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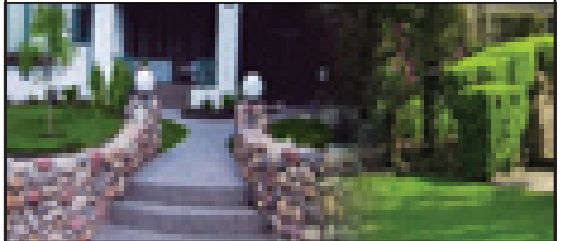
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Manachaban Middle School (FR)	5-8	www.rockyview.ab.ca/manachaban
Holy Spirit Catholic School (S)	K-9	www.cssd.ab.ca/schools/holyspirit/
St. Francis High School (S)	10-12	www.cssd.ab.ca
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TO STAGE OR NOT TO STAGE THAT IS A GOOD QUESTION!

by Judy Curran

Home staging is all the rage out there now. As a designer, I believe in staging a home to get the best value for your money, however, that all depends on what condi-

tion the house is in already. I see so many homes on the market that either need staging or should have been left alone! There is no point in doing surface/cosmetic work that is too costly and won't get you a good return on your investment. Check with a realtor first to see what the comparables are in your neighbourhood. This will help you focus on what makes your place different and determine if that is a good thing or a bad thing. You may not need to do any work at all -- just make sure the home is decorated properly and shows how each room can be utilized. If the house is in need of major repairs, changing the carpet and tiling may not work for you; it may deter more buyers as they are now paying for something they will have to rip out and do over. I had one home where everything needed to be replaced; it was either outdated or worn. The best thing to do in this case is leave everything alone and focus on making the rooms look good with furniture and accessories, and especially paint. If you are up to the task of a complete make-over before you sell, you need to make sure you are doing everything that most buyers will want and like. There are a lot of things you need to keep in mind when renovating, so I highly recommend hiring a professional to help you, or take your time to do your homework.

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2011: The Year of the Cat

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Most people state that pets bring unconditional love and a sense of fulfillment to their lives. Too often however, that sentiment is not reflected in the way pets are treated, especially in the way cats are treated.

Last year over 6,500 cats entered The City of Calgary Animal & Bylaw Services and the Calgary Humane Society. The reason for this sad situation is threefold. Unlike dogs, many cats are allowed to roam their neighbourhood, they are not licensed and they are not spayed or neutered. That is why Dr. Elizabeth O'Brien, who is heading up a national Year of the Cat campaign, states that pet owners need to start treating their cats more like dogs. Cats are not valued as much as dogs and consequently receive poorer care.

But the picture is not all bleak. In 2010, 55% of the cats that entered the Animal Services Centre had identification, enabling them to be reunited with their owners. That is up from 49% in 2009. In 2010, 54% of the cats in our city were licensed, a 7% increase from 2009.

The City will continue to promote cat licensing because licensing helps to get cats home. Owners can license their altered cat for only \$10 a year and also get an I Heart My Pet rewards card that offers rebates at over 45 different vendors across the city. To reduce the number of unwanted cats, owners need to spay or neuter their pet. To help low income Calgarians, the Animal Services Centre provides free spaying and neutering of cats and dogs. Finally, owners need to keep their cats safely at home and not let them roam.

Implementing these three simple steps will ensure that cats are safe, healthy and returned home if they ever get lost. To find out more information about licensing, the I Heart My Pet rewards program and the No Cost Spay/Neuter Program, call 3-1-1 or visit calgary.ca/animalservices.

calgary.ca | call 3-1-1



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THE INDOOR GARDENER

by Cindy DeJager

Prayer Plant

(*marantaceae leuconeura erythroneura*)
Origin: Brazil

In the evening the leaves stand up, facing each other - like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it - and this one certainly does.

Why does a Prayer plant pray?

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name "Prayer Plant".

The most popular are the colourful *marantaceae leuconeura erythroneura* (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green *m. leuconeura kerchoviana* (Rabbit tracks) as seen in the picture to the right.

