

MARCH 2017

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

# your SANDSTONE<sup>MAC</sup>EWAN

THE OFFICIAL SANDSTONE & MAC<sup>EWAN</sup> COMMUNITY NEWSLETTER







**September 8 – 10, 2017**  
**3 Unbelievable Days • 100 KM**  
**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.

Come to our Expo April 23  
**[kidneymarch.ca](http://kidneymarch.ca)**  
**1.866.956.2724**

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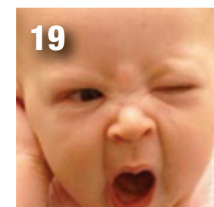
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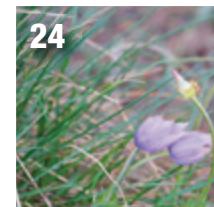


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## SANDSTONE-M<sup>AC</sup>EWAN COMMUNITY ASSOCIATION

300, 8120 Beddington Blvd. NW  
Calgary, AB T3K 2A8  
info@sandstonemacewan.com • sandstonemacewan.com  
Delivered monthly to 4,500 households and businesses for 6 years!

### Editorial Submissions

smeagherbromley@gmail.com  
All editorial content must be submitted by the 10<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

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



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

*The Sandstone-M<sup>AC</sup>Ewan Community Association and Great News Publishing do 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.*

## 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

## PRESIDENT'S MESSAGE

To follow up from last month's message, Balzac Billy saw his shadow, meaning we are in for six more weeks of winter. As I'm drafting this message, that lore certainly holds true given the cold weather and snowfall we have had. For the first time in three years the City of Calgary had to impose a parking restriction and unfortunately many Calgarians received tickets or were towed away. We circulated information on our website, Facebook and twitter account so hopefully you are not one of the individuals dealing with a ticket!

The inconsistent weather this winter has been difficult for the rink guys who have done their best to keep ice on the rinks in between cold snaps and Chinooks. We got several centimeters of snow in February and that had the guys working hard to keep the rinks cleared.

Vernal (Spring) Equinox begins Monday March 20 to mark the first day of spring. Spring Equinox is when the equator passes through the center of sun resulting in approximately equal hours of day and night. In the Northern Hemisphere, this means longer days and more sunlight until the fall when the opposite occurs. Many people look forward to this time of year, myself included.

Have you had a chance to check out our new website sandstonemacewan.com? Is there something we could include on the website that would be beneficial to the community? Recently one of our community members sent us a photo and update of the latest version of his Little Free Library. I know of at least three Little Free Libraries in Sandstone and MacEwan and I'm sure there are more.

Kids who live in Sandstone MacEwan and play hockey are registered with the McKnight Hockey Association. After Christmas, the Association was victim to an email scam called spoofing and the Association lost \$97,000.00 through this scam which is a significant amount of money for a small non-profit group. Whether in your work, volunteer or personal capacity, please ensure you educate yourself and be suspicious of anything outside the normal when you are being contacted by phone, email or at your door. Remember, nothing is that



urgent that you cannot follow up with a call to the Calgary Police Service, your team, your boss, etc.

Want to plan a block party this year? The SMCA board will be happy to support you with advertising, organizing, and a bit of cash as well as CANADA 150 memorabilia.

Please consider your neighbors and consider shoveling their sidewalks when you are doing your own, especially if they are unable to do it themselves. One small act of kindness is very gratifying.

Remember to nominate your neighbor whose efforts deserve recognition by sending us an email to info@sandstonemacewan.com.

Like us on Facebook and follow us on Twitter. Check out the website at sandstonemacewan.com or contact us at info@sandstonemacewan.com.

May the luck of the Irish be with you on St. Patrick's Day!

