# **EDouglasdaleGlen**

BRINGING DOUGLASDALE AND DOUGLAS GLEN RESIDENTS TOGETHER





33 STALL INDOOR RANGE, GOLF SIMULATORS **GOLF LESSONS FOR EVERYONE** 

# GOLF DOME EVENTS CALENDAR

### FRIDAY/SATURDAY **SOCIAL NIGHT**

\$20 Per person for 2 Hours of **Unlimited Balls** Start at 7 pm till - close first come first serve

### FRIDAY/SATURDAY **COUPLES/BUDDY NIGHT**

\$49 per couple and runs from 7 to 9pm Includes one hour of golf tips (7-8pm) From an NGA Teaching professional and unlimited balls 7-9 pm Must register online or at desk



\$25.00 OFF A PROFESSIONAL

**GOLF CLUB FITTING EQUIPMENT EVALUATION** 

(INCLUDES LIES/LOFTS ADJUSTMENTS) (Regular \$150.00) CALL 403-243-3799 TO BOOK YOUR CLUB FITTING. Coupon Valid until April 30, 2016

# \$20 OFF A PUTTING FITTING

(LENGTH, LIE, LOFT)

50-50th Ave SW (two blocks East of Mcleod Trail on 50th Ave) 403-605-GOLF www.nationalgolfacademy.ca



## **Douglasdale Glen Community Association**

P.O. Box 87031 #160, 11520-24th St. SE info@dgca.ca | www.dgca.ca

### **Elected Officials**



Councillor Shane Keating Ward 12 Office P.O. Box 2100, Station M

Calgary, AB, CanadaT2P 2M5 Phone: 403-268-2478 Fax: 403-268-8091 Email: ward12@calgary.ca Web: www.calgary.ca/ward12



### **MLA Ric McIver**

255, 11488 - 24 Street SE, Calgary, AB, Canada T2Z 4C9 Phone: 403-215-4380 Fax: 403-215-4383 Email: calgary.hays@assembly.ab.ca Web: www.mciver.mypcmla.ca



**Great News Publishing Ltd.** 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca

# Calgary Public Library My Babysitter List Caring For Your Elderly Pet 10 A Closer Look at Volatility 16 Your Community Business of the Month 20

**GREAT NEWS PUBLISHING HAS BEEN** PROUDLY SERVING DOUGLASDALE & DOUGLAS GLEN FOR 15 YEARS!



# CALGARY PUBLIC



### **Nose Hill Library** 1530 Northmount Drive NW

Monday - Thursday 10 a.m. - 9 p.m. Friday & Saturday 10 a.m. - 5 p.m. Sundays (mid-Sept to mid-May) 12:00 noon – 5 p.m.

### **Building a City of READERS**

Your Year of Reading Guides

Whether you choose to read with a book in hand or with an ebook downloaded from our extensive catalogue, all you need to get started is your FREE Calgary

Public Library card and our Year of Reading Guides. Use the Guides to plan your next read, track your progress or take notes.

The Year of Reading Guides is a series with one Guide for each of preschoolers, kids, teens, and adults, and features Librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device (libraryebooks.ca); check out free movies, TV, music & audiobooks with Hoopla (libraryhoopla.ca); load virtually every popular magazine you'd ever want to read (libraryzinio.ca) ... all you need is your FREE Calgary Public

Consider giving a Guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at calgarylibrary.ca/card



HELP IS HERE, WITH AFFORDABLE **GROUP COVERAGE DESIGNED SPECIFICALLY FOR SMALL TO MEDIUM SIZED BUSINESSES.** 

403-717-4470

www.calgarychamberplan.ca



# **INTERIOR AND EXTERIOR RENOVATIONS**



Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows (PlyGem window and door dealer), siding, stonework and roofing. **SHOWTIME** does it all. Design services included at no extra cost. Thirty years experience. Licensed, insured, WCB. Professional, experienced trades.

Award winner Calgary Home + Design Show and Calgary Home and Garden Show.

