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FAMILY PROFILE INSIDE

Cover Photo by Sheri MacDonald at Footloose Photography



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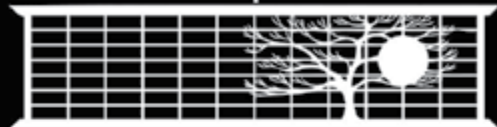
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**Auburn Bay
Community Assoc.**
c/o Auburn House, 200 Auburn
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Calgary, AB T3M 0A4
Phone (403) 390-2554
auburnbayca@gmail.com



**Marquis De Lorne
Community Assoc.**
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info@mdlca.ca | www.mdlca.ca

Elected Officials



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Ward 12 Office
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Calgary, AB, Canada T2P 2M5
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Fax: 403-268-8091
Email: ward12@calgary.ca
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AUBURN HOUSE RENTAL RATES

Room Size	Room Capacity	Hourly Rate Prime Time	Hourly Rate Non-Prime Time	Weekend Day Rate 9am to 1am	Weekday Day Rate 9am to 4pm	Security Deposit
UPPER LEVEL BANQUET ROOMS						
Grande Hall A & B (1,628 sq ft)	85 - Dinner 100 - Theatre	\$50.00	\$45.00	\$425.00	Not available	\$500.00
A (1,162 sq ft)	60 - Dinner 70 - Theatre	\$40.00	\$35.00	\$325.00	Not available	\$500.00
B (466 sq ft)	25 - Dinner 30 - Theatre	\$30.00	\$25.00	\$225.00	\$150.00	\$500.00
LOWER LEVEL MULTI-PURPOSE ROOMS						
Multipurpose A & B (591 sq ft)	35 - Dinner 45 - Theatre	\$30.00	\$25.00	Full day bookings not available due to registered and drop in programs.		\$500.00
A (276 sq ft)	15 - Dinner 20 - Theatre	\$20.00	\$15.00			\$500.00
B (315 sq ft)	20 - Dinner 25 - Theatre	\$25.00	\$20.00			\$500.00
GYMNASIUM						
Full Gymnasium (5,345 sq ft)	200 - Standing	\$55.00	\$50.00	Full day bookings not available due to registered and drop in programs.		\$500.00
1/2 Gymnasium (2,673 sq ft)	100 - Standing	\$35.00	\$30.00			\$500.00
PICNIC SHELTER						
3 Available	Up to 30 Non Resident Guests	\$15.00	\$15.00	Maximum 3 hour rental on all picnic shelters.		

Looking for a great venue to host your next event? Auburn House is a 13,390 square foot contemporary lodge featuring a grande hall, a multi-purpose room, a gymnasium as well as picnic shelters available for rental. Auburn House offers ample room for everything from community events to weddings and birthdays.

For more information contact a Bookings Coordinator at 403-537-2670 Monday to Friday 9am to 4:30 pm or email admin@auburnbay.org to book your function.



AUBURN BAY RESIDENTS ASSOCIATION

CONTACT INFO

Auburn Bay Residents Association

c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4

Office Tel: (403) 537-2601, Office Fax: (403) 537-2670

E-mail: **Administration**

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait programs@auburnbay.org

General Manager

Kevin Wilson gm@auburnbay.org

Hours of Operation

Auburn House Lake & Park Hours

Monday – Sunday 9:00 am – 10:00 pm

Auburn House Regular Office Hours

Monday – Friday 9:00 am – 5:00 pm

Closed for lunch 12:30 pm – 1:00 pm



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Editorial Content DEADLINE 1st

of each month for the next month's issue

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 ABM@great-news.ca

AUBURN BAY RESIDENTS ASSOCIATION

Auburn House Spring Programs

We're Celebrating Spring! Don't miss out this season with great new programs and popular favourites for the entire family! Registration for our Spring season is still open and is ongoing. More programs begin this month. Check out just some of the great programs being offered this Spring... Don't miss out! Register early!

- Emergency First Aid and Youth Red Cross Safety Programs
- Boot Camp
- 30 minute classes
- Parented programs
- Strollersize
- Tennis Lessons
- Bricks 4 Kidz
- Youth Basketball
- Multi Sport
- Youth Art
- Zumba Kids and Zumba for Tweens
- Plus many more!



View the full Spring Program Guide & Events Calendar online at AuburnBay-connect.com. Register online 24/7 at AuburnBay-connect.com. Walk-in and phone registration available – call 403-537-2605 or 403-537-2606.

Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!



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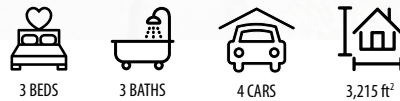
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Fostering Friendship with **The LOPEZ FAMILY**

Photos by Sheri MacDonald at Footloose Photography



Before I ever met the Lopez family, I knew I was in for a treat. Doli exuded incredible energy and excitement through her e-mails and she was just the same in person! Doli and Chris have been married for 10 years and have two beautiful children; Greyson (3) and Cambria (10 months). Akihiro, the family dog is 8.

Doli was born and raised in Calgary, her mom and dad just moved to Mahogany to be closer to their grand-kids, her only brother also recently moved to Auburn Bay, and all of her immediate family lives in the SE communities! Chris was born in St. Albert, but ended up moving to Three Hills, Vulcan, and then ended up in Calgary. Chris' mom, dad, and two younger brothers all live in Calgary within 20 minutes away from each other's houses.

