

FEBRUARY 2018

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

# your **ROYALROCKY** OAK ——— RIDGE

BRINGING ROYAL OAK AND ROCKY RIDGE RESIDENTS TOGETHER



# Great deals on great devices.



SAMSUNG  
**Galaxy S8 | S8+ | Note8**

Activate any device on  
a new 2-yr **Share Everything™**  
plan and get a

**\$100**  
bill credit\*



 **ROGERS.**  
Authorized Dealer

Offer only available at  
**Crowfoot Village | 740 20 Crowfoot Cres.**  
**NW, Calgary, AB | 403-215-7300**

Offers available for a limited time at participating locations and subject to change without notice. \*With activation on any new 2-year Share Everything Plan. Connection Fee of \$25 per line applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. Credit will appear on the 2nd or 3rd invoice. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Early cancellation fees apply. See store for complete details. ©2018 Rogers Communications.

RBC Dominion Securities Inc.

## QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

### MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



**MICHAEL MARTIN, MBA, CFA, CFP**

Investment Advisor

403-266-9655

michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

[www.martinwealth.ca](http://www.martinwealth.ca)



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™



## Fastest Flyers

uncomplicated print marketing.

**Experts in**  
**design, print,**  
**& targeted delivery**



**CALL NOW FOR  
YOUR FREE QUOTE**  
**403-243-7518**



## SUDOKU

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

FIND SOLUTION ON PAGE 9



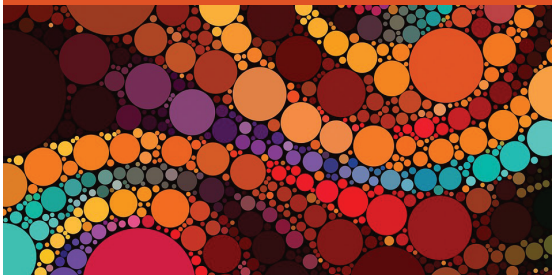
## SAFETYSYNC

Manage Your Workplace Safety

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







## Heart in The Arts in February

by Alex Bonyun

February is a great month in Calgary to get out and experience what arts and culture in our city has to offer. Theatre Calgary collaborates with the wacky and always unexpected Old Trout Puppet Workshop to bring a uniquely hilarious take on Shakespeare's Twelfth Night to Calgary. Originally produced by Canada's National Arts Centre, Twelfth Night will inject your February with some much-needed laughs. If laughter isn't your best medicine, Vertigo Theatre has their world premiere mystery of Undercover, Lunch-box Theatre has the enticing Ai Yah! Sweet & Sour Secrets, and Alberta Theatre Projects has the emotionally enthralling Constellations.

If you'd rather forget it is winter entirely, you can pop into a performance of Calgary Civic Symphony for an afternoon of Latin heat with Festival da Musica. Guest starring Soprano Michelle Minke of Cowtown Opera, the University of Calgary String Quartet, and accordionist Penny Sanborn, Calgary Civic Symphony will fill the Jack Singer Concert Hall with the music of Mexico and South America.

There's always visual arts as well, for those of you who would rather stroll through a gallery. Glenbow Museum is hosting a new exhibition in February featuring over 6,000 photographs of Frida Kahlo herself and her loved ones as well as scenes of Mexican culture, politics, art, history and nature.

Stay warm and enjoy Calgary culture this February!

*This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts commons is home to six different distinct performance venues.*



## YOUR ROYAL OAK/ ROCKY RIDGE

Delivered monthly to 7,500 households and businesses

### Advertising Opportunities

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.

### Published by Great News Publishing

Serving Calgary communities for 29 years  
87 newsletters reaching over 391,000 households  
in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:

[www.great-news.ca](http://www.great-news.ca)

**GREAT NEWS**  **29** YEARS  
PUBLISHING

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing.*

*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.*



# CONTENTS

---

7	VOLUNTEER LINKS
8	REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES
9	ESL COFFEE AND CONVERSATION
10	PHOTO GALLERY
12	A GEOSCIENCE OUTREACH EXHIBITION
16	ALL IN FOR ALEX
17	AT A GLANCE
19	COUNCILLOR WARD SUTHERLAND'S REPORT





