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South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

New this Spring 2017: South Health Campus YMCA Sports Court

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use:

For more information call the South Health Campus YMCA at 403-956-3900

Emotional Well Being Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

HeartMath

May 25 6:00-8:30pm

Mindfulness Practice Sessions

May 25 6:30-7:45pm

Understanding the Experience of Grief

May 29 6:00-8:00pm

Employment & Financial Management Skills

Resume Writing

2-part series begins May 6 9:00am-4:00pm

Assured Income for the Severely Handicapped (AISH) Workshop

May 18 11:00am-12:30pm

Health Management Sleep Well Tonight – Improving Sleep

May 16 6:30-8:30pm

Blood Pressure Basics

May 30 1:00-3:00 pm

Eating Well with Fatty Liver Disease

May 24 9:00-11:30am

Living Well on Prednisone:

Nutrition & Side Effects
May 30 10:00am-12:00pm

Caregiver Support

Family Peer Support Program
May 2, 16 & 30 5:45-8:00pm

Parents/Parents to Be Feeding Your Baby

May 11 10:00am-12:00pm

Nutrition for New Moms

May 17 10:00am-12:00pm

Story Time & Play Date

May 19 or 26 10:00-11:30am

Healthy Eating for Pregnancy

May 29 6:30-8:00pm

**Food, Nutrition & Cooking
Energizing and Healing Foods for
your Gluten-free Diet: (Note \$Fees
apply)**

May 4 5:30-7:00pm

I Know I Should Eat Healthy, But How?

May 20 9:00-11:30am

Eating Well for Good Health (2-part series)

May 8 & 15 5:30-7:30 pm

Edible Container Gardening: (Note \$Fees apply)

May 10 6:00-7:00pm

Managing Emotional Eating (3 - 2.5hr. sessions)

May 11, 18, & 25 1:00-3:30pm

The Truth about What Works in Weight Management

May 20 1:00-3:30pm

Eating Away from Home during Special Occasions


May 24 1:00-3:30pm

Healthy Cooking: Basics and Techniques (Hands-on)

May 24 5:00-7:00pm

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

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



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 Calgary, AB Canada T2H 0Y8
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 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	

Teach Your Children Well ... About Finances and Investing

by Wendy Makarchuk, Senior Branch Office Administrator

High debt levels ... lack of savings ... the inability to budget – these problems all have several causes, but one of them is almost certainly financial illiteracy. Too many of us just never developed the money management skills necessary to cope with our complicated – and expensive – world. But if you have young children, you can teach them some money-smart lessons – and who knows? You could use the opportunity to give yourself a few valuable reminders, too.

Here are some suggestions for a financial “curriculum”:

- Save for a goal. In our highly-commercialized culture, it’s almost inevitable that your children will eventually become somewhat acquisitive. Obviously, it’s important to teach them that they can’t have everything – and they certainly can’t have everything right now. So, once they are old enough to receive an allowance or to earn money in some fashion, encourage them to set a goal for something they want, such as a toy or video game, and to put money aside every week for that goal. It’s also an excellent idea to model this behaviour yourself. So, if you are considering making a major purchase in the not-too-distant future, such as a car, show your children how you are setting aside money regularly for this purpose, rather than borrowing as much as you can or putting the entire purchase on a credit card.
- Establish a budget. It can be challenging to create a household budget and just as difficult to stick to it – but for most people, it’s worth the effort. You’ll be doing your children a favour by showing them how you have a certain amount of income and where it goes – mortgage, utilities, groceries, retirement accounts, etc. – each month. Explain to your kids that by staying within your budget, you can help avoid problems such as debt and extra fees tacked onto bills for late payments. You might also want to point out that, as your income rises, you can gain greater flexibility in budgeting. Here’s the key point: Living within your means pays off in the long run.
- Have fun with investing. It might surprise you, but even young children enjoy learning about the investment process, especially if you explain to them that they can be an owner of a company that makes a product or service they like. You might want to pick such a company

and, along with your child, chart its course over time. You could give your child a pretend \$100 bill to “invest” in this company and then see how its value changes, explaining along the way that various factors – such as the popularity of the company’s products, the skill of its managers, and so on – will affect the stock’s price. At some point, you may even wish to purchase real stocks for your child and place them within a custodial account. And you might also want to show your child how your own stocks and other investments are performing. The investment world can be fascinating, and by sharing your enthusiasm for it with your children, you can encourage them to invest throughout their lives.