Sue Coatham, President  
Celebrating 30 years of SMCA  
president@sandstonemacewan.com



### WASH & GO

LAUNDROMAT EXPRESS

New Laundromat in Throncliffe Area

**OPEN 7 DAYS A WEEK- 8AM TO 10PM**

Self coin-operated, Drop-off service  
Large capacity Washers & Dryers

**8,5602 4th St. NW Calgary, AB T2K 1B2**  
(entrance on 54th Ave. behind the strip mall)  
**Phone: 587-349-3464**

## AREA SCHOOLS

Monsignor Neville Anderson Elementary K-6	
Year Round School Option	403-500-2094
Simons Valley Elementary K-6	403-777-6660
Simon Fraser Junior High	403-777-7290
St. Joseph (Yr. Round Jr. High)	403-500-2009
St. Margaret (K-9 Spanish program)	403-500-2025
Notre Dame High School	403-242-1801
École Terre des Jeunes (K-6 French)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(K-12 French)	403-240-2007
École de la Rose sauvage (7-12 French)	403-230-3112
St Dominic Fine Arts Elementary	403-500-2058
Queen Elizabeth High	403-777-6789
John G. Diefenbaker	403-274-2240
Hidden Valley Elementary (K-3 French)	403-777-7236
Dalhousie School (K-5 Spanish Bilingual)	403-777-6030
Valley Creek Middle School (4-9 French)	403-777-7995
Senator Patrick Burns School (6-9 Spanish Bilingual)	403-777-7400
William Aberhart High School (10-12 French Immersion/Spanish Bilingual)	403-289-2551



## Playground/School zones

Please note that in Calgary Playground zones are from 7:30 a.m. to 9 p.m., all year around with a speed limit of 30km/h.

SMCA has fielded numerous complaints about speeding thru our Playground/School zones, please slow down to make our community safe for everyone!

To report an ongoing traffic concern, such as speeding issues, please submit a Traffic Service Request at:

<http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>

-Sarah Meagher-Bromley

## SANDSTONE MACEWAN COMMUNITY ASSOCIATION

300, 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8  
General Inquiries: [info@sandstonemacewan.com](mailto:info@sandstonemacewan.com)  
[sandstonemacewan.com](http://sandstonemacewan.com)

### EXECUTIVE DIRECTORS

President	Sue Coatham
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2nd Vice President	Phil Nantais
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Sandstock, Airport Liaison	Trevor Bacon
Vivo Liaison	Phil Nantais

Calgary Police	Const. Bawal	<a href="mailto:bbawal@calgarypolice.ca">bbawal@calgarypolice.ca</a>
Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Block Watch	Darren Way	<a href="mailto:info@sandstonemacewan.com">info@sandstonemacewan.com</a>
Community Partnerships	Amanda Turvey	<a href="mailto:amanda.turvey@calgary.ca">amanda.turvey@calgary.ca</a>

## Sandstone/MacEwan Community Association Meetings

are held the 3<sup>rd</sup> Tuesday of the month at 7:00PM at the Berkshire Citadel-Sandarac Drive, NW  
Everyone is welcome to attend.

3rd Tuesday of Every Month



## Little Free Library on Sandringham Court

Time to give everyone an update on the 'little free library' in our community.

We have given residents and passing pedestrians an opportunity to stop and check out books that are available for free loan, or keep, for almost 2 1/2 years. It has been received very well and has had many regular and new visitors who borrow and contribute.

It is quite surprising how the turnover of books has resulted in a wide range of subjects and interests.

The original library has been replaced by a new custom made one with a special section and separate door for children's books. (see picture). As before it is constructed using only discarded, recycled and off cuts of wood etc.

The one taken away will be given a makeover and donated to Calgary Reads, which is an organization that encourages reading for kids and has embraced the idea of 'Little Free Library' movement and collects data from the many that have sprouted up around the city. They are the prime benefactors from the CBC Book sale each year in May.

This is an exciting year as Canada becomes 150 years old. Look for some fun things that will be in and around the Little Free Library to help celebrate our country's big birthday.



Please keep using our library by taking and/or leaving books.

If you need more information please contact Barrie at [bandpgriffiths@telus.net](mailto:bandpgriffiths@telus.net).

Keep Reading and Enjoy!

