

MARCH 2016

DELIVERED MONTHLY TO 5,200 HOUSEHOLDS

your MCKENZIE LAKE

BRINGING MCKENZIE LAKE & MOUNTAIN PARK RESIDENTS TOGETHER



**SERVING YOUR COMMUNITY
WITH EXCEPTIONAL PRODUCTS
AND SERVICES SINCE 1983**



Alberta's biggest inventory, your one stop for the most choice and best deals only at Calgary's Ford Leader!



Thomas Kerstrong
403.640.6392
tkerstrong@woodridgeford.com

11580 - 24 Street SE
Calgary, AB T2Z 3K1
www.woodridgeford.com



**Previously
Rempel Glass**

WINDOWS & DOORS

- ✓ Replace rotten window frames
- ✓ Foggy window replacement
- ✓ For all your window and door renovations

FREE Estimate

BBB A+ Serving Calgary since 1970

403.455.0510
www.CanAussieWindows.com



CONTENTS

News from the Lake	5
McKenzie Lake Real Estate Update	8
A Closer Look at Volatility	9
At a Glance	10
Bobcats in the City	24
My Babysitter List	27

Dr. Shamshudin (Sam) Kherani

**IS BACK TO SERVE THE
CALGARY COMMUNITY**

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

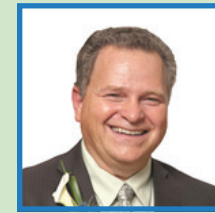
403.263.0055

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

WWW.ASPENLANDINGDENTAL.COM

McKenzie Lake
Residents Association
16199 McKenzie Lake Way SE
Calgary, AB T2Z 1L7
Phone 403-257-1657
office@mlra.ca | www.mlra.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
Web: www.calgary.ca/ward12



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



**McKenzie Lake
Residents Association**
16199 McKenzie Lake Way SE
T2Z 1L7, Calgary, Alberta
Phone: 403.257.1657
Fax: 403.257.2913
www.mlra.ca



**"We Understand That We're
Cleaning Your Home, Not Just
Your House."**

"Unlike most cleaning companies, Maid Right cleaners like us own their own cleaning businesses, so quality service is as important to us as it is to you. Call today to start experiencing home cleaning the Maid Right way."

403-764-6243 calgary.maidright.com

Maid Right Advantages

- ✓ Same Cleaning Crew Each Visit
- ✓ EnviroShield® Home Protection
- ✓ Eco-Friendly & 100% Safe Products
- ✓ Colour-Coded Processes to Avoid Cross-Contamination
- ✓ Strongest Guarantee in Industry

maidright LIFE IS SHORT. CLEAN LESS.

©2014 Maid Right Franchising LLC.  and  are subsidiaries of Premium Franchise Brands LLC. MR137



NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  **27 YEARS**

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

**GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING MCKENZIE LAKE
FOR 6 YEARS!**



BOARD OF DIRECTORS

Tom Carey	President
Joe Creaghan	Treasurer
Angus Ainslie	Secretary
Chad Smith	General Manager Liaison
Grant Vale	
Michael Lyzaniwski	
Doris Kolody	
Patti Lewis	
Lesley-Ann Dickenson	

MANAGEMENT AND OTHER CONTACTS

Brad Buxton	General Manager manager@mlra.ca
Mike Horder	Operations Manager operations@mlra.ca
Donna Cuthbertson	Office Administrator office@mlra.ca

GENERAL INFORMATION

The McKenzie Lake Residents Association is a non-profit organization geared towards providing a wide array of recreational services, programs and facilities for our members and their guests. We serve 3,200 residents and over 11,000 members and their families. In addition to the lake, members have access to tennis courts, basketball courts, a beach volleyball area, a toboggan hill and other recreational activities.

McKenzie Lake is a 43 acre lake combined with an 18 acre park for a total of 61 acres. The Association provides its members with access to equipment such as rowboats, canoes, kayaks, and pedal boats. To ensure a safe and fun environment, we provide life jackets for boating purposes. The lake is stocked with rainbow trout in May, June and September of each year. In the winter time the Association provides a variety of skating surfaces including illuminated hockey rinks, an ice skating pad with a fire pit, and a 2.5 kilometre skating path around the lake. Skating areas are machine groomed with our own zamboni.

The Beach Club facility also has a function hall available to rent exclusively for the members.

The activities of the Association are determined and governed by an elected board of Directors comprising at least three (3) and no more than fifteen (15) members, that is, residents of the McKenzie Lake Residents Association. The Board of Directors have hired a General Manager who has been assigned responsibility for managing the day-to-day operations of the Association including the operations at the lake complex.

*Board of Directors
McKenzie Lake Residents Association*



Park Conditions and Hours

Please visit our website at www.mlra.ca for confirmation on current ice conditions and park hours. Hours will reduce to 5:00pm closing once the skating season is finished. Once skating is closed for the season we will post the thin ice signs.

Please watch for and obey the "Thin Ice" signs.

Annual Membership Fees

Invoices for your Annual Membership Fees will be mailed out in early to mid March. Payments are due April 1st and your payment will ensure access to the park and lake from April 1, 2016 to March 31, 2017.