## YOUR ROYAL OAK/ROCKY RIDGE

**Box 91009, RPO Royal Oak N.W.**  
**Calgary, AB T3G 5W6**  
**Phone: 403-879-2820**  
**[www.rrroca.org/en/contact-us](http://www.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](mailto:ward01@calgary.ca)  
Web: [www.calgary.ca/ward1](http://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](mailto:calgary.northwest@assembly.ab.ca)



**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](mailto:pat.kelly@parl.gc.ca)

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
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
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	1-855-222-5542

# 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  
403.29102

## **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**

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



## *The Whimsical Holidays of Thomas Roy*



American actor Thomas Roy and his wife have created a number of "special" holidays. Among his February holidays are: "Move Hollywood & Broadway to Lebanon, Pennsylvania Day", "Wave All Your Fingers At Your Neighbors Day", "Satisfied Staying Single Day", "For the Love of Mike Day", and "For Pete's Sake Day".





# Ask Charles

***I've been working with an agent, but she's going on holidays for 2 weeks. She's going to arrange for someone else at her brokerage to take care of my listing while she's gone. Do I have to sign a new contract with this person?***

The short answer is no, but you may have to make changes to your existing contract depending on what type of brokerage you're working with: common law or designated agency.

In a common law brokerage, your service agreement (contract) is with the brokerage, which means that essentially, you're agreeing to work with any or all licensees at the brokerage. Because the agreement you signed is with the brokerage, any licensee from that brokerage can work with you under your existing agreement. The individual or individuals you have been working with are working with you on behalf of the brokerage.

In a designated agency brokerage, your service agreement is still with the brokerage, but only the individual (or individuals) named on the agreement are designated to work with you on behalf of the brokerage. If this is the case, and the individual your real estate agent wants you to work with for a couple of weeks isn't specifically named on the agreement, the brokerage will have to designate, in writing, the other individual to work with you. You and the brokerage can amend your original agreement to include this new person as another designated agent for you.

Another option that is available when you're working with a designated agency brokerage is that at the outset of your agreement, the brokerage designates more than one individual to work with you on behalf of the brokerage. This is completely acceptable, and will save

you from having to amend the original agreement in the event the primary individual you're working with becomes unavailable during the term of your agreement. When you're signing your agreement, talk to your agent about their availability, vacation plans, and whether there are other agents within the brokerage that they sometimes partner with.

More than fifty percent of real estate professionals in Alberta are registered with a designated agency brokerage. Your agent should have explained whether their brokerage operates under common law or designated agency when you first started working together, and should have explained the differences.

*"Ask Charles" is a 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).*

## The Birds and the Beekeepers?

Saint Valentine of Terni is the saint whose saint day we celebrate as Valentine's Day. However, despite the modern association with love, St. Valentine was initially the patron saint of beekeepers and pilgrims, and only later became associated with romance.





## Royal Oak • Rocky Ridge

Box 91009, RPO Royal Oak N.W. • Calgary, AB T3G 5W6

Phone: 403.271.8979

[www.rrroca.org](http://www.rrroca.org) • [info@rrroca.org](mailto:info@rrroca.org)

### Last 12 Months ROYAL OAK MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2018	\$643,900	\$634,000
December 2017	\$515,000	\$499,000
November 2017	\$569,900	\$558,000
October 2017	\$629,900	\$608,750
September 2017	\$570,000	\$553,800
August 2017	\$562,450	\$551,500
July 2017	\$586,500	\$572,500
June 2017	\$539,950	\$529,000
May 2017	\$554,900	\$547,800
April 2017	\$599,900	\$595,500
March 2017	\$579,450	\$560,000
February 2017	\$654,450	\$627,500

### Last 12 Months ROCKY RIDGE MLS Real Estate Sale # of Listings

	Average Asking Price	Average Sold Price
January 2018	17	4
December 2017	3	3
November 2017	7	9
October 2017	11	12
September 2017	18	11
August 2017	15	12
July 2017	17	14
June 2017	23	20
May 2017	24	10
April 2017	12	9
March 2017	11	18
February 2017	10	12

To view more detailed information that comprise the above

MLS averages please visit [royal\\_oak.great-news.ca](http://royal_oak.great-news.ca)  
or [rocky\\_ridge.great-news.ca](http://rocky_ridge.great-news.ca)



## ESL Coffee and Conversation

Come join us to practice your English conversation skills and meet new people.