Take care and all the best for 2017.

### Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.

MX 419706





## The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/ubermoog/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.calgary-wildlife.org](http://www.calgary-wildlife.org) for more information.



## CALGARY PUBLIC LIBRARY

### Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit [worldofideas.ca](http://worldofideas.ca) for details.

### Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library  
March 21 | 7:00 pm

### Download and Enjoy:

Music, Magazines, and Film  
Want to download or stream free music, magazines, and films from the Library, but not sure where to begin? Learn how to access our ever-growing collection on your device using Zinio, Hoopla, Flipster, and Freegal.  
To register, visit [calgarylibrary.ca](http://calgarylibrary.ca).

### Free Online Courses

Learn online with [Lynda.com](http://Lynda.com), an on-demand online learning service with 4000+ videos, featuring technology, design, professional development courses, music lessons and more—all for FREE with your Library card!



## Helping Your Children with Social and Emotional Skills Part 3

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. Help them give a name to their emotions. Big emotions can be scary; having a name helps calm the scary.
2. Play games that teach emotions and body language
3. Calmly talk to them about what is troubling them and discuss the problem.
4. Teaching family values and how to have a positive attitude.

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: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).

***"For thousands of homeowners, polybutylene plumbing has become a recurring nightmare."***

- Ed Bradley, CBS-60 Minutes

Polybutylene (also known as PB or Poly-B) pipe is a flexible, grey pipe that was used in several million homes built from 1970 to the mid-1990s. Due to problems with leaks, Poly-B water pipes are no longer accepted by United States or Canadian building codes and have been the subject of class action lawsuits in both countries. Poly-B fails without warning because it breaks down from the inside of the pipe over time, which can result in sudden catastrophic damage or severe structural damage including mold if a pipe has been leaking for some time without detection. The older the pipe, the more likely it is to fail. Not replacing Poly-B in a home has a 60% probability of failure within 20 years, which further increases over time.

Modern West Plumbing & Heating specializes in the complete turn-key removal of Poly-B in your home by a professional, courteous, and experienced team including a Master Plumber. Replacing this pipe in your home will protect your investment and your personal belongings, save thousands on repairs, and add significant value to your property.

Call today to schedule your **FREE** consultation & evaluation

Erwin Knoll

**Modern West Plumbing & Heating**

Specializing in Fixtures, Repipe, Hot water tanks, Boilers & Custom Home Renovations

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PLUMBING & HEATING**



***"Making your home better than new"***

**\$500<sup>00</sup>  
OFF**

**ANY HOUSING  
REPIPE OR  
BOILER SYSTEM**

***Limited Time Offer - Call Today!***



**SHOW YOUR SUPPORT!**  
PURCHASE YOUR COMMUNITY  
MEMBERSHIP TODAY!

## Membership Application

Family Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Number of Residents: \_\_\_\_\_ Children's Ages: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature: \_\_\_\_\_

May we put you on a list of volunteers? Yes No

**Membership Fees are:**

**\$20 per household per year, or \$50 for a 3 year membership**

**Make cheques payable to**

**Sandstone/MacEwan Community Association**

Mail or deliver to:

300, 8120 Beddington Blvd. NW

Calgary, AB T3K 2A8

Email: [memberships@sandstonemacewan.com](mailto:memberships@sandstonemacewan.com)

**Memberships can be purchased  
online at [sandstonemacewan.com](http://sandstonemacewan.com)**

**For Office Use Only**

Date Received: \_\_\_\_\_ Reg/Assoc

Card # Issued: \_\_\_\_\_ New/Renewal

Init: \_\_\_\_\_ Cash/Cheque

Source: \_\_\_\_\_ Rectified if Assoc:



**CALGARY  
MOUNTAINVIEW  
LIONS CLUB**

**Meets at the Triwood Community Hall on the  
second and fourth Tuesday of each month.**

Serving Northwest Calgary, open to all  
men and women of legal age.

