

FEBRUARY 2017

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**Katrina Jackle**  
INDEPENDENT DESIGNER

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## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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[news@great-news.ca](mailto:news@great-news.ca)

All advertisements and editorial content must be submitted by the 1st of the month for the following month's publication.

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Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)

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## DOUGLASDALE - DOUGLASGLEN COMMUNITY ASSOCIATION

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## ELECTED OFFICIALS



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Email: calgary.hays@assembly.ab.ca  
Web: www.mciver.mypcmla.ca

## Accountant Stanley Doherty, CPA, CMA

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Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd  
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## Active Learning

Programs Ltd.

### Open House February 12, 2017

1:00 p.m. - 4:00 p.m.

French Immersion Preschool  
(some Transportation provided)

Out of School Care for Acadia, Fairview  
& Lake Bonavista Schools

403.473.0600 | www.activelearningprograms.ca  
2 - 430 Acadia Dr. SE, Calgary, AB

## 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
Senior Connect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



**FRIENDS OF FISH CREEK MID-WINTER UPDATE**  
**Leaving a Legacy for Cherished Green Spaces and Healthy Families**  
**Public Information Session**  
**Saturday, March 4, 2017**  
**2:00 pm at the Fish Creek Environmental Learning Centre**

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to [www.friendsoffishcreek.org/estate-2](http://www.friendsoffishcreek.org/estate-2)

**The February Fish Creek Speaker Series**  
**Beaches, Birds, and the Boreal Forest – Lesser Slave Lake Provincial Park**  
**Thursday, February 23, 2017 7:00 pm – 8:00 pm**

Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks.

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit [www.friendsoffishcreek.org/event/beach](http://www.friendsoffishcreek.org/event/beach)

### Introducing Yo-Qi: A Wellness Experience

The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! "Yo-Qi" is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

To register and for more information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

## Calling All Neighbours!



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

## IN & AROUND SCHOOLS

### Mapleridge Cooperative Preschool

We at Maple Ridge Cooperative Preschool will be holding our 2017/2018 Preschool Open House at the school on Thursday, February 2nd from 5:00 to 7:00 pm, and Saturday, February 4th from 10:00 am to noon. You will be able to meet our highly experience teacher Mrs. Marshall and explore the classroom with your child.

The fun will continue this month with Valentine's Day and Family Day approaching. Mapleridge Cooperative Preschool children will be learning about and celebrating friendship, love and family in the classroom. Students will celebrate Valentine's Day with in-class parties filled with cupids, crafts, and crunchy heart cookies! We will also be learning exciting facts about Bears.

If you would like more information about Mapleridge Preschool please contact us by phone at 403-278-9594, by email at [info@mapleridgepreschool.com](mailto:info@mapleridgepreschool.com) or visit the web site at [www.mapleridgepreschool.com](http://www.mapleridgepreschool.com).

## IN & AROUND CALGARY



### Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) for group locations and times or contact Debra Colley at 403-444-1752 or [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com).



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](http://www.tricocentre.ca) to find out more.

#### February at Trico Centre

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

#### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule.

#### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

#### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at [www.tricocentre.ca](http://www.tricocentre.ca).
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

#### Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

#### Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule and details.



**SAFETY SYNC**  
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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."  
Enform IRP 9 (Revised)

[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



# Plantar Fasciitis

## Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneus) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)



# Dr. Diane Fennell

## AUDIOLOGY

### Hearing Testing / Hearing Aids



- Do many **people you talk to seem to mumble** (or not speak clearly)?
- Do people **complain** that you **turn the TV or radio volume up too high**?
- Do you have **trouble hearing in noisy places**?
- Do you hear a **ringing or buzzing** in your ears?
- Do you have trouble understanding the speech of **women and children**?

If you answered **"Yes"** to any of these questions, **you could have a hearing loss.**

**Call to find out!**



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# FAMOUS FIVE DISTRICT

Another reminder to mark your calendar: The Annual Carnival is open to everyone and we'd really appreciate your support. The date is March 4, and the location is Queensland Community Hall. Activities will be on-going from 11:00 am to 4:00 pm but get there early for the best baking and stay late to see if your name is the last on the list for the silent auction items! Lunch and snacks will be available along with fun and fellowship.

