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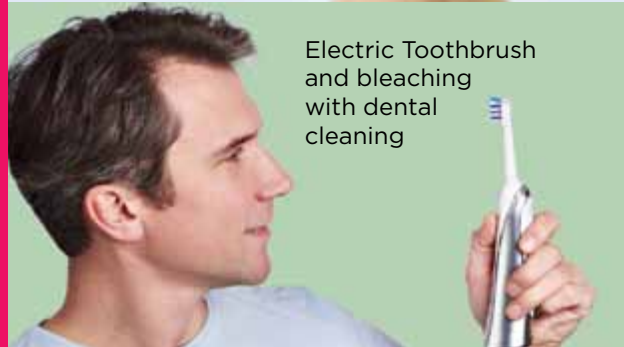
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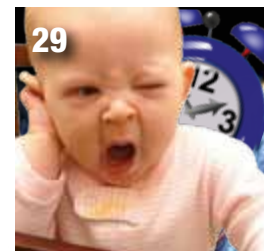
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General Dentists

🕒 **Business Hours**  
7AM - 8PM (MON-THURS)  
8AM - 3PM (FRI-SAT)  
9AM - 4PM (SUN)

**WHITE FILLINGS . EMERGENCIES . OPEN EVENINGS**

## CONTENTS

- 7 MTC EVENTS
- 9 MT RECREATION CLASSES
- 14 REAL ESTATE COUNCIL OF ALBERTA:  
ASK CHARLES
- 19 HELPING YOUR CHILD, BUT LETTING THEM LEAD
- 23 AT A GLANCE
- 25 SOUTH HEALTH CAMPUS (SHC) WELLNESS  
CENTRE PROGRAMS
- 26 TRICO CENTRE PROGRAMS
- 29 IS OUR INVESTMENT IN DAYLIGHT A RIP-OFF?
- 33 COUNCILLOR SHANE KEATING'S REPORT



Cover photo by Lisa Payette, Winter in McKenzie Towne

## CALLING LOCAL PHOTOGRAPHERS

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

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

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



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### Editorial Submissions

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

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

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

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

# 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](http://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](mailto: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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**EASTER SUNDAY CELEBRATION SERVICE**  
10:00 am Deer Park UC  
77 Deerpoint Road SE

**GOOD FRIDAY POTLUCK & SERVICE**  
6:00 PM at Deer Park UC  
77 Deerpoint Road SE

Good Friday  
April 14

Easter Sunday  
April 16



## MCKENZIE TOWNE COMMUNITY ASSOCIATION

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

## ELECTED OFFICIALS



### Councillor Shane Keating Ward 12 Office

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



### MLA Richard William (Ric) Mciver Calgary-Hays

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



## 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



## MCKENZIE TOWNE

### Book McKenzie Towne Hall Today

**Home to all occasions.**  
Visit [www.mtcouncil.com/rentals](http://www.mtcouncil.com/rentals) for details.

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@mtcouncil.com](mailto:csr@mtcouncil.com).



## DISCLAIMER

Your **McKenzie Towne** is published by Great News Publishing 12 times per year.

**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.



## EVENTS



### McKenzie Towne Home & Garden Show

**Saturday, March 25<sup>th</sup>, 2017**

**10:00 am – 3:00 pm**

**McKenzie Towne Hall – 40 McKenzie Towne Blvd SE**

FREE PUBLIC ENTRY. If you’re looking for the right people to make your home renovation a reality, then McKenzie Towne’s Home and Garden Show is where you want to be. We’ll have tons of services available to choose from. Bring your ideas and we’ll have the people to help you make it happen.

### Exhibitors wanted – join us at the show:

Do you provide decorating solutions or renovation and landscaping services? Apply for a booth at our show! We’re looking for suppliers, local trades, home improvement and landscaping experts to exhibit at our first ever McKenzie Towne Home and Garden show.

For show and application information, visit [www.mtcouncil.com](http://www.mtcouncil.com).