**For more information please call:  
John Wilson 403-932-6043**

# GO AHEAD, BE PICKY.

Find your new Jayman home in one of these four unique North Calgary communities.

With a **Jayman BUILT** home, you'll get the quality you want at the best price. Visit a sales centre in these exceptional North Calgary communities and discover why you should call a Jayman home, home.



**SYMONS  
GATE**

Only **3** move-in ready  
homes remaining.  
Single Family homes  
from the **\$550's**.

**EVANSTON**

**15** lots just released.  
Front attached garage  
homes starting from  
the **\$490's**.

**Livingston**  
LIFE COMING TOGETHER

**10** front drive models  
to choose from.  
Single family homes  
from the **\$410's**. **NEW!**

**[CARRINGTON]**

Limited lots remaining.  
New Semi-detached  
homes from the  
**\$360's**.



Check and compare  
how our homes are  
better than the rest  
at [Jayman.com](http://Jayman.com)

**Jayman  
BUILT**  
Performance lives here.





# The Indoor Gardener

by Cindy DeJager

## Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require 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* 'Crocodyllus'

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.

### Rabbit's Foot

*Humata tyermanii*

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).

## Sandstone-MacEwan mybabysitterlist

Name	Age	Contact	Course
Abigail	14	403-295-7464	Yes
Afnan	17	403-471-5141	Yes
Chantelle	28	587-703-0334	Yes
Charlise	15	403-275-2129	Yes
Emma	15	403-275-0968	Yes
Joe	14	403-454-2801	Yes
Jordan	13	403-274-6910	Yes
Laikyn	13	403-702-5316	Yes
Lauren	23	587-893-8008	Yes
Leticia	19	403-275-5679	Yes
Nicole	21	403-808-9215	Yes
Sam	15	403-719-9866	Yes
Seth	15	403-274-6910	Yes

**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).

## IN & AROUND CALGARY



## Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) for group locations and times or contact Debra Colley at 403-444-1752 or [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com).

# PISCES PET EMPORIUM ESTABLISHED 1975 THE FRIENDLIEST PET STORE ON EARTH



**SAVE 15%**  
On ONE regular priced item with this ad  
Expires April 30, 2017

**4921 Skyline Way NE  
Deerfoot & McKnight  
[www.piscespets.com](http://www.piscespets.com) 403.274.3314**

Not valid on Gift Cards, Cat & Dog food, Feeders, Kennels, Starter Kits & Sale Items. "No Cash Value"

One coupon per customer per month. Applies to amount before taxes.

Cannot be combined with any other offers. Must be presented at time of purchase.

Store management reserves the right to reject any coupons not being used according to the intended purpose.

SM March 2017

**50% PRICE SPECIAL**  
Bring your last year's tax preparation invoice from one of our competitors, we will charge you 50% or Less of that fee for this year's tax preparation

**TRANS CANADA TAX SERVICE®**  
SOUTH LOCATION: Acadia Centre  
#204 - 355 Heritage Dr. SE  
(Heritage Dr. @ Fairmount Dr. SE)  
NORTH LOCATION: Dalhousie Co-op  
#703 - 5505 Shaganappi Tr. NW  
(Crowchild Tr. @ Shaganappi Tr. NW)  
• ALL CANADIAN-OPERATED BY TAX PROFESSIONALS  
• PERSONAL AND BUSINESS TAX PREPARATION  
• CRA APPROVED SOFTWARE WITH E-FILE  
• BETTER THAN COMPETITIVE RATES FROM \$29.95  
Call 403-212-1223 for free quote


**WIN GOLD!**  
See all the contest rules at: [transcadatax.ca](http://transcadatax.ca)

**BUY CANADIAN**  
Which of the following income tax preparation firms is 100% Canadian Owned & Operated?  
Trans Canada Tax Service - H & R Block - Liberty Tax - Go to [transcanadatatx.ca](http://transcanadatatx.ca) for answers.  
Students from \$29.95. Low income from \$49.95 • Basic tax returns \$79.95. Couples \$145

# BRAIN 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



“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”

- Oscar Wilde

# Calgary Co-op Upcoming Elections



Author: Jennifer Lewis, [jenplewis@gmail.com](mailto:jenplewis@gmail.com), [www.bakeitorleaveit.com](http://www.bakeitorleaveit.com)

The Calgary Co-op elections are fast approaching and this is your opportunity to vote! With so many grocery, gas bars and pharmacies in Calgary NW, these stores really make an impact on surrounding communities – Be an engaged citizen & make your voice heard!