Payments by cash, cheque or debit. If you can't make it to the office during business hours you can mail your payment, leave it with security or drop it in the secured mail box at the Beach Club front door. We understand that some of our members do not use personal cheques. For those who cannot make it to the office during business hours and do not use personal cheques, we do accept money orders or certified cheques which are easy to obtain by your bank. Sorry, we do not accept credit cards. If you have not received an invoice by March 17, please call Donna at 403-257-1657, or email at office@mlra.ca.

Important: Membership fees are mandatory, not optional. Membership fee charges are secured by an encumbrance which is registered on the title to your property. If you are not sure whether you must pay the fee, please review the most updated version of your certificate of title and determine if there is an encumbrance registered by McKenzie Lake Residents Association. If there is an encumbrance then it is mandatory for you to pay the fee.

We understand there are homes in McKenzie Lake that receive this news publication but are not entitled to MLRA membership. These areas include – Mt Allan, Mt Douglas, Mt Apex, Mt Aberdeen, and some homes on Mt McKenzie Drive. We do apologize but these areas are not entitled to MLRA membership. The Association boundary lines are determined by the registered Articles of Association, which is a document that specifies the regulations for a company's operation. The MLRA Board cannot arbitrarily alter the boundary line.

Rent the Beach Club

Inquire about renting the Beach Club. The Beach Club is an ideal location for a family birthday party, wedding receptions, anniversaries, family functions, and more. Find out information on our website – www.mlra.ca - or call the main office - 403-257-1657.

Guests of Members

If you are planning a gathering at McKenzie Lake and expect to have 10 or more guests, please notify the office in advance. We require the member to fill out an official guest list form and submit to the office days in advance of the function date. The official guest list form can be found on our website (www.mlra.ca) and at the main office.

Editorial Content DEADLINE 1st of each month for the next month's issue
news@great-news.ca



THE BEACH CLUB AT MCKENZIE LAKE

16199 MCKENZIE Lake Way S.E., Calgary, AB T2Z 1L7

The Beach Club Hall is located on the upper level of the main building and is available exclusively for members to rent. The hall is suitable for many different occasions, Weddings, anniversaries, birthday parties, and Christmas functions to name a few.

FEATURES

- 80 person capacity
- 85 chairs with 17 tables (7 rectangle and 10 round)
- Hard wood flooring
- Kitchen with granite counter tops, two tier bar, ice machine, warming ovens and tile floor
- New and expanded windows creating exceptional views of the lake and mountains
- Bathrooms are complete with granite counter tops, hands free faucets, and tile floors
- Audio system with in ceiling speakers, blue ray player, cd player, MP3 auxiliary hook up and a 47" TV above fireplace
- Beautiful Gas fireplace
- Deck with composite wood flooring and glass railing
- Built in Gas BBQ on the deck available for rent

RENTAL CHARGES AND DEPOSITS

- **\$50.00 (non-refundable) Deposit required to secure bookings 90 days or more in advance**
- **\$40.00/hour** to be paid **AT LEAST 90 days prior to the function date**

- **\$30.00/hour** extra for the security guard after the park closes.
 - **\$30.00/rental** for the unlimited use of the 36" BBQ on the deck.
 - **\$500.00 Daily Rate** – 9:00am to 1:00am (additional \$30.00/hr. after park hours will apply).
 - **\$500.00 Damage Deposit** – refundable if no damage caused.
 - **Minimum Rentals: (Sun. – Thurs.) - 2 hours, (Fri./ Sat.) - 4 hours**
- *Only MLRA members can book the Beach Club

SHELTERS IN THE PARK

McKenzie Lake has three shelters in the park available exclusively for members to rent. These shelters are ideal for celebrations of larger groups needing a common area for everyone to mingle. Each shelter is 314 square feet and has picnic tables and barbeque pits (charcoal briquettes only). One of the shelters is located West of the main building beside the skating/basketball pad. The other two shelters are side by side and are located on the East side of the park near the beach and boat house.

- \$10/hour
 - Minimum of 2 hours
- Forms for bookings can be found online on our website www.mlra.ca and in the office.



Therapeutic and Educational Preschool for children with all types of disabilities.

Three additional classrooms opening September 2016 at our McKenzie Towne school location: 325 McKenzie Towne Link SE.

SPACES FILLING UP QUICKLY!



Call 403.255.5577

info@providencechildren.com

www.providencechildren.com



Easter Weekend Services

Good Friday Services
9am & 10:30am

Canyon Meadows Cinemas
110-13226 Macleod Trail SE

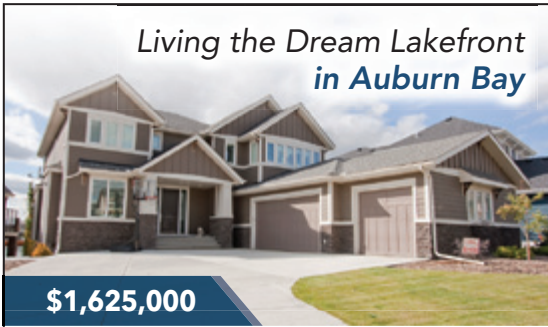
Sunrise Service
Sunday 7:30am

Lake Sundance
63 Suncrest Way SE

Easter Services
Sunday 9am & 10:30am

Canyon Meadows Cinemas
110-13226 Macleod Trail SE

www.sunwestchurch.com



Living the Dream Lakefront
in Auburn Bay

\$1,625,000



3 BEDS

113 Auburn Shores Ld SE

A stunning, custom lakefront home, with your own private dock in the amazing lake community of Auburn Bay!