Knowledge is power. And the more knowledge about finances and investing that you can impart to your children now, the more empowered they will be to make smart financial moves in the future.

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
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MAKING SENSE OF INVESTING





PHOTO GALLERY

Photo Credit: Photos by
Brienne Bull

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Message from the Calgary Board of Education Board of Trustees

Provincial Budget Announcement

We received the provincial budget on March 16 and are pleased that the Province continues to prioritize public education.

We are the largest school board in the province, representing about one-sixth of all Alberta students. Next year alone, we will welcome over 2,000 new students into our classrooms, bringing our enrolment to over 121,000 students. Each of our students deserves the high quality education that Calgary families have come to expect.

This government has stated it wants to protect and improve public education. Providing funding for each and every child is the responsibility of the provincial government. Even with funding for enrolment growth, we will still have a gap between the amount we receive, and the amount necessary to maintain current educational service levels for our students. Therefore, we are worried that government funding may not be able to protect and improve public education.

We are committed to working with the provincial government and our staff and parents to continue to make decisions based

on our values; students come first, learning is our central purpose and public education serves the common good.

We support the government's intention to make life more affordable for all families with the introduction of Bill 1: An Act to Reduce School Fees. We also have some concerns about this. Our initial analysis indicates that about one in four students who currently ride a yellow school bus will benefit from Bill 1. The rest could see fees increased and services reduced or eliminated.

With Bill 1, the government has taken over responsibility for setting service levels and the related fees. We are worried that we will be required to make decisions contrary to what we heard from parents last year during our transportation engagement.

We look forward to working with the government to ensure we protect and improve public education for each and every student.

More information about the CBE's budget will be shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Cont'd on next page...



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Canada 150

Schools across the country are celebrating the 150th anniversary of Canadian confederation in 2017. Throughout the year, we'll be sharing stories from CBE schools that highlight how students and teachers are marking this milestone. Check our website regularly, as we will be posting stories throughout the year.

Follow the Calgary Board of Education on Twitter @yycbedu

TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honour its own mother, not a plural possessive commemorating all mothers in the world."



Willow Park Maple Ridge mybabysitterlist

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
Zeda	12	403-830-0401	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit 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.

you belong here

www.arisefc.org
www.jlmin.org

Sunday Service 10:15 am to Noon

680 Acadia Dr SE (Willow Ridge Community Center)





Article by J.G. Turner
Photo by Andrea Hunt

In the spring and summer, Calgarians often come across little critters that are a part of our urban wildlife population. Humans are often eager to assist young animals and birds that they think are on their own, but how do you tell if they really need our help?

Is it orphaned/abandoned?

If you are not sure if the animal is orphaned or abandoned, watch it from a distance so as not to frighten the parents from returning. Check on the animal periodically for 24 to 48 hours to see if it is still there. DO NOT touch or move the young animal unless you are absolutely certain that it is orphaned or is in immediate danger. With some species,

it is normal for parents to leave their offspring alone for extended periods of time. Many infant mammals are left on their own while their parents are foraging for food. In many bird species, the offspring outgrow their nest and their parents continue to raise them on the ground. Many species return to their young to care for them near dusk and dawn.

A young animal that looks well-fed, has bright eyes and clean fur or feathers, and is showing no signs of distress, is probably not orphaned.

See a Hare, Leave it There!