Co-operatives are unique because members are empowered! Members drive the direction of the organization, influence the quality of products and collectively prosper with membership returns.

The Calgary Co-op is embedded in YYC food culture and community events. I encourage you to take the time to shape your local community and vote. Election materials will arrive in the mail by late February, with online and in-store voting available throughout March.



## WINTER OPERATIONS AT YYC

### Meet the Fleet

YYC is no stranger to snow and with over 3 million square metres of paved surface on the airfield, a 5 cm snowfall is the equivalent of 26,000 tonnes of snow!

Below are the steps our hard working crew takes to clear the runways on typical winter days ensuring safe and efficient operations:



**Runway Sweepers** begin the process by pushing snow to the edge of the runway. This sweeps the pavement clean and removes the bulk of the snow.



**Plows** push the piled snow from the edge of the runways to clear the side lighting.



**Blowers** blow the piled snow back towards the grassy areas.



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# your COMMUNITY BUSINESS OF THE MONTH

## Harmony Music School

### Who is Harmony Music School?

Harmony Music School brings music into the homes of families throughout Calgary. We strive to provide exceptional instruction that inspires our students to appreciate and achieve excellence in their musical education.

HMS received the 2017 Consumer Choice Award and the Top Choice Award for being the top music school in Calgary. We endeavour to uphold high standards in the quality of teaching at every HMS location. Our team is qualified, experienced and dedicated to giving each student the best possible music education in all ages and abilities.



Award-winning music instruction in piano, violin, cello, guitar, flute, voice, theory, and more

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<http://harmonymusicschool.ca>

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Central Mt Pleasant - 2614 - 4th Street NW - 403-619-8115  
Northwest Brentwood - 4039 Brentwood Road NW - 403-619-8115  
North MacEwan - #12, 16 MacEwan Drive NW - 403-454-6690

### Why is music important for my child?

1. Music lessons help children in school - Numerous studies available show children who play an instrument, score higher on both standard and spatial cognitive development tests alike.
2. Music lessons increase coordination - Musical instruments require both hands to work independently of each other, one moving fast while the other may be moving at a slower rate. All of these things help to increase an individual's overall dexterity and complex thought processes.
3. Music lessons help children to concentrate- Interpreting notes and rhythm while simultaneously translating it into hand movements on the instrument takes a great deal of focus. Both critical and creative thinking are developed through music.
4. Music lessons help children to be well-rounded - Through music lessons, children develop self-discipline and self-confidence. They value the importance of dedication, teamwork and hard work and they strive for continuous improvement in all they undertake in life.

### What kind of lessons do you have for babies and toddlers?

Our Early Childhood Education program is specially designed for babies, toddlers and preschool children who love music. Using nursery rhymes, stories and songs, our youngest students will learn that music is everywhere. Our curriculum is based on the principals of Kodaly, Suzuki, and Orff.

### What instruments or styles do you teach?

Harmony Music School provides music lessons in piano, violin, cello, double-bass, guitar, (Classical, Acoustic, Electric, Bass), ukulele, voice, flute, clarinet, saxophone, French horn and theory classes (Composition & RCM Exam Prep).

Our General Program offers lessons for simple enjoyment in many genres such as classical, jazz, Broadway, pop, while our Academic Program caters to students wishing to excel and accelerate their music education. Whether you want to learn for fun, pursue university studies, or are taking Royal Conservatory, our teachers are fully capable and ready to take you to the level you want to be at.

