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PAGE 12





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McKenzie Towne Community Association

40 Mckenzie Towne Blvd S.E.
Calgary, AB T2Z 4X5
feedback@mckenziatowneca.com
www.mckenziatowneca.com

Elected Official



Councillor Shane Keating
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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



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CELEBRATE EARTH DAY AT THE CALGARY TOWER

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IN SUPPORT OF  **APRIL 23, 2016**

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HALL RENTALS

McKenzie Towne Hall is the perfect place to host your wedding, business meeting, birthday party or special event.

With rooms able to hold 10 to 125 people, look to us for a place to plan your next event.

For more information, please contact the Facilities Coordinator during regular business hours by phone at 403-781-6612 ext 4 or email csr@mtcouncil.com

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Great News Publishing and the Council at McKenzie Towne Hall do 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.

CHILDCARE REGISTRY

Available through the McKenzie Dayhome Support Group

- Volunteers servicing families in McKenzie Towne, McKenzie Lake, Cranston, Auburn Bay, Seton, Copperfield, New Brighton
- To register your dayhome or receive information, please call Jennifer Monday-Friday 8:00 am – 5:00 pm at 403-251-4824 cell 587-888-1979 email Jdonovan04@gmail.com.
- If you require child care please contact us.



news@great-news.ca

Editorial Content DEADLINE 1st
of each month for the next month's issue



Respect your Neighbours!

In order to keep your community looking tidy and show respect for your neighbours, please ensure your collection bins are not visible from the road on non pick up days.

MCKENZIE TOWNE COUNCIL RECREATION CLASSES



Recreation takes place at McKenzie Towne Hall, 40 McKenzie Towne Blvd. SE. For McKenzie Towne recreation information, visit www.mtcouncil.com, contact rec@mtcouncil.com or call 403-781-6612 ext. 3.

Registration has started for Spring Recreation classes!

Check out these great programs: Senior Modified Yoga, Beginner Flow Yoga, Total Body Workout, Zumba Kids, Family Martial Arts, Mommy & Me Yoga and more! Register online at: www.mtcouncil.com.

We offer Drop-in Passes too!

Unable to commit to the full length of a class? We have 1 and 6 time drop-in passes available for purchase at the hall. Resident 1-time passes are \$13 and 6-time passes are \$64. Non-Resident 1-time passes are \$15 and 6-time passes are \$76. Passes are for adult classes only and are non-transferrable.

For more information or to purchase drop-in passes, stop by the hall!

Featured Program: S.T.E.P.s to Parenting

Resident Price: \$120; Non-Resident Price: \$150

Ages: 18+

Parents with children 0-6 years – Monday's from 7-8:45 pm; Parents with children 6-12 years – Wednesday's from 1-3 pm

Systematic Training for Effective Parenting (S.T.E.P.s to Parenting) is a structured course for parents with children 0 - 12 years of age. Parents will learn how to understand their child's behaviour, how to listen and talk to their child, effective discipline, how to create a more harmonious family and more! Course fee includes a textbook. Receive 25% off the cost of the course for the second parent/caregiver who registers (must be done over the phone). First class is 1 hour long. Remaining 7 classes are 2 hours long. Instructor: Wendy Piltch.



MCKENZIE TOWNE COUNCIL



McKenzie Towne Council – Wine Tasting

April 8, 2016

7:00 p.m. – 9:00 p.m.

McKenzie Towne Hall

The McKenzie Towne Council Wine Tasting is back. This sit-down event will help to broaden your knowledge of wine! Come join us as we sip our way through 6 different wines and enjoy some tasty appetizers, too. Tickets on sale now. Residents and guests welcome. For more information, or to purchase tickets visit: www.mtcouncil.com.



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Social Groups

AT McKENZIE TOWNE HALL

All social groups are FREE for residents of McKenzie Towne. Non-residents must be a guest of a McKenzie Towne resident and are charged \$2.00. For McKenzie Towne social group information, contact rec@mtcouncil.com or call 403-781-6612 ext. 3. Please refer to www.mtcouncil.com regularly for updates and schedules changes to social groups.