These plants don't like the cold - so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

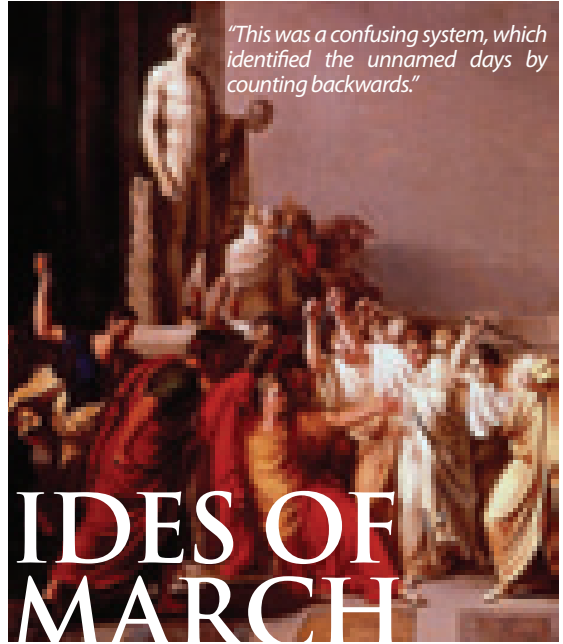
Maranta loves humidity but not wet soil - make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the colour fading from the leaves.

As a matter of fact, your most vibrant and colourful foliage does not need direct sunlight at all - rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



"This was a confusing system, which identified the unnamed days by counting backwards."

IDES OF MARCH

Vincenzo Camuccini, *Mort de César*

One of a dozen Ides that occurs every month of the year.

"Beware the Ides of March" (from William Shakespeare's *Julius Caesar*, 1599), is the soothsayer's message to Julius Caesar, warning of his death. Over the centuries, the term has come to be used as a metaphor for impending doom.

In the Roman calendar, the term Ides was used as a standard way of saying March 15th. Months of the Roman calendar were arranged around three named days and were reference points from which other unnamed days were calculated:

- **Kalends** – 1st day of each month
- **Nones** – the 7th day in March, May, July and October; the 5th in other months
- **Ides** – the 15th day in March, May, July and October; the 13th in other months

This was a confusing system, which identified the unnamed days by counting backwards from the Kalends, Nones, or Ides, and was used first in the Roman calendar as well as in the Julian calendar. (For example, March 3rd would be V Nones – i.e. five days before the Nones.)



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90 Days

As you read this, be aware that our serious gardening season will commence approximately less than 90 days from now – the middle of May. The savvy gardener has a sort of check-list in her head running six or seven months of the year, but right now, in the depths of winter, it is oh-so-easy to sit back on a cozy couch and enjoy the indoors. That is as it should be. Come April, however, when Mother Nature starts to ramp up spring before the final dump of snow sometime prior to June 1st there really are some things that should be looked after in a timely fashion.

Those of you who enjoy starting your own seeds are already studying the gardening catalogues and placing your orders. If you are new to this activity, plan to attend a workshop to learn the tricks and techniques from more experienced folk. The Calgary Horticultural Society is the first source of educational material and events. When calculating dates to start the seeds and put seedlings into the ground, remember that Calgary is in the Chinook belt of Zone 3 which means that the soil is slow to heat up in the spring and an extra 10-14 days should be added to the equation. Even experienced gardeners are sometimes fooled by a warm spell in May followed by a hard frost killing those tender annuals planted before the calendar says they should be.

February is the perfect month to plan because you truly can't get out to do anything except shovel snow. Plan hardscaping – walkways, patios, sitting areas, even

fences. Are there any big changes to be made like planting new trees or taking down old ones? Is this the year to enlarge flower beds and reduce the lawn? The absolute best time to do this is in the early spring when the ground is thawed and still soft. What about your shrubs and fruit trees? Pruning is best done on a nice warm day in March when they are still dormant before the sap starts running and no leaves obscure the branches. Be aware of the bloom time for some shrubs, though, as you don't want to snip off the future flowers of lilac, Nanking cherry or double-flowering plum. Those varieties are best pruned in June after they have finished putting on their show. While you are thinking of blooms, what about a new colour scheme for the front yard? If you have a definite plan in mind when you walk into the garden centre in May, you are less likely to drop your precious dollars on the first gorgeous thing you see. Or maybe last year was so successful, you want to repeat it and spend your extra creative energy elsewhere. You have less than 90 days to think about it.