**Where:** North West Family Church 10307 Eamon Rd NW, Calgary

**Date and time:** Every Thursday from 4:00 – 5:30

*Hope to see you there.*

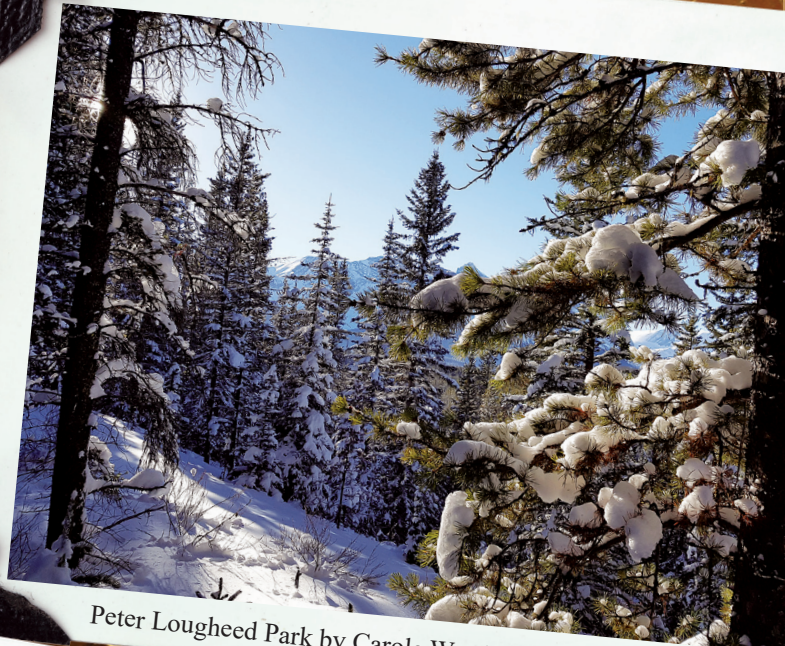
## BRAIN GAMES SUDOKU

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



# PHOTO

*Thank you to all of the local photographers who have submitted their photos to us to showcase their talent over the two years. We are sad to announce that this will be the final edition of the Your Royal Rocky newsletter. We at Great News Publishing have enjoyed viewing and printing your photos and we wish you all the very best in all your future photography endeavours. Keep shooting!*



Peter Lougheed Park by Carole Westlake



Partridge Burrowing by Brian Rushfeldt



Bowness Park Tree at Night



# GALLERY



Photo by Carole Westlake

Peter Lougheed Park by Carole Westlake

nt by Les Hamilton





## A Geoscience Outreach Exhibition

✓ OPEN TO THE PUBLIC

✓ FAMILY FRIENDLY

✓ HANDS-ON EXHIBITS

✓ FREE ADMISSION

# MARCH 18-20, 2018

**Big Four Building  
Stampede Park, Calgary, Alberta**

**Sunday, March 18**

11:30 am – 5:00 pm

**Monday, March 19**

8:45 am – 2:45 pm and

6:00 pm – 9:00 pm

**Tuesday, March 20**

8:45 am – 2:45 pm

### HIGHLIGHTS

- Pan for Gold with Yukon Dan
- Geoscience talks on Sunday
- Fossil Station

## Geo-Theatre Presentations SUNDAY, MARCH 18

1:00 pm & 3:00 pm  
**Dr. Ross Lockwood**

**TOPIC:**  
Everyday  
Astronaut



2:00 pm & 4:00 pm  
**Dr. Jon Noad**

**TOPIC:**  
How and Where  
to Find Fossils  
in Alberta



**esfscanada.com**   

Hosted by:



**CSEG  
Foundation**

# Shea + Cocoa Butters

By Barbara Shorrock

If you are a reader of ingredients, you already know that **Shea Butter** is in many of our cosmetics, particularly natural ones. What do you know about it? Not much, if you are like I was, or perhaps nothing at all. After some research, and this is what I learned:

Shea Butter is extracted from the nut of the African Shea tree (*Vitellaria paradoxa*) by a long and labour intensive process. The Shea tree or Karite tree is known in Africa as “The Tree of Life” because it provides, among other things, oil for cooking and skin and hair care. The butter is also called “Women’s Gold” as it provides income as well as healing for skin problems. There are stories of caravans bringing this valuable butter to Cleopatra, Queen of Egypt, thousands of years ago; the healing properties have long been known in this part of the world. Now it is exported round the world for inclusion in cosmetics and body care products.

