyer or an assistant has acknowledged service in writing, you will need to file an Affidavit of Service.

You should note that neither Court clerks nor Review Officers can give any assessment as to whether you have an arguable bill for review and what the outcome might be. You should also note that though you may have an agent or proxy to act/speak on your behalf, it is important to attend the Review hearing. If the Review Officer determines that the bill was justified, an award of costs may be made against you. Both you or your former lawyer may appeal a finding of the Review Officer. Finally, there are two exceptions to the rule regarding review of legal charges: i) the beneficiary of a Will can't get the Estate lawyer's charges reviewed; and ii) a Legal Aid account can't be reviewed.

*This commentary provides general information about the legal account review process, reflects the author's opinion and is not legal advice. Brian Seaman is a freelance writer/legal researcher.*

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### May 6 – 7, IFK Kickstart Garage Builder's Motorcycle Show - Christine Klassen Gallery

An annual showcase of garage-built motorcycles from across Alberta, most small in budget but all big in creativity. Join us from May 6-7 from 11am to 5pm and see what we've created over the winter! More info at [facebook.com/kickstartshow](https://facebook.com/kickstartshow)

### May 7, The Debaters Live! – The Jack Singer Concert Hall

A fundraising event for JFSC hosted by award-winning comedian, Steve Patterson, and features two of his favourite comics, (Dave Hemstad and Kate Davis) - they perform stand-up, followed by a comedic debate. More info at [artscommons.ca/WhatsOn/ShowDetails](https://artscommons.ca/WhatsOn/ShowDetails)

### May 12 – 13, Vintage Redefined Market – Century Casino Showroom

The new vintage market with purpose! This ain't your typical tea-time at grandma's house. An exciting venue filled with treasures sure to delight and excite men and women alike! Over 80+ vendors featuring: True vintage, Collectibles, Re-purposed, Reclaimed, Oil & Gas, Records, Jewelry, Video Games, Antiques, Comics & more! More info at [facebook.com/Vintage.Redefined.Market](https://facebook.com/Vintage.Redefined.Market)

### May 13 – June 11, The Drowning Girls – Vertigo Theatre

The Drowning Girls is a lyrical exploration of a trio of murdered wives who gather evidence against their murderous husband by reliving the shocking events leading up to their deaths. One Yellow Rabbit Co-Founders Blake Brooker and Denise Clarke lead an incredible creative team in bringing this macabre fantasia to the Vertigo stage. More info at [vertigotheatre.com](https://vertigotheatre.com)

### May 19, Raiders of the Lost Ark: Original Film with Orchestra – Jubilee Auditorium

The film that gave the world one of its greatest movie heroes, Indiana Jones, is back and better than ever before! Relive the magic on the big screen with the original great adventure, Raiders of the Lost Ark with John Williams' epic score performed live alongside the film by the Calgary Philharmonic Orchestra. More info at [calgaryphil.com](https://calgaryphil.com)

### May 26, Nose Creek Players Presents: Anne of Green Gables – The Bert Church Theatre

Your community theatre company, Nose Creek Players, is proud to present Lucy Maud Montgomery's iconic tale of Ann Shirley. This beloved Canadian yarn tells the story of an imaginative red-haired girl searching for a place to belong; for her kindred spirit. More info at [airdrie.ca](https://airdrie.ca)

MAY MAY MAY MAY MAY MAY MAY MAY MAY MAY MAY MAY

### MAY 5 – 6 CALGARY INTERNATIONAL BEERFEST – BMO CENTRE, STAMPEDE GROUNDS

For the seasoned brew lover and budding beer enthusiast alike, Beerfest appears to have it all. Over 500 brews of all shades and compositions, contests, take part in beer seminars, vote for the People's Choice awards, meet new people, sample delicious foods, enjoy the atmosphere and entertainment, and most importantly have a great time! More info at [albertabeerfestivals.com](https://albertabeerfestivals.com)



### MAY 13, YOUTH SINGERS OF CALGARY PRESENT: #IAMMUSIC – 1415 14 AVE NW

The Youth Singers of Calgary have a long, proud history as ambassadors of true Canadian spirit and as a voice for Canadian youth through singing, dancing and acting. To celebrate Canada's 150th Birthday we have asked the question 'what does it mean to be a young, Canadian artist in this digital age?' On May 13th we raise our collective voices to answer that question. #IAmCanadian #IAmConnected #IAmMusic More info at [youthsingers.org](https://youthsingers.org)



### MAY 24 – 27, CALGARY INTERNATIONAL CHILDREN'S FESTIVAL – ART COMMONS AND OLYMPIC PLAZA

Open the door to your imagination! The Calgary International Children's Festival (Kidsfest) celebrates its 31st anniversary this season. From its humble beginning in 1987, Kidsfest has grown to become one of the most prominent arts festivals of its kind in Canada and the largest presenter of performing arts for young people in Calgary. More info at [calgarykidsfest.ca](https://calgarykidsfest.ca)





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

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Councillor, Ward 2  
**Joe Magliocca**  
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Calgary.ca/ward2  
Facebook: Joe Magliocca  
Twitter: @Joe\_Magliocca

Thank you to all who participated in this year's Polar Plunge in Arbour Lake. Over \$40,000 was raised for Special Olympics! Thanks also to the Arbour Lake Residents Association for hosting this great event.

Complete your census and voter registration at the same time! Watch the mail for your access code and visit calgary.ca/census from April 1 to 21 to complete your census and voter registration online. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 22, 2017.