### McKenzie Towne Council – Beer Tasting Friday April 21st, 7p.m. – 9p.m.

**McKenzie Towne Hall**

Back by popular demand, it’s the 3<sup>rd</sup> 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. Tickets on sale March 20th. For more information visit: [www.mtcouncil.com](http://www.mtcouncil.com).



## 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:** 7:30 - 8:45 pm on Tuesdays (Basketball), Wednesdays (Badminton), & Saturdays (Floor Hockey) and Fridays (Basketball) from 7:00 - 8:45 pm.

**Youth drop-in times:** are scheduled for afterschool use Monday to Friday, 3:00 - 4:30 pm.

**Parent & Child drop-in times:** 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 3:30 - 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. Non-residents must be a guest of a resident and pay \$2. Maximum 2 adult guests per resident.

For gymnasium availability and schedule changes, visit [www.mtcouncil.com](http://www.mtcouncil.com).



## Social Groups

403.781.6612 ext 3  
[www.mtcouncil.com](http://www.mtcouncil.com)

### 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](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3.

Please refer to [www.mtcouncil.com](http://www.mtcouncil.com) regularly for updates and schedule changes to social groups.

#### Walking Group

Tuesdays & Thursdays: 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

Mondays: 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.

#### Knitting & Art Group

Wednesdays: 12:00 pm – 2:00 pm  
Come show your skills and learn from others! This group is a great way to meet new people in the community and socialize.

#### Open Gym

Mondays: 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

Tuesdays: 12:00 pm - 2:30 pm  
Wednesdays: 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 RECREATION CLASSES



Recreation takes place at McKenzie Towne Hall, 40 McKenzie Towne Blvd. SE. For McKenzie Towne recreation information, visit [www.mtcouncil.com](http://www.mtcouncil.com), contact [rec@mtcouncil.com](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3.



### Register now for spring classes!

- Check out our guide: [www.mtcouncil.com/classes](http://www.mtcouncil.com/classes)
- Spring classes begin April 10 - June 17, 2017.

### Sign your child up for one of our fun spring break camps:

Sign up for spring break camps for the week of March 27 – March 31. For camp details and registration forms, visit [www.mtcouncil.com/camps](http://www.mtcouncil.com/camps). Registration is in-person only at McKenzie Towne Hall.

- Sportball (ages 3-6) from 1pm – 4pm.
- Etiquette Factory (ages 6-13) from 9am – 12pm.
- Adventure Camp (ages 6-11) from 9am – 4pm.

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

Although registration is now closed, check out these great adult drop-in programs: all of our yoga classes, Total Body Workout, Zumba, Chair Yoga, H.I.T.T & MORE! View online at: [www.mtcouncil.com/passes](http://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!



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Photo by Lisa Payette, Prestwick Common



# PHOTOS FROM OUR READERS

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Est. 2005

## 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.



**A** shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>

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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
January 2017	\$408,000	\$392,000
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$399,900	\$397,000
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
February 2016	\$419,900	\$414,000

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

	No. New Properties	No. Properties Sold
January 2017	24	12
December 2016	8	11
November 2016	15	10
October 2016	15	19
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
February 2016	31	11

To view more detailed information that comprise the above MLS averages please visit [mckenzie\\_towne.great-news.ca](http://mckenzie_towne.great-news.ca)



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## CALGARY LAW DAY



APRIL 22, 2017 | 9AM - 3PM

FREE OPEN HOUSE AT THE  
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# Ask Charles

**I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?**

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a

property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at [www.reca.ca](http://www.reca.ca).

*“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we’ve heard!

- 1. How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
- 2. How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
- 3. What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit’s vet is the best person to tell you how much a rabbit should eat.
- 4. Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an “exotics” veterinarian – they have special training about how to look after rabbits!
- 5. Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at [www.calgaryhumane.ca](http://www.calgaryhumane.ca).

Happy spring everyone!

**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](mailto:dohertysb@shaw.ca)  
[accountingservicescalgary.net](http://accountingservicescalgary.net)  
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# Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

There are a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

1. Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
2. Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
3. Work your RRSP contribution into your monthly budget.