3 BATHS

Only 2 years new, this home has a spectacular location on a quiet cul de sac with a sunny west yard and mountain views. Only steps to the tennis courts, community centre & all it has to offer.



4 CARS

Open concept home with gorgeous tiger hardwood floors on both main and upper levels, 9 foot ceilings on the main floor and a fantastic open kitchen.



3,215 ft²



Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
403.519.9102
info@calgaryhometeam.com
www.calgaryhometeam.com



Not intended to solicit buyers or sellers currently under contract with a broker

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$474,640	\$459,466
December 2015	\$388,414	\$378,450
November 2015	\$524,129	\$507,941
October 2015	\$570,944	\$553,194
September 2015	\$499,857	\$492,892
August 2015	\$560,494	\$545,070
July 2015	\$538,291	\$529,158
June 2015	\$574,035	\$564,340
May 2015	\$517,619	\$505,061
April 2015	\$524,898	\$514,282
March 2015	\$620,971	\$598,878
February 2015	\$488,047	\$478,494

Last 12 Months McKenzie Lake
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	21	15
December 2015	14	10
November 2015	13	17
October 2015	31	18
September 2015	28	14
August 2015	24	17
July 2015	21	12
June 2015	23	20
May 2015	19	21
April 2015	29	23
March 2015	25	14
February 2015	23	17
Total	271	198

To view the specific SOLD Listings that comprise the above
MLS averages please visit mckenzie_lake.great-news.ca



A Closer Look at Volatility

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.

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 trade-off 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.

**Refresh or Replace Your Kitchen
from \$15,000!**

Save time and money!

**Let Artisan help you discover
the best solution.**

ARTISAN
KITCHENS & RENOVATIONS

artisankitchens.ca • 403-207-7887 • Visit us today!

**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.artsccommons.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/



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

- **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 set-price 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. <http://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



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 to 15 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-mem-

~continued next page~

**SOUTH TRAIL
AUTO MALL**

NOW OPEN

**SOUTH TRAIL
CHRYSLER · DODGE · JEEP · RAM · FIAT**

NOW OPEN

SOUTH TRAIL KIA

COMING SOON

SOUTH TRAIL HYUNDAI

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



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.calgarynumismaticssociety.org

March at Trico Centre

cont'd

bers. See the Drop-In Fitness schedule at www.trico-centre.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.

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.

PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Bob: **403.257.3465 / 403.461.3490**



We make it easy to find your perfect fit

Trico Centre has been committed to family wellness for over 30 years.

We have partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

Trico Centre for Family Wellness

11150 Bonaventure Drive SE
403-278-7542 | www.trico-centre.ca



DR. MICHAEL YUN, DDS FAMILY DENTISTRY

We offer General Dental Services, including:

Preventive hygiene program for children & adults
Restorative: fillings, crowns, bridges, etc.
Cosmetic: whitening, veneers
Tooth extractions
Root canal therapy

Extended hours!

New patients & Emergencies Welcome!

Monday: 11:00-7:00
Tuesday: 8:00-4:00
Wednesday: 11:00-7:00
Thursday: 11:00-7:00
Friday: 9:00-5:00
Sat: By Appointment

403.278.1400

Bay 9, 3451 Douglasdale Blvd SE
www.yundental.com

New to the Neighbourhood

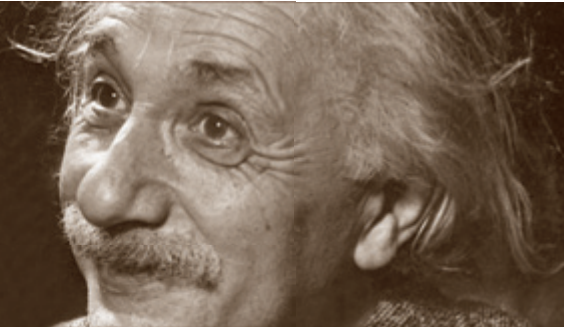


COME JOIN US for daily features
Happy Hour 2pm - 6 pm every day!
Bring this ad in and get 10% OFF

515, 4916 130th AVE SE | 403-262-5505
130th and DEERFOOT SOUTH BETWEEN SUPERSTORE AND HOME DEPOT

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!"



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!

JACKSON & JACKSON
CUSTOMER SATISFACTION GUARANTEED

We specialize in Bathroom & Basement Renovations

- Flooring
- Tile
- Doors
- Cabinets & Counters

FREE ESTIMATES
403.256.9282
NO JOB TOO SMALL

"We Care"
DEERFOOT
Carpet & Flooring

<p>Carpet</p> <p><i>Karastan</i></p> <p>Starting Under \$1.99 Psf</p>	<p>Hardwood</p> <p>Opus Flooring Canada</p> <p>From \$1.99 Psf</p>	<p>Tile</p> <p>From \$0.99 Psf Limited Quantities</p>	<p>Laminate</p> <p>Opus Flooring Canada</p> <p>From \$1.39 Psf</p>
<p>Cork</p> <p>From \$1.99 Psf</p>	<p>Linoleum</p> <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p> <p>From \$0.99 Psf</p>	

SPECIAL SAVINGS AVAILABLE NOW!

