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ANNUAL ART SHOW AND SALE
SATURDAY, MARCH 25, 2017
DETAILS INSIDE**

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Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
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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
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Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
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South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
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Calgary Kerby Elder Abuse Line	403-705-3250
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Willowridge Community Hall

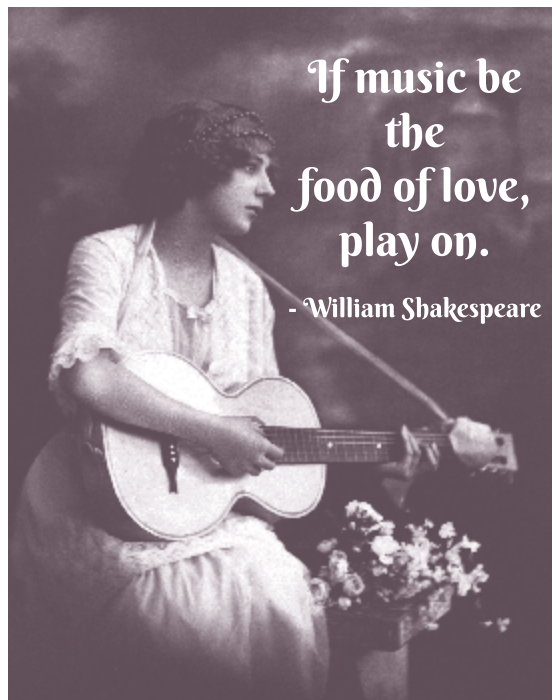
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INVESTORS SHOULD AVOID
"GREAT EXPECTATIONS"

Jason Kruse, Financial Advisor



Apart from death and taxes, few events in our world are consistently predictable – and investment returns are definitely not one of them. What can you, as an individual investor, do to cope with the ups and downs of the financial markets and make progress toward your long-term goals?

To begin with, you should be aware that the financial markets have fluctuated greatly – daily, monthly and yearly – over the past three decades. Overall, though, the financial markets trended upward, as measured by major indexes such as the TSX and the S & P 500. Of course, as you've no doubt heard, past performance can't guarantee future results.

What was responsible for this long upturn? Most experts cite several factors: sharp declines in inflation and interest rates, vastly improved worker productivity (largely brought on, for at least a few years, by more advanced and efficient information technology), growth in emerging markets and a long run of strong corporate profits.

Can a generally positive investment environment continue in the years ahead? As mentioned above, it's pretty hard to forecast the performance of the financial markets. And you can be fairly certain that the market volatility we've seen – those large price swings – will not disappear any time soon. So to help position yourself to better withstand these sharp movements, consider the following:

Modify your expectations. Don't count on high or even positive returns throughout all your years of investing. Try to "bake in" reasonable return expectations to your long-term investment strategy. A financial professional may be able to help you with this.

Don't make rash moves to "beat the market." If the market doesn't consistently yield double-digit returns, you might think that you need to take drastic actions, such as investing much more aggressively than your risk tolerance would normally allow. For example, you might be tempted to pursue some "hot" stocks that you heard about through a friend, co-worker, or one of the so-called experts on the cable television shows devoted to investing. But by the time you hear about these stocks, they may not be so "hot" anymore – and they may never have been so hot for you, given your individual needs, goals and risk tolerance. So, instead of ratcheting up the aggressiveness with which you invest, look for other

investment techniques to help yourself advance toward your financial objectives.

Boost your investments in your retirement plans. Contribute as much as you can afford to your RRSP, TFSA and other retirement accounts. The earlier you start, the more years you'll be giving your investments to potentially grow.

Be open to working longer. If you like your job, and you're prepared to be flexible, you could gain some key benefits by working just a few more years than you had planned. Specifically, you can keep contributing to your RRSP and TFSA.

Investing would be simple if you could always count on earning big returns. However, that's not the case. And if the markets are indeed going to be somewhat unpredictable, then you'll want to take a page out of the Boy Scouts' handbook and "be prepared."