Check out the garden tool-box. If you didn't clean it up and sharpen things last fall, now is a fine time to look after that. It is very satisfying to start the season with that area all tidied up and organized - it will be in its usual chaos soon enough. And what about all those gorgeous photos you took last year? This is a perfect time to edit and organize and make prints to show off and share.

As soon as a dandelion can be identified, dig it out. Yes, it is a pain, but best dealt with sooner rather than later. (I promise this year to take my own advice.) Some of your perennials will require splitting or removing if you no longer love them. Don't throw them away – we have a Spring Plant Share in May every year, and your donation will become someone else's treasure.

The Queensland Garden Club meets at 7:30 pm the first Wednesday each month at the Queensland Community Centre. All are welcome, and we now have members from all four quadrants of the city.

Barbara Shorrock is a member of the Calgary Horticultural Society and the Queensland Garden Club.

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AFTER FIRE DISRUPTS YOUR LIFE

Submitted by Nae Kid



Are you prepared to deal with the massive destruction of a fire? August 1999 HubOil fire caused wide-spread evacuation. March 2010 condo fire found 1000 people homeless. These events happened in Calgary. Have you thought about where you would live, how you would continue to work, how you would feed your family, yourself or pets, how you would be able to continue taking prescribed medicines, or, how you would contact work, friends and family to let them know of your current situation?

Shown are two pre-built kits that when combined with your own personalized items will ease your transition from **LifeAsYouKnewIt** to your new life after.

Plastic laminated paper with quick-hint information can be very valuable to you:



- Personal contact phone numbers, email and addresses
- Insurance company contact information with policy numbers
- Credit-card company contact information
- Bank contact information
- Internet web addresses with account names / numbers / passwords

Do not rely just on your memory, your cell-phone or PDA. Keep a copy in your 72-hr kit, in your vehicle, at work in your desk or locker.

Storing documents, photos, memory-cards, data CD's or DVD's in a fire proof safe will help you recover quickly if disaster strikes. Keep copies of your vehicle insurance and registration, your passport, driver's license, birth certificates and such in the safe.

Most safes come with two keys; store the second key in a secure alternate location.

There are many places on the internet that will be able to help provide you with more information about being prepared for whatever might befall you.

Some good sites to start you off:

- www.getprepared.gc.ca
- www.ready.gov
- www.bridensolutions.ca



There is an average of 3 - 10 days before insurance will be able to fully process your claim? You will need to plan to take care of things **yourself** during that period of time.



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The man who mapped the vast geography of our country, David Thompson has been called "the greatest geographer who ever lived". He mapped over 3.9 million square kilometres of wilderness in much of Western Canada and North America, enduring hardship, injury and bitter cold to plot this country's rivers, prairies, and mountains 200 years ago.

Thompson arrived in Churchill, Manitoba in 1784 at the age of 14, to enter a seven-year apprenticeship with the Hudson's Bay Company. In 1792 he completed his first major survey, mapping a route to Lake Athabasca, and in 1794 was promoted to surveyor.

In 1797, he entered the employ of the North West Company, as a fur trader and surveyor, and later went on to become a partner in the company.

Thompson surveyed part of the Canada-U.S. boundary along the water routes from Lake Superior to Lake of the Woods... Grand Portage, through Lake Winnipeg, to the headwaters of the Assiniboine and Mississippi Rivers, as well as two sides of Lake Superior.

In 1798, he established a trading post at Red Deer Lake (Alberta), and led several expeditions into the Rocky Mountains.

Thompson was given the task of finding a route to the Pacific in 1806, to open up the trading territories of the Pacific Northwest, and in 1811, discovered a route through Athabasca Pass to the Pacific coast.

He began chronicling his explorations in 1845, based on his 77 field notebooks, but was unable to complete the manuscript when he lost his sight in 1851.