### Do you teach adult students?

Yes! We accept adult students with or without experience. We also have specially organized events for adults so that you have the opportunity to hear and see what others are up to!

### How do I sign up?

We are currently accepting new students and registration is ongoing throughout the year. However our schedule is limited based on availability. Registration for September 2017 and priority scheduling is open to the public beginning April 1st, 2017. Visit our website at [www.harmonymusicschool.ca](http://www.harmonymusicschool.ca) for more information or call (403)-454-6690, Ext 1.



## CONDO Network Café

by Elizabeth Walsh, Licensed Property Manager  
Real Estate Council of Alberta

## Evolving Condominium Management

Condominium management is about to undergo a change in the near future as new regulations come into place requiring specific licensing and training, but is your Board or Property Manager forward focused? Are they evolving with these changes? These new regulations of mandatory licensing, the implementation of educational standards and the development of new higher educational opportunities, the Condominium Management profession is coming of age.

Those companies currently managing condominium properties will need to reach these higher professional standards and become compliant with mandatory licensing requirements, in order to provide best service within the condominium industry, for condominium homeowners, board members and their tenants.

Condominium owners and board members need relevant, practical and timely advice so it's important your Property Manager has a strategy to embrace these upcoming changes. Seek partnerships with a property management firm that provides the knowledge you will need to successfully transition through the change. Follow the Property Manager who embraces and incorporates change strategies into a property management plan that launches your condominium and its board forward.

The New Year is already underway! Get started by asking your condo board members and Property Manager what their forward-focused plan has in store for 2017!



# Ask Charles

**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:

1. 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](http://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](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).*



## Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it’s a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the concept

was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it’s debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12<sup>th</sup> this month, like it or not.



# 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 doing, 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.”



## Sandstone M<sup>ACE</sup>Ewan Real Estate Update

Last 12 Months SANDSTONE VALLEY  
MLS Real Estate Sale Price Update

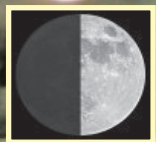
	Average Asking Price	Average Sold Price
January 2017	\$399,900	\$410,000
December 2016	\$0	\$0
November 2016	\$484,900	\$468,750
October 2016	\$482,350	\$474,000
September 2016	\$320,000	\$315,000
August 2016	\$0	\$0
July 2016	\$409,500	\$415,323
June 2016	\$464,450	\$458,900
May 2016	\$399,500	\$413,000
April 2016	\$459,900	\$459,500
March 2016	\$455,000	\$448,900
February 2016	\$470,000	\$453,000

Last 12 Months M<sup>ACE</sup>EWAN GLEN  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$388,000	\$374,500
December 2016	\$0	\$0
November 2016	\$410,000	\$395,000
October 2016	\$424,900	\$413,500
September 2016	\$385,000	\$373,000
August 2016	\$482,450	\$475,000
July 2016	\$431,450	\$424,500
June 2016	\$436,950	\$443,500
May 2016	\$399,000	\$390,500
April 2016	\$464,900	\$453,000
March 2016	\$404,850	\$387,500
February 2016	\$463,350	\$452,500

To view more detailed information that comprise the above MLS averages please visit [sandstone.great-news.ca](http://sandstone.great-news.ca) or [macewan\\_glen.great-news.ca](http://macewan_glen.great-news.ca)

## MARCH MOON CALENDAR



First Quarter  
March 5



Full Moon  
March 12



Last Quarter  
March 20



New Moon  
March 27

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# Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

There are a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

1. Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
2. Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
3. Work your RRSP contribution into your monthly budget.

## OVERVIEW

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their registered retirement savings plan (RRSP). If your annual income tax assessment includes a notice from the Canada Revenue

Agency (CRA) that details how much unused contribution room you have left in your RRSP from previous years, the time to act is now.

For example, contributing \$10,000 into an RRSP that generates a 6% return, compounded annually could turn into \$57,435 over the span of just 30 years. Plus, contributing the full amount creates a larger income tax deduction that could result in a significant tax refund.