Chris and Doli went on a blind date that was setup by a mutual friend back when Chris was still in high school in 2001. They hit it off on their first date and later became engaged, and then married in 2005. They wed in Vancouver on the beach at the beautiful Brock House Restaurant. They recently celebrated their 10 year anniversary in May 2015, and Doli planned a surprise vow





renewal for Chris on their annual family holiday in Los Cabos. There were 19 family members who attended this vacation, all who knew about the surprise vow renewal and it went off without a hitch! Chris was completely surprised. Doli had planned this because earlier for their 10 year anniversary...she completely bombed and didn't even get Chris a card!

Doli completed an administrative course in college. Chris and Doli dove straight into the workforce after high school. Doli started off working in the administrative field as a receptionist, then became an Administrative Assistant and is now an Executive Assistant at Canadian Pacific (CP Rail) working for the Chief Information Officer in the Information Services (IS) department. She has worked there for four years, two of which have been on maternity leave. Doli was born to organize, even in school she colour-coded her notes and re-wrote them every night so they were clear and concise. In grade 6 she spear-headed the organization of class schedules by laminating her own class schedule and taping it to her desk. It only made sense for her to land a job in the administrative field where she can help to organize everybody else's lives! She can be found doing calendar management, expense management, arranging travel and audio-visual requirements, organizing small to large group events, creating new databases to track information within her department, filming and editing video blogs for her boss, and "other duties as assigned." She is known as the 'go to girl' in her department to get things done, and her colleagues call her the "Jill of all trades." I would like to hire Doli to come over to my house and help me get organized!

Chris has had a diverse number of roles in his career path, short-lived role training to become an EMT, Sous Chef at Earls, Marketing Manager at RCBS Cats, worked his way up through WestJet through the call centre and he has recently been promoted to become a Business Analyst specializing in speech analytics. He is working with a new tool that has been developed for speech analytics and he has become the SME (subject matter expert). Chris has been working with WestJet for over seven years and has built an amazing rapport with everybody that he has come into contact with.

Doli is the type of person to always keep busy with some sort of project. When the kids are sleeping, she is busy trying to grow her blog/YouTube vlog www.doitlikedoli.com. When she isn't doing that, she is trying to market

her new side job as a Market Partner with MONAT (natural hair care designed to grow, thicken, strengthen and protect hair using natural ingredients). And when she isn't doing that, she's finding new dinner recipes to cook for her family, working on DIY projects to help beautify her home, organize every area in her house, and build cabinets to organize her crafts (can we say that she loves to organize!?).

Chris enjoys going to the gym, snowboarding when the weather is decent, and he is looking into joining a soccer team. But aside from the physically demanding hobbies, he also enjoys spending some time on his Xbox playing shoot 'em up games with Doli's brother!

Greyson is only 3 years old so he has recently started preschool. He is enjoying learning new music to dance to as well as playing with the cards, bobcats, trucks, and trains at the learning stations. He is enrolled in swimming lessons and enjoys them, but he especially loves splashing in the water at the beach pretending to be a monster! At the young age of 3, Greyson has already mastered becoming a Jedi and his skills with the light-saber could rival any adult!

The Lopez family has an annual vacation in October and usually travels somewhere tropical and warm! They usually have a few smaller trips to Banff, or Fairmount throughout the year. This year they are hoping to back



to the Bahamas and spend some time at the Atlantis water park.

The family has only one pet, a dog, Akihiro. He is a male and 8 years old, his breed is a Shiba Inu. He acts more like a cat than a dog as he's not very cuddly (he will cuddle for a minute, and then will literally stand up, walk to a spot two feet away, and lay back down and stare at you to make sure you don't come cuddle him again!). He also prefers to be around humans of the opposite sex. He has recently taken a liking to Cambria and likes to follow her around the house and lay near her. She climbs all over him and he is content to allow her to do so.

This is the first home for the Lopez' in Mahogany, but definitely not their last! Prior to Mahogany, they lived in Silverado for seven years. Doli had actually never planned on moving from Silverado, it was Chris who



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wanted to move and planted a seed with her. They went to see show homes and Doli thought “yeah, this is pretty cool!” She then reached out to a mom forum on Facebook asking what they liked about Mahogany if they lived there, and every single mom came back with “we love living in Mahogany!” And so, Doli was sold! “Everyone said it was a very family-friendly community and there were always a lot of events that the kids (and adults) would love”!

Now that they live here, Doli says she does “love how family friendly it is and there’s always some type of

event going on that allows us to bring the kids out to be more active as well as meet new people. Everyone in our neighbourhood is friendly and easy to talk to. We love having the option of two beaches so there is always something to do, and it’s great in warmer weather to get the kids outside and be active”.

Although they know a few of their neighbours, no friendships have formed yet as the summer went by quickly and they didn’t have much time to go out and introduce themselves. But the great thing is that they’ve been able to reach out to some of them to borrow something if in a pinch while cooking and Doli says that “yes, I have literally borrowed sugar from a neighbour!”

The family doesn’t plan on moving into another community any time soon, and sees Mahogany as being their long term community because of its location and amenities. Doli says she would “love to see “tumble time” or some kind of play time for toddlers or younger kids in the beach house” and that “it would be nice to have a place to drop-in when the weather is cold but the kids can still stay active”. Otherwise Doli says that Mahogany is “pretty much my dream community!” and I can’t argue with that.



Footloose Photography
BY SHERI

**MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY**

403.512.1221 | macdonaldsheri@gmail.com
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To have your family profiled (story and professional pictures) in the next edition of this community newsletter, please send us an email to ABM@great-news.ca





CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

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Email: info@cranstonresidents.ca
11 Cranarch Road, S.E.
Calgary, AB T3M 0S8

Facebook: CranstonCenturyHall
Twitter: Centuryhall
Instagram: Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Friday
9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
9 am to 10 pm

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Al Proctor
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Acting General Manager

Marcie O'Rourke
gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. ****IMPORTANT**** Please use the front entrance only to gain access to the facility.

