

APRIL 2017

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CRANVERSATIONS



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COMMUNITY ASSOCIATION

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CRANSTON COMMUNITY ASSOCIATION

11 Cranarch Rd. SE
Calgary, AB T3M 0S8
cranstonca@gmail.com | www.cranstonca.com

Delivered monthly to 6,500 households and businesses for 11 years!

Editorial Submissions

mlmacken@ucalgary.ca
All editorial content must be submitted by the 15th of the month for the following month's publication.

Advertising Opportunities

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

Published by Great News Publishing

Serving Calgary communities for 28 years
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T2C 2K2

Check out our website:
www.great-news.ca



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

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

Great News Publishing and Cranston Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
Alberta Health Care		403-310-0000
AHS Addictions Hotline		1-866-332-2322
ATCO Gas – 24 Hour Emergency		403-245-7222
Calgary HEALTH LINK 24/7		811
Calgary Police – Non Emergency		403-266-1234
Calgary Women’s Emergency Shelter		403-234-7233
Child Abuse Hotline		1-800-387-5437
Kids Help Line		1-800-668-6868
Child Safe Canada		403-202-5900
Distress/Crisis Line		403-266-4357
ENMAX – Power Trouble		403-514-6100
Poison Centre - Alberta		1-800-332-1414
HOSPITALS / URGENT CARE		
Alberta Children’s Hospital		403-955-7211
Foothills Hospital		403-944-1110
Peter Lougheed Centre		403-943-4555
Rockyview General Hospital		403-943-3000
Sheldon M. Chumir Health Centre		403-955-6200
South Calgary Urgent Care Health Centre		403-943-9300
South Health Campus		403-956-1111
OTHER		
Calgary Humane Society		403-205-4455
Calgary Parking Authority		403-537-7000
SeniorConnect		403-266-6200
Calgary Kerby Elder Abuse Line		403-705-3250
Alberta One-Call Corporation		1-800-242-3447
City of Calgary		311
Social Service Info & Referral		211
Community Mediation Calgary Society		403-269-2707
RNR Lockworks Ltd.		403-479-6161
Road Conditions – Calgary		
Weather Information		511
Gamblers Anonymous		403-237-0654

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Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.

Name: _____ **Spouse Name:** _____

Address: _____ **Postal Code:** _____

Contact Phone: _____ **Email:** _____

Number of children: _____ **Age(s) of children:** _____

☐ **Yes, please contact me about volunteering**

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

Cranston Memberships
 11 Cranarch Road SE
 Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.



ALWAYS BE IN THE KNOW FOLLOW US ON



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TWITTER - @centuryhall

INSTAGRAM - www.instagram.com/cranstoncenturyhall/

587-955-9399
SETON DENTAL WELLNESS
SDW
 Setondental@telus.net, setondentalwellness.ca
 Suite 510-19489 Seton Cres SE, Calgary AB, T3M 1T4
Office Hours;
 Monday 8:00am to 3:00pm,
 Tuesday and Wednesday 7:00am to 8:00pm,
 Thursday 7:00am to 8:00pm,
 Friday 7:00am to 2:00pm,
 and Saturday 8:00am to 3:00pm.

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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES

rentals@cranstonresidents.ca

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$71.50
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount
Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
\$500.00 damage deposit cheque and proof of insurance is required for all rentals.

Revised April 2016 - prices subject to change



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone: 403.781.6614
Fax: 403.781.6655
Email: info@cranstonresidents.ca
11 Cranarch Road, S.E.
Calgary, AB T3M 0S8

CenturyHallCranston

Centuryhall

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

Administrative Manager

Marcie O'Rourke
admin@cranstonresidents.ca

Recreation Manager

Amber Sessford
programs@cranstonresidents.ca

Facilities Manager

Al Proctor
aproctor@cranstonresidents.ca

General Manager

Lannie Anderson
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.



The Spring Program Guide is available now at www.cranston-connect.com with spring classes beginning March 6, 2017. Don't miss out on your favourite programs:

Adult Programs

Art
Yoga
Cardio, Strength & Core
Strong Women
Tennis
Zumba
Bootcamp
Wellness – fitness & nutrition
Kickboxing

