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Willow Park-Maple Ridge Community Association

680 Acadia Drive SE | Calgary, AB T2J 0C1

Phone: 271-8044 | Fax: 278-3718

info@willowridge.ca | www.willowridge.ca

Elected Officials



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Ward 14 Office

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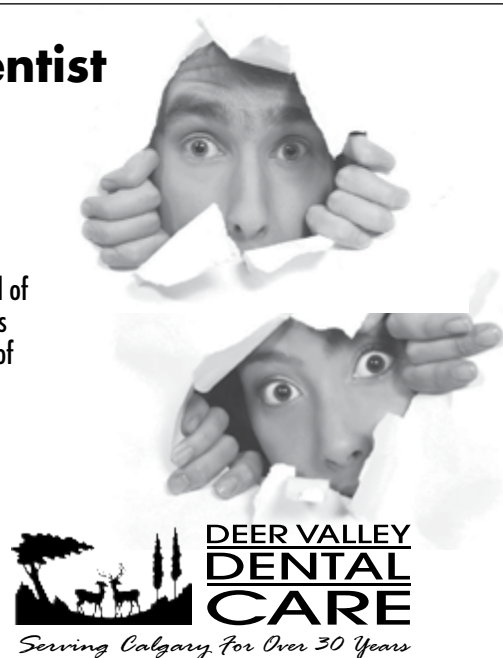
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YOUR COMMUNITY
business of the month

Challenge Trophies and Awards
 Fairview Community

Challenge Trophies and Awards was established in 1987 and has been in the same location for almost 30 years. Although the ownership changed hands in 2006, the business has continued to thrive due to a loyal customer base as well as an influx of new faces. We would like to take this opportunity to extend our sincerest appreciation for the unwavering support.

Although we continue to provide the traditional trophies and awards that have been available for many years, our plans are to diversify and evolve into the next generation. We are excited to have recently established an association with MAG Awards, a new supplier of designer plaques and artistic awards that are totally Canadian made and currently manufactured at a factory in Calgary. We are very proud to introduce our own exclusive line within the collection. Products are available in multiple sizes, colours and finishes which can easily be customized to suit your needs. Prices are market competitive and range from mid-economy to high end.

Please check out our newly developed website at www.challengetrophies.ca and always feel free to contact us via email at info@challengetrophies.ca (formerly ctaw@challengetrophies.com), by phone at 403-271-3001 or by dropping by the store for a visual display, conveniently located in Fairmount Place at the corner of Southland and Fairmount Dr. SE between the Royal Bank and the Italian Centre Shop.

Store hours are:
 9:00 am – 5:30 pm Monday – Friday
 Closed on weekends and holidays

Although we are more than willing to meet with you in person to discuss your requirements, we understand

that it is not always possible. Please bear with us as we continue to develop our website. Our ultimate goal is to simplify access while providing maximum information. Soon you should be able to check out our new special deals section which is currently under construction.

Challenge Trophies and Awards remains firmly committed to the same quality and service that has been a trademark of the business since its inception. We look forward to continuing the relationship with our current clients and hope to develop many more.

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

Are You Prepared for Financial Disasters?

Jason Kruse, Financial Advisor

It's not something anyone wants to think about, much less discuss: but the reality is that your financial strategy needs to protect the assets and lifestyle you've worked so hard to create. Here are some events that can have serious financial consequences, along with suggestions on preparing yourself:

Loss of employment – If you were to lose your job, your family might have to struggle financially to make it until you're employed again. To protect against this potential threat, try to build an emergency fund containing three to six months' worth of living expenses. That's a lot of money, of course, so it will be challenging to build such a fund – but try to contribute something each month to a liquid, low-risk account. Without such an emergency fund, you might be forced to cash out your retirement savings to pay for your living expenses during your period of unemployment.

Loss of health – If you become seriously ill or injured, you might be out of work for weeks or months. Your employer may offer you some type of disability insurance as an employee benefit, but it might not be sufficient. So you may also want to purchase an individual income replacement plan to cover as much of your after-tax income as possible. You'll have the flexibility to create a policy that is tailored to your needs, budget and overall financial goals. However, policies vary widely in cost and benefits, so you'll want to shop around for the coverage that best meets your needs. You may also want to consider critical illness insurance to help protect assets and provide cash to offset lost income by providing a lump sum payment in the event of a major illness.

Loss of life – Death may be an uncomfortable topic to discuss. However, if you were to pass away, it would be emotionally devastating to your loved ones – but it could also be financially catastrophic. Would your family still be able to pay the mortgage? Could your surviving spouse afford to send your kids to college or university? Without life insurance, your death could leave your family without the ability to cover financial obligations.