February is a special month for Girl Guide members. It's the time when we celebrate the birthdays of the founders of the organization -

Lord and Lady Baden-Powell. During this month, units will be learning about Girl Guides and Girl Scouts from around the world with games, songs and sometimes some new food! If you have a special Girl Guide or Girl Scout memory, please remember to share it with a girl. Our young members today love to hear about the camps, friends and opportunities that are part of our memories.

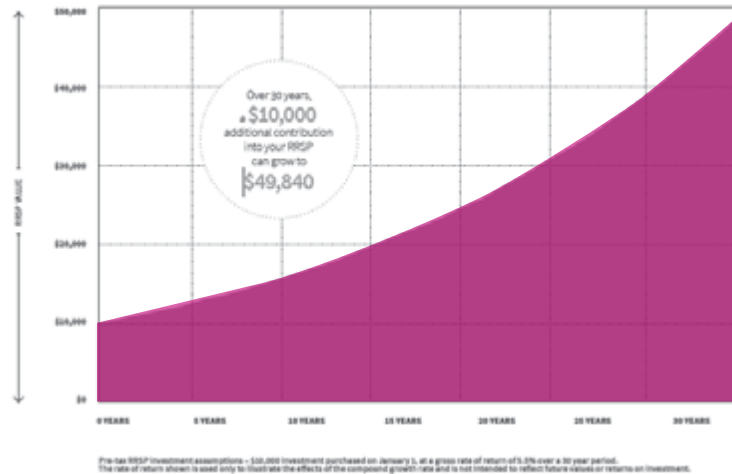
Thank you to all for your support with the fall Mint cookie campaign. Keep an eye out for the Classic Cookies coming in late March.

## The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

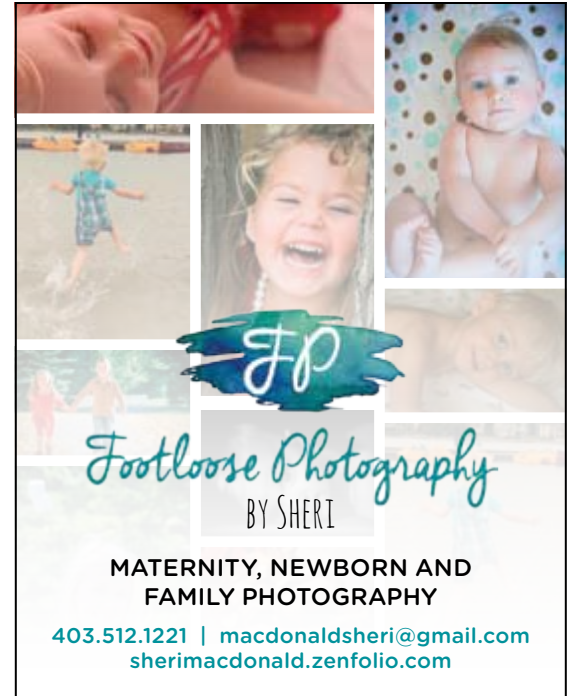


INVEST SMART > INVEST REGULARLY > CONSIDER AN RRSP LOAN

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23



**Footloose Photography**  
BY SHERI

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Friday: 9:00-5:00  
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**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 your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

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**WEAR & SHARE YOUR LOVE:** KEEP your loved ones/family, pets, faith, friendships, sense of adventure and all the things that matter close at hand and to your heart by designing your own KEEP Collective KEEPsake bracelet, necklace, pet collar, tote bag, key fob, earrings, etc. Start sharing at keepcollective.com/with/katrinajackle or 403-826-4086.

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- Continues next page

# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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

**LOOKING FOR:** A Catholic mother home for a 14 year old boy from Vietnam who is attending school in Calgary in the Douglasdale area. Contact Victor 403-453-9188, or vphan@shaw.ca.