Kids Programs

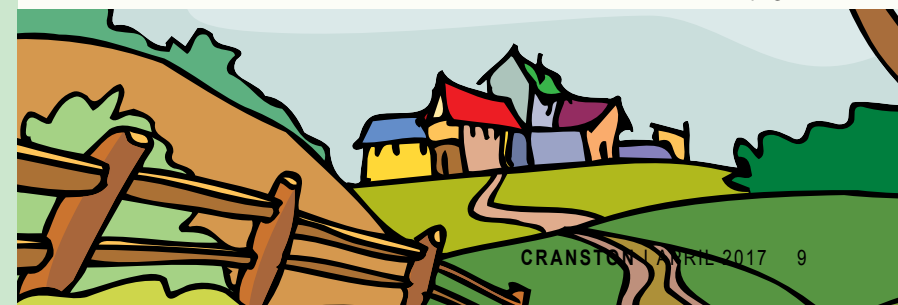
Etiquette Factory
Yoga for Tweens
Sportball
Dance Explosion
Glee Theater
Strong Girls
Kids Action Sports
Tennis
Karate
Kids Code Force
Basketball Hoopla
Hip Hop
Young Rembrandts
Music Kids
Ballerina Bliss
Badminton
Zumbini
Ball Hockey

TOASTMASTERS

Beginning in April, register today!
\$93.00/6 months (plus \$30 one time enrollment fee for new Toastmasters members)

Toastmasters is coming to Cranston. This international organization excels in building leadership, confidence and communication skills. The Toastmasters membership gives you the powerful leadership and communication tools and skills to take charge in guiding successful teams, enhancing your ability to inspire, sharpening your presentation skills and giving and getting constructive feedback.

~continued next page~





CRANSTON RESIDENTS ASSOCIATION

EASTER EGG-STRAVAGANZA

April 15, 2017 – 1:00pm - 3:00pm

Come join us for a hop-enig good time at Century Hall. Children of all ages can take part in our Bunny Bonanza Carnival complete with crafts, games, face-painting and so much more! Head out the park and participate in the search for the golden goose Egg and hundreds of other eggs. Each age group will get their own chance to participate in a hunt to ensure fair play for everyone. This event is free however space is limited. Please RSVP on the event page at www.cranston-connect.com.



RIVERSTONE WINE & CHEESE NIGHT

April 29, 2017 – 7:00pm

For members (residents) and invited guests only.

Join us at one of the spectacular show homes down in Cranston's Riverstone for an evening of getting to know your neighbours while enjoying some wine and cheese. Exact location will be emailed to registered guests. Tickets: \$5/ person. Please register to attend at www.cranston-connect.com or by phone.

FAMILY MOVIE NIGHTS AT CENTURY HALL

April 21, 2017 7:00pm – 9:00pm

Feature Movie this month is Rogue One: A Star Wars Story

Your entrance fee of only \$5 per family includes admission, drinks, and popcorn for your entire family! There is also a small concession of items available for purchase. You can't beat this price for a family night out! Everyone is welcome...we hope to see you here!

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



DROP IN COFFEE & PLAY DATE (0-5YRS & THEIR CAREGIVERS):

Tuesdays & Wednesdays: 9:30AM – 11:30AM Fee: \$5.00/household

Come and join us Tuesday and Wednesday mornings for a playdate without needing to pull out your vacuum! For the price of a coffee, this unstructured and unsupervised craft & play time is perfect for caregivers to bring their little ones out to meet new friends and get creative. This new play date time features toys and mats that are baby friendly, along with some craft supplies for the older ones. Coffee & tea will be available for the parents and a small kid-friendly-mom-approved snack will be provided for the children. Grab a friend and come on over!



ADULT CARD AND SOCIAL AFTERNOON:

Wednesdays: 1:00PM – 3:00PM Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.


DROP-IN STORY TIME AND BOOK TRUCK (0-5 YRS):

Thursdays: April 13 & 27.

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.

DROP-IN TO CENTURY HALL

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the tennis courts or inside in the gym, we've got something for everyone! View all schedules by heading to our website www.cranston-connect.com




**NEW DROP IN RATES
(effective April 1st)**

Non-Resident

Drop-Fee: \$6.00 single visit

5X Pass: \$27.50

10X Pass: \$50.00





South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in April. Registration information can be found at www.ahs.ca/shcwellness or call 403-956-3939.

