

MARCH 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

**your** **WILLOW** **MAPLE**  
PARK ————— RIDGE

BRINGING WILLOW PARK AND MAPLE RIDGE RESIDENTS TOGETHER





Relieve financial stress  
Take control over finances  
Enjoy retirement!

**DO YOU QUALIFY FOR A REVERSE MORTGAGE?**

- PAY OFF DEBTS
- REPAIRS
- RENOVATIONS
- UNEXPECTED EXPENSES
- HELP CHILDREN/GRANDCHILDREN
- TRAVEL

*Age 55 or over  
Canadian home owner  
It's your primary residence*



Using a professional Mortgage Broker is 100% free



**CALVIN BUTTERWORTH**  
Mortgage Broker

403-483-4128  
403-249-5009 (FAX)

calvinbutterworth@yahoo.com  
calvinbutterworthmortgages.com

Call me today to learn how you  
can maximize your home equity  
and mortgage.



More Choice. Great Rate. No Charge.

**Recycle your  
Electronics**

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

Drive thru Service 7 days per week 10 AM-4 PM



**Currie Barracks**

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

**Market on Macleod**

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

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

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

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.

"We Care"  
**DEERFOOT**  
Carpet & Flooring

403-255-5880

Carpet Hardwood Tile Vinyl Laminate



[www.deerfootcarpet.com](http://www.deerfootcarpet.com) 6170 12th ST SE

## CALLING LOCAL PHOTOGRAPHERS

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

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

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



### YOUR WILLOW PARK/ MAPLE RIDGE

Delivered monthly to 4,200 households and businesses for 14 years!

#### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

#### Editorial Submissions

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

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

#### Published by Great News Publishing

Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing.*

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

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

## CONTENTS

8



8 THE F.L.C SENIORS' BRUSHSTROKES ART SHOW AND SALE

10



9 WHEN DO YOU NEED A FINANCIAL ADVISOR?

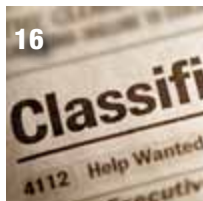
10 BABYSITTERS LIST

12



12 TRICO CENTRE PROGRAMS

16



16 BUSINESS CLASSIFIEDS

20 HAMSTERS, GERBILS, AND (THE BEST) GUINEA PIGS!

20



23 HELPING YOUR CHILD, BUT LETTING THEM LEAD

27 COUNCILLOR PETER DEMONG'S REPORT

23



29 MLA BRANDY PAYNE'S REPORT



## 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



**Councillor Peter Demong**  
**Ward 14 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-1653  
 Fax: 403-268-3823  
 Email: ward14@calgary.ca  
 Web: www.calgary.ca/ward14



**MLA Brandy Payne**  
**Calgary-Acadia**  
 #10, 8318 Fairmount Drive SE  
 Calgary, AB Canada T2H 0Y8  
 Phone: (403) 640-1363  
 Fax: (403) 640-2970  
 Email: calgary.acadia@assembly.ab.ca

## IMPORTANT NUMBERS

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

## Caring Requires an Investment of Time

At Doig Optometry, our Patient Care Priority helps us make sure your eyes are healthy, well coordinated and that your glasses and contact lenses work for you. That’s why our eye exams take a little longer than you may be used to. When you book your next eye exam at Doig Optometry, we’ll ask that you set aside about an hour for your examination. This will allow us time to explain the purpose of the tests, help you understand the questions we ask along the way, and of course, explain the results to you.

Hi, I’m Doctor Doig. After 20 years of practice, I’ve decided that faster is not necessarily better, especially when we’re making something as personal as your next set of glasses. Making them right is much more important to me than making them fast! Doig Optometry is located in Suite 102, 8180 MacLeod Trail, and you can find us on the internet at [www.doigoptometry.com](http://www.doigoptometry.com)



We are Accepting  
New Patients!

Call 403-333-3353 to  
book your next eye exam!