Family Movie Nights at Century Hall



Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome...we hope to see you here!

April Movie Night – April 15, 7:00PM – 9:00PM

Star Wars: The Force Awakens

Thank you Cedarglen Homes for their ongoing support of this monthly event!

Drop-In Story Time & Book Truck (0-5 yrs):

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign our and exchange books from the library.

The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.

Thursdays: April 14, 21

Drop In Craft & Play Time (0-5yrs):

Come and join us Wednesday mornings! This unstructured and unsupervised craft time is perfect for caregivers to bring their little ones out to meet new friends and get creative. Using a variety of craft supplies, you are able to create to your hearts content. The Deep South Coalition will join us the third Wednesday of each month to bring different games and activities focusing on different aspects of early childhood development. This will be in addition to the craft times.



CRANSTON RESIDENTS ASSOCIATION CONT'D

Wednesdays, April 6, 13, 20, 27, 2016 9:30AM – 11:30AM Fee: \$2.00/visit

Deep South Coalition Play Dates: April 20 - Communication Skills and General Knowledge

Adult Card and Social Afternoon:

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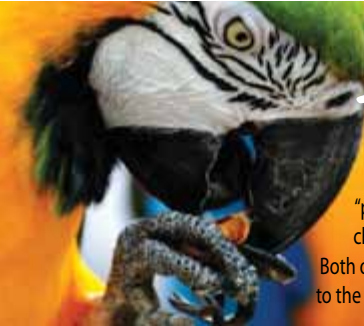
Auburn Bay - Mahogany mybabysitterlist

Name	Age	Contact	Course
Quinn	13	403-990-2570	Yes
Kelly	13	403-617-1141	Yes
Kyla	13	587-352-0053	Yes
Mason	14	403-256-0339	Yes
Brynn	15	403-278-6855	Yes
Ema	15	403-466-5171	Yes
Kennedy	15	403-463-9800	No
Lynda	15	587-229-9118	No
Deseray	16	587-437-0833	Yes
Abby	18	587-439-7017	Yes
Taylor	18	902-940-3122	Yes
Louise	19	587-439-1255	Yes
Shannon	24	403-614-2570	Yes
Sheree	27	403-422-0740	No
Lisa	27	506-721-8460	No
Sujitra	31	587-284-1984	No
Rosemarie	35	403-708-5759	No
Annie	36	587-968-6504	Yes
Carolyn	51	587-580-6638	No

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Calling All PARENTS
Visit 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.



Animal Trivia

Pet parrots can eat virtually any common “people-food” except for chocolate and avocados. Both of these are highly toxic to the parrot and can be fatal.

IN & AROUND CALGARY



The scoop on dog poop

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1. It’s classified as a hazardous pollutant. It’s in the same category as toxic chemicals!
2. It’s crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It’s not a good fertilizer. Its high nutrient content is toxic to lawns and will create “hot spots” causing the grass to burn and discolour.
4. It doesn’t absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet’s waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch’s Poo Yourself) program at calgary.ca/puppy.



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IN & AROUND CALGARY

Have You Been to the SHC Wellness Centre?

At the SHC Wellness Centre, we want you to get and stay as healthy as possible.

Our Spring/Summer Guide is coming. Check it out at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below

Mindfulness Based Stress Reduction Begins April 17 (8 week series)

In our unprecedented times we require new skills to cope. Invest in yourself & learn about relating in a new way to whatever is happening in your life. This program is designed to introduce mindfulness meditation & body awareness practice as a way of reducing reactivity & developing greater balance & control within your life.

Protect Seniors from Fraud April 5 7:00-8:30pm

The Protect Seniors from Fraud program arms family caregivers with a kit to protect seniors by informing them of the latest scams being perpetrated on older adults. It offers a variety of resources and tools to help their seniors avoid becoming a victim of these scams.

Getting Ready to be Pregnant April 6 6:30-8:30pm

Before you become pregnant, there are many things you can do to maximize your health and that of your baby. This session will help you identify the questions to consider, life-style changes, nutritional needs, choosing healthcare providers and more.

Better Choices Better Health®: Chronic Condition Self-Management Program Begins April 21 (6 week series)

This workshop is for anyone who wants to gain confidence and learn skills to better manage their chronic condition. Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges. Learn and practice ways to manage symptoms, reduce fatigue and feel better.

Dietitians in the Kitchen: Sensational Spring Salads April 21 12:00-12:30pm

Drop in for a cooking demonstration by SHC Registered

Dietitians. Explore tasty dishes that can easily be incorporated into a healthy lifestyle.

Smooth Sailing Through Menopause April 25 6:30-8:30pm

Menopause can occur anytime from 40 to 60 years and can include hot flashes, mood swings and sleep problems. Learn all that you need to know to help you understand and manage this normal stage in your life.

Most programs require registration. See our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

National Volunteer Week

April 10 - 16 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 150 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 10 - 16, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**

Friends of Fish Creek

Learn about the birds of Fish Creek with the Spring Birding Course. 12-week course starts March 28. For more information and to register visit www.friendsoffishcreek.org/programs/birding-course

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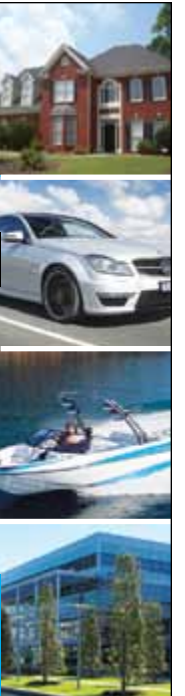
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IN & AROUND SCHOOLS

April brings cultural event activities to École St. Cecilia School

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you're interested in supporting this fundraiser, please contact the school.