Provincial Clinical Ethics Week April 3-7, 2017

South Health Campus is hosting a public discussion:
Clinical Ethics-How it can help you and your family navigate difficult health decisions
April 4 6:30 pm - 8:00pm
SHC Auditorium

EMOTIONAL WELL BEING Meditation Drop-in
Every Tuesday 5:00-5:45pm

Drumming Up Wellness
Every Friday 1:30-2:30pm

- HeartMath**
April 6 9:30am-12:00pm
April 12 6:00-8:30pm
- Mindfulness Practice Sessions**
April 7 12:15-1:15pm
- HeartMath Practice Session**
April 27 10:00-11:00am
- Bouncing Back**
April 27 6:30-7:30pm
- EMPLOYMENT & FINANCIAL MANAGEMENT SKILLS Interview Skills**
2-part series begins April 1 9:00am-4:00pm
- Disability Tax Credit & Registered Disability Savings Plan Workshop**
April 20 6:00-8:00pm
- HEALTH MANAGEMENT Lyme Disease Education**
April 3 7:00-8:30pm
- Protect Your Health (Heart Attack & Stroke Prevention)**
April 25 6:00-7:00pm

- CAREGIVER SUPPORT Family Peer Support Program**
March 7 or 21 5:45-8:00pm
 - PARENTS/PARENTS TO BE Nutrition for New Moms**
April 6 1:00-3:00pm
 - Healthy Eating for Pregnancy**
April 26 6:30-8:00pm
 - Dealing with Feelings**
April 15 10:30-11:30pm
 - Story Time & Play Date**
April 21 OR 28 10:00am-11:30pm
 - Grappling with the Grumbles**
April 29 1:00-1:45pm
 - FOOD, NUTRITION & COOKING Top 5 Tips to Reduce Calories**
April 24 5:30-8:00pm
- Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.



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 passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide
It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

- Affordable Monthly Continuous Pass**
Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:
- FREE access to more than 70 Drop-In Group Fitness classes a week
 - All-Day FREE access to the well-equipped Fitness Centre
 - FREE entry to children's drop-in activities like Drop-In Playtime
 - PRIORITY program registration (passholders only registration)
 - 20% OFF on registered classes and personal training
 - FREE access to wave pool, waterslide, hot tub, steam rooms
 - FREE entry to Drop-In Gym activities
 - FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck



- **PASSHOLDER-ONLY** discounted monthly continuous childcare pass

Adults/Older Adults

- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner's Yoga, Focus on Powerlifting
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth

- Lots of new children's programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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McKenzie Towne
587-353-2066

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f i Hometalk

Cranston mybabysitterlist

Name	Age	Contact	Course
Alex	14	403-719-0734	Yes
Alli	31	403-836-6380	Yes
Allison	20	403-890-6057	Yes
Amélie	13	403-988-8568	Yes
Andrea	21	403-466-3664	No
Angie	20	587-896-4712	Yes
Ashley	12	403-698-2378	Yes
Dakota	16	403-993-7525	Yes
Emily	16	403-257-5069	Yes
Emmy	26	403-473-5744	Yes
Faith	13	403-860-4670	Yes
Hassan	13	403-475-4662	No
Heather	30	403-966-5233	Yes
Jace	14	403-201-1177	Yes
Jayden	15	403-809-6034	Yes
Jennifer	25	604-316-1449	Yes
Marissa	24	403-993-3054	Yes
Mia	15	403-922-6004	No
Mila	23	403-703-4076	No
Mykayla	12	403-305-7045	Yes
Natalie	14	403-477-0749	Yes
Olivia	12	403-703-4404	Yes
Paige	15	587-353-0366	Yes
Robyn	23	403-968-8106	No
Shayna	13	587-702-6921	Yes
Stephanie	15	403-726-1475	Yes
Sumel Kaur	19	587-707-2720	No
Sydney	14	403-257-5849	Yes
Sydney	12	403-452-5238	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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.

Trivia

The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolizes hare and egg.



A Child First PRESCHOOL INC.

Come Experience the Difference!

2017 REGISTRATION & OPEN HOUSE

SATURDAY APRIL 22, 2017

Lake Chaparral: 10:30am to 11:30am
214-10 Chaparral Drive SE 403-201-4665

McKenzie Lake: 12:30pm to 1:30pm
16650 McKenzie Lake Blvd 403-257-0668

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Calgary, CA T3M 0S9
Phone: 403-724-0123

Dr. Amrit Kahlon-Chana
Dr. Nazariy Babyak

HOURS
Monday through Thursday 9:00 am to 6:00 pm
Friday 8:00 am to 2:00 pm
Alternating Saturdays 8:00 am to 2:00pm

✉ cranstonmarketdental@gmail.com
🌐 www.cranstonmarketdental.com




CALGARY PUBLIC LIBRARY

National Volunteer Week

Calgary Public Library's volunteers are honoured each April during National Volunteer Week (April 23-29, 2017) at our Volunteer Recognition Event. Our volunteers make an incredible difference in our community every day, allowing the Library to do so much more: offer more programs, in more locations, more often, to so many more Calgarians. Thank you to all our volunteers!