To welcome you to our new office, all new patients will receive a gift of \$25.00 that they can use in our office to purchase regularly priced eyeglasses or contact lenses. Call us for details!



**DOIG OPTOMETRY**  
 See Sharp, Look Sharp, Love your Glasses

cbe.ab.ca

Eugene Coste School  
Open House  
January 5, 2017,  
6:30 p.m.

invite



### Spanish Bilingual Kindergarten / Grade One Open House

Thank you for your interest in the International Spanish Academy at Eugene Coste School. If you are considering registering your child for our Spanish Bilingual Kindergarten Program or are new to Grade One for fall 2017 then the information below is for you:

The agenda will include the following:

- An overview of our Kindergarten – Grade One program
- Ideal qualities of students in Bilingual settings
- Overview of current research and outcomes of students in bilingual programs
- Similarities and differences between a bilingual program and an English only program
- Parent volunteer requirements and process
- What will happen on the first day of school
- What to send with your child to school
- Question and answer period
- This is an adult only parent information meeting

If you have questions regarding our Open House information please call us at 403-777-8511.

Liana Appelt  
Principal



## THE F.L.C SENIORS' BRUSHSTROKES ART SHOW AND SALE

### Brushstrokes

24th Annual Art Show and Sale

Saturday, March 25, 2017

10:00 a.m. to 3:00 p.m.

Willowridge Community Hall

680 Acadia Drive S.E.

Cash or Cheques only please  
Raffle of an original framed painting  
Refreshments

The artists of the F.L.C. Seniors invite you to an exhibition & sale of their original art works at very reasonable prices.

### 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](mailto:WR@great-news.ca)

# When Do You Need a Financial Advisor?

by Jason Kruse, Financial Advisor

Are you a “do-it-yourselfer”? If you can take care of home repairs, lawn work and other types of maintenance by yourself, you’ll save money and probably gain satisfaction. But you will almost certainly need some help in other areas of your life – one of which may be investing.

In fact, you could benefit from the services of a professional financial advisor at several points in your life:

*When you’re starting out in your career* – When you land your first “career-type” job, you will have some financial decisions to make: Should I participate in my employer’s group retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.

*When you’re saving for important goals* – Whether you’re saving for a down payment on your first home, or for your children’s post-secondary education, or for your own comfortable retirement, you’ll face many choices. A financial advisor – someone with experience in helping people work toward these goals – can assist you in making the choices most appropriate for your individual situation.

*When you’re experiencing a personal “milestone”* – Like everyone, you’ll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component – establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands you and your needs can help you make appropriate moves for all your milestones.

*When you’re close to retirement* – As you near retirement, you’ll have several issues to consider: About how much income will you need each year? How much can you afford to withdraw annually from your retirement account? A financial advisor has the tools, training and experience to explore alternatives and suggest suitable moves for you.

*When you’re retired* – Even after you retire, you’ve got plenty to think about, in terms of financial moves. For

one thing, you need to ensure that your investment portfolio provides you with both sufficient *income* for your desired lifestyle and adequate *growth* potential to help you stay ahead of inflation. What’s the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you’re retired, you just won’t get a lot of “do-overs,” so getting the right help is important.

If you’re a do-it-yourselfer, you may not get it right each and every time. But you won’t pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it’s time to call in a professional – and that’s whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

## 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](mailto:jason.kruse@edwardjones.com)  
[www.edwardjones.com](http://www.edwardjones.com)

**Edward Jones**  
MAKING SENSE OF INVESTING



Name	Age	Contact	Course
Alissa	16	403-542-6142	Yes
Alysha	13	403-254-8539	Yes
Kaley	16	587-998-2190	Yes
Mackenzie	15	403-452-6992	Yes
Rachael	41	403-701-2647	No

**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).

## IN & AROUND SCHOOLS

### Mapleridge Cooperative Preschool

This month our students will be exploring units on our 5 senses and Space. The 4-year-old classes will be going 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 27<sup>th</sup> and we will welcome them back on April 3<sup>rd</sup>.



# Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

#### How do your thoughts and feelings affect your health?

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 29



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

- Oscar Wilde



### For all your Mechanical Room needs:

- ✓ Furnaces
- ✓ Air Conditioners
- ✓ Water Softeners
- ✓ Hot Water
- ✓ Humidifiers
- ✓ Air Purification

Contact your local Mechanical Specialist today!

Brian Hughes,  
area resident for 26 years



**Trail Appliances**  
*Appliances and more!*  
[www.trail-appliances.com](http://www.trail-appliances.com)

Call Brian for a  
**FREE** In-Home Estimate!  
403.861.4949

### March at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Recession Busters

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

### Spring/Summer Program Guide

Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs fro 12 months to 14 years.

### Register for Spring/Summer Programs

## PLUMBER

**PLUMBOB** For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490



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

### Adults/Older Adults

Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

### Families

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

### Children & Youth

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

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

## HOME GARDENING WITH BARBARA



# The Bad and Noxious Guys

Barbara Shorrock

There are weeds and then there are noxious and invasive species. The latter are seriously bad for the environment, taking over and crowding out native plants that belong here and provide benefit to other flora and fauna.

**Leafy Spurge** (*Euphorbia esula*) is native to Europe and Asia. It found its way to North America in the early 1800's and was first reported in Alberta in 1933. It is an aggressive invader and, once present, can completely overtake large areas of open land. It displaces native vegetation in prairie habitats by usurping available water and nutrients and through plant toxins that prevent the growth of other plants near it. The stems contain a white sap that is toxic to most livestock and is a serious irritant to human skin. Goats are unaffected by the sap and graze on the young plants without ill effect, but will only eat them in the spring when they are fresh and succulent. Sheep have also been used along with herbicides and flea beetles, to fight it. The small light green flowers produce massive amounts of seed, which explode from the seed pod and travel as far as 6 meters. In addition, the root system is deep and very efficient in producing new plants as it creeps extensively underground.

**Scentless Chamomile** (*Matricaria maritima*) is a member of the Aster family, having single, white, daisy-like flowers with yellow centers at the ends of each branched stem. It produces rapidly by seed, with a single plant producing up to 1 million seeds that are mature as soon as the flower forms. Seeds remain viable for up to 15 years in the soil and are readily dispersed by wind or water, on equipment and vehicles, or as a contaminant in soil, fill material, crop seed, and animal

feed. Seeds can float on water for up to 12 hours and new infestations are often found around watercourses. Not eaten by livestock, dense stands of scentless chamomile can reduce crop yields in hay fields, pastures, and other cultivated crops. Like many of our invasive species, it originated in Europe, and has no natural enemies here, except for man, who has found chemicals to control it. We are not terribly fond of herbicides in our parks, however, and mechanical and manual removal is our best line of defense.

**Purple Loosestrife** (*Lythrum salicaria*) has had a lot of press in recent years, as Alberta works hard to keep this species with no natural enemies under control. Native to Europe and Asia, Purple Loosestrife was likely introduced when its seeds were included in soil used as ballast in European sailing ships. The plant was also spread by early settlers and is still used in flower gardens and occasionally sold in nurseries today. The plant forms dense stands with thick mats of roots that invade and destroy wetlands, spreading over large areas, degrading habitat for native birds, insects, and other species. By crowding out native plants it reduces biodiversity. If you have *Lythrum* in your garden, you should consider replacing it with something less noxious. To dispose of Purple Loosestrife, put the plants in plastic bags, seal them, and put the bags in the garbage. Do not put them in the compost or discard them in natural areas. Discarded flowers can still produce seeds.

