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CALLING LOCAL PHOTOGRAPHERS

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

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

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



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



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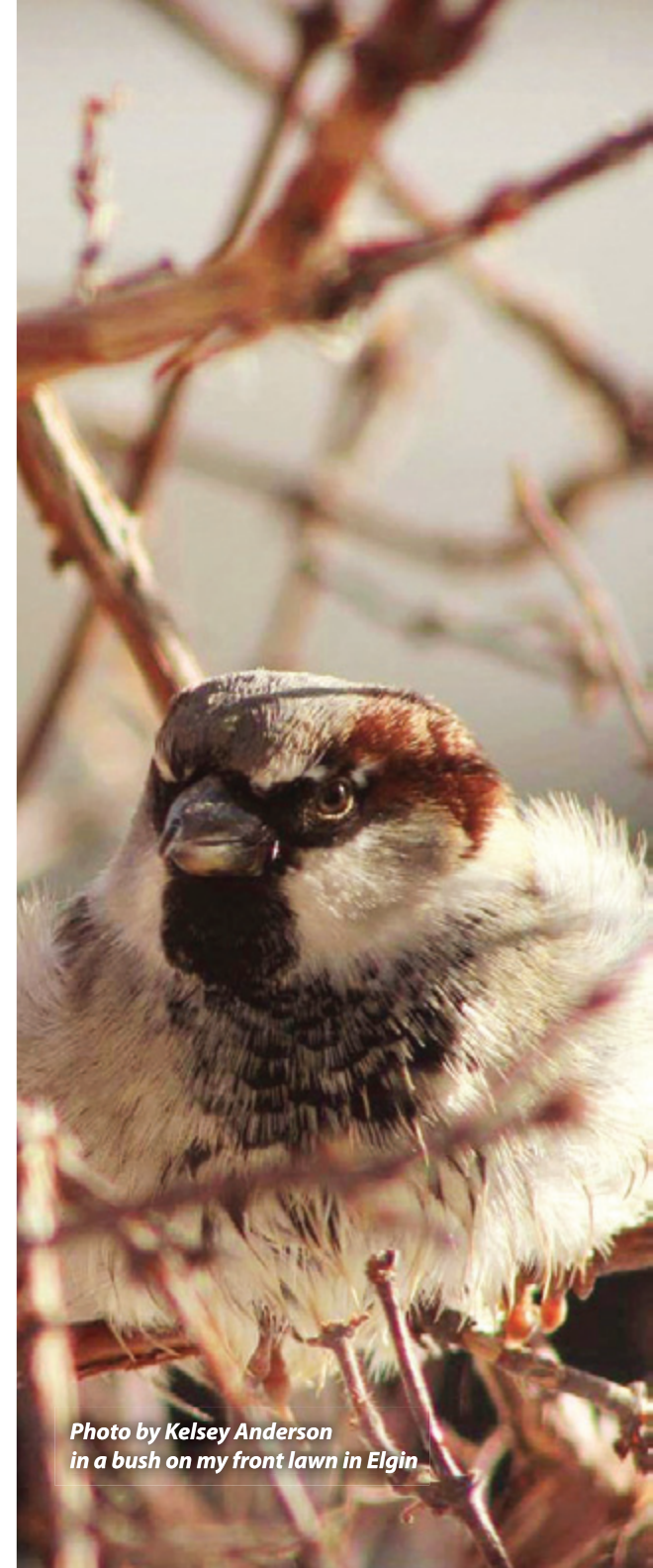
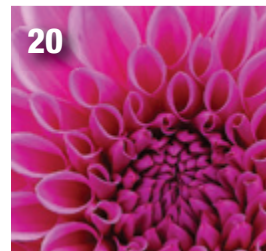
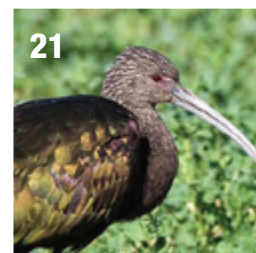


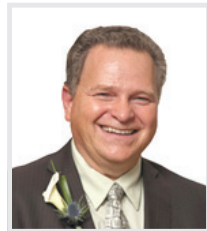
Photo by Kelsey Anderson
in a bush on my front lawn in Elgin



MCKENZIE TOWNE COMMUNITY ASSOCIATION

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

ELECTED OFFICIALS



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Calgary, AB, Canada T2P 2M5
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Fax: 403-268-8091
Email: ward12@calgary.ca
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facebook: facebook.com/ricmciver



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.