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23

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

**NO TIME LIKE THE PRESENT
TO KEEP YOUR FUTURE
ON TRACK**

A portfolio review will help ensure your investments are keeping pace with your goals. Call or visit our office today.



Jason R Kruse, CFP, CIM
Financial Advisor
10417 Bonaventure Drive SE, Unit C3
Calgary, AB T2J 6Y2
403 225-0011
Member - Canadian Investor Protection Fund
jason.kruse@edwardjones.com
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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

We at Maple Ridge Cooperative Preschool will be holding our 2017/2018 Preschool Open House at the school on Thursday, February 2nd from 5:00 to 7:00 pm, and Saturday, February 4th from 10:00 am to noon. You will be able to meet our highly experience teacher Mrs. Marshall and explore the classroom with your child.

The fun will continue this month with Valentine's Day and Family Day approaching. Mapleridge Cooperative Preschool children will be learning about and celebrating friendship, love and family in the classroom. Students will celebrate Valentine's Day with in-class parties filled with cupids, crafts, and crunchy heart cookies! We will also be learning exciting facts about Bears.

If you would like more information about Mapleridge Preschool please contact us by phone at 403-278-9594, by email at info@mapleridgepreschool.com or visit the web site at www.mapleridgepreschool.com.

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February 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. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

Did You Know?

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- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered

class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.



Valentine's Trivia

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Guides Canada **BLACKFOOT DISTRICT**



The Brownie units will be working on Keys, sleeping over at Telus Spark & the zoo, celebrating Thinking Day through games, songs, dances and crafts from our sister Guiding countries.

The Guide units will be learning about the 4 World Guiding Centres by participating in activities from Mexico (Our Cabana), India (Sangam), Switzerland (Our Chalet) and England (Pax Lodge) in celebration of Thinking Day.

The Pathfinder & Ranger units will be winter camping, snowshoeing, making birthday boxes for the food bank and will be attending STEM Day at U of C.

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 contact

Calgary Area Girl Guides at 403-283-8348 or ggcinfo@calgarygirlguides.com.

Girl Greatness Starts Here



Happy Thinking Day!

2017 So what is this Thinking Day? World Thinking Day –February 22nd- is the joint birthday of Lord and Lady Baden-Powell the founders of Boy Scouts and Girl Guides. World Thinking Day gives Girl Guides and Girl Scouts the world over the chance to reflect and show camaraderie with their sisters in far flung places. Units will hold parties or special events in celebration of Thinking Day and raise funds for the CWFF (Canadian World Friendship Fund). These funds will go to WAGGGS (World Association of Girl Guides & Girl Scouts) for development of programs in other countries.

Blackfoot District will be hosting a bridging roller skating night at Lloyd's Recreation for all its members. This is an event sure to be filled with spins and thrills-can you do the Hokie-Pokie on roller skates?

The Spark units will be visiting the fire hall, celebrating Valentine's Day with cupcakes and cards, and learning about Guides from around the world.

ARISE
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We invite you to our 6 hour CORECourse Series
March 3-4, 2017 at 680 Acadia Dr SE

For more info & to register go to www.arisefc.org

www.arisefc.org 680 Acadia Dr SE (Willow Ridge Community Center) Sunday Service 10:15 am

Active Learning
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Plantar Fasciitis Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)

Maple Ridge



Real Estate Update

Last 12 Months Maple Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$850,000	\$771,800
November 2016	\$569,000	\$550,000
October 2016	\$499,900	\$487,500
September 2016	\$537,450	\$518,500
August 2016	\$0	\$0
July 2016	\$0	\$0
June 2016	\$557,450	\$520,000
May 2016	\$599,900	\$587,500
April 2016	\$564,900	\$551,250
March 2016	\$539,900	\$525,000
February 2016	\$619,839	\$595,000
January 2016	\$532,400	\$518,750

Last 12 Months Maple Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	1	1
November 2016	2	1
October 2016	3	1
September 2016	5	2
August 2016	2	0
July 2016	2	0
June 2016	1	2
May 2016	3	1
April 2016	3	4
March 2016	5	3
February 2016	5	3
January 2016	0	2