- Large Inventory
- Knowledgeable Staff
- Professional Installation
- Commercial & Residential

6170 - 12 ST. S.E. 255-5880 NEW HOURS! Mon-Wed. 9-6 • Thursday Friday 9-8 • Saturday 9-5 • Sunday Closed

Ideas + Style + Great Pricing = Happy Customers
www.deerfootcarpet.com

Best Price, Service & Warranty

MARS

BLINDS & SHUTTERS

ELITE SHUTTER TREATMENT

4519 - 1st Street SE
email: mblinds@telus.net

40% OFF
2" wood or vinyl shutters

75% OFF
2" horizontal wood/fauxwood
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

403-531-1500
PRESENT THIS COUPON FOR AN EXTRA 5% OFF

Mental Wellness Recovery Groups

It is possible to recover and stay well

Depressed? Anxious? Certified Peer Specialists guide you through a structured group program proven to help people recover from depression & anxiety. 10 weeks, 2-hrs/week. 12 person max. Funded by South Calgary Primary Care Network. No fee for adults living south of Anderson Rd.

Call 403-616-3004 or go to www.mentalwellnessrecovery.com

ST. PAUL'S ANGLICAN CHURCH EASTER SERVICES

7 Sunmills Green SE - www.stpaulscalgary.ca

*March 20 - Palm Sunday *The Passion* 8:30 & 10:00 am

*Monday, March 21 7:30 pm

*Tuesday, March 22 7:30 pm @the Midnapore Chapel on 146 Ave. and Bannister Road

Wednesday, March 23 & Thursday, March 24 7:30 pm

*March 25 - Good Friday 11:00 am

*Saturday, March 26 - Easter Vigil - 8:30 pm

*Sunday, March 27 - Easter 8:30 & 10 am *Easter Services of Holy Eucharist*

Regular Sunday Services 8:30 & 10 am **Everyone Welcome!** 403 256-1428

Facebook: www.facebook.com/stpaulscalgary



Learning Experience

Pre-school, Junior Kindergarten & Kindergarten

Providing quality programs for children ages 3-5 in South Calgary for over 35 years!

- Extended classes and hours
- Snacks/materials provided
- Concerts
- Basic French
- Computers
- Small ratio
- Reading and math readiness
- Four large, bright classrooms

SEPT 2016 REGISTRATION TAKING PLACE NOW

See website for details
www.learningexperience.ca
403-256-1417

17107 James McKeivitt Rd SW
just 1 km from Spruce Meadows
in Somerset

**OPEN HOUSES
MARCH 2 & 5
*SEE WEBSITE**



Help Your Children Succeed in Life!

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!



Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together... 1, 2, 3..."

Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words

and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

If you are bilingual, talk to your child mostly in your first language – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

Embrace baby-talk – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

Read aloud to your child. Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: www.thirtymillionwords.org

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: www.calgaryreads.com.



VISIT OUR SHOWROOM

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

20% SALE ON WINTER INSTALLATIONS! FREE ESTIMATES



SUNROOMS • SCREEN ROOMS • PATIO COVERS • PERGOLAS



Pharmacy
www.pharmachoice.com

NOW OPEN
SOUTH TRAIL PHARMACY
Pharmacist: Payal Chauhan

- Prescription Delivery
- Consultations
- Insurance Claim Processing
- Home Care Supplies
- Diabetic Supplies
- Compliance Packaging
- Free Delivery
- Free Flu vaccination available
- Fast Friendly Service

Location next to **Medicenter Clinic**
STORE HOURS: M-F 9AM - 9PM SAT-9AM - 4PM
SUN 9AM - 9PM

10% DISCOUNT Phone: 403-475-8612 Fax: 403-475-8613

A Great Price
for anyone who wants
A GREAT HAIRCUT

\$11.99
with this coupon
Not Valid with other offers
Valid March 2016 Only

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

ClipNotes
We know your haircut
anywhere you go.

SOUTH TRAIL CROSSING
211 4307 130 Ave SE
403-257-6451

Great Clips
IT'S GONNA BE GREAT

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

Royalty 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.

Mad Science
Robotics, Brixology with Lego®, Little Inventors and Mini Mad Lab Summer Camps
 Coming to your Community or one near you!
calgary.madscience.org
 403-263-4140
 The Leading Fun Science Provider for 20 years!

Animal Trivia
 A bird requires more food in proportion to its size than a baby or a cat.

LGBTQ Guidelines

The Education Minister issued guidelines to help create respectful and safe learning environments. www.education.alberta.ca/media/1626737/91383-attachment-1-guidelines-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 questions 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 Quarry 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 Hays Constituency Office.

IN & AROUND CALGARY

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!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 33



Since 2004

Moisture in your Windows? Don't replace...RESTORE!