Senior Walking Group

Tuesday's & Thursday's: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee)

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
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Come out of the cold and into the warmth of McKenzie Towne Hall this winter! Get your exercise indoors in our gymnasium, meet up with friends, or come on your own. Coffee and cards will be available after.



Monday's: 1:00 pm - 4:00 pm

Come play some cards! A group dedicated to playing bridge. Drop-in for some fun and games around the card table. Coffee is provided, too.

Drop-In Playgroup

Tuesday's: 12:00 pm - 2:30 pm

Wednesday's: 9:30 am - 11:30 am

We invite you to bring your toddler to play in our gym full of exciting toys, to have a good time and meet other families in the community! FREE for McKenzie Towne Residents. Non-residents must be a GUEST of a Resident and pay \$2/child to drop-in. Only 2 adult guests per Resident (parents are FREE).

McKenzie Towne Council Drop-In Gym Times

There are a variety of drop in sports and gym times for adults, youth and families to participate in:

- Adult drop-in times are 7:30 - 8:45 pm on Tuesdays (Basketball), Wednesdays (Badminton) and Saturdays (Floor Hockey). And we've added an additional Adult Basketball time slot on Friday's from 7:00 - 8:45 pm.
- Youth drop-in times are scheduled for afterschool use (3:00 - 4:30 pm).
- Parent & Child drop-in times are 5:00 - 6:00 pm from Monday-Wednesday, 5:00 - 6:30 pm on Thursdays, 5:00 - 7:00 pm on Fridays, 6:00 - 7:00 pm on Saturdays, and 4:00 - 5:30 pm on Sundays.

Non-scheduled drop-in gym: There are times from 9:00 am - 3:00 pm Monday - Friday when the gym is not in use. Please call 403-781-6612 in advance to confirm gym usage, and if available, feel free to stop by during those times.

For gymnasium availability and schedule changes, visit www.mtcouncil.com.

4 Keys to Becoming a Much Better Golfer in 2016 and Maximizing Your Enjoyment of This Great Game!!

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

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 2nd 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 3rd 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 4th 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!



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Welcome to McKenzie Towne!

If you are a new resident in the last six months we would like to meet you. If you would like a tour of the Towne Hall and to have your Resident ID card issued please visit us

Monday to Saturday
9:00 am to 9:00 pm

Sunday
10:30 am to 6:00 pm

To update your contact information please call 403-781-6612

From the staff and management of McKenzie Towne Council

Visit www.mtcouncil.com for all the information you need!



MCKENZIE TOWNE COUNCIL

40 McKenzie Towne Blvd SE
Calgary, Alberta, T2Z 4X5
Phone: 403-781-6612 • Fax: 403-930-1551
E-mail: inquiries@mtcouncil.com

Hall Hours

Monday – Saturday 9:00 am - 9:00 pm
Sunday 10:30 am - 6:00 pm
Holidays 10:30 am - 6:00 pm

Office Hours

Monday – Friday 9:00 am - 5:00 pm



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	\$8,000	Buying Realtor Fee \$8,000	
	\$16,000	\$8,000	
On the sale of a \$500,000 home	\$9,500	Listing Realtor Fee \$0	100 %
	\$9,500	Buying Realtor Fee \$9,500	
	\$19,000	\$9,500	

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

*Some conditions apply

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If you pay a typical 7% on the 1st \$100K + 3% on the Balance			
On the sale of a \$400,000 home	\$8,000	Listing Realtor Fee \$3,000	62.5 %
	\$8,000	Buying Realtor Fee \$8,000	
	\$16,000	\$11,000	
On the sale of a \$500,000 home	\$9,500	Listing Realtor Fee \$3,000	68.4 %
	\$9,500	Buying Realtor Fee \$9,500	
	\$19,000	\$12,500	

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.