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

Willow Park



Real Estate Update

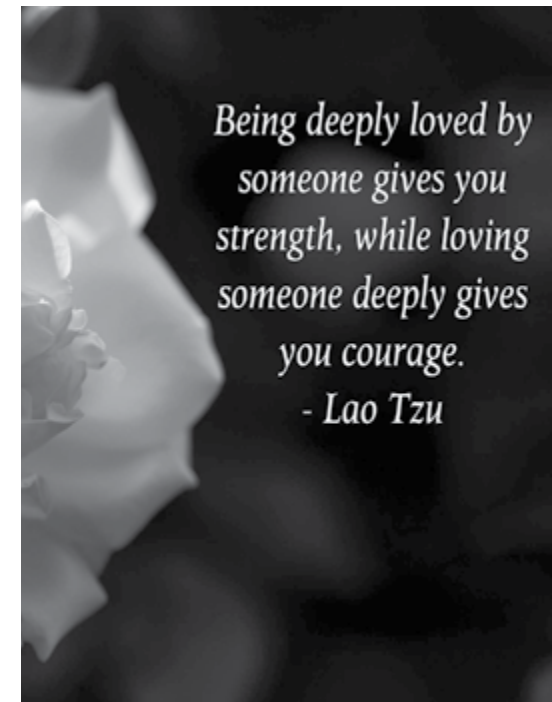
Last 12 Months Willow Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$744,950	\$713,389
November 2016	\$435,000	\$430,000
October 2016	\$482,400	\$457,500
September 2016	\$579,900	\$567,000
August 2016	\$574,900	\$580,500
July 2016	\$587,450	\$569,000
June 2016	\$459,000	\$439,000
May 2016	\$496,200	\$491,250
April 2016	\$694,000	\$667,250
March 2016	\$542,000	\$524,000
February 2016	\$599,700	\$580,000
January 2016	\$519,000	\$516,938

Last 12 Months Willow Park
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	2
November 2016	7	3
October 2016	7	8
September 2016	5	5
August 2016	7	6
July 2016	8	8
June 2016	8	5
May 2016	6	4
April 2016	7	2
March 2016	7	2
February 2016	7	8

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



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Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14 •
eaward14@calgary.ca or 403-268-1653

Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

Counciltalk

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at calgary.ca/ward14connect.

Ward 14 Community Calendar

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note

Finally, it is the month of love, and Valentine’s Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let’s not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!

BRAIN GAMES SUDOKU

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

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Hi friends and neighbours

You may have heard in the news that last month our Government banned door-to-door sales of household energy products at the beginning of the year.

I am really proud of this decision, which helps protect Albertans from misleading, high-pressure sales.

The Government had received more than 1,000 consumer complaints about energy products and services, including:

- Deliberate misrepresentations,
- Selling products they don't really need,
- Energy contracts not being cancelled upon request, and
- High-pressure tactics

Under these new rules, Alberta has banned door-to-door sales of:

- Furnaces
- Hot water tanks
- Natural gas and electricity contracts
- Air conditioners
- Windows
- Energy audits

Energy companies can continue to sell directly to Albertans, including telephone and online sales, kiosks, and advertising. Consumers are still able to invite salespeople to their homes if they choose, and at the customer's request.

Alberta's *Fair Trading Act* protects consumers from unfair business practices before, during, and after a consumer transaction. Anyone with concerns about door-to-door sales should:

- Call our consumer protection line at 1.877.427.4088, and
- Visit servicealberta.ca to learn more about their rights

Alberta's Utilities Consumer Advocate website offers tips on buying energy products; helps customer shop around by comparing utility rates online; and explains utility bills. UCAhelp.alberta.ca

Open House Saturday March 28th from 2-4pm. Chat with your neighbours and friends over coffee and a snack. Bring your questions and join the conversation.

As always, my staff and I are here to help and 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 at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

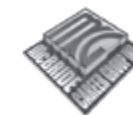
COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for
the next month's publication
Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.



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