## OVERVIEW

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their registered retirement savings plan (RRSP). If your annual income tax assessment includes a notice from the Canada Revenue

Agency (CRA) that details how much unused contribution room you have left in your RRSP from previous years, the time to act is now.

For example, contributing \$10,000 into an RRSP that generates a 6% return, compounded annually could turn into \$57,435 over the span of just 30 years. Plus, contributing the full amount creates a larger income tax deduction that could result in a significant tax refund.

## KNOW YOUR LIMITS

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the CRA identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. CRA's website can also provide that information.

## INVEST SMART

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill – but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments, will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

## INVEST REGULARLY

Consider working your RRSP contribution into your budget. Our monthly investment plan automatically deducts a specified amount from your savings or chequing account on a regular basis, and invests it into funds held inside your RRSP. Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

## CONSIDER THE BENEFITS OF BORROWING

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year, and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan. \*\* As your Consultant, I can help you determine whether a loan fits into your plan by looking at the following factors:

- Your age: The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.
- Your ability to repay: We would never recommend that you borrow more than you could possibly repay, because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help paydown a portion of the loan almost immediately.
- Your ability to borrow: An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account.

# IN & AROUND CALGARY

## EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
  - 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
  - 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.
- First Aid for burns
- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
  - Cover the burn with a sterile dressing, or at least clean material to protect infection;
  - Over the counter medications may be used for pain. Adhere to directions given on the label;
  - Seek further medical attention, as required.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

## How to turn your passion into a business during retirement



Suzanne Smith-Demers – Consultant

Did you know that Colonel Sanders didn't create the Kentucky Fried Chicken franchise until he was 65? If you have a passion that you'd like to turn into a business during retirement here's what you need to know:

**Your passion becomes your product** If you're ready to turn your passion into a retirement career be aware that you may come to look at your passion differently, especially when things may not be going too well. The keys are to be honest with yourself about the potential for your business and to work equally hard at staying motivated.

**Know the risks and challenges** Your business idea is brilliant, but it is also risky – so protect your retirement savings by keeping your start-up costs to a minimum and avoiding heavy debt. Avoid leasing office space or hiring employees until you absolutely have to.

**Test the market** If your new venture includes a new or different product or service; test the market before you make any rash decisions. Start with the most basic version of your product or service and sell it economically, perhaps online through social media sites, and gauge customer feedback to decide if your business venture makes financial sense.

**Keep it simple** Finance your business with money you can afford to lose. If you find yourself tempted to tap into your retirement account to fund your business, take it as a warning that you're probably about to get into something you're not financially prepared for.

Creating a retirement business from your passion could end up being the most satisfying and rewarding life decision you have ever made. Make sure you have all the information before you take the first step into your new career.

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# Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona

Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing."

## BRAIN GAMES SUDOKU

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	4							1
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8		3			4	2		

FIND SOLUTION ON PAGE 24



# The Indoor Gardener

by Cindy DeJager

## Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

### Crocodile Fern

*Microsorium musifolium* 'Crocodyllus'

Medium to bright light and high humidity  
May grow 4 feet tall and wide.

### Lemon Button Fern

*Nephrolepis cordifolia* 'Lemon Button'

Medium to bright light and high humidity  
May grow 3 feet tall and 4 feet wide.

### Maidenhair Fern

*Adiantum raddianum* 'Fritz Luth'

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Rabbit's Foot

*Humata tyermanii*

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

*Platynerium bifurcatum*

Medium to bright light and high humidity  
May grow 6 feet tall and wide.

### Bird's Nest Fern

*Asplenium nidus*

Medium to bright light and high humidity  
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

### Silver Brake Fern

*Pteris cretica* 'Mayi'

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Kangaroo Paw Fern

*Microsorium diversifolium*

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Boston Fern

Most common indoor fern.

*Nephrolepis exaltata* 'Fluffy Ruffles'

Medium to bright light and high humidity  
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).



## New Year Resolution to Family Conflict

by Erin McLaughlin, Q.Med.