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

## VOLUNTEERING.... *Good for the Soul*



### Valentine's Trivia

*Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.*



# Douglasdale Glen



## Real Estate Stats

Last 12 Months Douglasdale Glen  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$490,944	\$479,000
November 2016	\$535,000	\$516,000
October 2016	\$469,350	\$465,000
September 2016	\$467,400	\$460,000
August 2016	\$499,900	\$479,500
July 2016	\$507,082	\$489,000
June 2016	\$509,900	\$497,500
May 2016	\$540,000	\$525,000
April 2016	\$479,900	\$469,000
March 2016	\$520,000	\$510,000
February 2016	\$500,950	\$494,500
January 2016	\$482,000	\$471,000

Last 12 Months Douglasdale Glen  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
December 2016	4	8
November 2016	11	9
October 2016	13	14
September 2016	18	12
August 2016	11	14
July 2016	17	16
June 2016	18	13
May 2016	25	11
April 2016	14	11
March 2016	19	15
February 2016	14	12

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [douglasdale\\_glen.great-news.ca](http://douglasdale_glen.great-news.ca)

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



## Trivia

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**The DOUGLAS GLEN Bull & Finch**

Since 1992, we have been serving and satisfying many Calgary communities. Our recipe of great prices, delicious food, friendly staff and welcoming atmosphere has allowed us to become one of Calgary's premiere pub destinations.

Find us at:  
938 - 11520 24 Street SE  
Corner of 24th Street and 114th Avenue

[www.bullandfinch.com](http://www.bullandfinch.com)  
[@bullandfinch](https://twitter.com/bullandfinch)  
[@bullandfinch](https://www.instagram.com/bullandfinch)  
[facebook.com/bull.nfinch](https://www.facebook.com/bull.nfinch)

The Bull and Finch in Douglas Glen proudly celebrated their 20<sup>th</sup> anniversary in 2016, and they are even more excited to keep providing no-nonsense food and drink in a friendly environment for their community. Located at the corner of 24<sup>th</sup> street and 114<sup>th</sup> avenue, they have been proud members of the S.E. community for years, (back when there were still traffic lights at Deerfoot & 24th) and have enjoyed watching the community grow into the vibrant part of Calgary that it is today. With a focus on providing excellent customer service and great food, they have become not only a meeting place for the community, but a great option for newcomers to the area as well. Whether it's half-priced



burgers on Mondays, Wing Night Wednesdays, or karaoke on Saturdays, there's sure to be a night that makes you want to be a regular.

The Bull and Finch won the consumers' choice award at YYC Wing Fest for their spicy parmesan-flavoured wings; it's been a menu favourite for years. They also hold the title of The Consumer Choice Award winner for Calgary's best pub for four years running. This family operated pub is great for holding large or small events, including silent auctions, private parties and fundraisers of all sorts.

They offer a variety of attractions including 10 VLT's, Golden Tee, two pool tables, board games and 17 HD TV's to catch sporting events and PPV UFC action. The Pub recently launched a new menu, keeping old favourites but adding delicious new items such as spanakopita, bruschetta, butter chicken, soft pretzels, and more. They pour 17 beers on tap and have a variety of craft and local options, with a new beer feature every month. A favourite among the locals is the 'Morning After Breakfast' available on the weekends and holidays from 10:30am-3pm. This includes 2 eggs, bacon, sausage, hash browns and toast for only \$5.95!

This friendly pub has been a community staple for over 20 years. If you're in the area, make sure to stop by and they'll be sure to take care of you!

Check them out online for daily features, events and giveaways:

- [www.bullandfinch.com](http://www.bullandfinch.com)
- <https://www.facebook.com/bull.nfinch/>
- <https://twitter.com/Bullandfinch>
- <https://www.instagram.com/bullandfinch/>