References and viewings of finished designs related to your requirements available upon request

For a **FREE** initial consultation call 403.818.3118 | 403.819.8753 or visit www.showtimehomedesign.com







Looking to Build & Retain a Productive. MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



**RBC** Wealth Management

Looking for direction in a volatile market? Let's talk.



Kevin G O'Hagan Financial Advisor

15566 Mcivor Boulevard S.E. Unit 507 Copperfield Corner Calgary, AB T2Z 4Y2 403-280-2399

www.edwardiones.com

Edward Jones MAKING SENSE OF INVESTING

Member - Canadian Investor Protection Fund



### **CALGARY COIN SHOW**

March 19 & 20, 2016 10 am to 5 pm each day

> Clarion Hotel 2120 16th Ave. NE

- √ Buy, sell or trade coins, paper money or medals
- √ Dealers from across Canada
- √ Hourly Door Prize Draws
- √ Free Parking

### **ADMISSION \$5.**

bring this ad and get \$2 off. Children under 16 free www.calgarynumismaticsociety.org

**An Affiming Ministry** 

### **Deer Park United Church** 403-278-8263

www.dpuc.ca

### **GOOD FRIDAY POTLUCK & SERVICE**

6:00 PM at Deer Park UC 77 Deerpoint Road SE

### **EASTER SUNDAY SUNRISE SERVICE**

At Fish Creek Provincial Park (call for details) 7:15 AM at Glennfield Area A

### **EASTER SUNDAY CELEBRATION SERVICE**

10:00 am Deer Park UC 77 Deerpoint Road SE

**Good Friday March 25 Easter Sunday March 27** 

### **IN & AROUND CALGARY**

### **EMS: Burns and Scalds**

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### **First Aid for burns**

- · Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold
- · Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

### **Prevention of burns**

- · Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.

### Douglasdale Glen my bobysitter list

Name	Age	Contact	Course
Brooklyn	16	403-236-1440	Yes
Caitlyn	17	403-203-4480	Yes
Cheyanne	19	250-938-1090	No
Cheyanne	19	250-938-1090	No
Elena	13	403-263-3809	Yes
Jane	50	403-467-3607	Yes
Jordan	13	403-288-0220	Yes
Kaitlin	16	403-258-3153	Yes
Kyla	13	403-697-9764	Yes
Kyra	20	250-938-5951	Yes
Lauren	16	403-203-4480	Yes
Melissa	14	403-455-4402	Yes
Michelle	17	403-455-4402	Yes
Taylor	18	403-236-2836	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.



**PLUMBOB** For All Your Plumbing Needs



- ✓ Small Company ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Mark: 403.862.3973





**CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS** 

403-531-1500

PRESENT THIS COUPON FOR AN EXTRA 5% OFF

# **IN & AROUND CALGARY**

### **Springtime in Fish Creek Provincial Park**

www.friendsoffishcreek.org

### **Spring Birding Course**

12 week Spring Birding Course starts Monday, March 28,

Increase Your Knowledge of Fascinating Bird Species as they Return from their Wintering Grounds and see them in their Local Habitats!

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors (2.5 - 3 hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east - as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki - and other knowledgeable and experienced volunteer instructors. Registration Required.

### **Fish Creek Speaker Series**

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park. Registration Required. For more information visit www.friendsoffishcreek.org/programs/speaker-series

### Sticks and Stones: Using Bioengineering to Improve **Fish Habitat**

Thursday, February 25, 2016 — 7:00pm - 8:00pm Presented by Lesley Peterson (P.Biol) Provincial Biologist **Trout Unlimited Canada** 

### Top Dog: The Ecology, History and Survival of Gray **Wolves in Kananaskis and Alberta**

Thursday, March 24, 2016 — 7:00pm - 8:00pm Presented by Melanie Percy, Regional Park Ecologist, Heritage Protection Team Lead

The topic of gray wolves (Canis lupus) elicits a spectrum of human responses that extend from passion and respect,

to fear and hatred. A subject of absolute fascination for many, wolves are a top predator native to Alberta and are often considered integral to the maintenance of ecological health. While few of us have actually seen wolves, their presence can be confirmed by paw prints on trails and by the occasional howl on a moon-lit night. This presentation will discuss aspects of wolf ecology, social behaviour, and research techniques, as well as some of the challenges that wolves face throughout Alberta and much of this continent. Melanie will highlight these topics with anecdotes and personal stories from her years studying wolves.

### Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need YOU!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek CommUnity Fair to learn about the amazing range of programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!



The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world'

### **IN & AROUND CALGARY**

### **March is Community Association Membership Awareness Month!**

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? 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!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

### **MEDICAL CLINIC**



# Douglasglen Suite 123, 11420 27 Street SE

Calgary, AB T2Z 3R6



**Doctors accepting** new patients **Walk-ins Welcome** 

**Physical Therapy Massage Therapy** 

Monday to Friday 7 am - 7 pm Saturdays 9 am - 4 pm

587.318.0740 primecarehealth.ca calgarydocs.ca



# **Caring For** Your **Elderly Pet**

People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as "just part of getting old" as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet's health needs. An older pet has a slower metabolism and sleeps more. Don't justify weight gain by saying "but treats are all he enjoys now". An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It's easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate excessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don't exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don't startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.



CUSTOMER SATISFACTION GUARANTEED



### We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca

### SOUTH TRAIL AUTO MALL

**NOW OPEN** 

SOUTH TRAIL

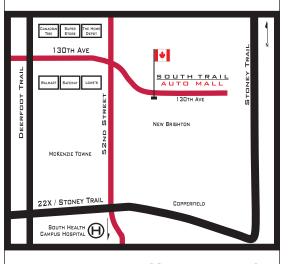
CHRYSLER · DODGE · JEEP · RAM · FIAT

**NOW OPEN** 



**COMING SOON** 

STATE HYUNDAI



Under the huge flag on 130th Ave east of 52nd

# IN & AROUND CALGARY

### **Springtime in Fish Creek Provincial Park**

www.friendsoffishcreek.org

### **Spring Birding Course**

12 week Spring Birding Course starts Monday, March 28,

Increase Your Knowledge of Fascinating Bird Species as they Return from their Wintering Grounds and see them in their Local Habitats!

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors (2.5 - 3 hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east - as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki - and other knowledgeable and experienced volunteer instructors. Registration Required.

### **Fish Creek Speaker Series**

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park. Registration Required. For more information visit www.friendsoffishcreek.org/programs/speaker-series

### Sticks and Stones: Using Bioengineering to Improve **Fish Habitat**

Thursday, February 25, 2016 — 7:00pm - 8:00pm Presented by Lesley Peterson (P.Biol) Provincial Biologist **Trout Unlimited Canada** 

### Top Dog: The Ecology, History and Survival of Gray **Wolves in Kananaskis and Alberta**

Thursday, March 24, 2016 — 7:00pm - 8:00pm Presented by Melanie Percy, Regional Park Ecologist, Heritage Protection Team Lead

The topic of gray wolves (Canis lupus) elicits a spectrum of human responses that extend from passion and respect, to fear and hatred. A subject of absolute fascination for many, wolves are a top predator native to Alberta and are often considered integral to the maintenance of ecological health. While few of us have actually seen wolves, their presence can be confirmed by paw prints on trails and by the occasional howl on a moon-lit night. This presentation will discuss aspects of wolf ecology, social behaviour, and research techniques, as well as some of the challenges that wolves face throughout Alberta and much of this continent. Melanie will highlight these topics with anecdotes and personal stories from her years studying wolves.

### Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need YOU!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek CommUnity Fair to learn about the amazing range of programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

### **Looking for Ways to Support Refugees?**

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

Modern Solutions for Missing Teeth

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### **WE OFFER:**

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

### **Southcentre Mall**

Suite 126A, 100 Anderson Rd SE (403) 269-8308

### www.academydenture.com



Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



### **Active Learning**



1401 Acadia Dr SE

- French Immersion Preschool 19 months to 5 years
- B & A Care for Kindergarten to Grade 6 for Ecole Sam Livingston, Lake Bonavista, Andrew Sibbald
- Summer Camps for children 3 12 years available

403.473.0600 | www.activelearningprograms.ca





A pangram sentence is one that contains every letter in the language.

