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**IN & AROUND SCHOOLS**

**April brings cultural event activities to École St. Cecilia School**

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you're interested in supporting this fundraiser, please contact the school.

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## IN & AROUND SCHOOLS

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## St. Augustine School

### Upcoming Events for April

St. Augustine School presents Little Red Riding Hood and the Power Mutants! Little Red, of Little Red's Gourmet Catering and Home Delivery Service, is on a mission to deliver some goodness to Grandma's house. Unfortunately, Oswald The Big Bad Wolf, present and founder of Oswald's School for Wolves, is trying to teach her somewhat dim students how to steal baskets of goodies. Only The Power Mutants, a strange and mysterious group of mutant superheroes with rather silly powers, can help Little Red. Will the goodies get to Grandma's house on time?

The show will be performed Wednesday, April 13 and Thursday, April 14, 2016, at 7:00 pm in the St. Augustine School gymnasium. Tickets are \$5 each and can be purchased at the door.

### Elementary Angel Awards

Recognizing students for their contributions to our school community is an important part of creating a caring and positive learning environment. On Friday, April 29, we recognize those students that demonstrate their understanding of the virtue "Commitment".

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## IN & AROUND CALGARY



### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at [calgary.ca/puppy](http://calgary.ca/puppy).

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## 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, or cycling.

#### Getting informed

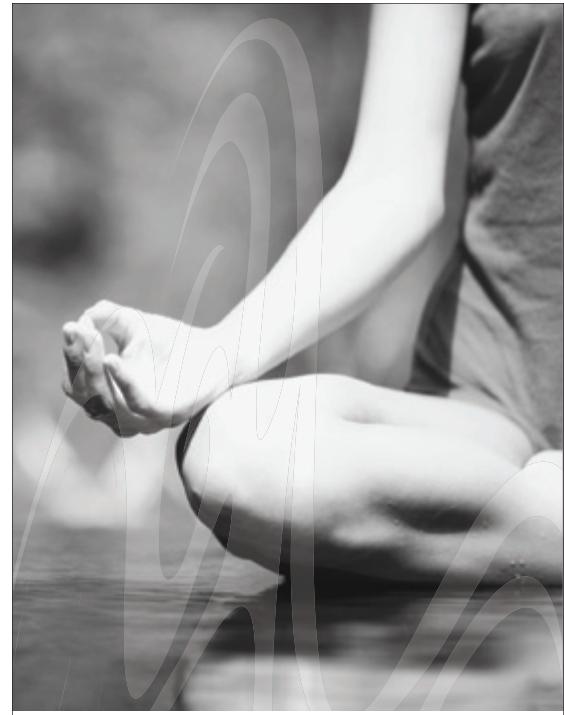
- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

#### 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.



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Located in Quarry Park

Article by J. Turner  
Photo by Andrea S. H. Hunt

## THE PORCUPINES

### A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

**If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.**

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## COUNCILLOR, WARD 12 SHANE KEATING

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### Spring Cleaning – Street Cleaning

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months.

The 2016 Spring Clean-Up program begins in April and runs until the end of June.

The City sweeps almost 15,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. The City would like to thank Calgarians for their help in moving their cars and their blue, black and green carts from city streets when sweeping is scheduled. The community schedule for street cleaning will be available on the [Calgary.ca](http://Calgary.ca) website by searching "street cleaning".

### Public Consultation Matters

There has been a lot of buzz at City Hall over the last few months around public consultation. The City needs to be clear on what decisions are being made and how input is being received. If we are providing public information, it must be branded as public information. If we are asking for public input, it needs to be clearly stated how that feedback will influence a project.

As your elected representative, your feedback plays a key role in what decisions I make on Council. Public engagement is one of the key ways that I can check in and get feedback on the priorities that matter to you and your family.

In late February Council had an entire meeting dedicated to The City's public consultation process. One of the themes that came up was sustainable decision making. The chart below shows some of the key pillars of that process:



acceptance. When these interests are balanced correctly we are able to reach a sustainable solution.