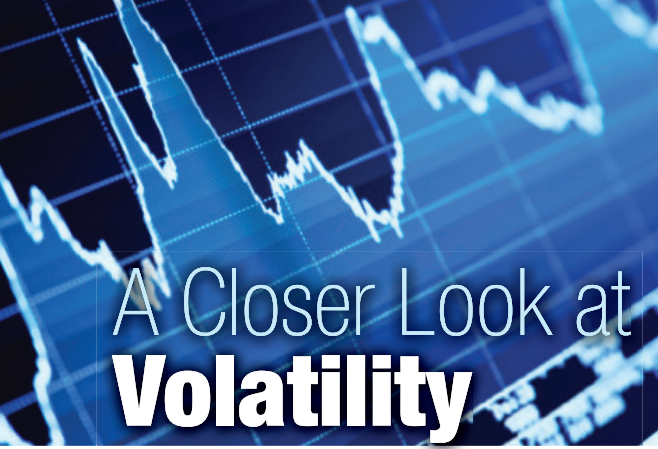
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A Closer Look at Volatility

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.

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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.



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IN & AROUND CALGARY

Responsible Pet Ownership Bylaw

Under our Responsible Pet Ownership Bylaw, cat owners must ensure their cats:

- Have a City of Calgary license.
- Remain on the owner's property.
- Do not disturb the peace by howling or crying.
- Do not damage others' property.
- Do not scatter garbage.
- Do not chase, threaten, or attack a person or an animal.

Fines for failing to comply with the Responsible Pet Ownership Bylaw range from \$25 to \$1500.

Concerns regarding cats

Animal & Bylaw Services helps neighbours address cat concerns. Under the Responsible Pet Ownership Bylaw, cats must be confined to their owner's property. Roaming cats often become a nuisance in their communities by digging in neighbours gardens or defecating on their property. A cat roaming off his owner's property also create safety concerns for the cat, as they may be hit by a vehicle or attacked by wildlife, such as coyotes. To respond to nuisance cats in your neighbourhood, consider the following options:

Talk to the cat's owner

If you know who the owner is and feel comfortable doing so, try talking to the cat's owner. Politely explain to the owner the impact their roaming cat is having on you, your property and your pets. You may want to refer them to the online information about keeping cats indoors or cats and the Responsible Pet Ownership Bylaw. Hopefully this conversation with the cat's owner will resolve the issue.

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Borrow a cat trap from Animal & Bylaw Services

To borrow a cat trap:

- Call 3-1-1 to put your name on a list to reserve a cat trap.
- When a cat trap is available, Animal & Bylaw Services will contact you.
- You can pick up the cat trap from the Animal Services Centre at 2201 Portland Street S.E. You will need to provide a \$120 refundable deposit to borrow the cat trap.

Before you use a cat trap, please review the information on cat traps on our website.

Register a complaint with Animal & Bylaw Services

If the cat continues his disruptive behaviour, report this bylaw infraction to Animal & Bylaw Services by calling 3-1-1 (from within Calgary) or 403-268-CITY (2489) (from outside 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.

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.

Art of the world



Las Meninas, 1656 By: Diego Velazquez

Diego was a Spanish painter who was the leading artist in the court of King Philip IV and one of the most important painters of the Spanish Golden Age. Las Meninas, or The Maids of Honor, depicts a room in the Madrid palace of Spain's King Philip IV. The painting is famous for its complexities regarding reality and illusion. Uncertainty is played out in the relations between the viewers and the figures, as well as between the figures themselves. These complex uncertainties have welcomed much discussion and analysis among critics and scholars.

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

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 numer-

ous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

• Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

• Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)

• Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

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8		1				6		
	6		5			3	1	

FIND SOLUTION ON PAGE 17



CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY



Nose Hill Library

1530 Northmount Drive NW

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Sundays (mid-Sept to mid-May) 12:00 noon – 5 p.m.