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FIND SOLUTION ON PAGE 46

IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety
Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.



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Our Pets And UNWANTED Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

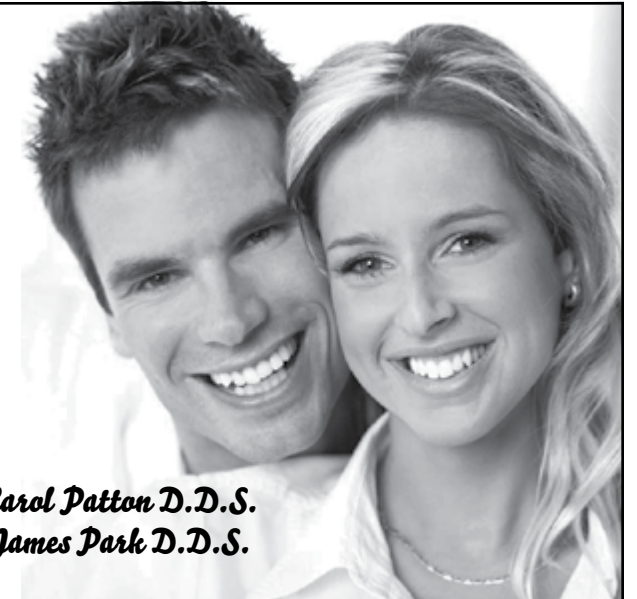
We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

Jennifer L. Scott, D.V.M.



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Dealing with Life's Big Events

Kevin O'Hagan, PFP, FMA, CIWM

In life, nothing stays the same. And when life changes, so can your financial situation.

In fact, life's major events often call for adjustments in financial strategy. Depending on the nature of those events, your spending, saving, investment, insurance and estate planning strategies can be affected-sometimes taking a turn for the better, sometimes for the worse.

Let's take a look at some of those events and what they can mean to your financial picture.

Marriage: When you marry, your financial life is on a new course. You're no longer thinking as a single person; you move into family planning. It's usually a time to save for a house purchase, plan to have children or arrange life insurance coverage. But you have time to save and invest until those expenses begin.

Buying a house: This is the largest financial commitment many of us will ever make. First-time home buyers must divert a substantial portion of income to a mortgage, particularly if they want to pay it off quickly. And don't forget the expenses associated with a house-including furnishings, mortgage insurance, taxes and even increased transportation costs if your house is far from work.

Birth of a child: Children are priceless. But raising them is costly. In addition to having more mouths to feed, you'll face a couple of decades of expenses that can include substantial amounts for child care and education. This will alter your investment plans and take up much of your disposable income. For example, it may be time to start a Registered Education Savings Plan (RESP). It's also time to give more thought to estate planning, so your family will be taken care of financially in the event of your death.

A pay raise: When you get a raise, or a start a new job with higher pay, you have more to save and invest. This is a good opportunity to beef up your savings and investments.

An inheritance: When you suddenly find yourself with inherited cash, it's an opportunity to pay off debt and boost investments. Depending on the size of the wind-fall, you may be able to improve your quality of life-buy a bigger house, for example. And your own estate planning goals may change.

Children leaving home: When the kids are grown and out of the house, you are free of some of your biggest financial responsibilities. This should generate increased cash flow. You may want to generate additional funds by downsizing housing, since you'll no longer need as much space.

Retirement: This is a major development. You'll rely on the wealth you've accumulated through your pensions, Registered Retirement Savings Plan (RRSP) and other investments for income, instead of your job. Your spending habits can change considerably, depending on what you do when you leave the work force.

Not all of life's events are positive. Those that aren't can be detrimental to your financial health. Examples include.

Divorce: You could find yourself with far less in cash and investments, and with new expenses such as child support. You may also face the prospect of rebuilding wealth.

Job loss: Losing a job can be a financial nightmare. It can eat away at your savings and investments, particularly if you face a long employment search.

Major illness: A major illness or disability can also be a big financial drain. It's best to protect yourself with disability and/or critical illness insurance.

When you face these or other life-altering developments, it's a good time to sit down with your financial advisor. With professional help you can make the most of what life has in store.

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IN & AROUND CALGARY

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding "hidden" lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

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Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks,

shapes, mixed materials

• Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

Central Library

To register, visit calgarylibrary.ca



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BY THE LIGHT OF THE MOON

Gardening by the phases of the moon

April 7 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

April 13 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

April 21 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

April 29 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

April at Trico Centre
Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment
After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration
Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for

non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

REGISTER NOW!

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MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 3 to May 29 - Herein We Dwell: Unexpected Images of Calgary in the 1890s:** A rare glimpse into the everyday life of 1890s Calgary is presented with little-seen historical images of early neighbourhoods and people. www.lougheedhouse.com
- **April 22 to June 26 - Young Frankenstein:** Young Frankenstein tells the story of Frederick Frankenstein, Victor Frankenstein's grandson, and how he inherits the family's estate in Transylvania. With the help of two sidekicks, he tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
- **April 28 to May 1 - Arab Nights Film Festival:** The Calgary Arab Arts and Culture Society presents the annual Arab Nights Film Festival at Festival Hall. The organization uses a variety of film to present a positive view of Arab life and society. www.calgaryarabartssociety.ca
- **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first YYC Taco Fiesta kicks off on April 29. It is a week-long celebration of the best tacos in the city. The inaugural food festival comes to a close on May 5 with a Cinco de Mayo bash. www.yyctacofiesta.ca
- **May 2 to 21 - Flora and Fawna's Field Trip:** As well as developing survival skills and creating crafts that your mom will love and put up on the fridge, the heartwarming play is all about the power of being a little bit different. www.lunchboxtheatre.com
- **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend festival of free neighbourhood walking tours. Register to learn about different neighbourhoods and buildings in the city from passionate volunteers, and share your knowledge of the areas, too. www.janeswalk.org
- **May 13 to 15 - Calgary Reads Big Book Sale:** More than 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/