David Thompson died in Montreal on February 10, 1857, his accomplishments almost unrecognized. In the 1890s, geologist J.B. Tyrrell resurrected his notes and published them as David Thompson's Narrative in 1916.

One of the most spectacular gateways to the Rockies is the David Thompson Highway (Hwy. 11), which begins in Stettler, and ends on the Icefields Parkway, linking two of Canada's most scenic national parks – Banff and Jasper.

CREATING WELLNESS



by Dr. Mark J. Peverett

The Creating Wellness system was founded upon the principle that you have the capacity for a higher quality life experience. This month's article focuses on the biochemical dimensions of wellness...

GREEN YOURSELF

Most of us have heard that diets high in fruits and vegetables can help us lose weight and reduce our risk of heart disease, cancer, diabetes, high blood pressure, cataracts, macular degeneration, osteoporosis, arthritis and even wrinkles. According to the National Cancer Institute, eight to ten servings a day can cut our risk of some cancers in half.

We may be falling short of the recommended daily serving of fruits and vegetables; however, the power of "superfood" drink mixes helps to fill this nutritional gap.

Food science has only recently come to realize there is much more to nutrition than just vitamins and minerals. Indeed, there may be well more than 1,000 different plant chemicals, known as phytochemicals, available in fruits and vegetables that may have a positive metabolic effect. Further study has shown that vibrant coloured fruits and vegetables like tomatoes, carrots, spinach, broccoli, blueberries and raspberries are much more potent and beneficial than pastel-coloured produce like iceberg lettuce, bananas, celery, corn and potatoes. Certain foods may contain greater quantities of antioxidants, fibres, probiotics and even specific medicinal substances.

As we have become more aware of the health-promoting benefits of fruits and vegetables especially high in this "new" array of such micronutrients, a new name has emerged: "superfoods". While you probably have heard of these foods before, the superfoods concept now has been expanded to include functional foods known as green-food drink mixes. Green-food drinks offer many health benefits. They are a great source of varied vitamins, minerals, chlorophyll, micronutrients and antioxidants. They

infuse your body with easily absorbed vitamins, minerals, enzymes and amino acids. Being highly alkaline, they help to boost the body's energy levels and remove toxins from the lymph system whilst encouraging new cell growth.

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A PASSION FOR ATHLETICS & PHYSICAL EDUCATION



Mr. Joel Chalfoux was born and raised in Red Deer, Alberta where he developed a passion for athletics and coaching. In high school he was fortunate to be a member of the Canada J. Leverage Cup team who went back to back 34 Basketball Provincial Championships in 1997 and 1998. Mr. Chalfoux was also a two year member of Team Alberta Basketball where he competed in the Canada games against players like Steve Nash, Todd MacCulloch and Greg Newton. After playing two years for Red Deer College he earned a position with the University of Alberta Golden Bears, who under the leadership of Coach Hornum, won the 1996-97 CUS National Championships.

Mr. Chalfoux graduated with his Education Degree from the University of Alberta in 1997 and was hired by Innisfail Secondary School where he later became curriculum leader for the Physical Education Department. After two successful years of teaching and coaching he accepted a position as the Athletic Director and Head of Physical Education at the newly founded Webber Academy. During his two years at Webber Academy, he has developed an athletic program that prides itself in developing athletes who have a strong sense of character. His passion for athletics and the skill development of young athletes is still evident in his coaching practices today. Mr. Chalfoux also organizes a major fundraising campaign at Webber Academy for the Terry Fox Foundation and cancer research. This long standing event is one of his greatest accomplishments as a teacher. To date, Mr. Chalfoux and his many wonderful physical education 10 students at Webber Academy have raised over \$250,000.00 for the Terry Fox Foundation. He is the incredibly proud father of two amazing children, Maki Chalfoux (8) and Kai Chalfoux (5). Mr. Chalfoux states his greatest life achievement has been his marriage to his remarkable wife of eleven years, Corrie Chalfoux.

For more information on Webber Academy please attend our information evening on Thursday, April 28, 2011 @ 7:00 pm.

Visit www.webberacademy.ca for more details.



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