The City does much of the work to build a business case for how a project might be economically, technically or environmentally viable. Throughout the process The City will need to engage with the residents to gain public acceptance. It is a critical piece of the decision making process that cannot be overlooked.

Construction is underway for lot of exciting infrastructure projects in southeast Calgary. There are numerous other projects that require public input and feedback. I am looking forward to hearing from the residents of Ward 12 on how these projects can better serve their needs and make southeast Calgary an even better place to live.

### The Ward 12 Office is Here to Help

My team is here to serve the residents of Ward 12. I want to provide a simple step process on how my team can better assist you:

1. If you are concerned about something in your community (or with The City in general) please contact 311.
2. 311 will provide you with a Service Request Number (SR#) when you officially log your complaint.
3. If you are unable to get your concerns addressed through 311, you can follow up with my office at [caward12@calgary.ca](mailto:caward12@calgary.ca).
4. Please provide your SR# to my team so that they can follow up with the appropriate City department.

It is important to note that The City gathers a tremendous amount of data through 311 requests. By logging your concerns with 311, The City can identify trouble spots and allocate resources accordingly. My team is able to escalate your concerns by referring to the specific SR# that was originally logged with 311.

### Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my quarterly E-newsletter at [Calgary.ca/ward12](http://Calgary.ca/ward12).



## IN & AROUND CALGARY

### Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

#### Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding "hidden" lighters.

#### Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

**Did you know that** in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit [www.calgary.ca/CSPS/Fire/Pages/home.aspx](http://www.calgary.ca/CSPS/Fire/Pages/home.aspx).

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If you've heard me speak you've heard my 'Great Neighbourhoods' platform, the five-point plan that guides the work I do at City Hall and in our communities every day:

- **Transforming Planning** to increase vibrancy in our neighbourhoods
- **Transforming Local Governance** enabling citizens to play meaningful roles in the evolutions of their neighbourhoods
- **Transforming City Hall** to make The City more responsive to neighbourhood needs
- **Taking Control of our Future** by establishing a Big City Charter

**Building a City That Pays for Itself**

With the change in our City's economy, my efforts have been more heavily weighted towards lessening the blow for our citizens by working to build a city that pays for itself. I have long advocated that connecting revenue with expenses and transforming taxation are essential. Here's an update on some of what I am working on, and what I have supported within the last six months:

- **Supporting and voting for the Off-Site building levy.** This important vote affects future and current Calgarians, as taxpayers will now recoup 100% of the cost to build new communities - no longer subsidizing developers.
- **Supporting the 2016 budget adjustments.** This lowered taxes and provided more funding for infrastructure projects, putting people to work and stimulating our local economy.
- **Diversifying our economy and supporting established and new businesses.** I am working to remove provincial and municipal red tape, encouraging an environment that will create jobs through commercial and residential development, and within the service sector. I am doing this through Notice of Motions regarding the Airport Vicinity Protection Area, commercial and residential development along the LRT Red Line and Green Line, and introducing zoning

changes to increase opportunities for businesses that deliver, or choose to deliver, child care services.

• **Reviewing the property tax assessment process.** I've heard primarily from flood-affected homeowners on the Elbow River about their repeated successful appeals to the Assessment Review Board since the 2013 flood. I am working to ensure that the assessment process is fair and uses the best methods to meet provincial law, while reflecting the realities faced by property owners.

Through your calls, emails, tweets, and attendance at community events, your voices are being heard, and I promise to keep acting on them. Please continue to connect with me and share your ideas on how we can emerge from this downturn even stronger.

Yours truly,

**BRAIN GAMES**      **SUDOKU**

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FIND SOLUTION ON PAGE 15



**MLA CALGARY - ACADIA**  
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calgary.acadia@assembly.ab.ca

Hello friends and neighbours!

Have you ever wondered what services are available at your local MLA's office?

Our office prides itself on being a friendly and welcoming environment committed to supporting the residents of Calgary-Acadia.