*Barbara Shorrock is a writer, reader, traveler, retired realtor, ESL teacher, Spanish student and brand new great-grandmother! She can be found most first Wednesdays at the Queensland Garden Club, which welcomes all gardeners, experienced and new. We don't care where you live.*



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil



## GOT A PLAN?

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282  
www.jacksonandjacksonlandscaping.ca

**Footloose Photography**  
BY SHERI

**MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY**

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

Best Price, Service & Warranty

## MARS BLINDS & SHUTTERS



4519 - 1st Street SE  
email: mblinds@telus.net

**50% OFF**  
Hi Lites

**75% OFF**  
2" horizontal wood/fauxwood  
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

**403-531-1500**

PRESENT THIS COUPON FOR AN EXTRA 5% OFF



# Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

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

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

## OVERVIEW

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

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

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

## KNOW YOUR LIMITS

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

## INVEST SMART

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

## INVEST REGULARLY

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

## CONSIDER THE BENEFITS OF BORROWING

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

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



**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Willow Park and Maple Ridge. 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 Willow Park | Maple Ridge 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.

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

**ARTWOOD FLOORS:** We supply, install, sand, stain, and finish site and pre-finished hardwood floors. 20 years of experience. Dustless sanding, commercial grade finishes and quality workmanship at competitive prices. For a free estimate call 403-251-9980 or visit our website at www.artwoodfloors.ca.

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

**RENOVATIONS - DECKS, GARAGES, 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 to view some of our completed projects, then call 403-612-8220 for a free consultation.

**BUILT BY EDDY CONTRACTING:** Experienced, affordable, local. We live in Parkland so we know the sense of pride you have in your home and community. We work with you to ensure your renovation concept becomes reality within your budget and time frame. Fall in love with your home again. 403-804-0277 builtbyeddy@gmail.com.

**FOR ALL YOUR DRYWALL RENOVATION NEEDS:** Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-248-6281. Cell: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

**CAN DO SERVICES LTD** Office/residential cleaning. Fully insured, WCB and bonded. We're a new company that would appreciate your business. Any realtors needing cleaning for move ins/outs, open houses and display homes. Call or email today for a walk through estimate for your one-time, weekly or monthly rates. 403-585-4291, candoservicesltd@gmail.com.

**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.

**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, 403-269-2707.

**CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

**E.G.K. GENERAL CONTRACTING:** Renovations / developments, drywalling, taping, texturing, tile work, painting, t-bar ceilings, carpentry, flooring, window and door replacements, plumbing and electrical, all handyman services and more! Serving Calgary and area for over 30 years! WCB and BBB accredited. Licensed and insured. Contact Erich at 403-606-2493, or email egkgencon@gmail.com.

**HOME & HAPPY:** On-call safety and maintenance service to assist seniors to stay in their homes longer. Regular preventative visit every three months. Other services arranged as needed (e.g. house watch, snow shovelling, minor repairs). Police clearance check available. Call Glen at 403-650-6766 to stay "Home & Happy".

**MOUNTAIN SHADOW LANDSCAPING:** Locally owned and operated landscaping company. Booking now for weekly lawn maintenance services. Spring clean-ups. Free estimates. Call Kyle 403-991-2821.

**RENOVATION/DEVELOPMENT:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

**INCOME TAX TIME IS COMING, BE PREPARED:** Professional CPA with more than twenty years' experience in personal and corporate tax services. I prepare financial statements, T4, T5, and GST returns. Payroll and bookkeeping services are also available. Call Janice at 403-617-8956 or email jawilcpa@telus.net for a free consultation.

**K2 BOOKKEEPING:** 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.

**TIRED OF HAVING PILES OF PAPER AND LOOKING FOR FILES?** We can take care of all your filing needs. We organize and maintain your files whenever you need us. Contact Maureen by phone at 403-640-9750 or e-mail us at wefileforyou@gmail.com.

**SUMMIT PLUMBING AND HEATING:** Renovations and installations. Specializing in residential service, including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.



## 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

**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.



**Happy March, everyone!**

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

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

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

Happy spring everyone!

## Gardening by the phases of the moon

**March 5 First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

**March 12 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

**March 20 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

**March 27 New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

RBC Dominion Securities Inc.