The holidays are over, our New Year' resolutions now a distant hazy memory. Life is getting back to normal. What does your normal look like? Is it the tranquil blissful state of your dreams or is it running from job, to home, to activities, to obligations, that leave you tired and resentful? Nowadays, stressful family life is the norm. Many of us find ourselves in the "Sandwich" generation pinned in by caring for children and parents while holding down a job. We need help caring for parents but siblings, for whatever reason, are not stepping up to the plate. Does it seem that asking for help appears to be begging and you don't have the time to figure out what exactly you need, let alone have the patience to verbalize it? Well you are not alone.

A 2013 study conducted by PEW Research states that 47% of adults in their 40's and 50's have a parent age 65 or older, and are either raising a young child or financially supporting a grown child (age 18 or older). About one in seven middle- aged adults (15%) is providing financial support to BOTH AN AGING PARENT AND A CHILD. Nearly four in ten (38%) say both their grown children and their parents rely on them for emotional support.


Is the solution to your stress to grit your teeth and bear it? Not necessarily, but you need a plan, a straightfor-

ward simple non-judgmental plan to have siblings come to the table to divvy up the responsibility. To calmly let people know how they can contribute. Simple but not easy. You need to set up the environment to make it conducive to having the conversation. There are 6 things you need to consider when setting up the meeting.

- Choose a quiet mutually convenient time. Don't try and squish a meeting in between groceries and laundry. About 2 hours should be enough time. After that you are probably too tired to make cohesive decisions.
- Neutral space without distractions where no one will feel at a disadvantage.
- Turn off your phone for the duration of the meeting. You need to focus on the task at hand.
- Use your best listening skills. You are there to discuss your needs, but do not dismiss their needs. Don't assume that you know what is happening in anyone else's life. No matter how close you are, you don't know what is going on with them unless they tell you.
- Do you hear what others are saying or do you just wait for them to stop talking so you can get your point across. If you expect respect give it.
- Write up a plan. No matter how in sync you may think you are, you may have a different interpretation of what heard the next day.

The most important thing you can do is to put your differences aside and have an honest open conversation. Not a pity party and not a blame game.

If you don't think you can do it on your own, use a mediator. They help facilitate the conversation and keep things on track to help you achieve a win/win.



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde



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## CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Managing space for our students

When the provincial government announced several years ago that they would be building more than 20 new CBE schools in Calgary, we were very pleased. Many of our existing schools were operating at or beyond capacity, and we simply needed more learning space for students.

With 15 of those new schools opening in the 2016-17 school year, we knew thousands of students would be able to attend school in their own communities, and that many of our existing schools would be impacted.

A year ago, we started planning how we could make the best use of student learning space across our system. We connected with employees, parents and community members to gather feedback on possibilities for use of available school space. Feedback was gathered through meetings, open houses and an online survey. What we heard helped us develop possible scenarios for impacted schools in several areas of our city.

Students, parents and community members came out to numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student accommodation regulations, shaped the proposed plans that were made available to communities last month.

While we have always strived to involve students, staff, parents and community members in decisions that affect them, this past year has seen an unprecedented level of involvement with our communities. The plans presented at open houses and on our website in January reflect what was most important to our students, staff, parents and communities overall, and demonstrate what we can achieve when we work together in the best interests of students.

We would like to thank everyone who contributed time and effort over the past year to help us plan how to best use our schools for the benefit of our students. Your voices matter, and contribute significantly to the choices we make.

We've heard positive feedback about the process and know that we have difficult choices to make. Please visit [cbe.ab.ca/dialogue](http://cbe.ab.ca/dialogue) to keep up to date on current community engagement projects and learn more about how you can share your perspectives with us.

You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycedu.