Name	Age	Contact	Course
Brooklyn	17	403-236-1440	Yes
Caitlyn	18	403-203-4480	Yes
Cheyenne	20	250-938-1090	No
Cheyenne	20	250-938-1090	No
Deidra	29	403-471-3089	Yes
Elena	14	403-263-3809	Yes
Elizabeth	17	403-771-8215	Yes
Jane	51	403-467-3607	Yes
Jordan	14	403-288-0220	Yes
Kaitlin	16	403-258-3153	Yes
Kyla	14	403-697-9764	Yes
Kyra	21	250-938-5951	Yes
Lauren	17	403-203-4480	Yes
Maria	14	403-305-3348	Yes
Melissa	15	403-455-4402	Yes
Melissa	12	403-973-7353	Yes
Michelle	18	403-455-4402	Yes
Taylor	19	403-236-2836	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



## Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



# Regular Eye Exams

**Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health**

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

*Dr. Steve Alfaiate, OD*

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Calgary.Hays@assembly.ab.ca • www.abpcmla.ca/blog-ric-mciver-mla-calgary-hays  
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**Constituency Boundaries Review:**  
In the coming months, the province's Electoral Boundaries Commission will undertake a review of the electoral constituencies. It's the first time the boundaries have been reviewed since 2009/2010. The province says Alberta's population has increased by more than 20 per cent in the last eight years. As a result, we need to review our provincial constituency boundaries prior to the next provincial election.

Provincial law directs the Alberta Electoral Boundaries Commission to review the existing boundaries and names for the 87 electoral constituencies and report to the Legislative Assembly of Alberta by October 31, 2017.

The Commission will consider the following in making recommendations to the Legislative Assembly:

- Your input
- Population figures and relative population density throughout the province
- Common community interests
- Existing municipal and natural boundaries
- Effective representation

Albertans can take part in the process by attending a public hearing (See dates and times @ abebc.ca), providing a written submission and by following the Commission's progress on social media with **#AlbertaEBC**.

While this is an important process, I am worried about gerrymandering by the NDP government. Even though Calgary Hays is an urban riding, I hope you will agree giving everyone an equal voice matters. The fear is NDP will give rural Alberta much less representation as they have little support in rural Alberta. If you are concerned, please contact the committee via the methods above or send me a note to forward to them.

**Happy Valentine's Day:**  
Valentine's Day is more than flowers and gifts. Sometimes, it is about spending time with your love/friends/family. Just wanted to wish you a wonderful Valentine's Day together. Enjoy!

**February 20, 2017, Alberta Family Day:**  
Fun facts I found in different articles about Alberta Family Day:  
• Former Lieutenant Governor Helen Hunley was responsible for proclaiming the holiday. The Premier of Alberta at the time that helped make the day a statutory holiday was Don Getty in 1989. Alberta was the first province in Canada to have a statutory holiday in February. The holiday always falls on the third Monday of February so it will coincide with the American holiday, President's Day.

• It helps break-up the hectic pace of our lives and lets us take a moment with our family

- What Do People Do?**
- On Family Day, many people plan and take part in activities aimed at the whole family. These include visiting art exhibitions, watching movies, skating on outdoor ice rinks, playing board games and taking part in craft activities. Some communities plan special public events, and art galleries and museums may have reduced price or free entry.
  - As the weather is usually very cold in February, hot chocolate and freshly baked cookies are popular snacks. Other people use the long weekend as an opportunity for a short winter break or to travel to visit family members or friends. As Family Day falls on the same date as National Heritage Day (except in British Columbia), some people use the day to explore their personal heritage and family history
  - Family Day gives families the chance to spend time together.
  - Family Day is observed to celebrate "the importance of families and family life to people and their communities."
  - So what do people do—what do you do, if you have the day off—on Family Day?

**Schools:**  
I am scheduled to visit schools in the Calgary-Hays area in the coming months. Thank-you in advance to the students and teachers for allowing me to spend time with you and to visit your school.

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

**Budget Consultations**  
The NDP have scheduled "budget consultations" which you can only get into by being invited by – wait for it – an NDP MLA. That is correct. They have turned a taxpayer funded exercise into a completely partisan process even though the 50 billion dollars plus they will spend next year belongs to all Albertans and to no single or any political party. I only tell you this so you know of the decision your government has made.

In order to include you in the process I am interested in your opinion on our PC party holding a true public consultation on the budget. I invite your input.