IMPORTANT NUMBERS

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

Welcome to McKenzie Towne!

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

New Resident?

If you are a new resident, we’d like to meet you! Please visit McKenzie Towne Hall for a tour and to get your Resident ID card. To update your contact information, please call 403-781-6612 or email inquiries@mtcouncil.com.

McKenzie Towne Council provides residents with recreation classes & social programs for all ages, as well as offers drop-in gym times, community updates, rental space, community events and maintenance.

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~EDGAR ALLAN POE

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McKenzie Towne Hall is the perfect place to host any occasion: your child's birthday party (book one of our 4 exciting packages), wedding, meeting, team building, or special event. We have a banquet hall, multipurpose rooms and a gymnasium able to hold 10 to 125 people. For information and to book, call 403-781-6612 Ext. 4 or email csr@mtccouncil.com.



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McKenzie Towne Hall is responsible for submitting McKenzie Towne Council information and articles only. The opinions expressed within any other published article, report or submission reflect those of the author, and should not be considered to reflect those of Great News Publishing or the Council at McKenzie Towne Hall. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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.

Beer Tasting

Friday April 21st, 7p.m. – 9p.m.
 McKenzie Towne Hall

Tickets on sale now! Back by popular demand, it's the 3rd annual MTC's Beer Tasting event! Come find your new favorite brew amongst a few of the finest breweries in Calgary. Don't miss out on the tasty appetizers, prizes, and more. For tickets and more information visit: www.mtccouncil.com.



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MCKENZIE TOWNE COUNCIL DROP-IN GYM TIMES



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

Pickleball

Mondays & Wednesdays from 12:00 pm – 2:00 pm. Pickleball is for all ages. Equipment is supplied – or feel free to bring your own! A game mixed between tennis and badminton that is low impact. The game is played on the badminton net court with four players. It is a great game to socialize and get a workout at the same time

Adult drop-in times:

(Strictly ages 18+) FREE for McKenzie Towne Residents. Non-Residents must be a guest of a Resident and pay \$2 to drop-in. For Adult drop-in basketball photo ID is required for all non-residents at the time of entrance. Residents are allowed to bring a maximum of 1 non-resident guest to Basketball and 2 non-resident guests to other adult gym activities.

Tuesdays: Basketball 6:30-8:30 pm
Wednesdays: Badminton 7:00-8:30 pm
Fridays: Basketball 6:30-8:30 pm
Saturdays: Floor Hockey 7:00-8:30 pm

Youth drop-in times

are scheduled for afterschool use Monday to Friday, 3:00-4:30 pm.

Parent & Child drop-in times

FREE for families. Youth and Adults entering as individuals or groups and not part of a family unit will not be allowed to use the gym during this time. Non-Resident adults pay \$2 to drop-in. This is an open gym time, so all sports can be played.

4:45 - 6:00 pm Monday – Thursday
Fridays: 4:30 - 6:30 pm
Saturdays: 5:00 - 7:00 pm
Sundays: 3:30 - 5:00 pm

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.



Register now for spring classes!

- Check out our guide: www.mtcouncil.com/classes
- Spring run from April 10 - June 17, 2017.

Need a fitness fix? We offer Drop-in Passes!

Although registration is no closed, check out these great adult drop-in programs: all yoga classes, Total Body Workout, Zumba, Chair Yoga, H.I.T.T & MORE!

View online at: www.mtcouncil.com/passes

Unable to commit a full class season? 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 between individuals and seasons.

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



403.781.6612 ext 3
www.mtcouncil.com

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 schedule changes to social groups.

Walking Group

Tuesday's & Thursday's: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee & cards)
ALL AGES ARE WELCOME TO JOIN! Walk indoors in our gymnasium. See familiar faces and some new ones, too!



Bridge

Monday's: 1:00 pm - 4:00 pm
NOW FREE FOR EVERYONE - Come play some cards! A group dedicated to playing bridge welcoming every skill level. Drop-in for some fun and games around the card table. Coffee is provided, too.