- ◆ Moisture Removal
- ◆ Caulking
- ◆ Hardware Replacement
- ◆ Weather Stripping
- ◆ Glass Replacement
- ◆ Custom Glass Design

403.246.8805
clearvucanada.com



Alan Killian PGA of Canada, CFP Professional
Jeremy Tanner PGA of Canada

4 Keys to Becoming a Much Better Golfer in 2016

and Maximizing Your Enjoyment of This Great Game!

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The second most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are 4 keys to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

1. Golf is a game and like all other sports, having strong "fundamentals" are key to your success. These fundamentals are best learned and developed when you participate in a "swing training program" that teaches you golf specific drills without the distraction of also trying to hit a golf ball. This process, without the ball, both teaches you these important fundamentals but through repetition, also trains your brain and body to efficiently perform these key swing fundamentals.
2. Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "effective"

motion that allows you to repeatedly hit the golf ball solidly. The more you practice and play golf with "improved fundamentals", the better you will become. The better you become, the more you will enjoy playing the game of golf.

3. The third key is to set some realistic goals each year along with a well thought-out plan of attack to achieve them. Goal setting is vital as is developing a plan to attain them such as practicing with purpose and not just whacking balls at the range haphazardly like so many people do. Your goals and expectations should be commensurate with things like your athleticism, your time you have to devote to the game of golf, your commitment and dedication to this process, etc. Having goals/expectations that are too lofty along with no desire to practice is a recipe for failure.
4. The fourth key is to commit to some on-going monitoring and evaluation by a PGA Professional to ensure you are remaining on the right track. Depending on your progress, you may need to alter your goals, your plan or your level of commitment.

Golf is a game and your priority should be to enjoy it along with the company of your friends/playing partners. Working with a PGA Professional will help.

Good golfing!

IN & AROUND CALGARY

READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)

PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1

Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

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.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member – Canadian Investor Protection Fund



Bobcats in the City

If you live or walk near the lower Elbow River you may have noticed a significant decrease in white hares hopping around and nibbling at your landscaping, or fewer droppings and “bunny” tracks in the snow. The likely culprit? Bobcats!

Bobcats, a type of lynx, are small wild cats, distinguished by their dappled grey-brown coats, black-tipped ears and short “bobbed” tails. These muscular cats have longer hind than front legs, giving them a bobbing gait. This winter, several bobcats, some with kittens, have been sighted in communities along the Lower Elbow including Elboya, Britannia and Bel-Aire. Some were in the open, some perched in trees and another spotted crouching under tree boughs, camouflaged by its spotted coat. One local family even reported that their

pet bunny had been taken from an open outdoor enclosure.

About double the size of housecats, bobcats are adaptable predators, preferring rabbits and hares but will hunt insects, birds, rodents and even deer. They compete with coyotes for prey, are solitary and territorial; moving on when their preferred food source has been depleted. In this way they play an important role in maintaining balance within our biodiverse riverine ecosystem.

They are more active during winter days when their prey is most active, but otherwise are on the prowl around dusk and sunrise. The bobcat hunts by stalking its prey and then ambushing it with a short chase or pounce, grabbing it with sharp, retractable claws. If chased by a dog, they may climb up a tree. The bobcat usually has a main den, and several other shelters within the range of its territory, such as hollow logs, brush, or under low, open structures. While preferring forested areas, bobcats will follow their prey into the urban-fringe. Here their range is limited and isolated by our fragmented natural landscape, resulting in less gene diversity and a build-up of parasites.

The average bobcat lifespan is 7 years. They breed from winter into spring and have a gestation period of about two months. Kittens may be taken by other predators, including owls, eagles, and foxes, as well as adult male bobcats.

Alberta Fish and Wildlife does not consider bobcats a threat to humans and won't usually step in to remove them from urban environments. Rather, they prefer to

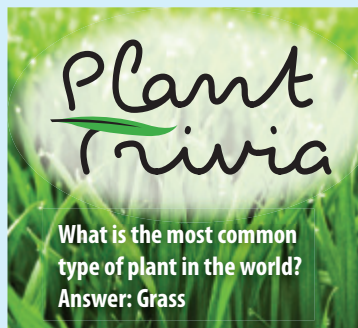
educate homeowners on how to discourage attracting the cats and offer the following tips:

- Remove birdfeeders from your property as they attract the smaller mammals that bobcats prey on
- Close off any open spaces underneath your shed, deck, stairs or anywhere else that might provide shelter for a bobcat
- Motion-activated lights may help scare bobcats away at night
- Keep smaller pets indoors or watch them closely when outside
- Keep pets on a leash when walking them
- Feed your pets inside
- Put your garbage out the morning of pickup, not the night before.

Questions or concerns about bobcats? Call the Calgary District Fish and Wildlife office during business hours at 403-297-6423.

Rather than labeling our bobcat encounters as human-wildlife “conflicts”, perhaps we can reframe this relationship as “co-existence”. And don't worry; the hare population will bounce back!

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



IN & AROUND CALGARY

Southland Leisure Centre

Southland Leisure Centre (2000 Southland Dr. SW)

See calgary.ca/leisurecentres for schedules and more information. Please call 403-648-6550 for more information

Friday Night Dance Party – March 18 from 7:15-10:00pm. Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

Wednesday Soccer Drop

Age: All ages

Soccer in the gymnasium. Please supply your own soccer ball.