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Last 12 Months Auburn Bay MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$529,900.00	\$516,000.00
January 2016	\$422,400.00	\$419,500.00
December 2015	\$584,450.00	\$570,750.00
November 2015	\$529,900.00	\$512,500.00
October 2015	\$482,450.00	\$475,000.00
September 2015	\$540,200.00	\$525,000.00
August 2015	\$492,450.00	\$484,500.00
July 2015	\$444,900.00	\$450,000.00
June 2015	\$534,900.00	\$523,000.00
May 2015	\$487,900.00	\$488,000.00
April 2015	\$494,500.00	\$487,500.00
March 2015	\$534,950.00	\$524,500.00

Last 12 Months Auburn Bay MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	37	25
January 2016	48	16
December 2015	15	8
November 2015	17	20
October 2015	24	14
September 2015	23	24
August 2015	34	24
July 2015	28	35
June 2015	41	35
May 2015	48	35
April 2015	37	22
March 2015	31	22
Total	386	275

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Last 12 Months Mahogany
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
February 2016	\$503,375.00	\$499,375.00
January 2016	\$416,900.00	\$409,635.00
December 2015	\$599,999.50	\$588,750.00
November 2015	\$491,900.00	\$484,450.00
October 2015	\$592,400.00	\$588,450.00
September 2015	\$475,900.00	\$469,900.00
August 2015	\$429,900.00	\$428,000.00
July 2015	\$544,800.00	\$525,000.00
June 2015	\$609,950.00	\$600,950.00
May 2015	\$545,000.00	\$543,750.00
April 2015	\$569,900.00	\$562,450.00
March 2015	\$569,900.00	\$550,000.00

Last 12 Months Mahogany
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
February 2016	26	8
January 2016	21	6
December 2015	13	10
November 2015	13	8
October 2015	12	8
September 2015	18	7
August 2015	20	9
July 2015	12	19
June 2015	13	14
May 2015	25	16
April 2015	16	18
March 2015	25	15
Total	213	135

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**Learn more about your Calgary Catholic School District
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We hope everyone had a wonderful Easter break blessed with peace and joy. As we celebrate spring, our district Planning and Construction departments remain busy, preparing for the opening of four new schools before the end of 2016 and six new schools in the coming years.

Did you know?

- The four schools slated to open before the end of 2016 include K-9 schools in the communities of Auburn Bay and Evanston and K-6 schools in the communities of Cranston and New Brighton.
- These new schools will help relieve overcrowding pressures at current receiver schools and they will also provide room for our district to keep growing. Years of extensive planning and public consultation goes into the decision-making process of every new school we open.
- Naming our schools is a very important part of the

process and one of the initial steps to building community among the individuals who will learn and work together. A naming committee is developed for each school, which includes representatives from senior administration, Board of Trustees, parishes and the school council chair.

- The committee meets and reviews a list of potential names, which includes saints and prominent Catholic figures that reflect a commitment to gospel values, exemplary service to others and a willingness to journey in faith with God.
- The naming committee will select several suitable names and then gather input from the school community and parishes and review the data before submitting it to senior administration for final approval.
- In addition to reflecting our district's faith through school names, we also look to incorporate symbols of faith within the building construction. We add a cross to the outside of our buildings, but also look to add meaningful, religious symbolism in windows, floor patterns, foyers and other architectural elements.

For more details and information regarding new schools at the Calgary Catholic School District, please visit our website at www.cssd.ab.ca under Schools/Future Schools.

smile...

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Article by J. Turner

Photo by Andrea S. H. Hunt

THE PORCUPINES

A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

Estate Planning Strategies – protecting your legacy

Suzanne Smith-Demers – Consultant

When your time comes – and may it be many years from now – you will want your legacy to be passed on exactly as you wish. That's why estate planning is so important. Here are some key terms you should be aware of:

A Will designates how your estate should be distributed. If you die without a will (intestate), provincial legislation will determine how your estate is distributed.

A Living Will provides direction for your care in the event of your incapacity.

An Enduring Power of Attorney provides direction for how your property will be managed if you are no longer able to manage it yourself.

An Executor is the person named in your will to settle your estate according to your wishes.

A Guardian should be named in your will to take care of any minor children.

Liquid Assets are important to pay for taxes, debts and the costs of settling your estate. Life insurance is often used to provide sufficient liquid assets when they are most needed.

Probate is the process by which your will is validated by a court with fees paid to the provincial government. Avoiding probate through the use of beneficiary designations and joint ownership must be done with due care.

A Trust specifies a trustee to manage the assets for the benefit of the beneficiary(ies). A trust set up in your will is known as a testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax and government support advantages to beneficiaries with disabilities.

Your personal estate planning strategies depend on your financial situation. Your professional advisor and lawyer can help ensure your legacy is left as you wish.



