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Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

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And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers 5-20% more!

Here's to another great year, in Canada's greatest city.

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Aspen Estates/Woods • Cougar Ridge •
Springbank Hill • Wentworth & West Springs

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Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.

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www.springbankhill.org

Last 12 Months Springbank Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$1,299,725	\$1,191,750
November 2015	\$799,900	\$750,000
October 2015	\$1,044,400	\$1,012,000
September 2015	\$879,950	\$857,500
August 2015	\$791,725	\$756,187
July 2015	\$772,281	\$759,063
June 2015	\$920,114	\$905,436
May 2015	\$842,450	\$814,600
April 2015	\$851,706	\$818,000
March 2015	\$920,940	\$913,500
February 2015	\$703,325	\$686,875
January 2015	\$902,800	\$883,333

Last 12 Months Springbank Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	5	4
November 2015	15	1
October 2015	10	2
September 2015	14	2
August 2015	15	8
July 2015	18	11
June 2015	22	14
May 2015	12	10
April 2015	18	16
March 2015	24	5
February 2015	13	4
January 2015	24	6
Total	190	83

To view the specific SOLD Listings that comprise the above
MLS averages please visit springbank_hill.great-news.ca

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Aspen Woods Real Estate Update
277 Strathcona Drive SW Calgary, Alberta, T3H 2A4
Phone: (403) 249-1138 | info@scacalgary.ca
www.scacalgary.ca

Last 12 Months Aspen Woods
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$718,750	\$692,525
November 2015	\$771,175	\$750,700
October 2015	\$1,036,633	\$984,633
September 2015	\$853,511	\$813,888
August 2015	\$958,837	\$937,937
July 2015	\$1,035,061	\$1,007,042
June 2015	\$967,640	\$937,450
May 2015	\$863,874	\$838,479
April 2015	\$1,146,600	\$1,094,333
March 2015	\$1,078,499	\$1,031,611
February 2015	\$1,223,933	\$1,159,166
January 2015	\$869,600	\$846,800

Last 12 Months Aspen Woods
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	9	4
November 2015	19	4
October 2015	12	6
September 2015	15	9
August 2015	17	8
July 2015	27	21
June 2015	25	10
May 2015	14	12
April 2015	15	3
March 2015	17	9
February 2015	18	6
January 2015	16	5
Total	204	97

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Last 12 Months West Springs
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$721,214	\$698,964
November 2015	\$884,299	\$857,583
October 2015	\$652,250	\$637,000
September 2015	\$746,953	\$723,863
August 2015	\$661,447	\$642,267
July 2015	\$822,266	\$796,500
June 2015	\$774,604	\$758,210
May 2015	\$694,030	\$673,886
April 2015	\$688,897	\$668,942
March 2015	\$619,433	\$604,405
February 2015	\$522,350	\$511,207
January 2015	\$567,978	\$560,000

Last 12 Months West Springs MLS Real Estate
Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	13	7
November 2015	14	12
October 2015	17	4
September 2015	14	11
August 2015	18	20
July 2015	22	15
June 2015	29	25
May 2015	27	22
April 2015	34	19
March 2015	20	18
February 2015	26	10
January 2015	43	7
Total	277	170

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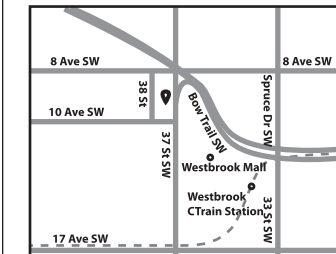
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Article by Cheryl Bowman
Photo by Niket Sura

Tiger in the Sky



The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young

fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.



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Welcoming refugees

Trustees are proud to lead a school system that provides a wide range of supports for students moving into Calgary from around the world. Since January, The Calgary Board of Education has been welcoming families from Syria.

We know that these families are making this huge transition in their lives because they want the best for their children and education is crucial in achieving those dreams. The CBE will continue to work closely with all of our staff as these children begin their education in Calgary. CBE will also, as always, be working collaboratively with the greater Calgary community to do all we can to see these students succeed.

A key factor in welcoming the students is the Kingsland Reception Centre, the CBE's gateway for non-Canadian citizens. The reception centre is staffed with an admissions team as well as a team of professionals who assess the children's language proficiency in English as well as their home language.