Our office is staffed with two constituency assistants, Lynn MacWilliam and Carla Lloyd. Their primary job is to support the people of Calgary-Acadia and to support my work. Some of the amazing things they do for us on a daily basis are:

- Assisting constituents who have questions or are having difficulties with governmental services;
- Meeting with constituents to address concerns and feedback and passing them on to the appropriate ministry in government;
- Attending Community Association meetings on my behalf when I'm unable to attend;
- Representing me at public events, town halls and open houses that relate to constituent concerns, when I'm unable to attend;
- Providing information about government programs and services;
- Managing my schedule;
- Communicating new government initiatives to interested individuals and business;
- Organizing Community Outreach events like our bi-monthly Open House (next one on Saturday, May 28 from 1:30-3:30pm, and special events like our Annual Stampede Breakfast (scheduled for July 9);
- Sharing ideas.

They are also responsible for all aspects of office management including supply ordering, working within the office budget to ensure effective financial management and cleaning!

**Did You Know**

Did you know that MLAs are Commissioners of Oath and Notaries Public? If you need those services there is no charge but you must make an appointment in advance due to my full schedule. Please call the office to book your appointment – we encourage you to have the

documents you need notarized with you when you call, as certain documents cannot be notarized by our office.

**In-Definite Arts**

We are pleased to be working in partnership with In-Definite Arts. In-Definite Arts is an innovative visual arts centre that serves adults with developmental disabilities. They provide a supportive studio environment for artistic development as well as professional opportunities to exhibit and sell artwork. We are honoured to have beautiful works of their art throughout our office. Visit their website at [www.indefinitearts.com](http://www.indefinitearts.com) and plan a visit to their gallery on Fairview Drive SE. We are fortunate to have this gem in Calgary-Acadia.

As always, my staff and I are here to help and love to hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by:

Email: [Calgary.Acadia@assembly.ab.ca](mailto:Calgary.Acadia@assembly.ab.ca),

Phone: 403-640-1363

Visit: #10, 8318 Fairmount Dr. SE

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For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Quarry Park and Riverbend. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Riverbend | Quarry Park area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**INTERIOR RENOVATIONS - BATHROOMS, KITCHENS, BASEMENTS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit [www.bigcitydevelopments.com](http://www.bigcitydevelopments.com) to view some of our completed projects, then call 403-612-8220 for a free consultation.

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**CODERAD ELECTRICAL LTD:** Over 13 Years Experience, Quality service & Installation for a fair price. Certified Master Electrician. Fully Insured & WCB Compliant. Call Cody for your free estimate today, 403-333-6344 or email at [info@coderadelectrical.com](mailto:info@coderadelectrical.com). Is your Electrical up to code? [www.coderadelectrical.com](http://www.coderadelectrical.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**EMERGENCY INCOME TAX HELP IS HERE:** Professional CGA with more than twenty years' experience in personal and corporate tax service. I prepare financial statements, T4, T5 and GST returns. Payroll and bookkeeping service is also available. Call Janice at 403-617-8956 for a free consultation.

# BUSINESS CLASSIFIEDS

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**CURRENT HIGH SCHOOL ENGLISH TEACHER B.A., B.ED. AVAILABLE FOR TUTORING:** Over 13 years of experience teaching all levels of High School English Language Arts in Alberta. Familiar with current Alberta curriculum, texts, exams, and assessment standards. Reading comprehension, essay writing, vocabulary development, and diploma exam prep. \$40/hr. text or call Jenn at 403-998-0727 for information.

**COMPUTER RELIEF:** Call Larry at 403-238-3139. Repair desktops and laptops, virus and spyware removal, internet solutions, upgrades, networking home and business, wireless connectivity, custom built computers, data recovery, software support, tutoring office products, connectivity to cameras, iPods, Blackberries, router installation with high security, laptop sales, system setups in your home, data transfers and backups.

**DO YOU:** Spend time doing paperwork instead of focusing on your business? Have documents scattered all over the place? Need help with your bookkeeping and filing? Need a part-time or temporary administrator? Contact Yvonne at 403-605-3775 or [unekebookkeeping@gmail.com](mailto:unekebookkeeping@gmail.com). Consultation is free!