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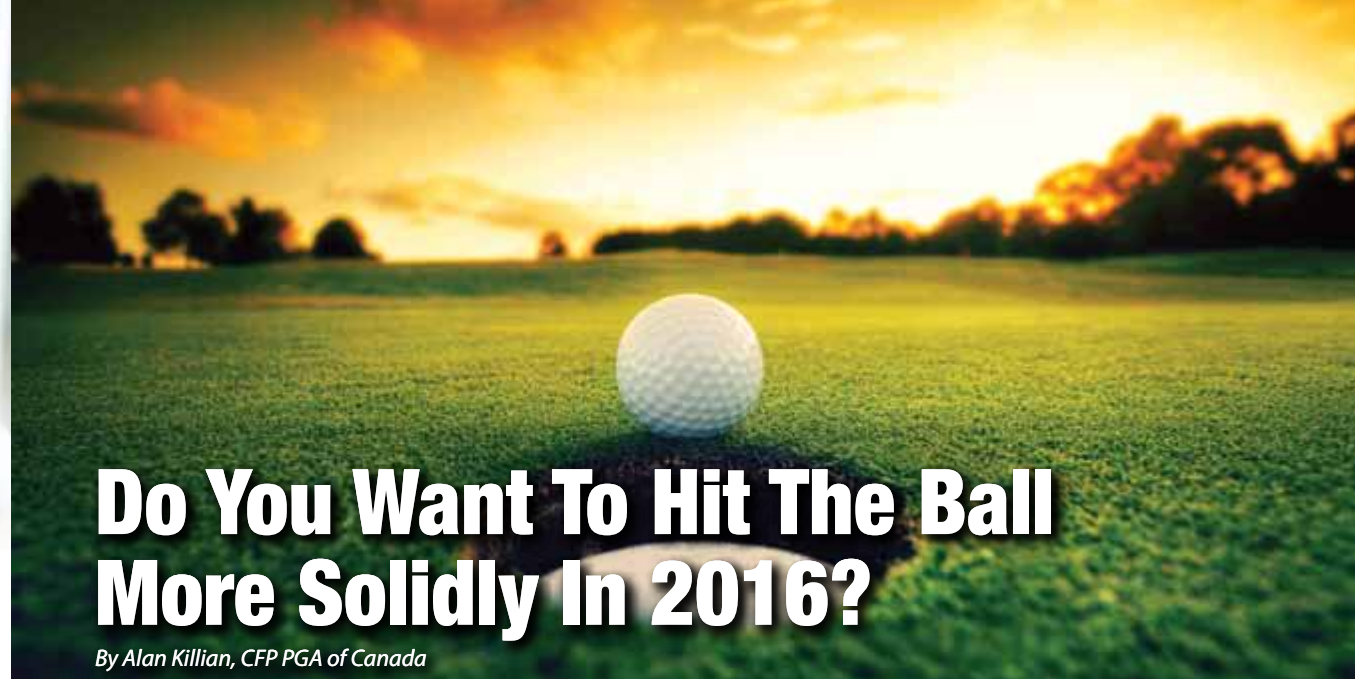
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Do You Want To Hit The Ball More Solidly In 2016?

By Alan Killian, CFP PGA of Canada

I believe this is the most important skill in the game because when you hit the ball more solidly, you have more fun, it goes farther, straighter, higher, spins more and your distance control will be more consistent. If you are not striking the ball solidly and consistently, here is a check list for you to review along with a video tip demonstrating a great drill that should help you out:

Always start with a good review of your **set up/starting position**. Make sure you have good alignment, body posture, knees slightly flexed, arms extended but relaxed and “hanging naturally”, and the ball position correctly positioned in your stance.

As you make your golf swing, ensure that your **posture is being maintained until after impact** by keeping your head “still”.

Remember, as you approach your impact position, you want to ensure your body is rotating thus your weight distribution is moving more into your **target** side (trail heel coming slightly off the ground) compared to your starting position and that you deliver the golf club similarly to that of your address (similar posture, head behind the ball, arms extended, club squared). You also want to ensure that for shots from off the ground (fairway/rough), that your hands are just slightly ahead of the club head at impact (in other words, the grip end of the shaft is **slightly** leaning towards the target). This will

ensure a proper “descending” angle of attack into the ball with a divot being made **AFTER** ball contact.

The challenge for many golfers relates to excessive lateral movement during the swing which results in difficulty delivering the club head consistently into the ball near the bottom part of the arc of the swing (remember...the bottom of the swing should take place just AFTER impact, thus ball impact...**then** divot). This excess lateral movement **and incorrect sequence of motion often** results in hitting the ground first (hitting it “fat”) or topping the ball (hitting it “thin”), etc. One great drill to fix this swing fault is to make some swings and hit some balls with a short/middle iron using the “mini swing drill” where your swing length is shorter, your stance is narrower, and your tempo is smooth. Another great drill is demonstrated in the link below by PGA Professional, Rick Smith. Please click on the link, watch the tip and practice both drills at the practice range and watch your ball striking improve!!

<https://www.youtube.com/watch?v=CoerfVLZF1U>

I hope you soon will be off to a great start to the 2016 golf season and remember to allocate some time to **practice with discipline!**

Good Golfing.

Alan R. Killian, CFP PGA of Canada

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Your voice matters

The Calgary Board of Education is committed to involving people in decisions that affect them. To do this more effectively, a new system-wide approach to public engagement is being developed.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

Last fall we invited employees, parents, students and the general public to share their perspectives on public engagement at the CBE. The response was outstanding. More than 6,500 people took the time voice their opinions. The thoughts and views that were shared are important and will guide us as we move forward.

A summary is posted on our website. It identifies several areas where the CBE can do better including developing a well understood, fair and open engagement process to sharing the results of engagement activities.

More information on Public Engagement and other opportunities to provide input can be found on our website www.cbe.ab.ca/dialogue

We look forward to sharing our new approach with you.