# 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 March. Registration information can be found at [www.ahs.ca/shcwellness](http://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

### Mindfulness Practice Sessions

March 10, 12:15-1:15pm

March 30, 6:30-7:30pm

### HeartMath

March 20, 6:00-8:30pm

### HeartMath Practice Session

March 24, 10:00-11:00am

### Employment Skills

### Work Search

2-part series begins March 4, 9:00am-4:00pm

### Health Management

### Screen Test: The Basics of Breast Health

March 8, 6:30-7:30pm

### Living Well on Prednisone

March 20, 2:00-4:00pm

### Music & Arts

March 23, 6:30-8:00pm

### Caregiver Support

### Family Peer Support Program

March 7 or 21, 5:45-8:00pm

### Creating Your Aging Plan

March 28, 7:00-8:00pm

### Parents/Parents to Be Step Families

March 6, 6:30-8:00pm

### Fuelled to Move (Ages 14-17 & a parent)

4-week series begins March 7, 6:30-8:00pm

### Mealtime Struggles to Mealtime Success

March 9, 6:00-8:00pm

### Daddies & Babies

2-week series begins March 11, 10:00am-12:00pm

### Healthy Eating for Pregnancy

March 13, 6:30-8:30pm

### Story Time & Play Date

March 17 OR 31, 10:30am-12:00pm

### Feeding Your Baby

March 21, 1:00-3:00pm

### Nutrition for New Moms

March 23, 1:00-3:00pm

### Food, Nutrition & Cooking

### Healthy Cooking Basics & Techniques

March 1, 5:00-7:00pm

### The Truth about What Works for Weight Management

March 2, 9:00-11:30am

### The Top 5 Tips to Reduce Calories

March 2, 1:00-3:30pm

### Eating Well for Good Health

2-week series begins March 8, 5:30-7:30pm

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

## BRAIN GAMES SUDOKU

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

## Recycle your Electronics

TVs, Computers, Laptops, Monitors, Cell Phones, Printers and many other Metal Electronics at NO charge

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Crowchild Trail Entrance:  
West on Flanders Ave, left on Quesnay Wood Dr, right on Bishop Dr, left at our entrance

### Market on Macleod

Macleod Southbound  
Exit 78th Ave, we are located in SW corner of parking lot.

Please bring a non-perishable food item for: Calgary Food Bank  
[www.recycle-logic.com](http://www.recycle-logic.com) or 1-888-678-2467



## ST. PAUL'S ANGLICAN CHURCH

April 9: ..... Palm Sunday Procession & the Passion 8:30 & 10:00 am

Monday, April 10: ..... Celtic Service 7:30 pm

Tuesday, April 11: ..... 7:30 pm Compline @the Midnapore Chapel on 146 Ave. and Bannister Road

Wednesday, April 12: ..... 7:30 pm Tenebrae

Maundy Thursday, April 13: ..... 7:30 pm Holy Eucharist

April 14 - Good Friday: ..... 9:00 am (for children) & 11:00 am

Saturday, April 15: ..... Easter Vigil - 8:30 pm

Sunday, April 16 - Easter: ..... 8:30 & 10 am Easter Services of Holy Eucharist  
Regular Sunday Services 8:30 & 10 am - Everyone Welcome!

7 Sunmills Green SE 403.256.1428 www.stpaulscalgary.ca www.facebook.com/stpaulscalgary



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



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

### Recession Busters

- The Trico Cares program offers **fee assistance** for passes and admissions. See [www.tricocentre.ca](http://www.tricocentre.ca) for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

### Spring/Summer Program Guide

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 fro 12 months to 14 years.

### Register for Spring/Summer Programs

Registration for Spring/Summer programs (including day camps) starts Monday March 6 and Tuesday, March 7 an ongoing for pass holders and begins Wednesday, March 7 for non-pass holders.