Crafting Group

Monday's: 6:00 pm - 8:00 pm
Wednesday's: 12:00 pm – 2:00 pm

Open Gym

Monday's: 9:30 am – 11:30 am
We welcome you to play in our gym at McKenzie Towne Hall. 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).

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).



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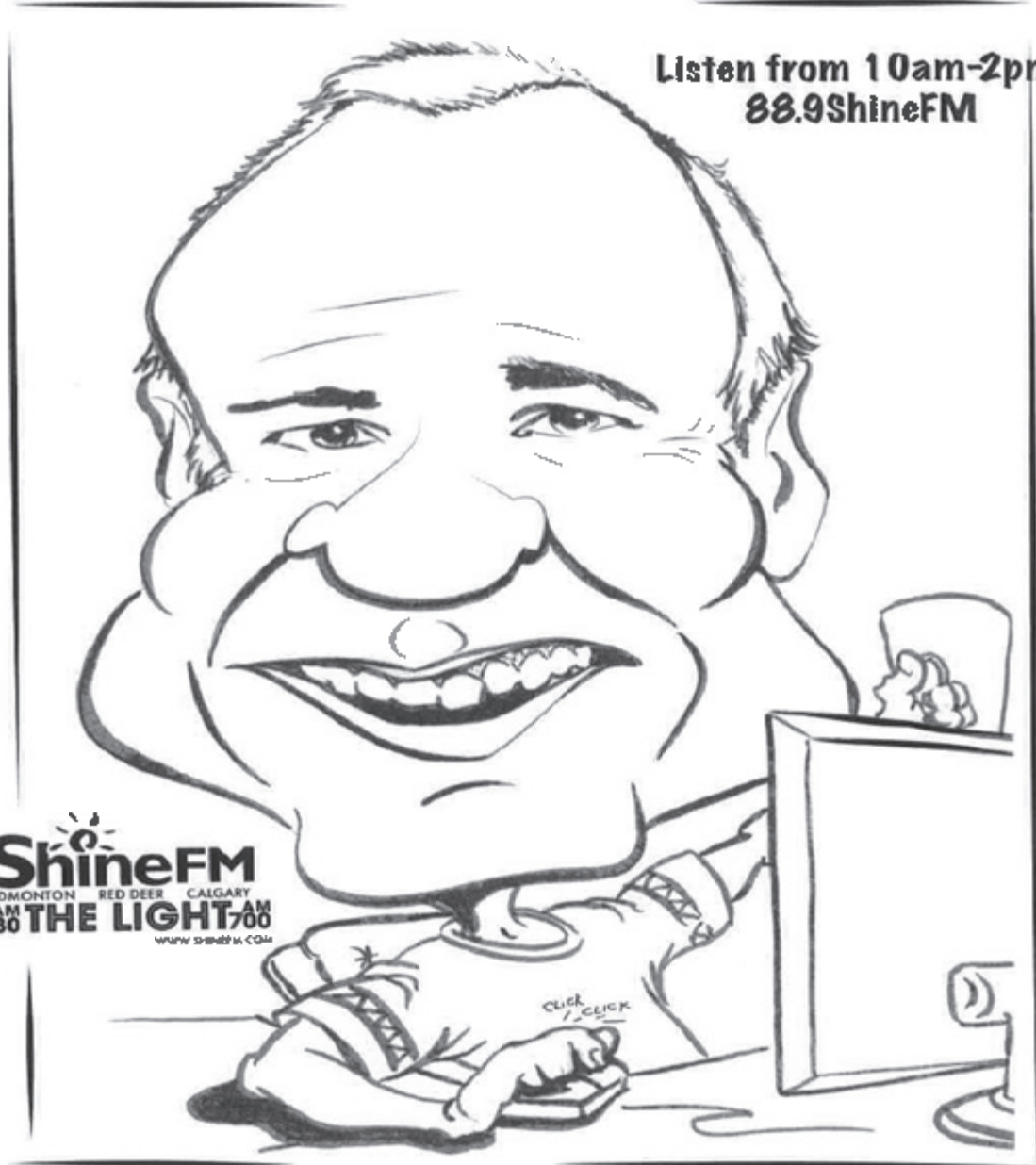
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McKenzie Towne