## How much are you paying for financial advice?

**To get the value you deserve for your fees, you need to ask the big questions.**

- Do I know exactly what I pay for investment guidance?
- Am I getting good value?
- Do I have access to estate and tax planning experts?

If you answered "no" even once, contact me for a complimentary second opinion on your portfolio.

**Lisa Fernandes, PFP | Wealth Advisor**  
403-266-9631 | [lisa.fernandes@rbc.com](mailto:lisa.fernandes@rbc.com)

**Wealth Management Dominion Securities**

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2017. All rights reserved. 17\_90717\_RB2\_003

**MARCH 25 & 26, 2017**  
BMO Centre Stampede Park

**calgary baby & tot show**  
For bump, baby and beyond

**Saturday: 9:30am-5:30pm**  
**Sunday: 11am-5pm**

- Over 100 Exhibitors
- Non-stop Entertainment
- Educational Seminars
- New & Exciting Products
- Free Swag & Samples

**Petting Farm** **KidPLAY zones**

**Diaper Derby** **OVER \$1000 in prizes to be won!**

**Special Appearances & more!**

**www.CalgaryBabyShow.com**  
Discount tickets available online and at participating CO-OP



## Hamsters, Gerbils, and (the best) Guinea Pigs!

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

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

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

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

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

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

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

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

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



Guides Canada

# BLACKFOOT DISTRICT

### Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders & Rangers will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighborhood 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 "Canada 150" challenge, have a visit from a GG music trainer and be visiting a vet.

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

The Pathfinder & Ranger 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 [gginfo@calgarygirlguides.com](mailto:gginfo@calgarygirlguides.com).

**Girl Greatness Starts Here!**



**BYARD Busters LANDSCAPING** INSURED LICENSED WCB

**WEEKLY LAWN CARE & YARD CLEAN-UP**  
 Aeration • Power-rake • Leaf clean-up • Gardening  
 Cut & Trim • Fertilizer • Window & Gutter Cleaning

**LANDSCAPE CONSTRUCTION**  
 Stone Patios • Retaining Walls • Yard Renovations  
 Decks • Fences • Sod • Trees • Painting & Staining

**403.265.4769** [YARDBUSTERSLANDSCAPING.COM](http://YARDBUSTERSLANDSCAPING.COM)

# There IS a Better Option

Ask Us About Implant Retained Dentures



[www.deervalleydentalcare.com/implant-dentures](http://www.deervalleydentalcare.com/implant-dentures)  
**403-DENTIST (403-336-8478)**

# CALGARY woman's show

**APRIL 8 & 9, 2017**  
BMO CENTRE, STAMPEDE PARK

**OVER 300 EXHIBITS / SAMPLES / FREE SWAG  
FASHION SHOWS / NON-STOP ENTERTAINMENT  
FASHION, BEAUTY & BOUTIQUE SHOPPING  
& MORE!**

[calgarywomansshow.com](http://calgarywomansshow.com)



"PHYLLIS SUMMERS"



"BILLY ABBOTT"

*Sunday Only!*

**CFW Radiology**  
Specialists In Diagnostic Imaging  
ENTERTAINMENT STAGE

**FASHION TO THE RESCUE**  
Presented by VetsToGo

**WINE Garden**

**ENTER TO WIN!  
\$500 SHOPPING SPREE!**

# Helping Your Child, but Letting Them Lead

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

*By Doug N Horner, Alberta Health Services*



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

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

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

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

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

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

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

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

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

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

## IN & AROUND CALGARY



### Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) for group locations and times or contact Debra Colley at 403-444-1752 or [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com).