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Name	Age	Contact	Course
Angelina	15	587-998-0224	Yes
Armida	36	403-909-1479	No
Chantele	25	403-652-0083	No
Christina	36	403-483-2544	No
Emma	16	587-876-3098	Yes
Jennifer	14	403-918-0621	Yes
Katelyn	24	403-462-6979	Yes
Lisa	29	403-926-8301	No
Lisa	29	403-926-8301	No
Orion	13	403-828-0873	Yes
Penelope	13	403-254-5591	Yes
Samuel	13	403-294-0519	Yes

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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

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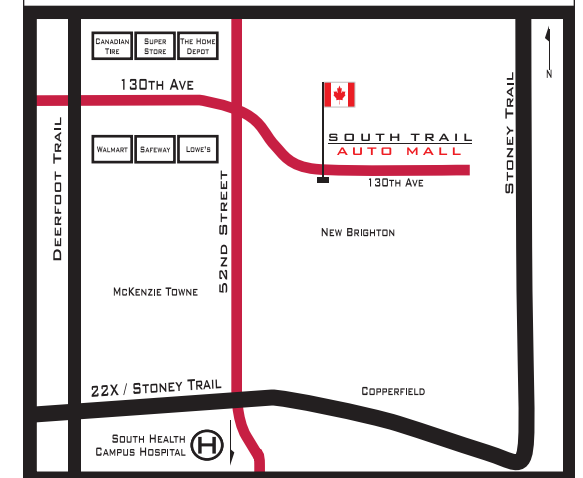
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IN & AROUND CALGARY

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

Age: 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.

South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- Our women's clinic provides a safe informative environment for your routine PAP tests and breast exams. Female physicians only.
- Patients may also self-refer for early prenatal care.
- STI testing, contraception, HPV counselling.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment. Visit our website at www.thesundanceclinic.com

The Sundance Clinic

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Win a Home Sauerkraut Making Party!

Increased research into probiotics reveal the potential for improvement not only to intestinal health, but a reduction in allergies, mental health challenges and even improved immunity for colds and warding off disease.

Optimize your bacterial health by adding fermented foods and great products like Renew Life's Ultimate Flora to a healthy diet rich in fibrous vegetables and low in sugar and processed foods.



Amaranth HEALTH

VITAMINS & SUPPLEMENTS

Enter at any Calgary Amaranth for a chance to win a home sauerkraut party with Certified Holistic Nutritionist, Luka Symons! Contest deadline is March 31st.

378, 5222 130 Ave SE Calgary
amaranthfoods.ca

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.



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



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 questions 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.

I Am A Girl

Winner of Best Documentary and Director from the Australian Academy of Cinema Arts

Release Year: 2013

Runtime: 88 minutes

Director/Producer: Rebecca Barry

Trailer: www.youtube.com/watch?v=KaR-UcPzFzA

Synopsis: There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL reveals what it means to grow up female in the 21st century.

Guests: Nadia Ramadan is a counselor at the Calgary Immigrant Women's Association in the Family Conflict Program and works at the Wheatland Crisis Shelter in Strathmore, a domestic violence shelter for males and females. She graduated with a psychology degree in 2012 from Mount Royal University and has been working in the field of domestic violence since she completed her degree. She has focused on working with immigrant women, supporting them through the barriers that they may face.

Ashley Jellema manages Housing and Supports for the YWCA of Calgary including transitional housing, community-based supported housing and winter emergency response programs. Her expertise and extensive experience in the areas of women's homelessness, mental health, addiction, and sexual and domestic abuse coupled with her passion to see women thrive ensures she is an exceptional role model for her teams and positions Ashley as an advocate for women and the issues the YWCA actively addresses.

When: Tuesday March 8, 7:00pm

Where: River Park Church - 3818 14A St SW

Cost: Free

Website: www.justicefilmfestival.ca



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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

Caring For Your Elderly Pet



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

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

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

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

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate 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.



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.