The tree fruit looks much like a plum, and falls from the native trees on the savannah of West Africa in countries such as Ghana and Burkina Faso. Women gather the fruit, peel off the flesh and process the kernel of the seed inside in a washing/drying/crushing/roasting/kneading process that results in a firm whitish product ready for use and export. It is valuable because it contains 2 fractions of oils within its complex fat: saponifiable (moisturizing) and unsaponifiable (healing). These oils are common in nuts and seeds, but the shea seed has much higher percentages than any other seed oil and is therefore more effective when made into butter. Often used in medicinal ointments, it melts at body temperature and absorbs quickly into the skin.

There are several commercial grades of Shea Butter, ranging from A, B, C to F (you don’t want this one). Grade C is more highly refined (think of it as the white

flour variety of wheat flour) and has much of the vitamin content removed, so Grade A is probably best if you make your own personal products. There are many online sites that offer recipes for natural and organic body butters, lip balms and lotions. I tried one for body butter, and found it to be everything I hoped for in a moisturizer that my skin appreciates in our dry and heated homes this time of year.

That recipe included **cocoa butter**, which prompted more research. Cocoa butter, also known as Theobroma Oil, is an edible fat extracted from the cocoa bean, which is grown throughout Central and South America. Found inside the large fleshy fruit/pod of the cocoa tree, the beans are cleaned, roasted and pressed into cocoa butter and solids, which will become cocoa powder. Both butter and powder will eventually find their way into all manner of edible chocolate, but that is another story. The butter is popular in the cosmetics industry, partly due to its velvety texture which is solid at room temperature and liquid at body temperature, making it a regular ingredient in soaps, skin creams and lotions, and even some suppositories. It smells faintly of cocoa, unless the odour has been totally refined out, which means that a good percentage of the beneficial nutrients have also been removed (note the white flour example above). Cocoa butter is an excellent moisturizer, and has anti-oxidants that have anti-inflammatory properties, adding it to the healing butters and oils available to us in our stores. If you are inclined to venture into making your own natural skin products, without chemicals and preservatives, these two butters will find a place in your pantry. If that isn’t your thing, watch for them when squinting at the list of ingredients on your favourite lotion, hand cream or lip balm. If you are buying organic, they should be there.





### Janet's Story

A nylon flap and a zipper were all that separated Janet and her husband from the ruthless -32-degree Calgary winter. Janet's husband had just been released from the hospital following a stroke and 10-day coma. His two-month hospital stay cost them their jobs and home. As a result, he was forced to finish recovering on the floor of a tent in a park.

They lived in the tent for a year and half, waking up at 5:00 a.m. every day, drenched from the icicles that melted through the flimsy fabric while they'd been sleeping. Their clothes would dry after 12 hours of collecting bottles, only to become soaked again overnight in the tent. They wore the same clothes day after day, in a constant cycle of wet, dry, wet, dry.

Janet's husband would occasionally spend the night in a shelter while Janet stayed in the tent to look after their dog, who she could not bring to the shelter. Experiencing homelessness as a woman is especially dangerous. It is an extremely vulnerable position to be in.

They weren't sure how much longer Janet's husband could live without a home. Finally, after eight months on Calgary Alpha House Society's waiting list, they were finally moved into a basement suite.

"Being able to cook instead of eating fast food in a tent really makes a difference. He's so much healthier now," she beams, adding that their case workers helped her get a job. "We have a door instead of a zipper. We got some of our dignity back."

Janet says that getting the basement suite not only changed her life, but also probably saved her husband's. "I don't know if he'd still be alive today if we hadn't found a home."


There are over 3,000 Calgarians currently experiencing homelessness, with more than 14,000 households at extreme risk of becoming homeless. Alpha House is one of nine social services agencies that are working together as part of the RESOLVE Campaign to build affordable rental housing, with support services, for up to 3,000 homeless and vulnerable Calgarians.