Winter is coming to an end and Calgary Snow Angels have been helping people get around their neighbourhood all season. Snow Angels help keep a neighbourhood safe to travel in while building community spirit. If you, or someone you know has been helped by a Snow Angel, call 311 or go on line to recognize them and nominate them for prizes. For more information visit calgary.ca/SnowAngels.

From April 7 to May 28, all three City landfills will waive fees for residential spring yard waste. Bring your leaves, branches, plants (no sod - it can't be composted) and other yard waste to any City landfill for free composting. Please use paper yard waste bags, leave the material loose or bring it in plastic bags (plastic bags must be emptied onsite). This program is only for residential customers and charges will apply if your load contains other items. Free mulch is available for pick up at all City landfills for both residents and businesses. Bring your shovels as you are required to load your own vehicle.

**Joe's Tip**  
Please note that landfill hours have changed! Check the days/hours of City landfills at calgary.ca/yardwaste.



## Helping Your Children with Social and Emotional Skills

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

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

1. Parents need to role model proper interactions and self control.
2. Listen to what the child is saying instead of judging.
3. Give reasons for the behavior you want and make goals to achieve the behavior.
4. Teach a child empathy instead of being sympathetic all the time. It never hurts to try and see something from another's point of view.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children - Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nweccdcoalitions@gmail.com.



**Councillor, Ward 1**  
**Ward Sutherland**

P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5  
Phone: (403) 268-2430 • Fax: 403-268-8091  
Email: ward01@calgary.ca  
Web: www.calgary.ca/ward1

All single-family homes and fourplexes can expect to receive their new green carts in mid-2017. Green carts and starter kits will be delivered to homes, quadrant by quadrant. Weekly green cart collection will start the same week for the entire quadrant. Details on quadrant start dates will be shared by City later this spring.

Residents will receive a starter kit which includes:

- Green cart - the same size as the blue cart
- Kitchen pail - to collect food scraps inside the home
- Starter supply of compostable bags - to line the kitchen pail
- Starter supply of paper yard waste bags - for extra yard waste that doesn't fit inside the cart
- Instruction guide and collection schedule

**Green carts and blue carts will be picked up every week on the same day.** Since the majority of household waste is compostable and may smell, this material will be picked up once a week. **Black carts will be picked up once every two weeks** on a different day than blue and green carts since more than half of our garbage is compostable material that can go in your green cart. To learn tips on how to prevent odours and pests, visit Green Cart Tips at [www.calgary.ca](http://www.calgary.ca)

**Eligible homes cannot opt out of the program.** If you live in apartment or condo find out about food and yard waste diversion requirements for multi-family complexes at [www.calgary.ca](http://www.calgary.ca)

Never miss a collection day! Sign up to receive free automated reminders before your pick-up via Iphone and Android App, text message, email, phone call or embed your schedule into your online calendar.

Councillor Ward Sutherland is inviting the residents of all Ward 1 communities to come out on **May 11, 2017** to meet **Chief Roger Chaffin** and some of his key staff. Do you have a question for the Chief or want to meet him? Here's your opportunity to hear him discuss policing issues in Calgary and ask him questions.

This "fireside chat" style event is open to all residents of Bowness, Crestmont, Greenwood/Greenbriar, Montgomery, Rocky Ridge, Scenic Acres, Silver Springs, Tuscany,

University Heights, University of Calgary, Valley Ridge, and Varsity.

If you have any questions relating to the meeting, please contact Councillor Ward Sutherland's office at ward01@calgary.ca or call (403) 268-3240.

**Chat with Chief Chaffin**  
**May 11, 2017**  
**Silver Springs Community Association**  
**5720 Silver Ridge Dr NW**  
**6:30 p.m.-9:00 p.m.**

If this is an event you would like to attend but have disability issues, please contact 311 to request an accommodation or service. Please provide at least two weeks' advance notice so the City of Calgary can coordinate the service.

**BRAIN GAMES** **SUDOKU**

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

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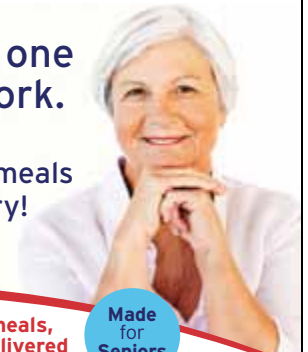
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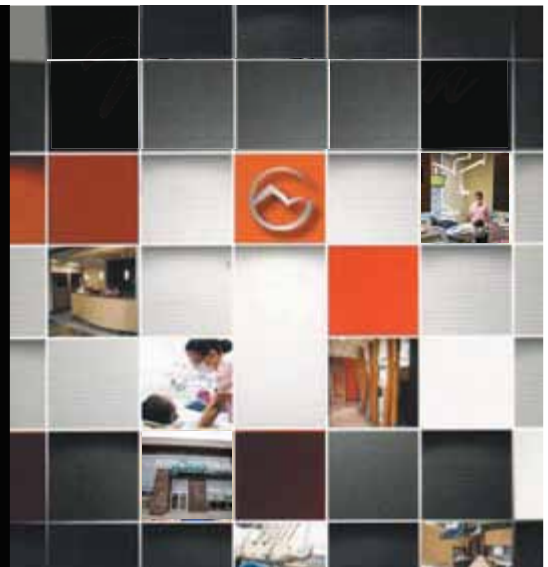
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