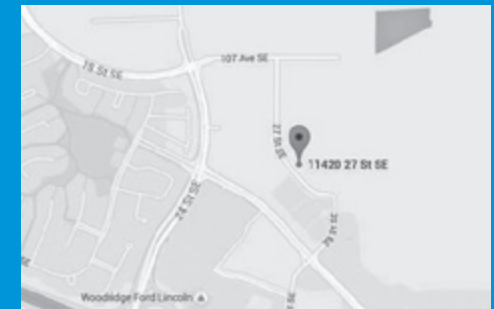
Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!

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Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.



Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and in-

come if either of you dies or becomes unable to work due to an accident or illness?

- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.

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Website: www.ccssd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

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

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to thoughtexchange@ccsd.ab.ca.
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.



MLA CALGARY-HAYS
RIC MCIVER

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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.

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.

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ELEMENTS PLUMBING & HEATING: Residential service work including repairs and installations water heaters furnaces gas lines and renovations. Free estimates and flexible hours. Professional service at affordable rates. 403-281-8089. www.elementsplumbing.ca.

TAX, TAX, TAX TIME: Help is now here for Personal, Self-Employed or Corporate. Offer over 25 years of experience in various business environments. For more details on available services to assist you and your financial needs: Please contact Connie @ 403-720-0477; cell: 403-803-1649 or email: cme951@gmail.com. New clients welcome.

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.

MILLRISE CLEANING SERVICE: has availability for weekly and bi-weekly. Call 403-714-2508 or Email: millrisecleaningserv@shaw.ca.

CASH FOR YOUR HOME: No fees, no commissions, quick closing after sale. Purchased as is, no repairs required. Call Ted 403-714-3423 or email fbhi6634@gmail.com.

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.

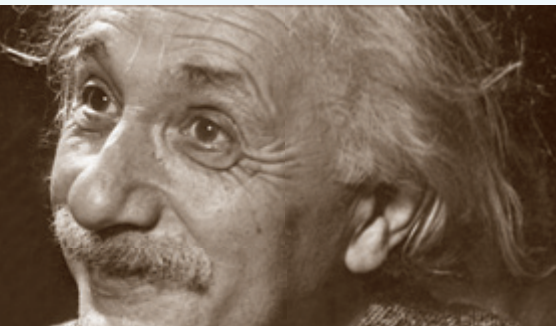
SUN VALLEY KIDS DAY CARE: Registration is open! Licensed, accredited, competitive prices. Full day programs: infants, toddlers, preschool, kindergarten. Half day programs: preschool (mornings or afternoons 3/4 days per week). Out-of-school care (including PD days and school breaks). Call 403-278-2266 to book a tour or registration or e-mail sunvalleykids@yahoo.ca.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$900 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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.

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!"



MARCH MOON CALENDAR





COUNCILLOR, WARD 12
SHANE KEATING
 Phone: 403-268-1698 • Email: Ward12@calgary.ca
 Twitter: @CouncillorKeats Facebook: http://www.facebook.com/CouncillorKeating
 Web: http://shanekeating.blogspot.com/

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

If you have questions regarding your assessment:
 • Call the Assessment Department at 403-268-2888
 • 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.

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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

SAFETY SYNC
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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.

**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...**

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- **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

IMPORTANT NUMBERS

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

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**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

USED DESIGNER CHILDREN'S CLOTHING AND TOY SALE, Montgomery Community Association Hall, 5003-16 Ave NW, Saturday April 16, 8-2pm.

65+ SOCIALIZING: Retired 65+ seniors looking for mobile, active seniors. Potential Activities: travel, cards, walking, golf, dancing, theatre, concerts, drivers, cooking for fun. Call Barbara. Phone 403-451-8186 leave msg.

Animal Trivia

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

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GOLF LESSONS FOR EVERYONE

GOLF DOME EVENTS CALENDAR

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Unlimited Balls
Start at 7 pm till - close first come
first serve

FRIDAY/SATURDAY COUPLES/BUDDY NIGHT

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From an NGA Teaching professional and
unlimited balls 7-9 pm
Must register online or at desk

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