Real Estate Stats

Last 12 Months McKenzie Towne
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
February 2017	\$399,900	\$399,000
January 2017	\$408,000	\$392,000
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$389,900	\$387,000
September 2016	\$399,900	\$395,000
August 2016	\$409,900	\$398,000
July 2016	\$425,000	\$414,000
June 2016	\$405,000	\$394,250
May 2016	\$434,900	\$422,500
April 2016	\$427,450	\$425,000
March 2016	\$439,900	\$434,000

Last 12 Months McKenzie Towne
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
February 2017	15	10
January 2017	23	12
December 2016	8	11
November 2016	15	10
October 2016	15	18
September 2016	27	25
August 2016	22	23
July 2016	29	23
June 2016	24	38
May 2016	33	28
April 2016	37	16
March 2016	27	33

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

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.



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IN & AROUND CALGARY



Engaging Vulnerable People

A message from the Federation of Calgary Communities
Join us in partnership with the City of Calgary and the Calgary Drop-In & Rehab Centre Society to learn more about engaging vulnerable Calgarian who experience homelessness due to poverty, mental health, and addiction issues. We will also address community concerns around homelessness and different approaches you can take.

It's FREE for the public to attend!

Date: Thursday, April 20, 2017

Time: 7-9pm

Location: Bridgeland-Riverside Community Association
- 917 Centre Ave NE

Register at <https://calgarycommunities.com/workshops-events/>



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

IN & AROUND CALGARY

Calgary Fire Department

Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lake-shores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
- For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx>

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please <http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx>

Stay Safe!

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

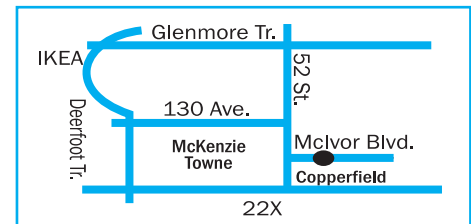
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	3				7			
		9					7	
		8	6	5			4	2
			5	1				
5	8						6	4
				8	4			
7	5			2	3	8		
	6						9	
			1					5

FIND SOLUTION ON PAGE 24

IN & AROUND CALGARY



EMS: Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

- Getting informed**
- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
 - Brain injuries can cause permanent disability or death;
 - Reduce your risk by always wearing your helmet;
 - Replace any helmet that has been involved in a crash, even if it appears undamaged.

- Getting started**
- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
 - Start the habit early. Young children learning to ride tricycles need to wear helmets;
 - Parents must lead by example – always wear a helmet when cycling.

- Getting the right fit**
- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
 - When worn properly, helmets should fit level, not tilted up, or down over the forehead;
 - Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
 - Adjust the chin straps to form a "Y" below and slightly forward from the ears;
 - Only one finger should be able to fit under the chin strap when it is fastened;
 - Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

Gardening by the phases of the moon

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

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

April 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

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



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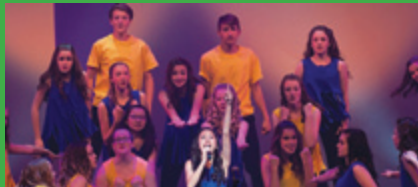
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**MAY 5 – 6
CALGARY INTERNATIONAL BEERFEST –
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For the seasoned brew lover and budding beer
enthusiast alike, Beerfest appears to have it all. Over
500 brews of all shades and compositions, contests,
take part in beer seminars, vote for the People's
Choice awards, meet new people, sample delicious
foods, enjoy the atmosphere and entertainment,
and most importantly have a great time! More info at
albertabeerfestivals.com



**MAY 13, YOUTH SINGERS OF CALGARY
PRESENT: #IAMMUSIC – 1415 14 AVE NW**
The Youth Singers of Calgary have a long, proud
history as ambassadors of true Canadian spirit and as
a voice for Canadian youth through singing, dancing
and acting. To celebrate Canada's 150th Birthday we
have asked the question 'what does it mean to be a
young, Canadian artist in this digital age?' On May
13th we raise our collective voices to answer that
question. #IAMCanadian #IAMConnected #IAMMusic
More info at youthsingers.org