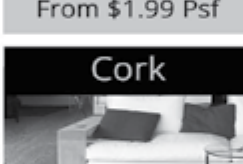
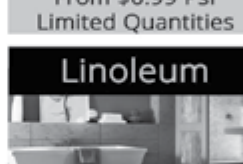
The exact amount you require depends on a variety of factors, such as your family's expenses, size of family, savings needs over time, and so on. Generally speaking, you can choose between two broad categories of insurance: term and permanent. Term insurance, as the name suggests, is designed for a specific number of years and only provides a death benefit to meet short term needs. Permanent insurance is in place for needs greater than 20 years. It provides coverage to meet all your permanent insurance needs such as funeral expenses, charitable requests, and legacy planning. A financial professional can help guide you through your options to determine which type is most appropriate for your needs.

Loss of property – If you own a home or car, you already have insurance, but it doesn't hurt check your policies annually to make sure they're appropriate to meet your needs. If you're under-covered, and had to pay out-of-pocket for some major damage, you might be forced to dip into your long-term investments. Building a "what-if" clause into your financial strategy can mean the difference between successfully moving on from life's unexpected events or being overwhelmed by them. Speak to your Edward Jones advisor today to start the discussion on helping you protect the future you are working hard to build.

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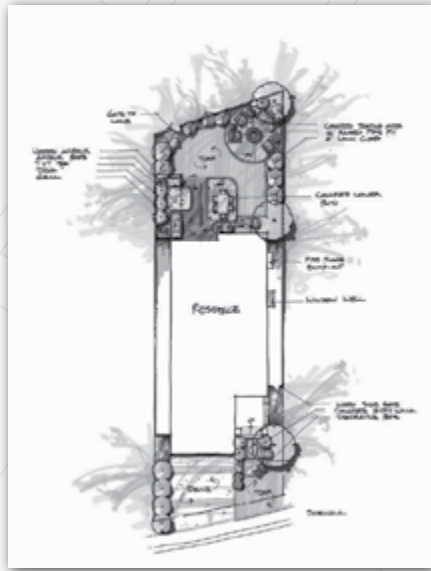
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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

This month our 3-year-old students will be learning about nursery rhymes and what lives in the sea. Our 4-year-old students will be learning about space. They will be going on the big yellow bus to the Telus Spark Science Centre where they will have a chance to use their natural curiosity and creativity to learn more about the world around them.

The students will be off for spring break on March 18th and we will welcome them back on March 29th.

We still have a few spots available in our classes for next year – please call for a tour of the school. Mapleridge Cooperative Preschool has so much to offer to your child. It has been designed to allow your children to develop and grow in a nurturing environment. Some of the curriculum includes structured and child-led activities, circle time, daily craft time and nutritional snacks just to name a few. We offer reasonable rates by operating as a cooperative and non-profit preschool. Our preschool is also non-denominational. A subsidy is available if required. If you would like more information about Mapleridge Preschool please contact us at 403-278-9594, mapleridgepreschool@hotmail.com, or visit our website at www.mapleridgepreschool.com.

Lenten activities underway at École St. Cecilia School

For our Lenten activity this year, our school community is supporting Habitat for Humanity through a variety of activities culminating in an Art Evening to raise funds. The Lenten period leads up to March 24 when students will celebrate the Stations of the Cross.

Our grade 5 and 6 students will enjoy skiing and snowboarding lessons in March at Winsport while our grade 2 students will visit the Glenbow Museum to learn about Calgary's history.

The activities will wind down for Spring Break which begins on March 24 at noon.

4 Keys

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

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

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The 2nd most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are **4 keys** to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

Golf is a game and like all other sports, having strong "fundamentals" are key to your success. These fundamentals are best learned and developed when you participate in a "swing training program" that teaches you golf specific drills **without** the distraction of also trying to hit a golf ball. This process, without the ball, both teaches you these important fundamentals but through repetition, also trains your brain and body to efficiently **perform** these key swing fundamentals.

Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "effective" motion that

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

The 3rd key is to set some realistic goals each year along with a well thought-out plan of attack to achieve them. Goal setting is vital as is developing a plan to attain them such as **practicing with purpose** and not just whacking balls at the range haphazardly like so many people do. Your goals and expectations should be commensurate with things like your athleticism, your time you have to devote to the game of golf, your commitment and dedication to this process, etc. Having goals/expectations that are too lofty along with no desire to practice is a recipe for failure.

