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## 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	511
Gamblers Anonymous	403-237-0654

## 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

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by Cindy DeJager

# The Indoor Gardener

## 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.  
*Platyserium bifurcatum*  
Medium to bright light and high humidity  
May grow 6 feet tall and wide.

**Bird's Nest Fern**  
*Asplenium nidus*  
Medium to bright light and high humidity  
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

**Silver Brake Fern**  
*Pteris cretica* 'Mayi'  
Medium to bright light and high humidity  
May grow 2 feet tall and wide.

**Kangaroo Paw Fern**  
*Microsorium diversifolium*  
Medium to bright light and high humidity  
May grow 2 feet tall and wide.

**Boston Fern**  
Most common indoor fern.  
*Nephrolepis exaltata* 'Fluffy Ruffles'  
Medium to bright light and high humidity  
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

## IN & AROUND CALGARY

### 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).



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Anna	13	403-875-7007	Yes
Sierra	13	403-890-8890	No
Priya	13	403-966-6160	Yes
Nathan	13	403-668-4151	Yes
Ellen	13	403-532-1010	Yes
Kendra	13	587-352-2878	Yes
Breton	14	403-978-0056	Yes
Anika	14	403-923-3513	Yes
Shelby	14	403-993-4026	Yes
Emma	14	403-240-0169	Yes
Amelia	14	403-374-0440	Yes
Jasmin	14	403-460-0370	Yes
Faris	15	403-402-0950	Yes
Jenica	15	403-919-4090	Yes
Amy	15	587-896-2462	No
Julianna	15	587-352-2878	Yes
Brynna & Maya	15	403-247-0522	Yes
Cicelly	15	587-225-4304	Yes
Shannon	15	403-208-8389	Yes
Claire	15	403-208-0002	Yes
Luise	16	587-583-4714	Yes
Fiona	16	403-277-9441	Yes
Julia	16	403-239-1297	Yes
Shayla	16	403-826-5506	Yes
Jenoah	16	587-284-2316	Yes
Kaitlyn	16	587-436-9098	Yes
Julia	16	403-667-5984	Yes
Melaine & Karina	17	403-239-5811	Yes
Megan	19	403-547-1958	Yes
Janeeta	19	587-284-9642	No
Ekene	19	403-466-1134	Yes
Eunice	20	403-801-0453	Yes
Shelby	24	403-472-8050	Yes
Claire	31	403-402-1917	Yes
Stefanie	32	403-616-0812	Yes
Lipi	33	403-207-5350	Yes
Kate	39	403-690-0410	Yes

**Calling All BABYSITTERS**  
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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).

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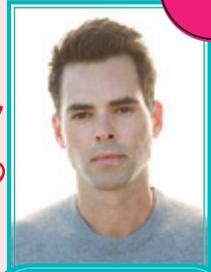
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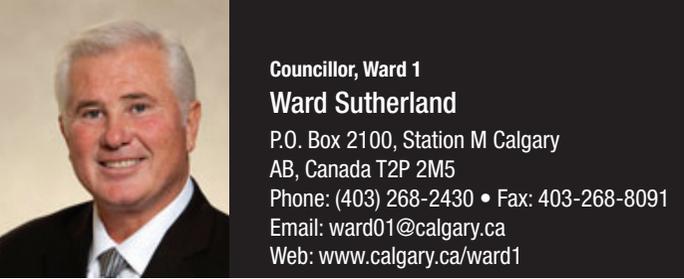
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 Email: ward01@calgary.ca  
 Web: www.calgary.ca/ward1

**Bowness Park Update**

Spring is in the air! With the warming weather, residents can look forward to spending time at Bowness Park. *Listed below are some plans that are currently **underway, under review or being considered** as of January 2017.* Please note that there is a chance that some items may get changed, postponed or removed due to circumstances outside Ward 1's jurisdiction.

- **Creation of a residential parking zone** West of 85th Street is being **considered**
- **Notices** about the **parking situation** are being **prepared for delivery** to stakeholders in households close to the Park, and planned to be delivered in January 2017.
- A **stakeholders' meeting** is **planned** to be held by Roads for those households receiving said notices
- **Creating additional parking spots** on the North side of the river by Baker Park is currently being **considered**
- The **creation of a corresponding shuttle service** to tie in **Baker parking** with **Bowness Park** usage is being **planned**
- It is being **proposed** that **large party bookings** be obliged to use **Baker Park parking and shuttle services**
- **Electronic traffic counters** to **monitor** the number of vehicles entering **Bowness Park** are being **looked at**
- The use of **electronic signage** at the gate and on the main road(s) outside of the Park to better **advise users** of the availability of parking spots is being **explored**
- **Better** provisions for **"drop-off service"** for **seniors, handicapped persons**, etc. being **pursued**

Never miss another municipal or community event! Sign up for all the latest news at [www.WardSutherland.com](http://www.WardSutherland.com).