**MAY 24 – 27, CALGARY INTERNATIONAL
CHILDREN'S FESTIVAL – ART COMMONS
AND OLYMPIC PLAZA**
Open the door to your imagination! The Calgary
International Children's Festival (Kidsfest) celebrates
its 31st anniversary this season. From its humble
beginning in 1987, Kidsfest has grown to become
one of the most prominent arts festivals of its kind
in Canada and the largest presenter of performing
arts for young people in Calgary. More info at
calgarykidsfest.ca



MAY MAY MAY MAY MAY

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

May 6 – 7, IFK Kickstart Garage Builder's Motorcycle Show - Christine Klassen Gallery

An annual showcase of garage-built motorcycles from across Alberta, most small in budget but all big in creativity. Join us from May 6-7 from 11am to 5pm and see what we've created over the winter! More info at facebook.com/kickstartshow

May 7, The Debaters Live! – The Jack Singer Concert Hall

A fundraising event for JFSC hosted by award-winning comedian, Steve Patterson, and features two of his favourite comics, (Dave Hemstad and Kate Davis) - they perform stand-up, followed by a comedic debate. More info at artscommons.ca/WhatsOn/ShowDetails

May 12 – 13, Vintage Redefined Market – Century Casino Showroom

The new vintage market with purpose! This ain't your typical tea-time at grandma's house. An exciting venue filled with treasures sure to delight and excite men and women alike! Over 80+ vendors featuring: True vintage, Collectibles, Re-purposed, Reclaimed, Oil & Gas, Records, Jewelry, Video Games, Antiques, Comics & more! More info at facebook.com/Vintage.Redefined.Market

May 13 – June 11, The Drowning Girls – Vertigo Theatre

The Drowning Girls is a lyrical exploration of a trio of murdered wives who gather evidence against their murderous husband by reliving the shocking events leading up to their deaths. One Yellow Rabbit Co-Founders Blake Brooker and Denise Clarke lead an incredible creative team in bringing this macabre fantasia to the Vertigo stage. More info at vertigotheatre.com

May 19, Raiders of the Lost Ark: Original Film with Orchestra – Jubilee Auditorium

The film that gave the world one of its greatest movie heroes, Indiana Jones, is back and better than ever before! Relive the magic on the big screen with the original great adventure, Raiders of the Lost Ark with John Williams' epic score performed live alongside the film by the Calgary Philharmonic Orchestra. More info at calgaryphil.com

May 26, Nose Creek Players Presents: Anne of Green Gables – The Bert Church Theatre

Your community theatre company, Nose Creek Players, is proud to present Lucy Maud Montgomery's iconic tale of Ann Shirley. This beloved Canadian yarn tells the story of an imaginative red-haired girl searching for a place to belong; for her kindred spirit. More info at airdrie.ca

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Planting Spring Bulbs

Barbara Shorrock

As I write this in February for your reading pleasure in March, I think ahead to preparation for spring, even though our gardens are still snow covered. If you have empty spaces in your flower garden or large pots waiting for something showy, why not consider tender summer-blooming bulbs? Now remember, "tender" means they are tropical species who like warmth and cannot survive freezing temperatures, so you will either plant them in pots in the house about 6 weeks before last frost date (June 1 in Calgary, plus or minus 2 weeks, depending upon Mother Nature's whimsy each year) or directly into the garden a week or two before that unreliable date. If you are a thrifty gardener, you will bring these bulbs inside (basement or heated garage) before they freeze in the fall, to be stored for enjoyment the next year. If that isn't your thing, treat them as annuals and buy new each year.

Dahlias offer a dazzling range of size and colour ranging from tiny Mignons to enormous Giants (think "Dinner Plate"). They start at white and continue all through the warm shades of yellow, red, orange, and so on. Breeders have been successful in producing extravagant varieties that look like a crazy painter has been at work on each bloom. The taller ones will need staking as they become top heavy later in the summer and I don't need to tell you what our July storms can do. Smaller bushier ones need nothing more than sunshine and lots of water (dahlias are thirsty). Native to Mexico, the dahlia is not a true bulb, but has a tuberous root which multiplies and grows through the summer. You must dig this up before it has a chance to freeze, dry it, and store in sand, vermiculite or peat moss over the winter.