Depending on their English language skills, some students may be enrolled in the LEAD (Literacy, English and Academic Development) program. This program offers a strong focus on English Language Development and numeracy. Teachers in this program have received professional learning opportunities, which help them assist students in adjusting to their new life.

The LEAD program is offered at various CBE schools and additional classes were established in schools with learning spaces available to meet the increased need. Some of the new students may have the necessary language skills to be able to attend their community school. The CBE offers a variety of services to assist schools, including English Language Learning support, diversity support, interpreters and psychologists.

We will continue to welcome these new students to our schools where they will learn, make new friends and discover their talents and interests in our safe and caring environments.

The Board of Trustees always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

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Cougar Ridge Real Estate Update

Suite 138, Unit 406, 917-85 St. SW Calgary, AB T3H 5Z9

Phone: 403.770.8585 • communications@wscr.ca

www.wscr.ca

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$619,966	\$609,666
November 2015	\$580,371	\$569,046
October 2015	\$571,071	\$559,071
September 2015	\$553,740	\$546,011
August 2015	\$842,185	\$808,428
July 2015	\$681,608	\$650,083
June 2015	\$646,231	\$632,931
May 2015	\$608,837	\$594,687
April 2015	\$677,400	\$659,681
March 2015	\$587,109	\$577,100
February 2015	\$698,442	\$689,057
January 2015	\$652,197	\$648,875

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

	No. New Properties	No. Properties Sold
December 2015	11	3
November 2015	8	7
October 2015	10	7
September 2015	11	5
August 2015	11	7
July 2015	7	12
June 2015	11	16
May 2015	17	8
April 2015	13	11
March 2015	15	11
February 2015	6	7
January 2015	15	4
Total	135	98

To view the specific SOLD Listings that comprise the above MLS averages please visit cougar_ridge.great-news.ca

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How is my money affected by changes to the Alberta Income Tax Structure this year?

With tax season approaching, you are probably wondering how our provincial NDP budget will impact your household. October 2015, our taxation structure changed here in Alberta. Now take a deep breath because in Wild Rose Country we will continue to enjoy the highest spousal and basic personal amount tax deductions in Canada.

You've heard the term 'tax bracket'? Once you hit a certain amount, the rate increases in the next 'bracket'. In 2016 you'll pay more in the next tax bracket, but **only** on the additional income. There is a bracket system on federal income taxes, but the Alberta system doesn't match the federal. Confused yet? Read on fellow taxpayer.

Okay, so you can earn up to \$125,000 before you are bumped to the next tax bracket. There's no personal income tax on the first \$18,214 of taxable income. The Government of Alberta reports almost 93% of Alberta taxpayers will continue to pay at the existing 10% tax rate. That's because their taxable income is between \$18,214 to \$125,000.

For 2016 tax year here's what it will look for those folks who make more than \$125,000. The tax rate is 10% between \$18,214 to \$125,000. For taxable income up to \$150,000, you'll pay 10% on your first \$125,000 and 12% on the next \$25,000. If you pull in between \$150,000-\$200,000, you'll pay 10% on \$125,000, 12% for \$25,000 and then 13% on that extra \$50k. The rate goes up to 14% for income over \$200,000 and it jumps again to

15% for those earning \$300,000+. And to make it even more complicated, these rates are effective 1 October, 2015. So the old rate (10% flat rate) and the new rates are prorated.

Whew! It's a little more complicated this year so here is a chart and some very basic tips:

Taxable Income	2016 Tax Rates	2015 Tax Rates
first \$125,000	10%	10.00%
over \$125,000 up to \$150,000	12%	10.50%
over \$150,000 up to \$200,000	13%	10.75%
over \$200,000 up to \$300,000	14%	11.00%
over \$300,000	15%	11.25%

Prepare that you might see additional taxes owing on your 2015 tax return. Why? Typically employers withhold money off your paycheque and submits the funds to pay your taxes. Remember that change that came into effect October 1, 2015? If your employer didn't implement the new tax rates to adjust your pay, then you might need to brace yourself for a little adjustment on your return.

Don't forget to add your Universal Child Care Benefit to your income. That was the cheque you received in 2015 if you have children. If you didn't realize before then I am sorry to bear the news. That money is considered taxable and so you'll be paying some bucks back on that amount.