**COMMUNITY ANNOUNCEMENTS**

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**Calling All Neighbours!**

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

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- Oscar Wilde



**A** 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>



# New Year Resolution to Family Conflict

by Erin McLaughlin, Q.Med.

The holidays are over, our New Year' resolutions now a distant hazy memory. Life is getting back to normal. What does your normal look like? Is it the tranquil blissful state of your dreams or is it running from job, to home, to activities, to obligations, that leave you tired and resentful? Nowadays, stressful family life is the norm. Many of us find ourselves in the "Sandwich" generation pinned in by caring for children and parents while holding down a job. We need help caring for parents but siblings, for whatever reason, are not stepping up to the plate. Does it seem that asking for help appears to be begging and you don't have the time to figure out what exactly you need, let alone have the patience to verbalize it? Well you are not alone.

A 2013 study conducted by PEW Research states that 47% of adults in their 40's and 50's have a parent age 65 or older, and are either raising a young child or financially supporting a grown child (age 18 or older). About one in seven middle- aged adults (15%) is providing financial support to BOTH AN AGING PARENT AND A CHILD. Nearly four in ten (38%) say both their grown children and their parents rely on them for emotional support.

Is the solution to your stress to grit your teeth and bear it? Not necessarily, but you need a plan, a straightfor-

ward simple non-judgmental plan to have siblings come to the table to divvy up the responsibility. To calmly let people know how they can contribute. Simple but not easy. You need to set up the environment to make it conducive to having the conversation. There are 6 things you need to consider when setting up the meeting.

- Choose a quiet mutually convenient time. Don't try and squish a meeting in between groceries and laundry. About 2 hours should be enough time. After that you are probably too tired to make cohesive decisions.
- Neutral space without distractions where no one will feel at a disadvantage.
- Turn off your phone for the duration of the meeting. You need to focus on the task at hand.
- Use your best listening skills. You are there to discuss your needs, but do not dismiss their needs. Don't assume that you know what is happening in anyone else's life. No matter how close you are, you don't know what is going on with them unless they tell you.
- Do you hear what others are saying or do you just wait for them to stop talking so you can get your point across. If you expect respect give it.
- Write up a plan. No matter how in sync you may think you are, you may have a different interpretation of what heard the next day.

The most important thing you can do is to put your differences aside and have an honest open conversation. Not a pity party and not a blame game.

If you don't think you can do it on your own, use a mediator. They help facilitate the conversation and keep things on track to help you achieve a win/win.



# The Gray Partridge

Article by J.G. Turner

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

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

## Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.
- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!

- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

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

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Refer to the schedule below for dates and times at various community associations.

Location	Date	Time
McKenzie Towne Hall, 40 McKenzie Towne Blvd SE	26-Feb	1:30-3:30 PM
Ramsay, 1136 8 St SW	2-Mar	7:00-9:00 PM
Falconridge / Casteridge, 55 Falshire Dr NE	6-Mar	7:00-9:00 PM
Mid-Sun, 50 Mid-Park Rise SE	12-Mar	2:00-4:00 PM
Bonavista Downs, 1418 Lake Ontario Rd SE	14-Mar	7:00-9:00 PM
Scenic Acres, 8825 Scurfield Dr NW	19-Mar	8:00-1:00 PM
Vivo (Coventry Hills), 11950 Country Village Link NE	9-Apr	2:00-4:00 PM
Barrh Trail, 2115 20 Ave NW	6-May	7:00-9:00 PM
Rosscarrock, 4411 10 Ave SW	9-May	7:00-9:00 PM

Register online at [www.calhort.org](http://www.calhort.org) or call  
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TUSCANY 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	3	\$730,000
Two Storey	16	\$515,731
Townhouse	3	\$325,333
Condo	5	\$289,940
Villa	0	-
<b>TOTAL</b>	<b>27</b>	
Average Days on Market	40 Days	

**Rock Lake Estates**

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84 Rockcliff Point NW

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14 Crestridge View SW

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48 Rockcliff Point NW

- custom-built 3 bedroom+den bungalow
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23 Tuscany Glen Green NW

- Landmark 4 bedroom+den two storey
- bonus room, maple kitchen, mtn views
- finished walkout, oversized garage, A/C

**Mountain Views**

**\$264,900**

15, 169 Rockledge View NW

- BlueSky 2 bedroom / 2.5 bath townhome
- maple kitchen, balcony, U/G parking
- 9ft ceilings, 2nd floor laundry, great value!

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170 Tuscarora Close NW

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60 Tuscany Ravine Court NW

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- great room, built-ins, close to schools

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