Both Snowshoe and White-tailed Prairie Hares will be having babies throughout the spring and summer. Hares are

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Do they really need our help?

born fully furred and with their eyes open. They can hop around within hours of birth. It is the strategy of hares to leave their young for long periods of time under bushes and in the grass to protect the babies from predators since young hares have no scent. Mother hares return to feed their young as little as twice per day and baby hares will freeze (not moving at all) when threatened. Most baby hares are not orphaned and will have best chance of survival with their own mothers.

Fledgling Birds

Did you know that many young birds spend time on the ground? Fledgling birds that are too big for the nest but cannot quite fly yet, may end up spending some time on the ground while learning how to fly. This is normal behavior!

Parents will be nearby protecting and feeding their young during this transition. Most fledglings have almost all their feathers, and are only slightly smaller than adults. If you see a fledgling bird, admire it from afar. As long as the parents are around, and it is not being threatened, it doesn't need help.

Fawns

Most fawns are born in May and June. They are routinely left alone by the mother deer (a doe) during the first two weeks of life. They are simply unable to keep up with mum during that time. These babies, like the hare, have no odor to attract predators, and have natural camouflage because of their colouring. The doe feeds well away from their baby, leaving the fawn hidden in long grass or underbrush, and returning to feed, clean, and move them regularly. Even if you think a fawn is not being cared for by its mother, DO NOT TOUCH IT or your scent will be transferred to it, discouraging the mother from caring for it if she does return. Come back the next day to check on it. If it is in exactly the same spot and bleating (crying), or wandering around appearing to be distressed, it may need help. Most fawns have the best chance of survival with their own mothers.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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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



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Guides
Canada

BLACKFOOT DISTRICT



Spring is in the air! It's time to register for fall 2017!

Girls returning to the same unit—registration opens Tuesday April 4, 2017

Girls advancing (moving up) to a new unit—registration opens Tuesday May 2, 2017

New girls wishing to join any level of Guiding—registration opens Friday June 2, 2017

For more registration information and to find a unit near you go to www.girlguides.ca.

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of yoag/art, built projects for Earth Day, will be potting flowers for Mother's Day and sleeping-over at Heritage Park. They will have some girls "advance" to the next level of Guiding which means they will move up and be joining their Guiding sisters in Brownies in the fall for new friendships and challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters at RONA, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advancing to Guides and new adventures in the fall.

The Guide units helped green our world by holding litter clean-ups for Earth Day, will try their hand at archery and are prepping for tent camping. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder & Ranger units attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are busy prepping for travel this summer to places like Stettler, Drumheller and Pax Lodge in England.

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

Check out our website at www.calgarygirlguides.com or go to www.girlguides.ca to register for fall 2017!

Girl Greatness Starts Here



VICTORIA'S REIGN

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FIND SOLUTION ON PAGE 20

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MINI BOBCAT SERVICE 36" WIDE: Seven days a week. Excavating, patios, hot tub pads, driveways, lawn replacement. Deliver gravel, loam, garden mix, cedar mulch up to ten yards and can do split loads. Can haul away and remove general garbage as well as appliances. Call or text Barry at 403-714-7417.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

Cont'd on next page...

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing
at 403-263-3044 or sales@great-news.ca

CONT'D

ROOFING, 5 YEAR WARRANTY: Express reroofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393. Paul 403-714-3644.

PERITUS YARD MAINTENANCE: is currently booking clients for snow removal and year-round lawn care. Residential, commercial, and acreage properties are welcome. We have been professionally serving the southern communities of Calgary for the past 14 years. Fully insured and a BBB accredited business. For quality, integrity and dedicated service please call Charles at 403-201-7182 or www.peritusyards.ca for an estimate.

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

27TH ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS: August 26-27, 2017. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. Bring along your pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00 am – 3:00 pm. For more information call Retta at 403-201-7500.

PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2017. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

WHAT IS YOUR HOME WORTH? FREE HOME EVALUATION: from Jerry Charlton, ReMax Realty Professionals. Stop wondering what your home is worth in today's real estate market. Thinking of selling, renewing the mortgage, updating home insurance? Know your home's value. Call or text Jerry Charlton at 403-831-0842 for your free report today. jerry@jerrycharlton.com www.JerryCharlton.com.

STUDENT LAWN SERVICE: is now booking clients for spring cleanups and weekly mowing. Services available include power raking, aeration, flower bed debris cleaning, cutting, trimming, edging and fertilization. Reliable service and equipment. Call Kevin now for quotes for services you require at 403-880-6178.

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.



Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."



Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family's integration into Canada, a close second is finding employment – 90% of Calgary's newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor's degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn't mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don't have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.



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'Real books' or eBooks . . . keep reading happening this summer!

Research shows that children can lose up to three months of academic progress over one summer vacation.

Keep in mind: children in Alberta spend 950 to 1,000 hours in school annually, compared to 1,500 to 1,700 hours outside of school over the summer.

Reading a minimum of six 'Just Right' books can help your child maintain their reading level when school is out.

How to select a 'Just Right' Book

- Open a book to any page and have your child begin reading
- Each time they come to a word they don't know – have them hold up one finger
- After they finish the page, check how many fingers they are holding up

One finger – the book is too easy. Five fingers – the book is too hard. **Three fingers – the book is 'Just Right'**

eBooks are an option too!

Parents tell us that setting limits for their child's screen time can be difficult during the summer. So, keep in mind that eBooks can be a fun way to keep your child reading—even when they are on a device!

Lots of websites share free children's eBooks. Here are a few sites to check out:

- www.magickeys.com/books/
- www.freechildrenstories.com
- <http://www.kidsworldfun.com/ebooks.php>
- <https://freekidsbooks.org/>

*The **CBC Calgary Reads Big Book Sale** runs from May 12 to 14, 2017 at the Calgary Curling Club, 720 - 3 St NW. This is Calgary Reads' signature fundraising event. With children's books at just \$2, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com*

BRAIN GAMES SUDOKU

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

CCSD BOARD OF TRUSTEES

Website: www.cssd.ab.ca/BoardOfTrustees • Email: trustees@cssd.ab.ca

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

The next municipal and school board elections will take place on Monday, October 16, 2017. During this election, Calgarians will have the opportunity to vote for candidates to become mayor, city councilors and school board trustees.

According to the Alberta School Boards Association (ASBA), "In Alberta, citizens elect school boards to act for the legislature in their local schools and communities. School boards exist because of the belief that government – and decisions – made closest to the people being governed are the most effective."

The Board of Trustees is responsible for ensuring that every student has the opportunity to reach their potential, that every student is safe at school, that the district's financial and capital resources are well-managed and that business is conducted in a legal and ethical manner.

The Board also provides leadership, advocacy, direction-setting, decision-making and accountability to the school districts and students they serve. Trustees for Calgary Catholic also play an integral role as advocates for Catholic education. They ensure that students receive an education permeated by Catholic faith.

Anyone is welcome to run for a position as a school board trustee. If you would like more information on being a local school board trustee, you can call your trustee to learn more about what the position entails, attend a public board meeting where important district issues are discussed and decided upon or visit <https://www.cssd.ab.ca/BoardOfTrustees> to learn more.

At the Calgary Catholic School District, public board meetings are held every two weeks on Wednesday at 5 p.m. in the board room of the Catholic School Centre.

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Maple Ridge



Real Estate Update

Last 12 Months Maple Ridge MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$599,450	\$586,250
February 2017	\$659,900	\$646,000
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

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

	No. New Properties	No. Properties Sold
March 2017	4	2
February 2017	3	2
January 2017	4	2
December 2016	1	1
November 2016	2	1
October 2016	3	1
September 2016	3	2
August 2016	2	0
July 2016	2	0
June 2016	1	2
May 2016	3	1
April 2016	3	4

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



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VICTORIA'S REIGN

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CALGARY PUBLIC LIBRARY

Walk150: Make Calgary feel like home, one step at a time!