### Adults/Older Adults

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

### Families

- Children's Drop-In activities: check out our new expanded schedule of parented drop-ins for preschoolers. Drop-In Playtime is now offered 5 times a week, Drop-In Gymnastics is 3 times a week. Plus Drop-In Crafts on Sundays, Drop 'N Go on Saturdays, and the brand new Storytime, Thursdays at 2pm. All drop-ins are free for pass holders.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

### Children & Youth

Spring Break Day Camps: week-long and daily camps available. Choose from Adventurer Camp for 6-8yrs or 9-12 yrs or Aqua Adventurers for 6-12 yrs, all running March 27 to 31. Daily Spring Break Camp for 6-12yrs is also available for full-day, mornings or afternoons. Pre-care is available from 7 to 9am and post-care from 4 to 6pm.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less passes than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

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

## Calling All Neighbours!

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

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Trico Centre for Family Wellness  
11150 Bonaventure Drive SE  
[www.tricocentre.ca](http://www.tricocentre.ca)



## CCSD BOARD OF TRUSTEES

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

Our Calgary Catholic School District (CCSD) Board of Trustees, along with our senior administration, have identified four key priorities for the 2016-2017 school year: Faith Formation, Academic Excellence, Student Wellness and Success for our First Nations, Métis and Inuit (FNMI) students.

We recognize the provincial direction around eliminating the achievement gap for our FNMI students and our district has worked in an authentic partnership with our broader community, and in particular, with our Elders and Indigenous communities, to create learning opportunities that are responsive to this mandate.

While we are inspired by the success of all of our students across the district, the success that our FNMI students have seen in many facets of their education is exciting. In reviewing our Accountability Pillar data, we celebrate the fact that our FNMI students exceed the provincial average relative to diploma success, high school completion, Rutherford Scholarship eligibility and transition to post-secondary education.

Our FNMI team has crafted strategies that create opportunities for success not only for our FNMI students, but for our student community as a whole. The creation of resources for students on treaties and the residential school experience, the creation and expansion of Aboriginal Studies programming throughout all of our high schools, liaising with post-secondary institutions and assisting with scholarship applications has all facilitated success. By their efforts in also creating relevant professional development opportunities for staff, our FNMI team has been integral to the creation of positive learning outcomes throughout our district. We are deeply appreciative of their work.

The authentic involvement of, and collaboration with, our broader Indigenous communities have also been pivotal to the success of our students. In November 2016, the Alberta School Boards Association recognized this work and awarded CCSD the Premier's Award for School Board Innovation and Excellence, which awards school boards for their role in launching innovative programs and initiatives that enhance student achievement. While we are pleased to have been recognized for our work through this award; we are even more proud of our students and staff who have made this possible.



# Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12<sup>th</sup> this month, like it or not.

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**MARCH MOON CALENDAR**

 First Quarter Mar 5	 Full Moon Mar 12	 Last Quarter Mar 20	 New Moon Mar 27
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## Hamsters, Gerbils, and (the best) Guinea Pigs!

Small rodent-sized pets, otherwise affectionately known as pocket pets, include mice, rats, gerbils, hamsters and Guinea pigs. These little animals are not expensive to maintain and can be an entertaining pet, especially if space is limited. The basic requirements of most pocket pet species are similar and the life expectancy for most species is in the two to four year range; except for the Guinea pig which has a life expectancy of eight years.

Pocket pets should be kept in cages specially designed for their needs or aquariums with a good wire top. Openings in the wire should be small enough to prevent escape and not too large to allow a foot to be caught or twisted. Surfaces should be metal, smooth plastic or glass to allow proper cleaning. Cleaning should be done weekly with tunnels and small corners scrubbed with a bottlebrush. Chlorhexidine based cleaners are best. Many products make good bedding but avoid cedar shavings which can cause respiratory and skin problems, and never use straw.

Feed a commercial diet appropriate for your pet. Buy in small quantities and store food in sealed dark containers to ensure freshness, and that vitamin content is not diminished by exposure to light and air. Small amounts of fresh fruits and vegetables should be provided daily. Avoid abrupt changes in diet. Avoid iceberg lettuce, fruits with pits; and outdoor grasses or dandelions possibly exposed to chemicals. Clean food dishes daily and use dishes that cannot be tipped. Use an inverted water bottle and change the water daily. Monitor your pet's stools and urine for amount or change in appearance. This could be your first clue if a problem is developing.

Exercise is important, especially to Guinea pigs. Buy the largest cage you can and add the appropriate sized

wheel for hamsters and gerbils. Exercise balls are fun but can be dangerous; I once saw a Guinea pig left in a ball in direct sunlight dead of hyperthermia. Gentle handling allows you to monitor your pet for illness and reduces stress as your pet becomes comfortable with you.