Gladiola corms may be planted directly into the garden or started indoors a few weeks early. The second most popular cut flower (second only to roses) they belong at the back of the flower bed where their tall spikes can be appreciated over their neighbours. There are over 10,000 varieties, so you will be spoiled for choice at the garden centre. The giants will produce one spike with multiple blooms; others will be smaller with several stalks and can be most charming in pots on the patio.

Begonias have a roundish tuber, and present a dramatic display of colour for weeks and weeks, most effective in pots and hanging displays. If you are buying them for the first time, be aware that size really does matter with begonia tubers, the bigger ones producing the most numerous and voluptuous blooms. This is one plant that doesn't need full sun to be happy and will produce a lovely display on a partially shaded deck or patio. Note: begonias come with fibrous roots, rhizomes and tubers, so be sure you know what you are buying. The first two are best treated as annuals in our climate, but you can store tubers for next year.

Canna and **Calla Lilies** are also becoming more popular in our gardens as newer hybrids are developed. These are often grown to spectacular effect in large pots, shared with lower growing annuals. Like all the others in this article, the rhizomes should be dug up and stored over the winter, as they are also native to the tropics.

If you are looking for some new and dramatic colour in your garden, check out spring bulbs. Some are already in the garden centres.

CALGARY



WILDLIFE

White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

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

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
- Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
- The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.

~continued next page~

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South Health Campus (SHC) Wellness Centre

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

Provincial Clinical Ethics Week April 3-7, 2017

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

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

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

HeartMath
April 6 9:30am-12:00pm
April 12 6:00-8:30pm

Mindfulness Practice Sessions
April 7 12:15-1:15pm

HeartMath Practice Session
April 27 10:00-11:00am

Bouncing Back
April 27 6:30-7:30pm

**EMPLOYMENT & FINANCIAL
MANAGEMENT SKILLS
Interview Skills**

2-part series begins April 1 9:00am-4:00pm

**Disability Tax Credit & Registered
Disability Savings Plan Workshop**
April 20 6:00-8:00pm

**HEALTH MANAGEMENT
Lyme Disease Education**
April 3 7:00-8:30pm

**Protect Your Health (Heart Attack
& Stroke Prevention)**
April 25 6:00-7:00pm

**CAREGIVER SUPPORT
Family Peer Support Program**
March 7 or 21 5:45-8:00pm

**PARENTS/PARENTS TO BE
Nutrition for New Moms**
April 6 1:00-3:00pm

Healthy Eating for Pregnancy
April 26 6:30-8:00pm

Dealing with Feelings
April 15 10:30-11:30pm

Story Time & Play Date
April 21 OR 28 10:00am-11:30pm

Grappling with the Grumbles
April 29 1:00-1:45pm

**FOOD, NUTRITION & COOKING
Top 5 Tips to Reduce Calories**
April 24 5:30-8:00pm

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

White-Faced Ibis cont'd

- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years.

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

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

IN & AROUND CALGARY


April 23-29 is National Volunteer Week

April 23 - 29 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 151 community associations in every neighbourhood across our city, and they are all run by volunteers. 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!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 23 - 29, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**



TRIVIA

Measurements

The wristwatch was invented in 1904 by Louis Cartier.

hip-hop, jazz, tap, pre-school, ballet, music

Pre-Register Now For Fall Dance & Music Classes!

Dance instruction for children ages 3 to teen, beginner to advanced, Mom & Tot and Pre-school classes.

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April is National Poetry Month . . . share poems and rhymes as a family!

Hearing poems and rhymes from their earliest days helps children develop really critical pre-reading and communication skills. Keep reading and orally sharing nursery rhymes and poetry aloud together; it helps your child read better . . . and learn to love reading! Here is one of our favourite poems that we love to share:

Keep a Poem in Your Pocket by Beatrice Schenk de Regniers

Keep a poem in your pocket
And a picture in your head
And you'll never feel lonely
At night when you're in bed.

The little poem will sing to you
The little picture bring to you
A dozen dreams to dance to you
At night when you're in bed.

So-
Keep a picture in your pocket
And a poem in your head
And you'll never feel lonely
At night when you're in bed.