Tuesday, Mar 22 – 9:30 a.m. - 11:30 a.m. and 6:30 p.m.- 8:30 p.m. - Family Easter Craft & Cookies Celebrate Easter. Drop-in to our lobby.

Calgary AfterSchool

Cost: Free

Ages: 11 – 15

Day: Monday to Thursday, 3 – 6 pm and Fridays, 1 – 5 pm

South Calgary Youth Council (SCYC)

Meetings are held once a month, October – June, along with additional volunteer opportunities.

Fridays, 7:30 to 10 p.m. Youth Night Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. General youth admission applies.

Volunteer Opportunities

Southland welcomes volunteers, 13 years old to seniors, to assist in a variety of programs and activities throughout the year.

Drop-in Preschool Programs

Check out some of our drop-in preschool programs including Kinder Room, Friday Funtime, Kinderschool, Snug and Tot's Gym Time.

Drop-in Climbing and Gymnastics

Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball

Every Sunday, 8 am to noon. Family Swim Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

Babysitting Room

Mon – Wed 8:30am – 8:15 pm, Thursday 8:30am -8:00 pm, Fri 8:30am-6pm, Sat & Sun 8:30 am – 12:30pm. Reasonable rates for a well deserved break!

March Break Day Camps

Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for lots of great day camp programs over March/April Break.

ABOUT PAINTING

Interior & Exterior
25 years experience

Professional, Reasonable & Reliable

○ All Painting	○ Stucco Painting
○ House Painting	○ Spray Painting
○ Wood Staining	○ Ceiling Painting

Licensed & Insured "Free Estimates & Advice"

ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY
SERVING CALGARY & ALBERTA

South
403-252-1366

North
403-239-9022

Our website: www.aboutpainting.ca

An Affirming 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

Active Learning
Programs Ltd.

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

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

“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
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.

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 neighbours@great-news.ca

McKenzie Lake
mybabysitterlist

Name	Age	Contact	Course
Alana	24	587-888-4854	Yes
Aliyah	13	403-801-9420	Yes
Amanda	33	403-510-8676	Yes
Amber	30	587-438-4789	Yes
Amélie	12	403-988-8568	Yes
Amy	15	403-247-9228	Yes
Anam	29	403-726-9026	Yes
Andrea	14	403-919-1200	Yes
Annie	36	587-968-6504	Yes
Ashlee	14	403-440-9493	Yes
Ashlee	14	403-616-3236	Yes
Ayden	16	403-880-4809	Yes
Bailey	13	403-203-7010	Yes
Blaise	24	587-223-8583	Yes
Brianne	17	403-999-6906	Yes
Brooklyn	16	403-236-1440	Yes
Caitlyn	17	403-203-4480	Yes
Carla	33	403-681-9299	No
Carolin	51	587-580-6638	No
Catherine	14	403-257-4007	Yes
Chantele	25	403-652-0083	No
Charity	35	403-890-8688	Yes
Cheyenne	19	250-938-1090	No
Cheyenne	19	250-938-1090	No
Connor	12	403-483-0828	Yes
Crystle	29	403-714-8050	Yes
Dakota	15	403-993-7525	Yes
Danita	21	403-990-0205	Yes
Dawn	36	403-285-9513	Yes
Deidra	28	587-582-0400	Yes
Elena	13	403-263-3809	Yes
Ellie	19	587-888-9614	Yes
Emilie	15	403-257-8853	Yes
Emily	14	403-257-5069	Yes
Emily	14	403-437-0956	Yes
Emily	23	403-999-8525	Yes

Emma	13	403-483-0828	Yes
Evelyn	12	403-475-0919	Yes
Firoozeh	35	403-836-7675	Yes
Georgia	23	403-660-3831	Yes
Gracia	19	587-969-1296	Yes
Haleigh	14	403-589-9833	Yes
Hannah	12	403-207-1794	Yes
Hayley	13	403-257-3650	Yes
Heather	29	403-966-5233	Yes
Ifeoma	30	587-229-0333	Yes
Irfana	51	403-398-5219	Yes
Jaden	21	403-554-5737	Yes
Jakarta	18	403-808-8503	No
Jane	50	403-467-3607	Yes
Jessica	20	587-580-5696	No
Jonahley	51	639-571-2857	Yes
Jordan	13	403-288-0220	Yes
Jordyn	14	403-203-1184	Yes
Justice	14	403-471-2058	Yes
Kaiya	12	403-805-1446	Yes
Kate	22	403-437-3559	Yes
Katelyn	24	403-462-6979	Yes
Katelyn	22	403-870-1752	Yes
Kelsey	20	403-818-6034	Yes
Kennedy	15	403-463-9800	No
Kristy	19	587-432-1616	Yes
Kyla	13	403-697-9764	Yes
Kyla	13	587-352-0053	Yes
Lauren	16	403-203-4480	Yes
Lauren	25	403-993-7654	No
Leanne	15	403-257-7775	Yes
Lindsay	16	587-434-8953	Yes
Lisa	29	403-926-8301	No
Lisa	29	403-926-8301	No
Lizzie	25	403-703-4076	Yes
Mackenzie	18	403-861-9671	No
Maddy	18	587-888-7298	Yes
Maggie	15	403-222-2223	No
Makenzie	18	403-796-7733	Yes
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Meghan	14	403-475-4997	Yes