RESOLVE follows the Housing First philosophy, a proven approach in addressing the root causes of homelessness—vulnerable people are provided with a home, first, and whatever support services they need to remain housed. The stability of a home gives vulnerable people, like Janet, the hand up they need to begin rebuilding their lives.

This stability also benefits the community by reducing costs to healthcare, police, emergency services, the justice system and corrections: over \$55,000 a year can be the cost to our public systems to help a high-needs Calgarian experiencing homelessness (over \$100,000 a year can be the cost for the highest users of the public system). This cost can be reduced by at least \$34,000 a year when a person has appropriate housing and supports.

RESOLVE is in its final three months of fundraising and will end on March 31, 2018. But the need remains urgent, especially at this time of year, when shelters are often at capacity and vulnerable people are on the streets in the winter.


You can change the lives of vulnerable Calgarians – your neighbours – and make a lasting impact in the community. Visit [www.resolvecampaign.com](http://www.resolvecampaign.com) to learn more.




## Toasty Toes Sock Collection Program

Gather your socks together!

 **New, used, singles or pairs.**  
All sizes and types from babies to adults.

 **All donations go to the Calgary Drop-In Centre and Calgary Women's Shelter.**

 **Drop off locations at A&W –**  
 South Trail: #190, 4307 130th Ave. SE  
 Chinook Station: 6666 MacLeod Trail SW  
 Westhills: 5621 Signal Hill Centre SW  
 Glendee Junction: 80 Glendee Circle SE  
 Riverbend Comm. Assoc.: 19 River Valley Dr. SE

**From January 5 to February 28, 2018**

**This program is sponsored by the  
 Calgary Heritage Lions Club.**  
 For more information contact  
 Lion Peter Wallis at 587-433-1247.





## This Valentine's, My Focus is Self-Love!

By Kirei Yasunori

We all know that healthy eating and exercise are key to a healthy life. Did you know that self-love is also necessary to achieve health? Self-recrimination, on the other hand, will deter your best efforts and the strongest of will power.

If health is one of your goals, start to view your action steps as daily practices of self-love and nurture. These may include:

- Cooking healthy meals
- Pausing to take a deep breath and shoulder roll
- Going for walks with friends.

Start to frame these activities as ways that you deeply nourish your whole self.

Create your own list of what brings you pleasure, calms you down, and puts a smile on your face.

Make the mental shift to self-care because you *love yourself*, not because you “should or have to” in order to lose weight or be fitter.

This Valentine's Day, celebrate self-love. Ironically, self-love will not only bring you more love but will allow you to be more loving to others. It is one of the least selfish things we can do and will ultimately be the foundation for your ongoing health and fitness.

Approving the budget for the Calgary Catholic School District is one of the primary responsibilities of the Board of Trustees. Working on the budget is not a single event, but a process. We are continuously reviewing elements of the budget as part of the process leading up to approval, to ensure it supports our district priorities, which are rooted in success for every student.

Many elements are considered during this process—from a strategic plan for the district to pre-budget consultations, to community engagement and board direction. During the pre-budget process in December 2017, we internally examined various types of data from student enrollment to staffing to new school projects. Then, in February and March 2018, we gather input from parents, students and staff about budget priorities. We feel that connecting with the community is one of the most important steps in the whole budget process.

To do this, we are again utilizing ThoughtExchange, an online service that allows us to actively engage the community through detailed questions and responses. In the past, we have received a variety of insights from stakeholders, such as wanting increased help for diverse learners and how greatly appreciated staff and teachers are in our district.

After our pre-budget process and stakeholder consultations, we look to the annual provincial budget for funding decisions from the government, which is usually released in February or March. Once we have that information, we aim to balance the resources we are given to make the best possible decisions for the students we serve. Predictable, stable funding is imperative to providing excellence in Catholic education for all of our students. As a board, we actively advocate for the needs of our district and collaborate with the provincial government regularly to meet these needs.

As trustees, we then approve the budget in May or June. An important role of trustees is managing fiduciary responsibility for the school district and ensuring that the budget reflects our three-year plan, educational priorities and needs of our communities. Our budget decisions are based on our commitment to ensure all students are successful by providing excellence in teaching and learning and a supportive environment enriched by our Catholic faith.