Walk through Calgary neighbourhoods with Lori Bettie, author of *Calgary's Best Walks*, and discover new and familiar places with multilingual guides available. Various Library Locations & Dates to Accommodate Your Schedule

Walk150 takes place in May & June

Book Discussion Groups

May Theme: Great Canadians!

Travel the world of ideas while talking about your favourite Canadian author or book that made you love Canada just a little bit more. Bring your book to a lively, facilitated discussion. No registration required.

Various Library Locations & Dates to Accommodate Your Schedule

Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.

Alexander Calhoun Library

May 12 | 7 pm

Sage Hill Library

Temporary location to open in June! Visit our website for details.

To register or learn about other events, visit calgarylibrary.ca or call 403.260.2620.



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

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91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities

Willow Park



Real Estate Update

Last 12 Months Willow Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$559,000	\$550,000
February 2017	\$624,700	\$605,000
January 2017	\$649,900	\$637,000
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

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

	No. New Properties	No. Properties Sold
March 2017	10	9
February 2017	8	4
January 2017	11	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

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



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

Hi Ward 14,

The weather is changing, and that usually means some cleaning is in order. Whether it is around the house or in the yard, pretty much everyone does it this time of year, and so does the City of Calgary. So that is the theme for this month: Cleaning!

Cleaning up our rivers

I wish I had a better track record of reminding you about the Annual Pathway and River Cleanup. It is a great event, but this year I fear you are reading this a little too late to sign up. Spots usually fill up fast, and this year it will be on May 7. Oh well, there is still a point to be made.

The pathways and rivers in this city are a huge sense of pride for Calgarians, and I find this is especially true for the people in Ward 14. We just have some of the most

beautiful places in the city, and—even if you are not at the annual cleanup—there is really no reason that you can't pick up some litter to keep it that way. My wife and I make a point to do this every time we go for a walk. It doesn't take long to find a bin to put it in.

If you want to find out more about the Annual Pathway and River Cleanup visit calgary.ca/pathwayandrivercleanup.

Pothole repair season

As I mentioned, the City does spring cleaning too. For over a month now crews have been sweeping the streets of everything that builds up over the winter. Although protecting your windshield from cracks, and just plain making the streets look good are big reasons they do it, there is another one too. They need clean streets to fix the potholes!

If you know of any potholes, now is the perfect time to get them in the queue for repair. I suggest calling 311, or using the 311 app (which you can get by visiting calgary.ca/mobileapps).

Housekeeping: Dates to be saved!

Here are some important upcoming events:

Neighbour Day – It will be on June 17 this year, and it is exactly what it sounds like: an opportunity to meet your neighbours. Visit calgary.ca/neighbourday to see how the City of Calgary can help you celebrate.

Ward 14 Communities BBQ – Yes, we will be having my BBQ again this year. Mark September 16 in your calendars, and if you are a non-profit organization interested in being an exhibitor at the BBQ, please email your details to ward14@calgary.ca.

May Counciltalk - Counciltalk will be on May 27 in the main gym at the Queensland Community Centre (649 Queensland Drive S.E.) from noon to 2 p.m. Keep in mind it will be one of only two Counciltalk sessions before the summer break. I really hope I see you at one of them.

That's all I have to say for May. Summer is just around the corner, so get out and enjoy the clean roads and rivers. As always, don't hesitate to contact me anytime!

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calgary.acadia@assembly.ab.ca

Fax: 403-592-8171

Hello friends and neighbours!

With spring-time in the air, we set our eyes on fresh ideas and expanding projects. As your Government, we are here to support new, innovative ways to make life better for Albertans. Job creation and a healthy economy are important to us all and we know that this is on the forefront of everyone's minds.

We know that Albertans have great entrepreneurial spirit, and – with the right supports – fresh ideas and technologies can become successful business. Whether you currently own a small business, or have an idea to create a business – there are supports available.