Find someone who can inform or guide you. If you are still unsure about what these changes mean to your family's finances, rest assured...you are doing the right thing taking the time to inform yourself. Keep researching, reading and collecting the information you'll need to complete your income taxes effectively. Ask questions of folks in the know, post questions to discussion boards, hire a trusted professional, research the news and/or check out the Government of Alberta webpage for more details.

Richard Presland, CMA, MBA



Coming Soon... Sunshine and Outdoor Soccer

West Hills United and Signal Hill Soccer Clubs provide programs at all levels from U4 recreational through to Women's and Men's teams. Registration opens on February 1, 2016 at www.whusoccer.com.

To find out more about our programs or upcoming open houses, go to www.whusoccer.com or call us at 403.700.5271. Hope to see you on the pitch soon!





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SPECIAL FEATURE

Local couple discovers the sleep secret of celebrities, top executives, athletes, rock stars and elite performers around the world...

DON'T SUFFER ANY LONGER ON THE WRONG BED! HASTENS IS NOW HERE IN CALGARY.

by Allis Lesage

(Calgary, AB) A little over 2 years ago, local shop owners Riva & Andrew Mackie set out on a quest: **To find the world's ultimate bed.** Having been in the natural mattress, furniture and home design business for a number of years, they were looking for the perfect thing to revolutionize the experience they were providing for Calgarians.

'We're pretty much in the business of finding the best. People around here don't really like to settle for something just OK,' says Riva Mackie, founder of Goldgrass Home.

Throughout their travels, one name kept popping up: **Hastens.**

'There are lots of good mattress makers out there,' says Mackie, *'but the more we looked into it, it seemed that, almost without fail, everyone that's anyone sleeps on a Hastens. And a surprising number of them basically refuse to sleep on any other mattress. When they travel, or go on tour, they stay in hotels with Hastens beds, they have the local store set one up for them in their room, or they figure out a way to bring their own.'*

Not Your Ordinary Mattress

Having visited the exclusive Hastens 'Sleep Spa' at Goldgrass Home in Inglewood, I can say with confidence that there is nothing else that feels like a Hastens. You notice the comfort, quality and craftsmanship immediately when you lie down. I can only imagine how it feels to wake up after a night in one of these remarkable beds.

This Swedish luxury bed-maker has been at it since 1852. Today they remain a family owned business, now in their 5th generation. And they have never compromised their quality, their process, or their commitment to using the world's most perfect natural materials.

They know a thing or two about getting you a good night's sleep. At the end of the day, isn't that what you need?



The Mackie family and the signature Hastens 'Blue Check'

Why are people around the world spending tens of thousands of dollars to get a bed they love?

'I can go on and on about how many hundreds of man-hours go into making each bed,' continues Mackie. *'I can talk all about the incredible 25 year warranty. I can talk about why the layers of coiled horse-hair keep you from overheating, sweating, and freezing. I can go into detail about how their systems are tailored to give you perfect support and alignment. But I don't need to. Everyone that lies on a Hastens bed can feel the difference right away.'*

Are You Getting the Proper Sleep you Need?

How many days, weeks, years has it been that you've found yourself lying awake at night, uncomfortable, hot, sweaty, tossing & turning, in pain? Lying there wishing that you could find a way to just get some sleep?

Ask yourself: How do you feel when you wake up? Do you still feel tired, sore, sluggish?

How much longer are you going to put up with it? Are you still going to be suffering in your regular bed next year? 5 years from now? It's time for a change.

If you care about your sleep, your health, your performance, it's time to start sleeping like a star. My advice: get down to Goldgrass Home and try a Hastens!

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Lumineers® are ultra-thin pieces of porcelain that are bonded on to teeth to correct minor cosmetic flaws.

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The Advantages of Lumineers®

The biggest advantage to Lumineers® (veneers) is the minimal amount of tooth preparation involved. In some cases no preparation of a tooth or teeth is needed – it all depends on what is being accomplished by placing the veneers. But the lack of tooth preparation isn't the only advantage Lumineers® provides, other advantages are:

Natural Appearance - Lumineers® are made from Cerinate porcelain – a material that mimics the natural texture and look of teeth.