For example, the sentence, "The quick, brown fox jumps over the lazy dog" is a pangram.

# IN & AROUND SCHOOLS

# Lenten activities underway at École St. Cecilia School

For our Lenten activity this year, our school community is supporting Habitat for Humanity through a variety of activities culminating in an Art Evening to raise funds. The Lenten period leads up to March 24 when students will celebrate the Stations of the Cross.

Our grade 5 and 6 students will enjoy skiing and snow-boarding lessons in March at Winsport while our grade 2 students will visit the Glenbow Museum to learn about Calgary's history.

The activities will wind down for Spring Break which begins on March 24 at noon.

# **Mapleridge Cooperative Preschool**

This month our 3-year-old students will be learning about nursery rhymes and what lives in the sea. Our 4-year-old students will be learning about space. They will be going on the big yellow bus to the Telus Spark Science Centre where they will have a chance to use their natural curiosity and creativity to learn more about the world around them.

The students will be off for spring break on March 18<sup>th</sup> and we will welcome them back on March 29<sup>th</sup>.

We still have a few spots available in our classes for next year – please call for a tour of the school. Mapleridge Cooperative Preschool has so much to offer to your child. It has been designed to allow your children to develop and grow in a nurturing environment. Some of the curriculum includes structured and child-led activities, circle time, daily craft time and nutritional snacks just to name a few. We offer reasonable rates by operating as a cooperative and non-profit preschool. Our preschool is also non-denominational. A subsidy is available if required. If you would like more information about Mapleridge Preschool please contact us at 403-278-9594, mapleridgepreschool@hotmail.com, or visit our website at www.mapleridgepreschool.com.

# IN & AROUND CALGARY

### Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

### **Evergreen Fire Station 37**

2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

**Shepard Landfill** - 68 Street and 114 Avenue S.E. **Cedarbrae Fire Station 24** - 2607 – 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.



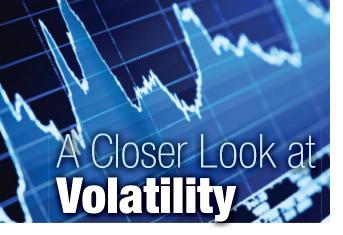


New Patients Welcome Cosmetic and Family Dentistry Sedation Dentistry Available



McKenzie Towne Centre (Opposite to Brewsters) 440 - 11 McKenzie Towne Ave SE

www.mckenziedental.com



Kevin O'Hagan, PFP, FMA, CIWM

If you're an investor, you know the impact that volatility can have on your portfolio. Ups and downs in financial markets, individual securities and even mutual funds can have you smiling one day, worried the next.

However, it is possible to manage volatility so price fluctuations won't be such a concern. When you understand volatility and how it works, you can take steps to manage its impact.

Volatility is important because it is a measure of risk and potential reward. It is the tendency of securities to rise and fall over a short period. Large swings equal high volatility. More moderate swings represent lower volatility.

The higher the volatility, the greater the potential for short-term returns and the greater the risk that your investment will decline in value over a short period. If you have the potential to make a lot of money you often have the potential to lose a lot as well. Less volatile investments may not have the same potential for windfall profits, but they usually don't have the same degree of downside risk.



### Alberta Storage Place Ltd.

Safe, Convenient, and Secure Self Storage

- Heated and Unheated
- Business and Household
- · RV, Boat and Yard
- · Office and Warehouse

**4046-96 Ave. S.E**. Calgary, Alberta T2C 4R5

www.albertastorageplace.com

You can gauge the volatility of an investment by examining its price history. For example, if a stock has a tendency to fluctuate considerably over a short time, it is volatile. This is especially the case if the price movements are out of sync with the market. While you might expect stocks to move up and down with general market conditions, a volatile stock will often fluctuate even in times of generally stable markets.