Are you between the ages of 17 to 35?  
**YOU HAVE THE POTENTIAL TO SAVE A LIFE!**



Alex is a 12-year-old Alberta girl fighting for her life. Alex was diagnosed with Aplastic Anemia with PNH Clone. She is living on blood and platelet transfusions. CTV, CBC and Global have all told her story. Global Edmonton Health Matters: Oct 25.

**Alex needs a  
BONE MARROW DONOR  
to survive.**

It is quick, easy and painless to donate at Canadian Blood Services, [www.OneMatch.ca](http://www.OneMatch.ca). A cheek swab and health questionnaire are done and returned by mail to them.

If you are not a match for Alex there are also over 800 others in Canada waiting for a bone marrow transplant.

**Please register NOW and encourage your friends to join  
the registry as Alex needs help.**

**YOU** could be a hero and save a life.

Thank you.



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

## Roy Book Binder in the PCL Blues Series – Arts Commons, March 2

Called an “iconic living treasure of American blues, ragtime and old timey music,” Roy Book Binder is a true troubadour of old-style blues. Book Binder has the licks of timeless music in his fingers and is known for his slide arrangements and original compositions, as much as he’s known for his storytelling and dry wit. He’s been rambling around the blues world for the last 45 years and has toured with greats like Bonnie Raitt and many, many more. More info: [artscommons.ca](http://artscommons.ca).

## Vegetarian 101 – South Calgary Health Campus, March 8

In this cooking class demonstration, we will energize your nutrition with vegetarian cooking techniques and delicious food. Learn basic vegetarian substitutions, cooking skills and how to cook plant-based proteins. Learn how to save money and reduce food waste. More info: [enrgizenutrition.ca](http://enrgizenutrition.ca).

## Bow Habitat Station’s Discovery Nights – 1440 – 17A St. SE, March 15

Looking for a late-night learning opportunity? Explore through the Discovery Centre between 5-8:00 PM at reduced \$5/person admission on the third Thursday of each month while you learn more about the wildlife who make their home in Alberta. Bow Habitat Station is a centre that offers programs and exhibits to educate about the Province’s wildlife and other natural wonders. More info: [bowhabitat.albera.ca](http://bowhabitat.albera.ca).

## The Gardener’s Gratitude Journal book launch – Wildwood Community Centre, March 16

Free and local book signing, gardening talk by Horticulturist Donna Balzer and garden expert Chelsie Anderson, snacks and entertainment. Come spend a few hours with some of Calgary’s most passionate movers and shakers. This all-Canadian (from the writers, to the design work, to printing and artwork its 100% Canadian!) book will entertain, educate and help you track your garden hits and misses over the next 3 years. Purchase a signed copy at this event.

## THE PASTRY CHEF SHOWCASE – HERITAGE PARK, MARCH 4

The Pastry Chef Guild of Alberta and Make-A-Wish Southern Alberta team up to offer Calgary a sweet experience, the Pastry Chef Showcase! Funds raised from the Pastry Chef Showcase help support Make-A-Wish Southern Alberta. The Showcase is an exclusive and unique dessert experience, with over a dozen prestigious pastry chefs and establishments offering up an array of decadent offerings. More info: [eventbrite.ca](http://eventbrite.ca).



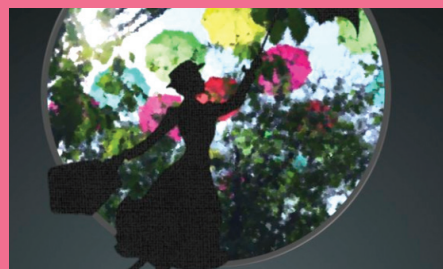
## THE 3RD ANNUAL CHILDREN’S WONDERLAND BALL – COAST PLAZA HOTEL, MARCH 11

Enjoy an exciting afternoon with your child’s favorite characters with special performances you don’t want to miss. The Wonderland Ball will feature princesses, superheroes, mascots, a catered feast, a magician, face painting, candy table, giveaways, a photo booth, new surprise characters and a live DJ to make you dance your feet away. There will also be a silent auction with amazing prizes to be won in support of Ronald McDonald House Charities Southern and Central Alberta. More info: [mascotparties.ca](http://mascotparties.ca).