Bill's Book Café with Mike Morrison

Take in *Bill's Book Café* with Library CEO Bill Ptacek and *Mike's Bloggity Blog* creator Mike Morrison. It's guaranteed to be a lively discussion of *Your Inner Critic Is a Big Jerk* by Danielle Krysa.

Louise Riley Library
April 7 | 6:30 p.m.

To register, visit calgarylibrary.ca.

Summer Reading

Looking for ways to keep kids busy this summer? The Library can help with that! Kids can be part of a *3 Things for Canada Action Squad* and help with community projects, learn to code using Scratch, and get messy with our science program. And of course we've got books that kids love to read!

For details, visit calgarylibrary.ca.

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FIND SOLUTION ON PAGE 24



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Wednesday, April 12:7:30 pm Tenebrae
Maundy Thursday, April 13:7:30 pm Holy Eucharist
April 14 - Good Friday:9:00 am (for children) & 11:00 am
Saturday, April 15:Easter Vigil - 8:30 pm
Sunday, April 16 - Easter:8:30 & 10 am Easter Services of Holy Eucharist
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White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
- Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
- The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

BRAIN GAMES SUDOKU

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CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Message from the Calgary Board of Education Board of Trustees

As Trustees, we are passionate about public education, student success and the lasting impact education has in our community and on society.

We continue to welcome and support each and every student because it is the right thing to do. Every child is entitled to a great education and we know Albertans agree with us. We also know that this is a tough time for Alberta, and the economic struggles faced by our province are challenging. We do believe, however, that education is the best investment we can make in our future, our province and our children.

Protecting education means more than providing funding for student enrolment growth. Our system continues to grow, and with our students' learning needs as our focus, our school board simply does not have the capacity to absorb additional costs without directly impacting learning. If you are interested in sharing your perspectives with your Trustee, please contact us at boardoftrustees@cbe.ab.ca.

To learn more about our ongoing advocacy efforts, please visit our website.

Traffic Safety

Ensuring our students get to school safely is everyone's responsibility. Please be mindful of crosswalks, parking rules and speed limits when you are driving near our schools, especially during the morning drop-off and afternoon dismissal times. Our students' safety is at stake!

Chinook Learning Services

Did you know that the CBE offers classes for adults? If you're interested in improving your English, discovering a new hobby or high school upgrading, visit chinooklearningservices.com

CBE Website

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 - ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
 - ✓ This program is for residential customers only. Fees will apply if your load contains other items.

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MON		●	
TUE		●	●
WED	●		●
THURS	●		●
FRI	●		●
SAT	●	●	

Visit during the week or before 9 a.m. to avoid line-ups.

Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

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Learn more about your Calgary Catholic School District Board of Trustees!

School blessing and dedication ceremonies are an important way for our new school communities to come together and celebrate after the end of one long journey and the beginning of another.

In addition to a religious blessing by the parish priests, the ceremonies help us recognize the contributions of the city, provincial and community dignitaries in the building of the new facilities, as well as the time and effort of the district's administrative team who oversees the planning, design and construction of the modern, new buildings.

The ceremonies are also a great opportunity to celebrate the distinctiveness of Calgary Catholic schools – who each school is named for, the faith symbols that have been incorporated into the building and how faith will permeate the new school community.

As Calgary Catholic opened four new schools this year, we are celebrating at four ceremonies: Our Lady of Grace School in Evanston took place on November 9, 2016 and Prince of Peace

School in Auburn Bay on February 22, 2017. Ceremonies are planned for St. Marguerite School in New Brighton on March 24, 2017 and at Our Lady of the Rosary School in Cranston on April 26, 2017.

As the Board of Trustees, we are always planning for the future of the district – ensuring that there are enough schools where students can have safe learning environments with exceptional teachers and staff. We work to ensure that new schools which support quality Catholic education are built in the communities where our students live. We then work with the provincial government to receive funding for these schools.

We also reach out to the community about their needs through the district's public participation process, "Help Plan our Future," which provides parents and communities the opportunity to give input into education in their communities.

Many students and families in new communities wait patiently for schools to be built, so it is always exciting for everyone in the district to come together at the end of the process to recognize and celebrate what we have all achieved.

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Stress & Aging

Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the

body, which in the joints leads to reduced mobility and in the blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care.

Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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



Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$519,900	\$508,000
January 2017	\$514,900	\$501,250
December 2016	\$434,900	\$425,000
November 2016	\$504,900	\$491,500
October 2016	\$422,450	\$410,000
September 2016	\$469,500	\$461,500
August 2016	\$459,900	\$445,000
July 2016	\$439,900	\$431,500
June 2016	\$439,800	\$429,000
May 2016	\$439,000	\$427,500
April 2016	\$510,000	\$500,000
March 2016	\$429,900	\$426,000

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	35	19
January 2017	23	10
December 2016	16	13
November 2016	19	18
October 2016	33	30
September 2016	41	24
August 2016	30	23
July 2016	27	34
June 2016	38	29
May 2016	38	29
April 2016	34	29
March 2016	36	23

To view more detailed information that comprise the above MLS averages please visit cranston.great-news.ca



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Spring is here – at least officially! A change in the season also means changes to the type of work you should see in your communities over the next few weeks. Roads will begin to prepare for our annual street sweeping program, Parks will begin preparing our green spaces for the summer and construction projects should commence as the ground thaws. If you have questions about what is going on in your community please feel free to let my office know.

Spring Cleaning – Street Sweeping

Crews will be getting ready for a street sweeping schedule that begins in April and goes to the end of June. This annual program removes snow and ice control materials and debris that built up over the winter. In total The City sweeps almost 15,000 kilometers of paved roads. Getting that work done is a collaborative effort and is only fully successful when Calgarians help move their vehicles when crews come through their communities. The community schedule for street sweeping will be available at calgary.ca/sweep

Coming Soon – Residential Traffic Safety Town Hall

Calgary Police Service (CPS) and City of Calgary Transportation have been working together to make find ways to address residential traffic safety issues within our communities. As a result of a Notice of Motion I brought to Council last year, each Ward in the city will have a Residential Traffic Safety Town Hall. Residents are encouraged to come to these meetings and share their feedback with CPS and City Transportation folks. CPS will be able to identify some specific problem areas in your community that may need more enforcement and Transportation can identify if there are traffic flow or engineering issues that could be addressed.

When: Tuesday, May 23, 7:30pm-8:45pm

Where: McKenzie Towne Hall, 40 McKenzie Towne Blvd SE

My office will be finalizing details for this event over the next few weeks. If you have any questions please feel free to contact us!

Let's Grab a Coffee!

In April I'll be having my second Coffee With Your Councillor of 2017. Feel free to drop by and discuss the local issues that matter to you. Coffee is on me!

When: Tuesday, April 25, 7:00pm-8:30pm

Where: New Brighton Resident's Association – 2 New Brighton Drive SE



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Celebrating 150 Years of Confederation

2017 is Canada's 150th anniversary of Confederation! This is the perfect time to celebrate the efforts of the Fathers of Confederation, like Sir John A. MacDonald, Sir George-Étienne Cartier, Thomas D'Arcy McGee, as well as the historical events that brought together our beautiful land into the greatest country in the world.

As we come together this year to honour our past, let us remember the sacrifices made by Canada's pioneers and the Aboriginal peoples who shaped our country. In 1840, Upper Canada and Lower Canada were united in the Act of Union to form the province of Canada. The province became the Dominion of Canada in 1867 through the British North American Act, now 150 years ago. It all could have turned out differently. What started as a meeting of maritime colonies for a customs union was quickly taken over by the wily and visionary Sir John A. MacDonald who would become Canada's first prime minister. Since then, successive waves of immigrants have joined our Canadian family and added on to our distinctive national character where we respect our traditions, value hard work and honour our past.

As we celebrate the 150 years of Confederation, it's important to reflect on the efforts and lives that have fought for the unification of people, languages, and provinces into the Dominion of Canada. We enjoy freedom and prosperity in this great country, but we didn't get here overnight and we can't take it for granted.

There are ways to celebrate this great milestone all across the country. I encourage you to fly a Canadian flag at your home during this important year and you can request a flag from my office by going to my website at www.tomkmiecmp.ca/canadian_flags, calling my office at 1-855-852-5710, or by emailing tom.kmiec@parl.gc.ca. If you're interested in the work I'm doing in Parliament, follow my Facebook page and Twitter for frequent updates @TomKmiec and facebook.com/TomKmiec.



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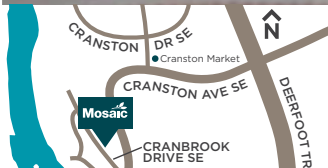
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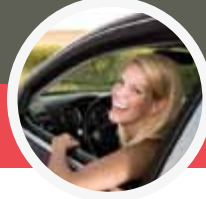
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