The Board of Trustees always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

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EL CHARCO DEL INGENIO

Barbara Shorrock

a large greenhouse which houses the species too tender to survive the local temperatures. Everything in this garden is native to Mexico, and is primarily comprised of cacti and succulents. Because it was winter the nights were cold (zero plus or minus a few degrees) and the days sunny and dry. There was water in the reservoir (you could easily walk across the dam to the undeveloped part of the preserve) but our guides told us the reservoir would be dry by May, the month when rains typically begin. Within a few weeks, water will be pouring over the dam and flooding the canyon below, causing the revitalization of the flora where everything that has been patiently waiting bursts into leaf and bloom, creating a totally different experience for the human visitors. At the time of my visit, the landscape was dry and dusty, with little colour beyond the gold of the grass and various greens of the cactus. Many specimens have been rescued, such as the giant barrel cactus which grows up to ten feet high and lives for over a hundred years. Rescued plants often come as a result of road building or commercial development somewhere in Mexico.

The area has a rich history dating from Colonial times to the 20th century. Water was originally taken by metal aqueducts to factories in the town, powering industry. You can still see some of the pipes along the canyon walls. The permanent pool, deep in the depths of the canyon, arises from the main spring that gives El Charco its name. The pool can be seen from the trail, but it would take a strong and courageous hiker to get down to it, and then back up again. Regular tourists can just look and take photos from above, which was a relief. The greenhouse area is more manicured, with a great variety of stunning agaves, which are considered the “Tree of Life” for their many uses as food, medicine, textiles and ornaments. El Charco offers a variety of educational programs to both children and adults. There are also many cultural and musical events representing modern and ancient times. We saw an amazing picture of a small symphony performing a concert way down in the canyon, complete with grand piano. One visit to this garden is definitely not enough.

Barbara Shorrock is a gardener, book lover and keen traveler. She can be found at the Queensland Garden Club the first Wednesday of most months.

My January trip to **San Miguel de Allende** in central Mexico included a guided tour of **El Charco del Ingenio**, a botanical garden not far outside the city. The park is a nature preserve on both sides of a deep canyon with dam and reservoir. The preserve is large, covering many hectares, and primarily natural, created 25 years ago for the purpose of environmental conservation, and operated by a Mexican non-profit organization. The garden was inaugurated on July 1991 during a total eclipse of the sun, with much ceremony and fanfare.

There are three distinct **ecosystems** in the park: 1.) **Dry scrubland**, the typical landscape of the Mexican highlands, featuring tough grasses, cactus and trees like acacia. 2.) The **canyon** with its craggy rocks, caves, sheer cliffs and pools fed by natural springs. 3.) **Wetlands** surrounding the banks of Las Colonias reservoir in the heart of the garden with 13 man-made islands, created in co-operation with the Audubon Society to provide a variety of bird habitats for both indigenous and migratory birds. San Miguel has a large birding group who gather here in the early mornings and late afternoons to watch and photograph the impressive variety of species. Of particular interest is the “murmuration” of the Bronze Cowbirds as they assemble in great clouds to prepare to roost in the evening, their wings creating the distinctive murmuring sound like no other.

The areas we toured had hiking paths, art installations by local and international artists, and



Taking Care of Your Teeth as You Age

By Stephanie McIntyre

Aging happens to the best of us – and even leaves its mark on our smile. From dull, yellow teeth to hyper sensitivity – the years can really show when we smile. But just like anti-wrinkle creams – there are a few dental treatments that can peel back the years.

Aging Teeth

Nothing can give away your age more than your smile. Creams, makeup and clothes can hide a multitude of signs that your twenties are well and truly gone – but your teeth – how can the average person disguise gum recession, worn teeth and tooth discoloration – all common ailments of an aging mouth. **Anti-aging dentistry may not be available in a bottle, but there are certain procedures that can help to restore your smile and youthful appearance.** Teeth Whitening is an easy, safe and affordable method to reverse the effects aging has on the colour of teeth – and though anti-aging dentistry doesn’t come in a bottle it may just come in a syringe of whitening gel – a solution that contains ingredients that will lighten stains and other colour imperfections such as yellowing and greying of tooth enamel.

Dental Procedures That Reverse The Signs of Aging

The amount of candles on your birthday cake may have grown – but the desire to have healthy looking teeth has never been stronger. And though there are several

dental procedures that help reverse the signs of an aging mouth – nothing works quite as well as prevention. Taking care of your teeth throughout every year of life will help ensure that your smile not only looks good but functions optimally. Addressing the destructive habit of clenching and grinding will prevent teeth becoming worn, short and flat. The grinding of tooth enamel increases tooth sensitivity – making enjoying your favourite foods challenging as enamel gets thinner and dentin exposure becomes more pronounced. Gum recession is another symptom of clenching and grinding as the force and movement of grinding causes gums to become inflamed and pull away from teeth. Increased root exposure does nothing to help tooth sensitivity – as roots don’t have the protective covering of enamel to help insulate the tooth from temperature and sugar stimuli.

Talking to your dentist about clenching and grinding as soon as you become aware of the habit will help your dental team intervene and slow the damaging impact. Wearing a night guard and discussing options of correcting bite issues that may be influencing the grinding habit is a great place to start in age-proofing your smile.

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ET CLEANING IS LOOKING FOR NEW CLIENTS: I have an openings for weekly, bi-weekly or monthly cleaning. I am hard working, reliable and honest lady with 15+ years of experience and great references. Call 403-975-3679 for your free estimate.