## KNOW YOUR LIMITS

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the CRA identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. CRA's website can also provide that information.

## INVEST SMART

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill – but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments, will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

## INVEST REGULARLY

Consider working your RRSP contribution into your budget. Our monthly investment plan automatically deducts a specified amount from your savings or chequing account on a regular basis, and invests it into funds held inside your RRSP. Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

## CONSIDER THE BENEFITS OF BORROWING

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year, and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan. \*\* As your Consultant, I can help you determine whether a loan fits into your plan by looking at the following factors:

- Your age: The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.
- Your ability to repay: We would never recommend that you borrow more than you could possibly repay, because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help paydown a portion of the loan almost immediately.
- Your ability to borrow: An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account.

# CALGARY POLICE SERVICE

## Changes to Calgary's alarm bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we've heard!

1. **How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
2. **How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
3. **What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit's vet is the best person to tell you how much a rabbit should eat.
4. **Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an "exotics" veterinarian – they have special training about how to look after rabbits!
5. **Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at [www.calgaryhumane.ca](http://www.calgaryhumane.ca).

Happy spring everyone!





## News from the Friends of Nose Hill

by Anne Burke

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 Musgrave, 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](http://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 letters of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.

## 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

### Crowchild Trail Study – Presenting the final recommendations

Thank you Calgary for your participation and support throughout the Crowchild Trail Study. Together we have developed recommendations for short-, medium- and long-term changes and upgrades to Crowchild Trail that reflect a balance of many ideas and perspectives, and best align with the study's key principles and goals.

The final study recommendations will be presented to Council's Standing Policy Committee (SPC) on Transportation and Transit:

**Date: Wednesday, April 19, 2017**

**Time: 9:30 a.m.**

**Location: 800 Macleod Trail S.E. (Council Chamber)**

If you are interested in speaking to Council about the study, we invite you to join us on April 19, 2017. As with the majority of reports from City Administration, the Crowchild Trail Study will be presented to Council's SPC on Transportation and Transit before it is forwarded on to Council. You are welcome to speak to Committee, but not at the regular meeting of Council. Reports are heard in the order they appear on the agenda which is published **approximately four days** in advance of the meeting.

More information on attending meetings of Council and Standing Policy Committees is available at [calgary.ca](http://calgary.ca). For more information on the study, visit [calgary.ca/crowchild](http://calgary.ca/crowchild).







MLA Calgary-Mackay-Nose Hill  
Karen McPherson  
Current Member  
(403) 215-7710  
calgary.mackay.nosehill@assembly.ab.ca  
#106, 8220 Centre Street NE

I hope everyone has had a great winter and is excited to welcome spring; it's almost here.

As of March 2<sup>nd</sup> our government is back in session and I am looking forward to once again bringing your voice to Edmonton.

Last month I had the opportunity to hear from businesses in the riding at the Small and Medium Business Town Hall I hosted. A variety of resources and supports were available including information on new initiatives like the Alberta Investor Tax Credit and the Capital Investment Tax Credit. These are available at [www.alberta.ca/starting-running-business.aspx](http://www.alberta.ca/starting-running-business.aspx). The Ministry of Economic Development and Trade also has a helpful Small Business Resources website, <http://smallbusiness.alberta.ca/>.

Calgary Mackay Nose Hill is a diverse riding that includes many farms and ranches as well as established and much newer urban development. Last month, I was pleased to meet with and tour a variety of amazing organizations. Among these was The Egg Farmers of Alberta (EFA). The EFA represents Alberta's more than 170 registered egg farmers, who are dedicated to providing our province with a steady supply of high quality, locally produced eggs. Also in the constituency, I visited Center for Affordable Water Sanitation and Technology (CAWST). CAWST an incredible organization in Calgary that enables clean, safe water worldwide. I learned about bio sand and sanitation initiatives that help keep people healthy. I was also pleased to visit The Alberta Institute for Wildlife Conservation (AIWC), which has been rehabilitating injured and orphaned wildlife since 1993. All of these incredible organizations are valuable to our community and I look forward to seeing their continued success.