# Maple Ridge

## Real Estate Update

Last 12 Months Maple Ridge  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$497,450	\$471,500
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

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

	No. New Properties	No. Properties Sold
January 2017	4	2
December 2016	1	1
November 2016	2	1
October 2016	3	1
September 2016	4	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

To view more detailed information that comprise the above  
MLS averages please visit [maple\\_ridge.great-news.ca](http://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
January 2017	\$649,900.00	\$637,000.00
December 2016	\$744,950.00	\$713,388.50
November 2016	\$435,000.00	\$430,000.00
October 2016	\$482,400.00	\$457,500.00
September 2016	\$579,900.00	\$567,000.00
August 2016	\$574,900.00	\$580,500.00
July 2016	\$587,450.00	\$569,000.00
June 2016	\$459,000.00	\$439,000.00
May 2016	\$496,200.00	\$491,250.00
April 2016	\$694,000.00	\$667,250.00
March 2016	\$542,000.00	\$524,000.00
February 2016	\$599,700.00	\$580,000.00

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

	No. New Properties	No. Properties Sold
January 2017	13	5
December 2016	3	2
November 2016	6	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](http://willow_park.great-news.ca)

## IN & AROUND SCHOOLS

### St. Bonaventure

With the beginning of winter behind us and the Lenten season upon us, St. Bonaventure celebrated Shrove Tuesday with pancakes for all the staff and students. Our school community is always invited to join us on our spiritual journey beginning with Ash Wednesday and participating in the Stations of the Cross prior to Easter.

Academics goes beyond the classroom. Teachers have had the opportunity to develop themselves professionally through two recent professional days and the annual teachers' convention. Students have also experienced some extracurricular opportunities through such activities as Junior Achievement, guest speakers and a guest dance teacher in PE class.

Athletically, the basketball season has been in full swing with the playoff run ending with city finals at the beginning of March. Good luck to both our senior teams as they pursue 'March madness'. A group of dedicated dancers is preparing to take part in the district's Danceworks evening at the beginning of April. Danceworks is a celebration of all that is fun about dance and movement. We would encourage you to get active with your families by enjoying basketball (#126) and dancing (#78), two of the PartipACTION 150 Play List.



#### Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit [worldofideas.ca](http://worldofideas.ca) for details.

#### Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library  
March 21 | 7:00 pm

#### Download and Enjoy:

Music, Magazines, and Film  
Want to download or stream free music, magazines, and films from the Library, but not sure where to begin? Learn how to access our ever-growing collection on your device using Zinio, Hoopla, Flipster, and Freegal.

To register, visit [calgarylibrary.ca](http://calgarylibrary.ca).

#### Free Online Courses

Learn online with [Lynda.com](http://Lynda.com), an on-demand online learning service with 4000+ videos, featuring technology, design, professional development courses, music lessons and more—all for FREE with your Library card!



Macaroni and cheese is the most purchased packaged item in our country.

Say goodbye to **PAIN**



and start **LIVING** again!

Safe and effective, Cold Laser (Low-level Light) Therapy provides the body with energy in the form of non-thermal light photons. The light penetrates the soft tissue and restores normal cell functions, enhancing the healing process.

Some of the benefits include pain reduction, acceleration of tissue repair and inflammation reduction.

- > ARTHRITIS
- > BACK & NECK PAIN
- > CARPAL TUNNEL
- > ELBOW, KNEE & ANKLE PAIN
- > HEEL SPURS
- > HERNIATED DISCS
- > PULLED MUSCLES
- > SCIATICA
- > WHIPLASH
- > AND MUCH MORE...

Call now for your free assessment (regular \$75)  
Ph. 403.452.0233 • [www.AlbertaLaserRehab.ca](http://www.AlbertaLaserRehab.ca)



Councillor, Ward 14  
**Peter Demong**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eward14@calgary.ca](mailto:eward14@calgary.ca) or  
403-268-1653

Happy March Ward 14!

Spring is just around the corner, and I assume for most of us it is a welcome change. There is a lot going on this spring, so I am going to spend this month's edition of my column gearing up for the new season.

#### Ward 14 Traffic Safety Meeting

May 4 from 5:30 p.m. to 8 p.m. is a date you should save, especially if you are interested in traffic safety. City administration, the Calgary Police Service (CPS), and I will be at the Mid-Sun Community Centre to talk with you about what we can do to improve traffic safety in Ward 14. Both City Administration and CPS will be using this to inform their decision-making, so I encourage you to come. Stay tuned for more details next month.