## MARY POPPINS PRESENTED BY ST. PETER’S PLAYERS - CORMACK HALL, MARCH 15 -17

A beloved 2-act classic about a nanny and her friend, Bert. Mary and Bert sing and dance their way into the lives of the Banks family, where work and no play has taken over. Mary Poppins and her friend see to it that the children and their parents realize that it is family that counts. This can only be done in the practically perfect way of silly adventures, songs, dance and of course a spoon full of sugar! Director Catherine Hiscocks, musical director David Dixon. More info: [stpetersplayers.ca](http://stpetersplayers.ca).



MARCH MARCH MARCH MARCH MARCH MARCH MARCH MARCH MARCH MARCH

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Royal Oak Rocky Ridge area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

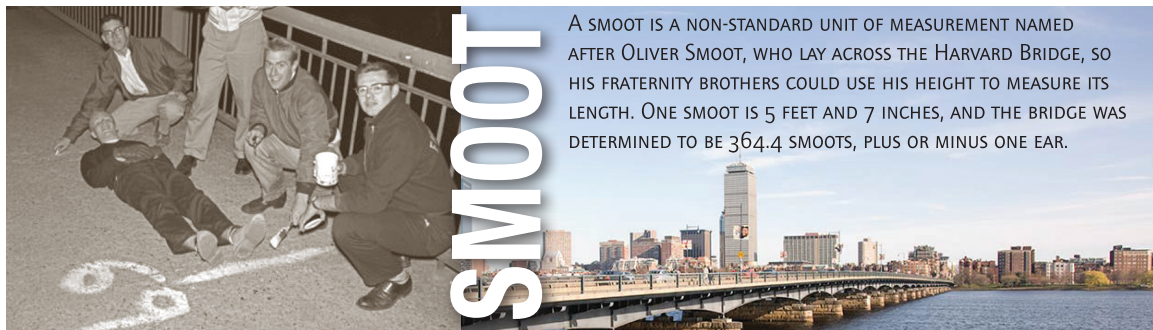
**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT - Big Sky Ventures. Call: 587-228-9371, or e-mail: [braabis@shaw.ca](mailto:braabis@shaw.ca). Home renos re-wiring, trouble-shooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, seniors' discount, customer satisfaction guaranteed. 24-hour emergency service.

**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](http://www.communitymediation.ca), 403-269-2707.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**OFFICIAL PLUMBING & HEATING:** Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

**FREE! 30-MIN MASSAGE OR 50% DISCOUNT FOR 60-MIN MASSAGE:** New clients only: \$49 (usual \$98). See traditional Thai massage promotion on website: [www.raintreemassage.com](http://www.raintreemassage.com). I'm an RMT with 10 years' experience in deep-tissue, relaxation and therapeutic massage. Receipts accepted by all insurance companies. Call/text me 403-397-6776. Check out Facebook reviews - Raintree Massage Therapy.



A SMOOT IS A NON-STANDARD UNIT OF MEASUREMENT NAMED AFTER OLIVER SMOOT, WHO LAY ACROSS THE HARVARD BRIDGE, SO HIS FRATERNITY BROTHERS COULD USE HIS HEIGHT TO MEASURE ITS LENGTH. ONE SMOOT IS 5 FEET AND 7 INCHES, AND THE BRIDGE WAS DETERMINED TO BE 364.4 SMOOTS, PLUS OR MINUS ONE EAR.



Did you know that in November and December 2017, 210 vehicles that had been left running were stolen? The Calgary Police Service has started an initiative—Operation Cold Start—to educate citizens about the risks of leaving their vehicles unattended while warming them up. CPS Officers are on the lookout for vehicles that are left running and unattended. When such vehicles are found, officers take the opportunity to educate citizens about how quickly a vehicle can be stolen and why stolen vehicles pose a risk to the public. Offenders who take these vehicles have little regard for public safety and put the public and officers at serious risk, as stolen vehicles are often used in committing other crimes, primarily robberies, break and enters, and drug-related offenses.