I want to represent you as much as possible. I welcome your feedback. My office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday, and Friday (we are closed from 12:00pm-1:00pm). On Thursday's our hours will be 12:00pm until 7:00pm.



## Saint Patrick

**Saint Patrick** (Latin: *Patricius*; Irish: *Pádraig*) was a fifth-century Romeo-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-apostles and the Enlightener of Ireland.

The dates of Patrick's life cannot be fixed with certainty but there is broad agreement that he was active as a missionary in Ireland during the second half of the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and they regard him as the founder of Christianity in Ireland, converting a society practising a form of Celtic polytheism. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain, and taken as a slave to Ireland, looking after animals, where he lived for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Saint Patrick's Day is observed on 17 March, the supposed date of his death. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

[https://en.wikipedia.org/wiki/Saint\\_Patrick](https://en.wikipedia.org/wiki/Saint_Patrick)

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

### ❖April 1, MAKEFASHION 5.0 - Telus Spark Science Centre

MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: [www.sparkscience.ca](http://www.sparkscience.ca)

### ❖April 7-9, Make it! The Handmade Revolution (craft show) - Big Four Building

Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: [www.makeitshow.ca](http://www.makeitshow.ca)

### ❖April 17-23, Calgary Underground Film Festival - various venues

Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)

### ❖April 18-May 7, Calgary Performing Arts Festival (formerly Kiwanis Festival) - Mount Royal University

In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: [www.cpaFestival.ca](http://www.cpaFestival.ca)

### ❖April 20, LOVE HER presented by Ovarian Cancer Canada - Hotel Arts

### ❖April 21-22, The 2017 Dairy Classic Championship Show - Stampede Grounds

LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: [www.ovariancanada.org](http://www.ovariancanada.org)  
This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: [www.ag.calgarystampede.com](http://www.ag.calgarystampede.com)

## EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT - BUTTERFIELD ACRES

The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: [www.butterfieldacres.com](http://www.butterfieldacres.com)



## APRIL 8-9, 2017 KITTIES N' BLOOMS CAT SHOW - SHOULDICE ARENA

The 2017 Kitties 'N Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: [www.calgarycatshow.com](http://www.calgarycatshow.com)



## APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE - RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSC are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: [www.calgaryjazzorchestra.com](http://www.calgaryjazzorchestra.com)







Councillor, Ward 4  
**Sean Chu**  
403-268-3727  
ward04@calgary.ca  
www.calgary.ca/ward4  
www.seanchu.ca

Greetings Residents,

**City crews ready for spring street sweeping program**

Spring is just around the corner! That means The City’s annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we’re asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

- Once the program begins, visit [Calgary.ca/sweep](http://Calgary.ca/sweep) to:
- Find answers to all of your questions on our FAQ
  - Track sweeper progress across the city on a live map
  - Learn if there will be a parking ban in your neighbourhood, and
  - Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don’t forget to watch for signs in your neighbourhood once the program begins.

**Call 311 to request an accommodation or service for a City event or meeting**

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks’ advance notice so we can coordinate the service.

We’re committed to providing a barrier-free municipal experience for all Calgarians. Visit [calgary.ca/accessibility](http://calgary.ca/accessibility) for more information.

**Year-Round Programs**


The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what’s happening in your area, visit [calgary.ca/CommunityPrograms](http://calgary.ca/CommunityPrograms).

Cheers,

Councillor Sean Chu, Ward 4.

 **SUDOKU**

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

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.

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Calgary Nose Hill  
**Hon. Michelle Rempel, MP**  
201-1318 Centre Street NE, Calgary, AB, T2E 2R7  
Phone: 403-216-7777  
Email: [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)  
Website at [www.michellerempel.ca](http://www.michellerempel.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](http://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](http://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.

 **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>



# The Bad and Noxious Guys

Barbara Shorrock

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 great-grandmother! 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.*



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