#### Street sweeping primer

Okay, I admit this is pretty early to start talking about street sweeping. But this is Calgary, and you never know what weather you will get. In fact, last year we got a very early start on street sweeping. You can just never be too sure.

The main point I want to make is to keep an eye on the website [calgary.ca/sweep](http://calgary.ca/sweep) over the next couple of months. That is where you will find details about the City's spring cleaning program. If we are all aware of what is going on, and take a few easy steps to make the process go smoothly, we can save everybody a lot of time and money.

#### Civic census & voter registration online starting April 1

Keep an eye on your mailbox during late March. You will be receiving your access code. It will allow you to complete the census and your voter registration online. They will both be accessible online on April 1.

The data that the City receives from the census is indispensable for decision-making, and the benefits of pre-registering to vote are obvious. But there is another very good reason to fill-out your census, and register to vote online: it saves taxpayers money! I hope you give online registration a try this year. Those types of advancements really help to cut costs and streamline processes. But whether you do them online or in person, the important part is to make sure you perform these two essential civic duties!

#### March Counciltalk

Counciltalk keeps rolling along! The discussions continue to be great. This month Counciltalk will be at the Southview United Church in Walden located at 202000 Walden Blvd S.E. I will be there on Saturday, March 18 from noon to 2 p.m. You can visit [calgary.ca/counciltalk](http://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](http://calgary.ca/ward14connect).

Thanks for reading. Feel free to contact me anytime!

FREE  
at  
Your  
Community  
Library

GREAT  
GREATS  
for 2017



READ  
#read150



CALGARY CAREER AND  
EMPLOYMENT CENTRE  
(CCEC)

NO COST services designed to assist you  
identify the steps required to achieve your  
employment and career goals

- ✓ Career Coaching
- ✓ Job Search
- ✓ Resumes and Cover Letters
- ✓ Interview Techniques
- ✓ Computer One-On-One
- ✓ Resource Centre
- ✓ Webinars
- ✓ Weekly Career Café
- ✓ Employer Services

403-668-5445

Southcentre Executive Tower  
350, 11012 Macleod Trail S.E.  
Calgary, AB T2J 6A5  
[www.mcbridecareergroup.com](http://www.mcbridecareergroup.com)





## Jesus is still healing the sick.

He said "lay hands on the sick and they will recover." Recovery is God's will and plan for you. If you want to be healed we are praying for the sick Sunday mornings.

## Dressed for Success

New Series

Being clothed in the *Armor of Light* and what that means to you and your children.

We invite you to join us Sunday mornings

Jeff and Audrey Loewen



We are continuing our series **DRESSED FOR SUCCESS** from February and learning how to rise above the darkness and fear of this world and to enjoy the freedom and protection of the light of life.

We invite you to our **Easter Resurrection Sunday Service**

April 16, 2017 at 680 Acadia Dr SE

Visit us at [www.arisefc.org](http://www.arisefc.org)

[www.arisefc.org](http://www.arisefc.org)

680 Acadia Dr SE (Willow Ridge Community Center)

Sunday Service  
10:15 am

## ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

[www.academydenture.com](http://www.academydenture.com)

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall

Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



MLA Calgary - Acadia  
**Brandy Payne**

#10, 8318 Fairmount Drive SE  
Calgary, AB, Canada T2H 0Y8  
Phone: (403) 640-1363; Fax: (403) 640-2970  
[calgary.acadia@assembly.ab.ca](mailto:calgary.acadia@assembly.ab.ca)

Hello Neighbours!

March is here and your government is working hard to support Alberta families. We know that job creation and job security are the most pressing concerns right now - you want to know that you will be able to build and maintain a happy and stable life for yourself and your family. Your government is focused on job creation and building a brighter future for all Albertans.