Citizens who are planning to warm up their vehicle on a cold day are reminded to:

- Never leave a vehicle with a keyed ignition running and unattended.
- Never leave vehicles with keyless ignitions or push-button starts running and unattended.
- Never leave children or pets in a running or unattended vehicle.
- Never leave spare keys or garage door openers in your vehicle. Always lock the man-door leading from a garage into a residence.
- Do not leave valuables, including identity documents and bank cards, in a vehicle under any circumstances.
- Use a remote starter whenever possible and keep your vehicle locked.
- Use a steering wheel lock to deter thieves.

Want more news on what's going on in Ward 1? Sign up for my monthly reports at [www.WardSutherland.com](http://www.WardSutherland.com).

IDIOMATIC 慣用句  
관용적인 IDIOMATIQUE  
IDIOMÁTICO IDIOMATISCH  
אידיומטי IDIOMATYCZNY  
ХЭЛЛЭГ MUNDRET

**“Wear your heart on your sleeve”**

**Meaning:** to openly reveal your feelings.

This phrase was first recorded in Shakespeare's play "Othello" in 1604, where the treacherous Iago says this to feign openness and vulnerability.

## TAKE ON WELLNESS



## Back Health in the Workplace – How to Lift Safely

*By Dr. Angela Pucci, Chiropractor*

Did you know that over 85% of working Albertans will experience back-related injuries or conditions?

Preventing this from occurring is possible with correct body position and lifting technique. Here are some useful tips for those that “lift” in the workplace:

1. Stand close to the object you are going to lift.
2. Place your feet shoulder width apart.
3. Bend your knees and keep your back straight then squat to the level of the object.
4. Test the weight of the load before lifting.
5. Keep the load close to your body. This reduces strain in the muscles of your back.
6. Use the strength of your arm and leg muscles (not your back) to smoothly and slowly lift the load.
7. Pivot with your feet in order to turn in the direction you want to move forward.
8. Avoid twisting your body while turning and carrying the load. Twisting decreases the stability of your back and increases your risk of injury.
9. Bend your knees slowly to lower the load to its location.
10. Always ask for help if the load is too large, heavy or awkward.

The root cause of back pain can be due to a variety of different reasons. Should you find yourself with a back pain, due to lifting or otherwise, it is essential to seek out a Health Care Practitioner who can help you with your pain and also treat your body to put you on the best plan of care and quickest road to recovery.



# Be there. For snowmen and sleigh rides.

If you're without employer-sponsored benefits, we have a plan to fit your needs and your budget—so you can focus on being there for what really matters.

1-800-394-1965

ab.bluecross.ca



\*\*The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. \*† Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. ABC 83765 2018/01



ROYAL VISTA DENTAL

210, 8730 Country Hills blvd. NW  
Calgary, AB T3G 0E2

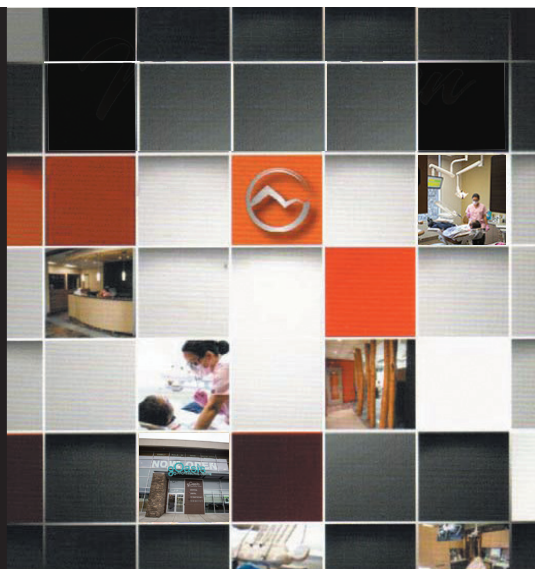
Phone: 1.403.234.8111 • Fax: 1.403.234.9111  
info@royalvistadental.ca • www.royalvistadental.ca

## SERVICES WE OFFER

FAMILY DENTISTRY  
SEDATION DENTISTRY  
ROOT CANAL TREATMENT  
TEETH EXTRACTION  
DENTAL IMPLANTS  
DENTAL VENEERS  
CROWNS & BRIDGES  
DENTAL EMERGENCY

NOW OFFERING INVISALIGN AND BRACES

ALL SERVICES PROVIDED BY GENERAL DENTISTS



DIRECT BILLING TO INSURANCE  
ACCEPTING NEW PATIENTS