Check out the website - www.smallbusiness.alberta.ca – it's a one stop shop for finding means to start, grow, and fund a small business. On this website, you can filter the programs available based on business phase, audience and resource type. Please feel free to contact my office if you have any questions!

Other resources include:

- Alberta Women Entrepreneurs (AWE) provides tools and resources to women across the province to help them build their businesses. They can be reached at: info@awebusiness.com, by telephone at 1-800-713-3558, or on their website www.awebusiness.com.
- Business Link, a partnership with Ministry of Economic Development and Trade. Specialized senior business advisors will provide information, answer questions, direct you to various resources and connect you directly with the experts who can help. They can be reached at 1-844-422-7705 or via email at BusinessAdvisor@businesslink.ca.
- Technology Futures programs, and the latest news is available at: www.albertatechfutures.ca. This program helps high school students achieve breakthroughs in entrepreneurship, research and innovation.
- Tax credits for creating jobs and diversifying our econ-

omy are up and running and information is available at www.alberta.ca/financing-business.aspx. Here you will find material on the Investor Tax Credit, Capital Investment Tax Credit, government financing for businesses, grants for charitable and nonprofit organizations, Export Support Fund, Community Environment Action Grant, Growing Forward 2, and the Status of Women Grant Program.

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, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

BRAIN GAMES SUDOKU

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

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Community Ride
SATURDAY JUNE 3rd

All the world can have clean, safe water.

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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month all our classes will be traveling to the Inglewood Bird Sanctuary to walk the trails of this amazing wildlife reserve.

All classes come to an end this month on May 25th and May 26th. We are busy planning the graduation ceremonies; our graduations are on May 29th and May 30th. Congratulations to all our children! The MCP year-end party will be held at Lake Bonavista on June 2nd and we are looking forward to enjoying our picnic at the beach. Thank you again to our lake sponsors!

We still have a few spots available for the three and four-year-old classes that have so much to offer your child. Our program focuses on play centered learning lead by the highly qualified Mrs. Marshall. We are able to offer reasonable rates by operating as a cooperative, non-profit preschool. A subsidy is available if you need it. Please call for a tour and to register today!

Finally, we would like to invite current and former students and their families to recognize Mrs. Eloise Killam and her 34 years of service to Mapleridge Preschool and community. MCP will be having a retirement celebration in June. Please email info@mapleridgepreschool.com for more information, to donate or help organize this very important celebration on a woman that has influenced so many lives.

For more information about Mapleridge Preschool please contact us at 403-278-9594, info@mapleridgepreschool.com, or visit the website at www.mapleridgepreschool.com.



Tibs the Great

Tibs the Great was a cat who kept the British Post Office mouse-free in his 14 years of service. When Tibs passed away in 1964, several newspapers ran an obituary commemorating him.

IN & AROUND SCHOOLS

St. Bonaventure School

With spring in the air, all the activities related to that time of the year are occurring at St. Bonaventure School.

Academically, the students are focused and working towards their year end exams. Grade 9 math students have had the opportunity to participate in various Canadian math competitions. In addition, six grade 7 students represented our school at the Invention Convention hosted by the U of C. There are many opportunities where groups of students will be provided a chance to use their skills or learn new skills. Everything from a presentation by Dwayne Peace, to Explore IT being hosted at SAIT, to a robotics competition, to a Career Expo. The Hockey Skills Academy will be hosting their annual pond hockey tournament on May 31st and the Gr 7 band students will be going on a Music World Tour at the end of May to St. William, St. Philip, St. Boniface and St. Benedict Schools.

The fine arts department will be hosting their Spring Gala Night June 1st from 7:00 – 8:30. The evening will include the band performing Disney theme songs. There will be both Danceworks and drama performances as well as art displayed throughout the school. Everyone is welcome.

Athletically, the badminton team is looking to defend their title at the city finals being hosted at the end of May. Once the grass dries, flag football followed by track & field will be the next sporting events that our athletes will participate in.