Tips for sharing poetry with your child

- Start a tradition of reading a poem before bed every night
- Play a game of finding words that rhyme
- Younger children enjoy 'sing-song' poems with a strong rhythm like nursery rhymes

- Older children can enjoy an anthology (a book with a whole bunch of different poems and authors)
- Talk with your child about what you both feel and think about the poems you share together

Children's poetry book gems

- A Treasury of Mother Goose Nursery Rhymes, by Linda Yeatman
- Revolting Rhymes, by Roald Dahl
- When We Were Very Young, by A. A. Milne
- Falling Up, by Shel Silverstein
- The Llama Who Had No Pajama, by Mary Ann Hoberman
- The Random House Book of Poetry for Children, compiled by Jack Prelutsky

*Calgary Reads helps children learn to read with confidence and joy. Help further our work by supporting our annual fundraiser, the **CBC Calgary Reads Big Book Sale** happening **May 12-14, 2017 at the Calgary Curling Club**. Please consider holding a book drive with your community organization, family or friends to collect and donate used books. We start accepting books Monday April 17 to Friday April 28 at the Calgary Food Bank and Tuesday May 2 to Sunday May 7 at the Calgary Curling Club. For full details of where and when and what we can accept, visit: calgaryreads.com.*

BRAIN GAMES SUDOKU

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



National Volunteer Week

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

Bill's Book Café with Mike Morrison

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

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

To register, visit calgarylibrary.ca.

Summer Reading

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

For details, visit calgarylibrary.ca.



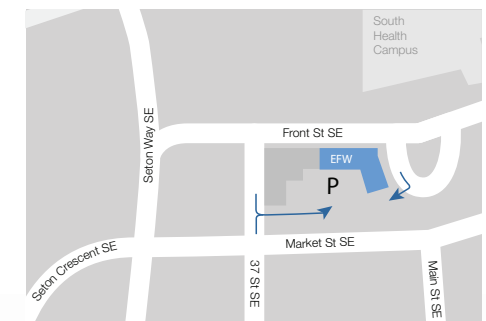
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COMMUNITY ANNOUNCEMENTS

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

SCOUTS BOTTLE DRIVE: The Scouts will be going door-to-door on Apr. 8, 2017. Bottles can also be dropped off from 8:30am-12pm at McKenzie Lake School, 16210 McKenzie Way SE on those dates as well. For more information 403-452-9951.

CLOTHING / TEXTILE RECYCLING DRIVE: While spring cleaning, you may find old, worn, torn or stained fabric items. Bring them to the May 9-16 **Clothing/Textile Recycling Drive** at Corpus Christi Parish Hall, 5931 4th St NW. For details, visit www.corpuschristicalgary.org.

Calgary Humane Society
Connecting Lives

Lost Pets

Happy Spring!

Spring is always an exciting season at Calgary Humane Society. At the shelter our dog walkers are thrilled to say 'goodbye' to all the snow and our dogs are even more thrilled to say 'hello' to all the mud! Thankfully we have some top notch volunteer groomers who keep all our furry friends spic and span. Spring also marks a rush of activity for our animal admissions staff. Spring is our busiest season at Calgary Humane Society, in part due to an increase in lost and stray animals.

Having a cherished family pet go missing is extremely stressful, but there are a number of steps you can take to bring Fido or Fluffy home safe and sound.

- 1. Start making lost reports.** When you call, provide as much information as you can about where and when your pet was lost and provide a good description of your pet. The following organizations are a good starting point for lost reports. Make sure to check the lost and found section of the City of Calgary and CHS website as well!
 - Calgary Humane Society Animal Admissions: 403-205-4455
 - City of Calgary Animal Services – 311
 - Post a lost listing on Kijiji/YC Pet Recovery/Local Buy/Sell websites
- 2. Check with local veterinary clinics.** Many lost pets are found by Good Samaritans and brought to local veterinary clinics.
- 3. Put out your pet's things to entice your pet home.** Put food, a favorite bed, litterbox and other familiar objects out to help tempt your pet back home.
- 4. Arrange a search party.** Call friends, relatives and neighbours to help search for your pet. Choose the people that your pet is *most familiar and friendly with* to go out and search.
- 5. Create lost posters and hang them up.** Create lost posters with a picture of your pet. Include a number that you can always be reached at (like a cell phone) on the sign. Hang up the posters in the areas that you think your pet might be, concentrating on areas where lots of people will see the signs.
- 6. Above all, never lose hope.** At Calgary Humane Society we have seen some amazing reunions. We have reunited pets with their family years, and even a decade after they went missing.