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

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 (403) 215-8930
 Calgary.southeast@assembly.ab.ca

Q3 results reveal NDP fiscal strategy is failing Albertans
 It was revealed that Alberta's projected deficit would not only be higher than previously anticipated, but could climb to as high as \$11 billion in 2016/17. It's clear from these projections that the NDP government needs to do much more to control spending and manage the impact of plunging oil prices.
 "We are deeply concerned to see this government continue to borrow for operations while making no effort to control spending. With the deficit projected to rise dramatically next year, this government has no other plan than to continue racking up debt that will rest squarely on the shoulders of our children and grandchildren."
 While we recognize that the government does not control the price of oil, they continue to make choices that further destabilize our economy and cause even more hardship for people across the province.
 "Albertans need leadership when it comes to weathering this storm," said McIver. "It's clear that Premier Notley must take immediate action to control her government's spending and reverse her damaging economic policies."
Bill 10
 The Progressive Conservative Caucus supports the intent and the spirit of the Government's LGBTQ education guidelines as a way to ensure that our schools remain safe and healthy environments for the students of Alberta. We are also encouraging Minister Eggen to work collaboratively with all parties including parents, students and school boards across the province to make sure that the policies drafted with the help of these guidelines reflect the best interests of all Albertans.
 We believe that an open dialogue between all parties is essential to prevent misinformation or dangerous hyperbole from spreading. Effective communications is essential, and it will be important to set aside any partisan rhetoric as we continue these conversations.
 We are confident that the school boards across Alberta will create and implement inclusive policies that respect

the rights and dignity of all students in our school system. We would like to encourage anyone who would like to contribute to the discussion to reach out to their local school boards in the coming months.

If you'd like to speak with me directly on this issue, please give the office a call at 403-215-8930. I am here to represent you and I am always going to stand up for parental rights.

In The Community
 I continue to attend community association meetings to hear from constituents about issues that are important in the constituency. March was a busy month for school visits to grade 6 students, speaking about democracy and government as well as answering student questions.

Scrolls: Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.

Community visits: If you'd like Rick to come and speak to your child's class or at your community event, he'd be happy to. Contact Jennifer at 403-215-8930 to learn more.

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Web: <http://shanekeating.blogspot.com/>

Spring Cleaning – Street Cleaning

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 2016 Spring Clean-Up program begins in April and runs until the end of June.

The City sweeps almost 15,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. The City would like to thank Calgarians for their help in moving their cars and their blue, black and green carts from city streets when sweeping is scheduled. The community schedule for street cleaning will be available on the calgary.ca website by searching “street cleaning”.

Public Consultation Matters

There has been a lot of buzz at City Hall over the last few months around public consultation. The City needs to be clear on what decisions are being made and how input is being received. If we are providing public information, it must be branded as public information. If we are asking for public input, it needs to be clearly stated how that feedback will influence a project.

As your elected representative, your feedback plays a key role in what decisions I make on Council. Public engagement is one of the key ways that I can check in and get feedback on the priorities that matter to you and your family.

In late February Council had an entire meeting dedicated to The City's public consultation process. One of the themes that came up was sustainable decision making. The chart below shows some of the key pillars of that process:

In order to make a sustainable decision we must appropriately balance economic viability, technical feasibility, environmental compatibility and public



acceptance. When these interests are balanced correctly we are able to reach a sustainable solution.

The City does much of the work to build a business case for how a project might be economically, technically or environmentally viable. Throughout the process The City will need to engage with the residents to gain public acceptance. It is a critical piece of the decision making process that cannot be overlooked.

Construction is underway for lot of exciting infrastructure projects in southeast Calgary. There are numerous other projects that require public input and feedback. I am looking forward to hearing from the residents of Ward 12 on how these projects can better serve their needs and make southeast Calgary an even better place to live.

The Ward 12 Office is Here to Help

My team is here to serve the residents of Ward 12. I want to provide a simple step process on how my team can better assist you:

1. If you are concerned about something in your community (or with The City in general) please contact 311.
2. 311 will provide you with a Service Request Number (SR#) when you officially log your complaint.
3. If you are unable to get your concerns addressed through 311, you can follow up with my office at caward12@calgary.ca.
4. Please provide your SR# to my team so that they can follow up with the appropriate City department.

It is important to note that The City gathers a tremendous amount of data through 311 requests. By logging your concerns with 311, The City can identify trouble spots and allocate resources accordingly. My team is able to escalate your concerns by referring to the specific SR# that was originally logged with 311.

Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my quarterly E-newsletter at calgary.ca/ward12.

Book Trivia

Margaret Mitchell wrote *Gone with the Wind* between 1926 and 1929. In her early drafts, the main character was

named “Pansy O’Hara” and the O’Hara plantation we know as Tara was called “Fountainoy Hall.”

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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

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



From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another \$4 billion, or 19%. That growth is being driven by consumers’ preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. “People are now saying I eat chocolate” because of the health benefits, he said.

- <http://www.ecolechocolat.com/en/news.html>

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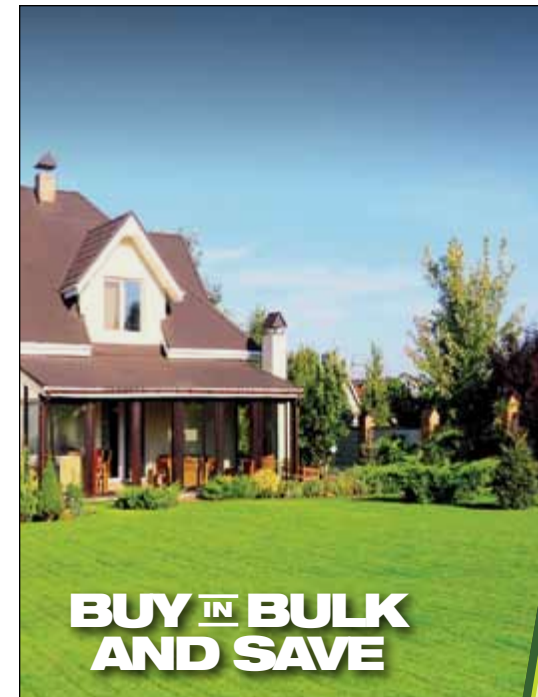


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