Spiritually, during the Lenten season, all monies raised by our fun Fridays went to WE India. Thank you to everyone for their contributions. The month of May is a time to honor Mary, the Mother of Jesus. Our community is always welcome to join us as we celebrate our Marian mass May 12th at the St. Bonaventure church.



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Smoke-Free Life



May 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Events and Helping Others

- Mother's Day: bring a mom for free on Sunday, May 14.
- Help a Ronald McDonald House Mom Out: during the month of May, Trico Centre is a drop-off point for items for the Ronald McDonald House wish list. Check www.tricocentre.ca or pick up wish list at Trico.
- Bare Bottom Diaper Drive: Trico Centre is a drop off location for diapers for moms in need.
- The Trico Cares program offers fee assistance for passes and admissions. With a City of Calgary Fee Assistance card, you qualify for 60% off the price of passes and admissions. Plus, Trico Centre is an approved partner of Canadian Tire Jumpstart, KidzFirst, KidsSport for programs.

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care.
- Don't need a full week of camp? Come to daily camps for a full day or half day, and day all summer long.
- Themed camps for preschool or children/youth. Some camps include field trips, swimming. All camps include fun and friends.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls.
- Cool Camps for Preschoolers: Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Children & Youth

- Swim lessons: parent & tot, preschool, swimmer, swim



patrol, adult. Private lessons too!

- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Adults/Older Adults

- Adult registered fitness starting in May: includes Cardio Kickboxing, Cardio Dance, Focus on Powerlifting – plus NEW classes Yoga Sampler for Beginners, Golf Conditioning, and Strong by Zumba.
- Mommy and Me programs starting in May: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafitness.
- Great price, small group: Trim and Tone, Power Lifting, Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, and the NEW Strength training for Runners.
- Wilderness and Remote First Aid: get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Registered programs for older adults that start in May: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.
- 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

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



Gardening by the phases of the moon

May 2 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.

May 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

May 19 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

May 25 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.

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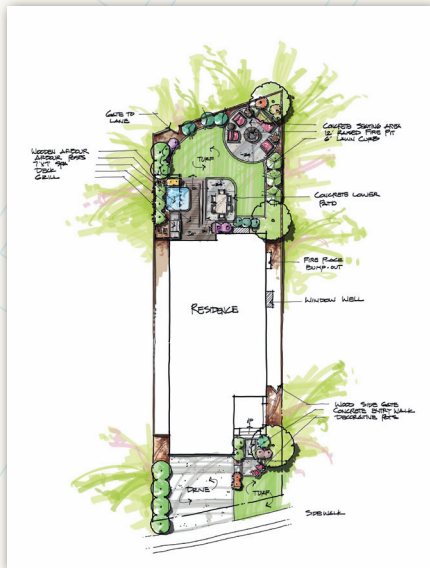


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DOG SAFETY AT SUMMER FESTIVALS

HAPPY MAY!

WE HOPE YOU ARE ENJOYING THE BEAUTIFUL SPRING WEATHER. AT CALGARY HUMANE SOCIETY WE ARE VERY BUSY GETTING READY FOR THIS YEAR'S DOG JOG! ON JUNE 3 WE WILL WELCOME HUNDREDS OF AWESOME PEOPLE, AND THEIR DOGS, FOR A DAY OF FAMILY FUN WITH PROCEEDS GOING DIRECTLY TO ANIMALS IN NEED! ENJOY DELICIOUS FOOD, FUN ACTIVITIES AND A SCENIC RUN OR WALK THROUGH SOUTH GLENMORE PARK! TO LEARN MORE ABOUT HOW TO JOIN US FOR THIS FAMILY-FRIENDLY EVENT, PLEASE VISIT WWW.CALGARYHUMANE.CA/DOGJOG.

DOG JOG IS JUST ONE OF THE GREAT FESTIVALS AROUND CALGARY THAT YOU CAN ENJOY WITH YOUR PET, BUT BEFORE YOU SET OUT WITH FIDO HERE ARE A FEW SAFETY TIPS TO KEEP IN MIND!