A low-volatility stock will vary in price much less. Its price moves may be more gradual, and it may even move in tandem with a market index most of the time.

Should you be concerned about the volatility of an investment? If you want to assess potential risk before investing for the short term, the answer is yes. If you're willing to take on more risk to earn potentially higher returns, more volatile investments might be suitable for your portfolio. If you want low volatility, with the tradeoff of lower returns potential, look for lower volatility investments.

You should also be concerned about the overall volatility of your portfolio-in other words, how much the value of your portfolio fluctuates and over what period of time.

This is easily managed by ensuring your portfolio is well diversified. Hold individual investments that vary in their degree of volatility, as well as including all major assets classes in your portfolio. Individual asset classes don't always move in tandem, and they seldom fluctuate to the same degree at the same time.

You can also reduce volatility worries by focusing on the long-term. With a longer investment horizon, temporary fluctuations don't matter as much. You reduce volatility risk and take advantage of the fact that over the long-term, the direction of markets is generally up.

You can even take advantage of volatility to enhance returns. If you invest at regular intervals-through a periodic investment plan, for instance-volatility can work in your favour because your regular investment amount will buy more when prices dip. This technique is known as "dollar cost averaging," and it can lower your cost of investing.

Ask your financial advisor for help in assessing and managing the volatility of your portfolio.



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.

### **March 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, swim, 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, and take the Aquatics Centre into the next 10 to15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

#### **Price Freeze**

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

#### **Adults**

- More than 70 drop-in fitness classes every week.
   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.
- Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

#### 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.
- 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

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)
- Check out 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 lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



### VISIT OUR SHOWROOM

C8 - 6215 3rd Street SE Calgary AB T2H 2L2 (403) 692 - 0820 www.desertsunpatios.com









SUNROOMS • SCREEN ROOMS • PATIO COVERS • PERGOLAS

20% SALE ON WINTER INSTALLATIONS! FREE ESTIMATES

# COMPREHENSIVE AESTHETIC DENTISTRY

# Millennium Dental

### is pleased to welcome

Caring, gentle dedicated team

Whiter, lighter, healthier family smiles

Healthy Children Program

Dr. Munira Jivraj Dr. Salima Shariff

Complete Smile Makeovers

Dr. Moez Lakhani

Laser Gum Therapy

■ Snoring and Sleep Apnea Appliances

Warmly Welcoming New Patients

ZOOM! ITERO invisalign CEREC

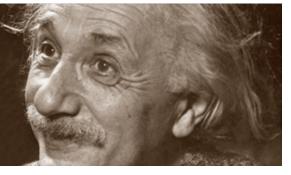


Dr. Veeta Maharaj to our team

Conveniently located @ Douglas Square - Deerfoot & 24th St SE 403 236-4443 • www.millenniumdental.ca

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



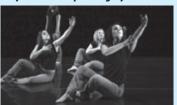


# YOUR COMMUNITY/CITY EVENTS AT A GLANCE.

- April 1 Taste of Bragg Creek: Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
- April 6 Video Games Live: Bonus Round!: This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
- April 6 to 17 Canmore Uncorked: This mountain food and drink festival is 12 full days of special setprice menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
- April 11 to 13 Dance at Noon: The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
- April 11 to 17 Calgary Underground Film Festival: The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- April 15 to 17 Dreams of Broadway: 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
- April 22 to 24 The Adventures of Robin Hood: Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
- April 26 to 29 Annie: The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. www.calgary. broadway.com
- April 28 to May 1 Calgary Comic and Entertainment Expo: For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

### **APRIL 8 TO 9 DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca



### **APRIL 10 TO 11 EXTREME PLANET** WITH PHOTOGRAPHER **CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artscommons.ca



### APRIL 14 THE VIEW FROM BEHIND **BARS - AN EVENING WITH PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of Orange is the New Black, My Year in Women's Prison and inspiration behind the award-winning Netflix series. www. facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/



# COMMUNITY business of the month

# **The Station Pub and Grill**

Quarry Park - Riverbend Community

t can be said that no neighbourhood is complete without a neighbourhood pub and The Station Pub and Grill fits the bill perfectly for the community of Riverbend and its surrounding environs. In operation for over 20 years, the Station is not only a place to grab a drink and a bite to eat, but a place to relax, meet your neighbours, and to enjoy the warm and intimate atmosphere. Whether you come for live music, to watch sporting events on the large HD TVs, play pool on one of three pool tables, try your luck on the VLTs, or show off your vocal range on Karaoke Sundays, The Station is the place to be on any night of the week.