The 4th key is to commit to some on-going monitoring and evaluation by a PGA Professional to ensure you are remaining on the right track. Depending on your progress, you may need to alter your goals, your plan or your level of commitment.

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

Good golfing!

IN & AROUND SCHOOLS

St. Boniface School

February was a great month at St. Boniface School. We celebrated winter activities by going to Canada Olympic Park as a whole school. Students experienced skating and snowboard lessons as well as many toured Canada's Sports Hall of Fame. It was a great day had by all!

As we prepare for the beginning of March we have been busy getting ready for progress reports and Parent/Teacher conferences scheduled on March 17th and 18th. During this time please stop by our Scholastic Book fair as it will be on all week.

As a school community we have been working towards our Lenten journey where we have made a renewed commitment to follow Christ's teachings with prayer and reconciliation at the heart of our journey. We are also continuing with our district them of "Walk Humbly with God" as we show love towards one another by doing random acts of kindness every day. We are looking forward to the end of March as we celebrate Holy Week with the Stations of the Cross liturgy and Easter break.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 12

St. Bonaventure School

St. Bonaventure enjoyed an exciting March with a number of happenings representative of the school maxim of spirituality, citizenship, and excellence.

The junior high band program had very productive workshops at Camp Evergreen. What a wonderful opportunity for our band students to continue to develop their musical gifts and talents! A special thanks to St. Bonaventure's band teacher and the parent volunteers. Your assistance was greatly appreciated! The band program also had an outstanding performance at the Kiwanis Music Festival. Additionally, the school's physical education program offered netball and dance. Students really enjoyed the activities!

St. Bonaventure's Spanish Bilingual Program "Open House Evening" was an overwhelming success due to the efforts of a number of dedicated teachers and students. The event was well attended as a number of perspective families looked to gain more information regarding the many programs that operate at St. Bonaventure.

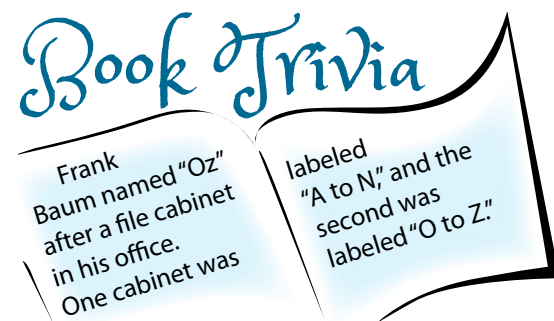
Spiritually, the annual Shrove Tuesday pancake breakfast along with our Ash Wednesday Celebration marked the beginning of the Lenten season. Many thanks to our parent volunteers who helped serve the students and to St. Bonaventure Parish for the liturgical celebration. Additionally, our Lenten drives have given the St. Bonaventure school community the chance to contribute towards an international charity.

Finally, St. Bonaventure's school council continues to contribute to the development of the school's learning commons to engage all students for success.

Important Dates:

March 17 and 18 - Parent Teacher Conferences

March 24 - Holy Thursday - Noon Dismissal for Easter Break



BLACKFOOT DISTRICT

Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders, Rangers and Trex will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

Blackfoot District held a super roller skating event at Lloyd's! Everyone enjoyed themselves with laps around the rink and dancing to the hokey-pokey!

The Spark units will be attending STEM (Science, Technology, Engineering & Math) Day, completing a Polar Challenge, have a visit from a GG music trainer and be sleeping over at Telus Spark.

The Brownie units went to Brownie Academy at Camp Jubilee, are having a movie night, visiting the library and learning about the weather and our feathered friends.

The Guides units will be busy with camping, snowshoeing, rock climbing and St. Patrick's Day celebrations and cookie selling in March.

The Pathfinders, Rangers and Trex units had a baking contest, are going bowling, cross country skiing, will be attending Calgary Area spring Pathfinder/Ranger camp and going to Alberta Girl's Parliament in Edmonton.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try?

If you have any questions regarding Guiding or registration please call Calgary Area Girl Guides at 403-283-8348 or email ggcinfo@calgarygirlguides.com.

Girl Greatness Starts Here!



IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

BRAIN GAMES SUDOKU

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

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies 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 a hot surface, or making contact with an electrical outlet. 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 any clean material to protect from 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;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.



Help Your Children Succeed in Life!

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

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

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

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

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



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Caring For Your Elderly Pet



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

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

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

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

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

excessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.



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

March at Trico Centre

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

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

Pool Refurbishment

After 33 years in operation, Trico Centre’s Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can’t wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

• More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

• Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

Older Adults

• Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit’n Fab, and our numer-

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

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

Families, Children & Youth

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

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

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Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (www.jchs.harvard.edu) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!