A nest box is nice so long as condensation doesn't form inside and appropriate bedding allows air circulation. Toys make a more stimulating environment. Paper towel rolls, wooden spoons, and most commercial products are great.

A hamster is probably the favorite pocket pet of the pet industry but it is a solitary territorial creature. Only get one! Guinea pigs, my personal favorite, need a much larger cage but it can be uncovered. Pigs can't climb, and they are social animals, so get two and you can have them spayed or neutered. Guinea pigs are prone to scurvy, a vitamin C deficiency, and they must be given a daily source of fresh fruit and vegetables. Guinea pigs need fresh hay, preferably Timothy hay, to aid digestion. I really like rats and they make wonderful smart pets. I had pet white rats at university, but unfortunately, it is illegal to own a pet rat in Alberta.

Obviously there is a bit to learn if you get one of these "pets in your pocket" so buy a book or get on the internet and learn about your prospective choices before purchasing. Our local Calgary Humane Society has pocket pets for adoption. Many veterinarians now treat these small exotic pets routinely as our knowledge of their care has increased exponentially in recent years.

*Jennifer L. Scott B.Sc., D.V.M.*



Councillor, Ward 12  
**Shane Keating**

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Twitter: @CouncillorKeats • Facebook: <http://www.facebook.com/CouncillorKeating>

Web: <http://shanekeating.blogspot.com/>

Can you believe that spring is nearly upon us? Looking ahead, March promises to be another busy month for southeast Calgary. I am really pleased that Dr. Martha Cohen School in New Brighton and McKenzie Highlands School in McKenzie Towne will officially open this month. We will also have a very busy month at Council as the Green Line LRT returns to the Transportation and Transit committee on March 15<sup>th</sup>. As we transition from winter to spring I'll remind everyone that my office is here to help. If you have questions about what is going on in your community, do not hesitate to let us know.

### Notices of Assessment Appeal Period

Assessment notices were mailed out to property and business owners in the first week of January. These assessments provide the property value that your property taxes will be based on. If you do not agree with your assessment, you do have the opportunity to take part in the Customer Review Period. The Customer Review Period will be closed on March 6, 2017. Changes to your assessment will only be considered during this window.

You can visit [calgary.ca/assessment](http://calgary.ca/assessment) for more information.

### River Access Strategy

In June of 2016 I co-sponsored a Notice of Motion that directed City Administration to develop a river access strategy. After the floods in 2013 many public access points along Calgary's rivers were damaged and others were closed. Currently there are only three boat accessible launches within the city limits and a few smaller launches for smaller rafts and kayaks.

Our rivers shape this great city. These are places where we float, fish and walk. Our rivers also contribute to our local economy. Anglers from all over the world come to Calgary to enjoy world class fishing in the Bow River. We are also seeing emerging businesses with activities like river surfing and white water rafting. Our rivers aren't just something that pass through our city; they are a resource that we should be tremendously proud of.

The River Access Strategy passed unanimously at committee at the beginning of February. The strategy outlined some additional access opportunities to improve

how we interact with our rivers. The strategy deliberately made sure that access was happening in a way that demonstrated good environmental stewardship by keeping sensitive areas well protected. Getting these new access points in place will take time, but we are certainly moving in the right direction.

If you are interested in the River Access Strategy you can find more information at [Calgary.ca/RiverAccess](http://Calgary.ca/RiverAccess)

### Coffee With Your Councillor

I am really excited for my first "Coffee With Your Councillor" of 2017. These meetings have initiated some really fascinating discussions about the local issues that make a difference in your life. I hope to see you there - coffee is on me!

**When: Tuesday, March 21, 7:00pm-8:30pm**

**Where: Prestwick Room, McKenzie Towne Hall – 40 McKenzie Towne Blvd SE**

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto: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.



In Kentucky, it is illegal to carry an ice cream cone in your back pocket

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