PET-FRIENDLY FESTIVALS

- 1. CHECK THAT THE FESTIVAL IS PET FRIENDLY!** EACH YEAR CALGARY HUMANE SOCIETY RECEIVES MANY CALLS ABOUT DOGS LOCKED IN HOT CARS AT FESTIVALS AND EVENTS. DOGS LEFT IN HOT CARS (EVEN WITH THE WINDOWS CRACKED) CAN QUICKLY FALL VICTIM TO HEAT STROKE.
- 2. STICK TO LESS CROWDED AREAS.** LARGE CROWDS CAN BE STRESSFUL FOR DOGS AND EACH YEAR SEVERAL DOGS IN CALGARY ARE INJURED WHEN THEY ARE ACCIDENTALLY STEPPED ON IN A LARGE CROWD.
- 3. WATCH FOR SIGNS OF STRESS.** DOGS HAVE A NUMBER OF 'CALMING SIGNALS' THAT INDICATE STRESS. IF YOUR DOG IS LIP LICKING, YAWNING, DRY PANTING, TRYING TO LEAVE OR HAS A STIFF BODY/TENSE FACIAL MUSCLES, IT'S TIME TO FIND A QUIET SPACE!
- 4. STAY AWAY FROM STRAY SNACKS.** FESTIVALS MEAN FOOD, AND FOOD + WALKING = A LOT OF SNACKS ON THE GROUND! SCARFING UP THESE STRAY SNACKS COULD MAKE YOUR DOG SICK OR COULD EVEN BE FATAL.
- 5. WATCH FOR FRIENDLY STRANGERS.** LOTS OF PEOPLE LOVE DOGS! UNFORTUNATELY THEY MAY FORGET TO ASK BEFORE TRYING TO PET FIDO. IF YOU CHOOSE TO BRING YOUR DOG TO A FESTIVAL YOU ARE RESPONSIBLE TO ENSURE YOUR DOG'S SAFETY AND THE SAFETY OF OTHERS.
- 6. PLEASE DON'T LET DOGS VISIT.** MOST PETS FIND MEETING ON LEASH TO BE MORE STRESSFUL THAN MEETING OFF-LEASH.
- 7. BRING LOTS OF WATER.** KEEP FIDO WELL HYDRATED AND HAPPY!
- 8. KEEP IT ON LEASH.** UNLESS YOU ARE IN A DESIGNATED OFF-LEASH AREA, CALGARY BYLAWS STATE THAT YOUR DOG **MUST** BE ON A LEASH. FESTIVALS ARE NO EXCEPTION.
- 9. TRAINING IS KEY.** LOOSE LEASH WALKING, SITTING, STAYING AND HEELING ARE IMPORTANT SKILLS FOR ANY DOG THAT WILL BE ATTENDING CROWDED PLACES. CALGARY HUMANE SOCIETY OFFERS TRAINING CLASSES AND PRIVATE CONSULTATIONS TO HELP FIDO WORK ON HIS MANNERS.
- 10. WATCH OUT FOR HEAT AND SUN!** JUST LIKE PEOPLE, PETS CAN WIND UP WITH SUNBURNS. THE SUN CAN ALSO HEAT UP ASPHALT, MAKING IT DANGEROUS TO UNPROTECTED PAWS.

AHS: Oral Health



Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life.

Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.

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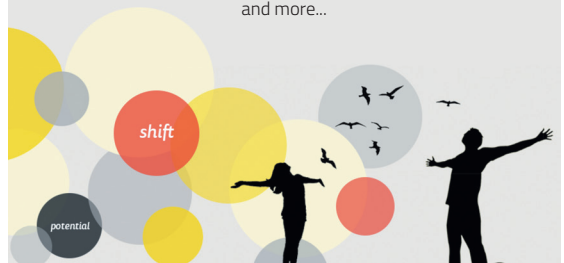
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