**Contact:**  
As your MLA, I am here to help you. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistant, Tannis Turner at the constituency office.

We can be reached at 403-215-4380 or at calgaryhays@assembly.ab.ca

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*Gardening by the*  
**phases of the moon**

**February 3 First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

**February 10 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

**February 18 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

**February 26 New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

**BRAIN GAMES** **SUDOKU**

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

*Trivia*  
**Black History Month**

The 21st Black History Month is celebrated this February, it was formally recognized following a motion introduced in the House of Commons by the first black Canadian woman elected to Parliament, the Honourable Jean Augustine.

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## Christmas Bird Count

116 year-old annual  
tradition with an  
interesting origin

In 1900, to counter the so-called "side-hunt," wherein groups of gunners would compete in seeing which could kill the most wildlife on Boxing Day, American ornithologist Frank Chapman, instead, asked birders across North America to head out on Christmas Day to count the birds in their home towns and submit the results as the first "Christmas Bird Census." His suggestion has evolved into one of the world's largest citizen science projects in the world, and a holiday tradition during the Christmas season for well over 50,000 birders in the Americas each year.

The Christmas Bird Count (CBC), as it is now called, is conducted in over 2,400 localities across Canada, the United States, Latin America, and the Caribbean. These bird observations, collected during one-day field counts within defined circular areas, have been amassed into a huge database that reflects the distribution and numbers of winter birds over time.

Each Christmas Bird Count (CBC) is now conducted within a standardized circle with a radius of 7.5 mi (12 km). About 370 Canadian CBCs are reported to Bird Studies Canada - and many hundreds of others are conducted, reported only to their provincial naturalists' organization. In all, some 15,000 to 22,000 people participate across Canada.

This year the Calgary CBC took place on Sunday December 18<sup>th</sup> under a mostly sunny sky and a balmy temperature of 3C. S2G+ joined Gus Yaki and 6 other individuals. Of the 32 territories in Calgary our area included Mount Royal, Elbow Park, Stanley Park, Parkhill, Erlton, and Rideau/Roxboro. Nineteen bird and 4 mammal species were counted plus 3 animal tracks observed.

SP	Birds	Count
1.	Canada Goose-460	460
2.	Mallard	25
3.	Bald Eagle	1 AD
4.	Sharp-shinned Hawk	2
5.	Rough-legged Hawk	1
6.	Merlin	3

7.	Downy Woodpecker	3
8.	Hairy Woodpecker	1
9.	Northern Flicker	4
10.	Black-billed Magpie	198
11.	Common Raven	42
12.	American Crow	3
13.	Black-capped Chickadee	120
14.	Red-breasted Nuthatch	22
15.	White-breasted Nuthatch	5
16.	Darkey-eyed Junco	3
17.	Rock Pigeon	55
18.	House Finch	7
19.	House Sparrow	

### Mammals

1.	Red Squirrel	1
2.	Eastern Gray Squirrel-grey morph	23
3.	Eastern Gray Squirrel-black morph	45
4.	White-tailed Jack Rabbit	1
5.	European Rabbit (feral)	39

### Tracks

Meadow Vole  
Deer Mouse  
Coyote

**Overall number of species recorded in Calgary:** 61 (four below the 20-year average)

**Individual birds counted in Calgary:** 39,249 (significantly below the average of 50,000)

**Highest count species:** Mallards (10,676) and Canada Geese (9,315) led the way, followed by House Sparrows, Black-billed Magpies and Black-capped Chickadees.

**Biggest drop in sightings:** Bohemian Waxwings at 1,650 and a 90% decrease in the number of House Finches

**Returns:** a Golden Eagle not counted since 1987 and 3 Sharp-tailed Grouse which were first seen since 1997. Both the eagle and the grouse were found on Tsuu T'ina lands.

**Other uncommon birds:** Ring-necked Duck, Pied-billed Grebe and Ring-billed Gull (one of each).

Final results will be posted on the Audubon database by mid- January 2017. Next year's count will be on Sunday December 17, 2017. Mark your calendars!

Information from Gus Yaki and Phil Cram

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)




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