Melissa	14	403-455-4402	Yes
Michelle	17	403-455-4402	Yes
Michelle	31	403-923-5111	Yes
Michelle	22	403-926-5166	No
Miranda	13	403-620-3750	Yes
Muniza	39	587-834-1976	Yes
Natalie	14	403-477-0749	Yes
Nicole	17	403-862-8692	Yes
Olivia	14	403-837-3175	Yes
Orion	13	403-828-0873	Yes
Penelope	13	403-254-5591	Yes
Rachel	15	403-257-4520	No
Rhys	15	403-399-7509	Yes
Ria	20	403-470-9783	No
Sabrina	16	403-512-3171	Yes
Sandra	14	403-207-4409	Yes
Seema	41	587-892-9970	Yes
Shannen	16	403-919-7200	Yes
Shannon	24	403-614-2570	Yes
Shawna	18	403-402-0489	Yes
Sonya	20	403-389-5921	Yes
Stephanie	14	403-726-1475	Yes
Taylor	18	403-236-2836	Yes
Tianna	16	587-896-8856	No
Vanessa	14	403-257-5785	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.

MARCH MOON CALENDAR

IN & AROUND CALGARY

Springtime in Fish Creek Provincial Park

www.friendsoffishcreek.org

Spring Birding Course

12 week Spring Birding Course starts Monday, March 28, 2016.

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!

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 may be 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 ex-

cessively 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.



**this journey
WILL
CHANGE YOUR LIFE**

Wake up in a unique summer classroom at
**Mountain
Adventure
School**

**TO REGISTER NOW OR FOR MORE
INFORMATION CONTACT US:**
Progressive Academy
www.progressiveacademy.ca/mas



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 McKenzie Lake. 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."

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

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.

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.

X-STREAM PLUMBING AND HEATING LTD: Serving Calgary for over 20 years. Plumbing and heating repairs, drain service, hot water tanks, furnaces, fixture replacements, renovations, new construction, gas-fitting. Prompt and reliable. Licensed and insured. For X-Stream service without the extreme pricing. Call 403-726-2226 or email us at contactxstream@gmail.com.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.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.

~continued next page~



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698

mail: 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 403-268-2888
- 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.

CERTIFIED GEL NAIL ARTIST: Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

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.

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.

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

WORK WHILE KIDS IN SCHOOL! We train you to clean nice homes in South Calgary. Work 8:30 am 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$15 per hour to start. Call 403-225-3441.

IN & AROUND CALGARY

What's new in the SHC Wellness Centre

At the SHC Wellness Centre, we want you to get and stay as healthy as possible. We can support you in your wellness journey.

See our program guide at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below

HeartMath

March 28, 6:00-8:30pm

Relieve stress anytime, anywhere. In this course you will learn a simple system of tools and techniques that can help you build emotional resilience, reduce stress, develop better problem-solving abilities, improve sleep, and increase mental clarity.

Sleep: Dr. Michael Specca

March 23, 7:00-9:00pm

Practical strategies, blended with the latest clinical research in this area, will offer you one of the most effective healing strategies, a good night's sleep. Dr. Specca will review facts about sleep and present an overview of the gold standard treatment for insomnia.

Living Well with Diabetes

March 30, 6:30-7:30pm

Intended for people who want to refresh their knowledge on self-management of diabetes. Topics include: tips for managing diabetes and living a healthier active lifestyle, taking care of your feet and managing high and low blood sugars.

Making Home Safer for Seniors

March 9, 7:00-8:30pm

This program provides a home safety checklist to ensure an older adult's home is safe from the pitfalls that could put them at risk for falls and injuries.

Nutrition for New Moms

March 16, 9:00-10:30am

Want to learn how to give your baby the best possible start, while also looking after your nutrition and health? Want to learn how to lose the 'baby weight'? Have ques-

tions about nutrition and breastfeeding? Facilitated by our SHC Women's Health Clinic Registered Dietitian.

Overview & Updates for HPV

March 23, 6:30-8:30pm

HPV is one of the most common sexually transmitted diseases. There are a number of vaccines to help protect women by preventing some of these infections. Are you trying to make a decision about a vaccine for yourself or your daughter? The symptoms, health risks, prevention and protection will be discussed in this workshop.

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

IN & AROUND SCHOOLS

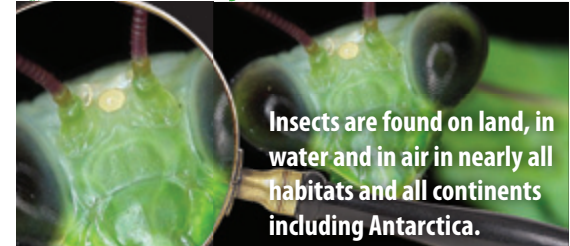
Lenten activities underway at École St. Cecilia School

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 snowboarding 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.

Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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 GAMES

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:

GREAT NEWS

PUBLISHING

Proudly serving your community for 6 years!



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 400,000 HOUSEHOLDS
ACROSS 138 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

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



Sheri MacDonald
 403-512-1221
 macdonaldsheri@gmail.com
 www.sherimacdonald.zenfolio.com



RBC Dominion Securities Inc.



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
 Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-30701-040-011

NOW OPEN SUNDAYS!

New Patients Welcome!

Offering:

- White Fillings
- Braces for children, teens and adults
- Cleanings and Periodontal Disease Prevention
- Same Day Service for Toothaches
- We Direct Bill Your Insurance



**MCKENZIE LAKE
 DENTAL**

Dr. Kelsey Syme, General Dentist
 Dr. Jeffs, General Dentist
 Dr. Kaitlenn Enns, General Dentist
 Dr. Mike, Orthodontist

Call now for your
 Orthodontic consultation
 with Dr. Mike!



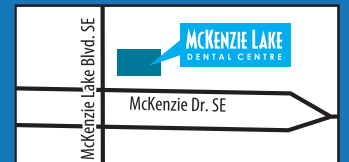
**ELECTRIC TOOTHBRUSH
 INCLUDED**
 with all patients cleanings



Introducing Dr. Kaitlenn Enns to our practice
 Dr. Kaitlenn, is accepting New Patients
 and has weekends and evenings available.

Call today for your appointment!
403 460-5650

16752 McKenzie Lake Blvd
 At The Crossroads of McKenzie Lake Blvd. & McKenzie Dr.
 Right behind the Shell Station



Open Evenings and Sundays for your convenience!

CELEBRATE EARTH DAY AT THE CALGARY TOWER

**CLIMB
 802 STAIRS**



**OR RACE 1KM & CLIMB
 802 STAIRS**

IN SUPPORT OF



APRIL 23, 2016

www.ClimbForWilderness.ca

Let's Talk Respiratory

Respiratory problems are one of the most common medical conditions. Symptoms can range from simple coughs to debilitating lung conditions such as emphysema, where wheezing and shortness of breath are an everyday part of life. As with other chronic health conditions, many respiratory disorders can be prevented by not smoking and maintaining a healthy lifestyle. Your Sandstone pharmacist can recommend various strategies and lifestyle changes to help you breathe easier.

How can I tell the difference between allergies and a cold?

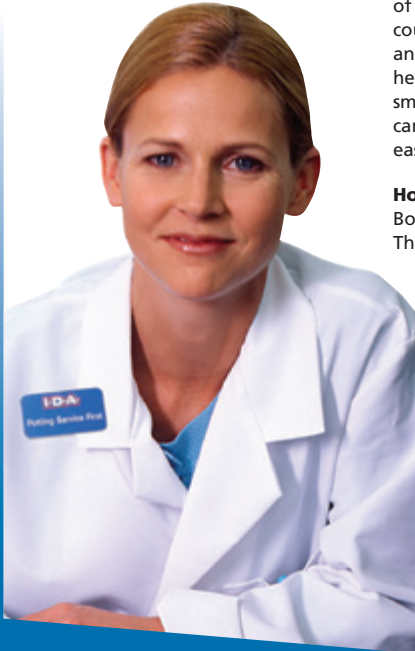
Both conditions cause symptoms of sneezing, congestion and runny eyes. The difference is that colds generally clear up in a week, whereas allergy symptoms continue as long as you're exposed to the allergen-causing agent. Talk to your Sandstone pharmacist about ways to relieve your symptoms.

I've just been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). Any suggestions?

Although there is no cure for COPD, you can slow down the progression of the disease. Quitting smoking is the single most effective way of achieving this. Your Sandstone pharmacist can recommend smoking cessation products most appropriate for you.

How can I tell if I'm using my inhaler correctly?

Many people with asthma don't use their inhaler correctly. See your Sandstone pharmacist to assess or improve your technique and to make sure you're getting a proper dose of your medication.



ATOMA NICOTINE GUM

Regular Strength 2mg 110pcs
Reg. \$39.99 **NOW \$36.99**

Regular Strength 2mg 30pcs
Reg. \$13.99 **Now \$10.99**

Extra Strength 4mg 30pcs
Reg. \$14.99 **Now \$11.99**

Mckenzie Lake | 403.257.1888
16630 Mckenzie Lake Blvd SE Calgary, AB T2Z 1N4
www.sandstonepharmacies.com

\$3.00 OFF ANY

Atoma Stop Smoking System 21mg Step 1 or Step 2

Limit 2 per customer.

Visit Your Neighborhood Sandstone Pharmacy
and speak to a Pharmacist about
Smoking Cessation Today.

PRICES IN EFFECT UNTIL SEPT 1 - 30TH 2015 OR WHILE QUANTITIES LAST. We reserve the right to limit quantities. Items may not be exactly as shown. Due to space limitations, some items may not be available at all locations. Prices do not include Provincial Sales Tax, Goods and Services Tax or Harmonized Sales Tax. All prices are listed in Canadian dollars. Sales begin on Fridays but individual stores reserve the right to determine sale dates. See in store for details.