Wishing you all a safe and happy spring!

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Good Friday, April 14, 2017

Good Friday (also Holy Friday or Great Friday) is a religious holiday commemorating the crucifixion and death of Jesus Christ at Calvary (Golgotha). It is mainly observed by Christians during Holy Week as part of the Paschal Triduum. Because Easter is a moveable feast (its date depends on the date of the first full moon on or after 21 March) so is the date of Good Friday.

In some countries Good Friday is observed as a federal or public holiday, among them there are Australia, Brazil, Canada, Germany, New Zealand, Singapore, Sweden and the United Kingdom.



Visit to the Legislature Building (Tannis Turner – Constituency Assistant to Ric McIver, MLA)

It is with great pleasure that I would like to Thank Ric McIver, MLA for giving me the opportunity to be one of his invited guests to the Opening Ceremony of the Third Session of the 29th Legislature & Throne Speech at the Legislature Building on March 2, 2017 in Edmonton. Myself, Miguel Racin and Sonia Kont were also given a behind the scenes tour of the Legislature Building. Thanks Ric for a great day!!

Throne Speech and Bill 1

On March 2 the NDP government had their throne speech. They promised a whole variety of giveaways from lightbulbs to better health care for disabled persons. They provided no idea how they would pay for these things in light of the over \$10 billion deficit they are running this year and projecting to run another big deficit next year. It looks to me like they are trying to buy your votes now with borrowed money that you will be required to pay back later.

In Bill 1 the government promised to eliminate 25% of school fees. This sounds good but is 75 % short of their election promise to eliminate all school fees and they are now half way through their electoral term. They have not disclosed where the money is coming from and if they will cut classroom expenditures to do it or just make you pay for it through higher taxes in other areas. I and the PC team will try to get you these answers.

Door-to-door sales: Know your rights

So far in 2017, Service Alberta has received 18 complaints about door-to-door sales.

On Jan. 1, the Government of Alberta banned door-to-door sales of:

- furnaces
- water heaters
- windows
- air conditioners
- energy audits
- natural gas and electricity energy contracts

Penalties for companies that do not comply include a fine of up to \$300,000 or up to two years' imprisonment under the *Fair Trading Act* (FTA). Other sanctions include administrative penalties of up to \$100,000, director's orders and licensing actions.

Tips to protect yourself

- Be cautious of any calls asking you to allow a home visit for an inspection, audit, prize or rebate offer
- Ask questions about the company and always verify the information with your service provider before letting someone in your home
- Get an estimate and take time to shop around, check prices and research the company
- You have 10 days to cancel a door-to-door sales contract without a reason and without penalty

Call Alberta's consumer protection line toll-free at 1-877-427-4088 to report an incident.

Scrolls:

Birthday Scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals.

Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

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



**MP Calgary Shepard
Tom Kmiec**
2784 Glenmore Trail SE , Suite 1220
Calgary, Alberta, T2C 2E6 • 403-974-1285
www.tomkmiecmp.ca • tom.kmiec@parl.gc.ca
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Celebrating 150 Years of Confederation

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

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

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

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

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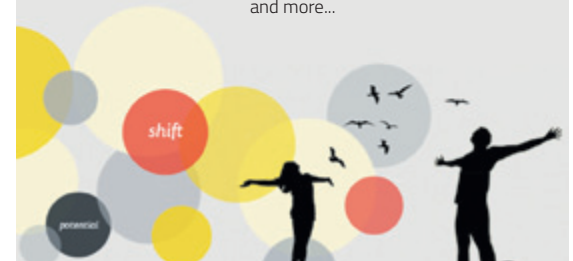
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Spring is here – at least officially! A change in the season also means changes to the type of work you should see in your communities over the next few weeks. Roads will begin to prepare for our annual street sweeping program, Parks will begin preparing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

Spring Cleaning – Street Sweeping

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

Coming Soon – Residential Traffic Safety Town Hall

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

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

Where: McKenzie Towne Hall, 40 McKenzie Towne Blvd SE

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

Let's Grab a Coffee!

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

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

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



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

April at Trico Centre

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

Spring/Summer Program Guide

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

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

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children's drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck



- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults

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

Children & Youth

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

Fee Assistance

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

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

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