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

**QUALITY DAYHOME IN OGDEN:** Experienced mid-wife, caregiver and mother, with childcare First Aide/CPR certificate, has spots available for ages 11 months - four years old. Spacious play area, high fenced backyard. Lots of fun, arts and crafts, serves nutritious meal and two snacks. I also offer hemming and alterations. Call Chery: 403-875-8997 Email: [chery.roy@hotmail.com](mailto:chery.roy@hotmail.com).

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

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca).



## BRAIN GAMES

## SUDOKU

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



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.

#### April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

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

#### Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15,**

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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.

**2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

#### Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

#### Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

#### Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

#### Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure 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](http://www.tricocentre.ca) to find out more.

## IMPORTANT NUMBERS

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

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## COMMUNITY ANNOUNCEMENTS

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

**Contact news@great-news.ca**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



Name	Age	Contact	Course
Franny	13	403-293-8847	Yes
Kiera	13	403-210-2044	Yes
Roman	12	403-464-3696	Yes
Rose	40	403-978-5300	Yes
Tiana	15	587-577-0656	Yes

#### Calling All BABYSITTERS

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

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

*Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).*

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QUARRY PARK • RIVERBEND | APRIL 2016 17

# your COMMUNITY business of the month

## Blinds 2000 Manufacturing Ltd.

Quarry Park - Riverbend Community

Blinds 2000 Manufacturing Ltd. is a family owned and operated window blind manufacturing company located in the community of Douglas Glen. Started in 1994 we have been manufacturing quality window coverings in the greater Calgary area for over 21 years. We have been members of the Better Business Bureau since 1996 and have had an A+ rating throughout our entire partnership with the BBB. We have been located in the community of Douglas Glen since 2001 and have seen many changes in the last 15 years from the construction of the Douglasdale/Deerfoot overpass to the development of Quarry Park.

What started as a quest to find affordable window coverings in 1994 turned into an opportunity to start a local window covering manufacturing business supporting our local economy. Since we manufacture what we sell we have a thorough knowledge of the best type of window coverings for each customer's specific requirements.

We offer 1" aluminum venetians, 2" wood and faux wood venetians, roller shades, zebra shades, PVC and fabric verticals, and cordless cell shades. We also offer automated options for roller shades. In addition to manufacturing window coverings we offer services including installation, repairs and keep a supply of parts in our Douglasglen office for the convenience of our customers.

We treat every order regardless of size with the same attention to detail as we feel that quality, service and respect for our customers are key principles that have kept us in business for nearly 22 years.

We work with window supply and installation companies to remove and re-install window coverings into newly installed windows, as well as disaster restoration companies. Whether it is residential, commercial or property management companies we are happy to provide affordable quality window coverings.

We have worked diligently with the Government of Canada and our suppliers to ensure that our blinds adhere to the Safety of Corded Window Covering products standards. We are continuously working on cordless options for blinds and

hope to eliminate cords from all blinds we manufacture in the next few years.

Our office and showroom is open Monday to Friday 9:00am-4:00pm. We have chosen to close on weekends and statutory holidays to ensure that everyone at Blinds 2000 can spend quality time with their family as it seems that achieving that balance can be a challenge at times.

We are located at #160, 2770 107 Ave SE in the Douglasglen Business Park.

For the past three years, Blinds 2000 has been honoured to be a pit stop welcoming 2000 cyclists for the Ride To Conquer Cancer occurring in August in the Alberta foothills south of the City of Calgary.

We are looking forward to many more years in the thriving family oriented community of Douglasdale/Douglasglen.

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Manufacturing Window Coverings since 1994

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## CONCRETE SEALING

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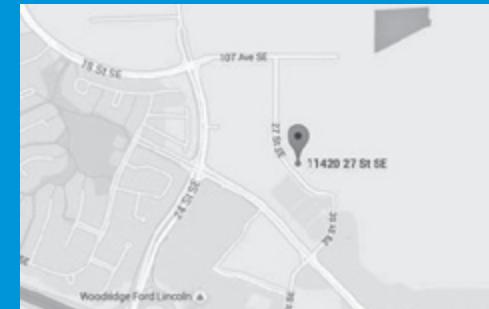
Brad 403.875.8463 | Stephen 403.478.1737

## MEDICAL CLINIC



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