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

Suzanne Smith-Demers – Consultant

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

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

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

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

work due to an accident or illness?

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

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

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

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

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Who Is Responsible to Educate the Children?

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

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?



Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 4. Certain pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition

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~continued on page 22~

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
- **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. www.calgary.broadway.com
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

APRIL 8 TO 9 DANCE AT NIGHT:

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca



APRIL 10 TO 11 EXTREME PLANET WITH PHOTOGRAPHER CARSTEN PETER:

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APRIL 14 THE VIEW FROM BEHIND BARS - AN EVENING WITH PIPER KERMAN:

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Hello friends and neighbours!

On March 8, the next session of the Alberta Legislature begins and I am proud to continue representing the constituents of Calgary Acadia in Edmonton. In addition to being your representative I've been appointed as Associate Minister for Health. Part of my role will be to help implement the recommendations of the forthcoming mental health review. Mental health is something that touches us all. It's been estimated that one in five people will be affected by mental health issues during their lives. Allowing people to talk about it and providing supports to both those directly suffering and those around them is critical to creating a solution. I've also been asked to focus some time on primary care networks and fentanyl. Fentanyl has become one of the most dangerous street drugs in Alberta, and attention needs to be focused on its control. As always, I'm committed to continue working hard to meet your expectations.

No matter what other important issues our government is dealing with, the economy is always front of mind. Times are tough for so many in our communities and we are working to create stability and good mortgage-paying jobs. Our government has already created significant initiatives:

Petrochemicals Diversification Program: This program will support the development of new petrochemical and refining capabilities – creating jobs and keeping more of the wealth of our resources in the province.

Modernization of the Royalty Structure: Adoption of the recommendations of the Royalty Review Advisory Panel means that Alberta will continue to be a competitive jurisdiction for oil and gas development and more importantly provides certainty and direction for the energy industry so it can continue to invest and generate employment for Albertans.

The Canada-Alberta Job Grant and re-instating the Summer Temporary Employment Program: Both of

these initiatives help employers train and retain workers and provide valuable experience to employees just starting out, or in need of training to boost their careers.

While we know that economic prosperity and stability will not be achieved overnight, we will continue to work towards these goals. In difficult times it is more important than ever that we work together, and if history has proven anything, it has proven that people in Alberta and Calgary look after each other when it's needed.

We are excited to hear your ideas about our economy and our province. Our next Constituency Office Open House is on Saturday, March 12, 2016 between 1-4 pm. Please stop by the office to have a coffee, ask questions and join in the conversation. There is plenty to talk about!

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", feel free to contact us.



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 WR@great-news.ca.

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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
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COUNCILLOR, WARD 14 PETER DEMONG

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Hello Ward 14!

The transition from winter to spring brings out one of my favourite traits in the true Calgarian. The slightest reprieve from the harsh weather spurs a wave of activity in this beautiful City. The prohibitive weather seems to inspire a real respect for the ability to take an active role. It breeds appreciation for the chance to take part and be involved.

Citizens' View

We need to nurture and harness Calgarians' strong desire to be involved, which is why I am so happy to see the City of Calgary catching on with initiatives like Citizens' View.

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizens-view.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

Action Plan Check-in: Mid-Cycle Budget Adjustments

You may have seen a City bus at Deer Valley Shopping Centre when you were out and about during February. It is another example of how the City of Calgary is catching on with some great new initiatives. It was a perfect opportunity for Calgarians to get involved. Are you noticing a theme?

We developed the Action Plan in 2014 as the City's business plan and budget document for 2015 through 2018. It was based on one of the most robust public engagement efforts that I have seen in my time as a Councillor. Council tweaks the plan every November, but given economic events of the last year or so there is a clear need to revisit the plan in more depth for 2017-2018.

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/

check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

March Counciltalk

The February edition of Counciltalk was great. Thanks for coming if you were there. If not, the next is on March 19 at the Deer Park United Church (77 Deerpoint Road S.E.) from noon to 2 p.m. All the Counciltalks are listed at calgary.ca/counciltalk, and you can sign up to get reminders for all the Counciltalk dates at calgary.ca/ward-14connect.

ATCO Gas Fish Creek Provincial Park System Improvements

You may have heard about safety improvements being made to ATCO Gas' pipeline system or seen some work being done in Fish Creek Park. I won't go into too much detail because it is best that you get your information straight from the source, but pipeline construction will continue and is scheduled to the end of June. I encourage you to visit atcopipelines.com to learn about the project in detail.

Have a great March!

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