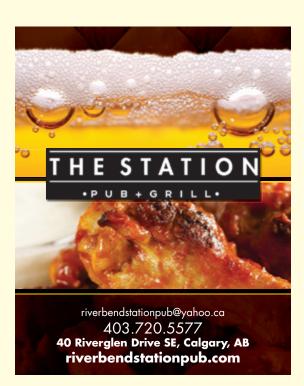
Under new management since 2015, the new owners appreciate the history of the pub, but are hard at work making changes that will bring the establishment up to their high standards. With an emphasis on superior customer service and a high quality of food and drink offerings, they are working with the existing clientele to make this a pub that the community can not only be proud of, but can call their own. A new menu will be launched very soon, a brand new draught beer system has already been installed, and renovations are well on their way to being completed.

General Manager Daniel Murphy has been in the hospitality industry for 12 years and is excited to be a part of the new ownership team. "It's such a beautiful room with so much character and history, you can't really build that these days. We are doing renovations but we're not making it too slick, we want to maintain that 'pub' feel."

When asked how customers are liking the changes he responds "I receive emails almost weekly from our patrons telling me how much they like the changes, whether it's a compliment on service, a new menu item, or a new beer we launched on tap...the response has been great, and that's truly rewarding for us to hear."

Daniel also mentioned that The Station will be having a grand re-opening party on February 19th and 20th featuring beer tastings, free samplings off the new menu and a DJ. "We welcome everyone in the neighbourhood to come down and check out the new Station! And make sure you come introduce yourself!"

Stop by your favourite local anytime, check out the new changes and have a drink with friends. The staff at The Station would love to see you and they're eager to show you what the future holds at their pub!





### **MLA CALGARY-HAYS RIC MCIVER**

### Interim Leader of PC Caucus

255, 11488 - 24 Street SE, Calgary, AB, Canada T2Z 4C9 Phone: 403-215-4380 • Fax: 403-215-4383 calgary.hays@assembly.ab.ca www.mciver.mypcmla.ca • Twitter: @ricmciver facebook: facebook.com/ricmciver

### **Rovalty Review**

The Royalty Review Panel's report was released and the government will not raise royalty rates on the oil sands sector of the industry. The panel determined that Albertans are getting a fair and equitable return on our resources. I have always maintained this so it was nice to hear the panel agree. However, the panel is unable to tell crude oil, natural gas, and liquids producers what rate they will pay once allowable expenses are recouped. The outcome of this review has yielded minor tweaks to an otherwise competitive royalty regime - tweaks that were hardly worth the stress this process placed on our energy sector at such a challenging time.

### **LGBTQ Guidelines**

The Education Minister issued guidelines to help create respectful and safe learning environments. www.education.alberta.ca/media/1626737/91383-attachment-1quidelines-final.pdf

I give the Minister credit for trying to protect all kids including LGBTQ kids in school. I think we can all agree on that. However, I have heard from several parents who are concerned with what they read in the guidelines and some parents are unclear how these guidelines will affect their children's experiences in the school system.

The guidelines are intended for school boards to assist them to draft their own policies. I hope the Education Minister will help ensure that misunderstandings about the intent of the policy are cleared up promptly and to everyone's satisfaction.

I encourage parents to contact their school board and school councils directly to help write the policy that reflects their concerns.