Alberta has been and will continue to be an oil and gas province, with our energy sector being a main source of income for many Albertans. In order to revive our oil and gas economy, after the global drop in the price of oil, we needed to break through Alberta's land lock so that we can sell our oil around the world. Through our government's hard work with other provinces, and a focus on both environment and the economy, our Oil and Gas industry now has approval for three new pipelines. This is excellent news for Alberta. These pipelines mean more work for our Energy industry, and will help bolster jobs in other sectors.

If you are looking for resources to find employment, please visit [www.alis.alberta.ca](http://www.alis.alberta.ca), this website has information to help with your career path - please contact my office if you have any questions.

If you are considering a career change, or if your kids are approaching college or university age, we know that the financial pressures of increasing tuition fees can be a real concern for families. That is why we've frozen tuition fees for the last two years, and are working with post-secondary institutions to find ways to keep university and college affordable for Alberta families like yours. We're currently reviewing the overall funding model for colleges and universities, and would love to hear your input - visit [www.tuitionreview.alberta.ca](http://www.tuitionreview.alberta.ca) to share your thoughts and ideas.

In order to support our economy, high-quality and affordable child-care must be more widely available to Alberta families. This is why we've launched a new Child-Care Pilot program, which will create 1,000 new child-care spaces with 230 new child-care jobs. The program will focus on addressing gaps in the existing system, including

flexible schedules for parents doing shift work, support for children with diverse needs, and easy-to-access location - all within a \$25/day fee and with a focus on early childhood development. The pilot locations will be announced in mid-2017, and we will use these new spaces as a model for other programs over the coming years.

If you have questions about these initiatives or anything else our government is doing, I would welcome you to join us during the upcoming Office Open House on Saturday, March 18th 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. You can reach us by email at [Calgary.Acadia@assembly.ab.ca](mailto:Calgary.Acadia@assembly.ab.ca), by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

## BRAIN GAMES SUDOKU

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



**NIKO ROOFING**

**ROOFING-SIDING | EAVESTROUGHING  
SOFFIT-FASCIA**


 WCB-Licensed-Insured  
 Insurance Claims  
**FREE ESTIMATES**


 403-861-7067 Constantin  
 403-831-1331 Vlad  
 [nikoroofing.com](http://nikoroofing.com)  
 [nikoroofing@yahoo.ca](mailto:nikoroofing@yahoo.ca)

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.


**RBC Wealth Management**  
 Dominion Securities

There's Wealth in Our Approach.™


RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC, Dominion Securities Inc. 2015. All rights reserved. 15.03019.000.011

# WILLOWSIDE DENTAL

## Dr. Jeff Seckinger & Associates

GENERAL DENTISTS

**Open Now! Accepting Calls for Appointments**



**Don't let your dental insurance expire this year. Call now! Appointments still available.**

**Electric Toothbrush and Teeth Whitening included with dental cleaning!**

- Open Evenings & Saturdays
- Emergencies Welcome
- White Fillings • Braces • Invisalign™
- Same Day Service for Toothaches


**WE DIRECT BILL YOUR INSURANCE**

Dr. Jeff Seckinger has been practicing dentistry for 13 years in Calgary and is excited to announce his new location in Willow Park / Acadia / Maple Ridge area.

**403-455-3220**  
[willowsidedental@outlook.com](mailto:willowsidedental@outlook.com)

**580 Acadia Dr. SE**  
 Right beside the 7-11

**OPEN EVENINGS AND WEEKENDS FOR YOUR CONVENIENCE!**




**CLIMB FOR WILDERNESS**

**SATURDAY, APRIL 22, 2017  
THE BOW BUILDING**

**CLIMB 1188 STAIRS**

SUPPORTING THE  
**ALBERTA WILDERNESS ASSOCIATION**



[climbforwilderness.ca](http://climbforwilderness.ca)





# KidneyMarch

**September 8 – 10, 2017**  
**3 Unbelievable Days • 100 KM**  
**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23  
**kidneymarch.ca**  
**1.866.956.2724**