### **Events & Visits**

I had the extreme pleasure of visiting with the grade 6 classes from Monsignor JS Smith School. The kids were well prepared and peppered me with guestions on a full range of issues. Visiting school classes is a favourite part of my job. Young people of today will do a great job of leading the world in a few short years. There may even be a future Mayor, Premier or Prime Minister among them!

#### 65th Annual B'nai Brith Dinner

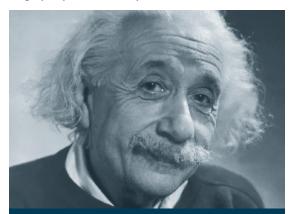
B'nai Brith, a charitable organization originating in the Jewish community, honours two people every year at a fundraiser. This year they honoured David Frum and Jason Kenney. As a fellow representative of the communities in Calgary Hays it was nice to see Jason recognized for his work in Calgary and internationally on our behalf. Congratulations to both David and Jason.

#### **YMCA**

The Crowfoot YMCA was renamed the Melcor YMCA at Crowfoot at a ceremony in January. We have a new YMCA under construction in Ouarry Park, scheduled to open this summer. I look forward to the new facility and I am proud to have put it on the agenda during my time on city council.

### **Keeping in Contact**

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. Please contact me or my assistant Donna Elms, at the Calgary Havs Constituency Office.



Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

# **BUSINESS CLASSIFIEDS**

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Douglasdale and Douglas Glen. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

INTERIOR RENOVATIONS - BATHROOMS, KITCH-ENS, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

CAH BOOKKEEPING SERVICES: We provide our clients with full cycle bookkeeping, consulting and support services. We are Certified QuickBooks Pro-Advisors for the desktop and online versions. Please contact us at 403-829-9812, cathie@telusplanet.net or go to our website www.cahbookkeeping.com to learn more.

### **CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:**

We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www. communitymediation.ca, 403-269-2707.

**CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for vour free estimate. 403-650-0703 or email brian@ customcraftpainting.ca. Website: www. customcraftpainting.ca.

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kind of interior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.calgaryabpaintingservices.ca. Thank you.

FOR ALL YOUR BOOKKEEPING/ACCOUNTING & TAX RETURNS PREPARATION: call the specialists at KAACA Professional Inc a reputable practice providing affordable services to individuals, small business owners, corporations. We handle Bookkeeping/accounting, tax planning (minimize your tax), tax returns, and Payroll. Call or text at 403-383-5951, www.kaaca.net. Ken K., Your trusted neighbourhood accountant.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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

~continued next page~



### **COUNCILLOR, WARD 12** SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca Twitter: @CouncillorKeats Facebook: http://www. facebook.com/CouncillorKeating Web: http://shanekeating.blogspot.com/

#### 2016 Assessment Reminder

Residents were mailed their 2016 property assessments in January. Calgarians can appeal their assessments for a 90 day period. This period ends on March 7, 2016.

If you have questions regarding your assessment:

- · Call the Assessment Department at 403-268-
- · Visit The City of Calgary Assessment page at Calgary.ca/assessment

### Making Calgary's Streets Safer

There have been a lot of recent conversations at City Hall about making our streets safer for everyone. One suggestion is to reduce unposted speed limits from 50km/h to 40km/h on residential streets.

According to the World Health Organization a pedestrian has a 90% chance of surviving when struck by a vehicle moving 30km/h. At 45km/h pedestrians only have a 50% chance of survival.

Without enforcement, a change in speed limit likely won't have a major impact. In January I brought a Notice of Motion before Council that laid the ground work for the Calgary Police Service to come up with a residential enforcement program. It is expected that this program will be presented to Council in July.

Dropping speed limits from 50km/h to 40km/h would be a big change for Calgarians. I do not believe it would be fair for Council to pass something like this without taking the time to consult with Calgarians first. Making our streets safer is a responsibility that needs to be shared by motorists, cyclists and pedestrians.

I turn the question over to the residents of Ward 12. Would you be supportive of moving unposted speed limits in residential areas from 50km/h down to 40km/h? I look forward to hearing from you on this very important topic.

# **BUSINESS CLASSIFIEDS**

**GOT ELMS?** Pruning Elms April-October is banned in Alberta. Winter is ideal to prune many trees and remove Black Knot fungus. King Cole Tree Service for all your pruning and removal needs! Professional service, affordable prices. ISA member, licensed/insured. Call for your free estimate, 403-200-4408 or www.kingcoletreecare.ca

QUALITY CLEANING SERVICES: Professional, consistent, dependable and affordable. Residential and commercial cleaning, post construction, move in / move out. Please call for a free estimate at 403-667-2503.

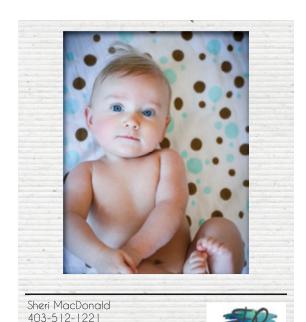
PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www. plumbingparamedics.ca.

PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking snow removal for 2015-2016. Prices set as a flat monthly fee for unlimited visits. Contact us for free estimate, prices vary depending on project size and complexity. Call 403-333-1600 or e-mail info@ primelandscaping.ca. We are ready to get your job done.

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

TIMELESS CUSTOM PICTURE FRAMING: In house Douglasdale studio. Wide selection of frames for your home or office. Archival materials for a longer art life. For an appointment call Dale at 403-236-9496.

**ESSENTIAL OILS FOR WELLNESS:** Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.







macdonaldsheri@gmail.com

www.sherimacdonald.zenfolio.com



### GAMES SUDOKU 2 6 9 6 2 3 2 6 3 5 8 5 8 9 9 8 6 6 3

### FIND SOLUTION ON PAGE 25

# IMPORTANT NUMBERS

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			

### DISCLAIMER

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

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

# 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

# BRAIN SUDOKU

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

### Published by:



**ADVERTISE YOUR BUSINESS NOW!** 

**DELIVERED BY** Canada Post

Phone: 403-263-3044 | sales@great-news.ca





# Dr. Shamshudin (Sam) Kherani



# IS BACK TO SERVE THE CALGARY COMMUNITY

AFTER HIS TERM AS CLINICAL
DIRECTOR AT A DENTAL
CONTINUING
EDUCATION INSTITUTE

403.263.0055

228 - 339 ASPEN GLEN LANDING S.W. CALGARY, AB - T3H 0N6 (IN THE ASPEN HEALTH CLINIC - 2ND FLOOR

### WWW.ASPENLANDINGDENTAL.COM

A Great Price for anyone who wants A GREAT HAIRCUT



OnlineCheck-In Download our free app or visit greatclips.com. ClinNote

ClipNotes

We know your haircut anywhere you go.

Great Clips
IT'S GONNA BE GREAT

**\$7.99** 

with this coupon Not Valid with other offers Valid March 2016 Only

**DEERFOOT MEADOWS** 

820 8180 11<sup>™</sup> St. SE 403-204-3382





# FAMILY MEDICINE WALK-IN CLINIC

# **NO WAITING TIME**

Dr. Dapo Olayiwola,
MBBS, DRCOG, MRCGP, DFSRH, PGDipDerm

Dr. Matthew Onyekweli

MBBS, DFFP, MRCOG
Female Doctor Available Weekend Only

### **OPENED:**

Monday to Friday: 9am - 7pm Saturday: 10am - 5pm Sunday: 11am - 3pm



Address: #4, 20 Douglaswoods Dr SE **TEL**: **587-471-9467** 

You can book online at www.douglaswoodfamilymedicine.ca,

# You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients. From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us. (It's a healthy dessert, naturally.)



REDEEM AT CUSTOMER SERVICE

\* With purchase of a hot buffet or salad bar item.

Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

COMMUNITY natural foods
nourishing our community since 1977

10<sup>TH</sup> AVENUE MARKET 1304 - 10 Avenue SW CHINOOK STATION MARKET

CROWFOOT MARKET 850 Crowfoot Crescent NW

customer care: 403-930-6363 | communitynaturalfoods.com