Stain Resistant – love a daily cup of coffee or glass of red wine? No need to worry about your Lumineers® looking grungy in a few months – they are made from a stain resistant material.

Durable – what's the point of having treatment done if you have to baby your teeth afterwards! Lumineers® may be paper-thin but they can still endure the day-to-day use that is required of them.

Dentists understand the frustrations patients experience when there is a single tooth or a few teeth that don't look quite right. But there are methods to improve the look of teeth without resorting to significant preparation of teeth!

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Name	Age	Contact	Course
Abigail	18	705-706-4338	No
Aida	15	403-852-6410	Yes
Alana	24	587-888-4854	Yes
Alexi	15	403-836-5291	Yes
Alison	24	587-999-1278	Yes
Amber	30	587-438-4789	Yes
Andrea	23	403-465-0933	No
Anna	15	587-284-1954	Yes
Blaise	24	587-223-8583	Yes
Brianne	17	403-999-6906	Yes
Brodie	14	403-805-1469	Yes
Brooke	13	403-212-1014	Yes
Brooke	17	403-874-3111	Yes
Camila	27	403-680-0942	No
Catherine	27	514-293-1395	Yes
Charlee	17	587-225-6323	Yes
Christoph	24	587-998-6172	Yes
Connie	16	403-862-2081	No
Danita	21	403-990-0205	Yes
Elaura	18	403-471-5051	Yes
Elizabeth	14	587-227-7098	Yes
Elizabeth & Michelle	20	403-918-2035	No
Ellen	14	403-240-0165	Yes
Emily	23	403-999-8525	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Evelyn	12	403-475-0919	Yes
Genevieve	25	581-307-6165	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	31	587-830-6217	Yes

Heather	29	403-966-5233	Yes
Henry	15	403-719-8282	Yes
Ijeoma	14	587-580-7791	Yes
Izzy	15	403-863-1453	Yes
Izzy	15	403-863-1453	Yes
Jakarta	18	403-808-8503	No
Jamie-Lyn	21	403-892-0176	No
Jenny	15	403-890-6588	Yes
Jonathan	15	403-532-2668	Yes
Jordan	25	403-966-1647	No
Jordan	25	403-969-0165	No
Josefa	25	587-437-1252	Yes
Kaitlynn	15	403-874-4034	Yes
Karl	14	403-212-1014	Yes
Kashish	15	403-909-6936	No
Katherine	15	403-835-4547	Yes
Kelsea	23	403-370-7170	Yes
Kelsey	20	403-835-6083	Yes
Kyla	14	403-217-0282	Yes
Lauren	14	403-217-3249	Yes
Lauren	16	587-215-6198	Yes
Lilly	15	403-719-8282	Yes
Linda	60	587-892-9731	No
Lizzie	25	403-703-4076	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Makenzie	18	403-796-7733	Yes
Maria	45	403-818-0560	No
Marina	14	403-287-9803	Yes
Marites	40	403-891-3771	No
Maxine	13	403-455-8427	Yes
Megan	17	403-266-4610	Yes
Megan	16	403-970-6836	Yes
Megan	24	403-861-3718	Yes
Melissa	21	587-436-9260	Yes

Michelle	31	403-923-5111	Yes
Morgan	18	403-242-0778	Yes
Nia	17	403-991-8045	Yes
No	17	402-718-3749	Yes
Nour	17	403-616-4522	Yes
Olivia	16	403-246-0203	Yes
Olivia	20	587-889-9043	Yes
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Priya	16	403-471-1033	No
Rahell	13	403-999-2851	Yes
Rowan	18	587-707-2542	Yes
Ruth	24	587-899-7884	Yes
Salma	38	403-252-5052	Yes
Sam	15	403-287-3740	Yes
Sarah	15	403-702-5549	Yes
Sarah	15	403-702-5549	Yes
Sarah	23	819-679-3059	Yes
Sienna	13	403-240-1128	Yes
Siobhan	22	403-923-9499	No
Sophia	13	403-708-0601	No
Sophia	34	587-700-5989	Yes
Sydney	24	403-993-5441	Yes
Taryn	19	403-999-1777	Yes
Yena	19	403-479-7911	Yes
Yvette	14	403-217-5191	Yes
Zandra	21	403-828-8259	No



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ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does ones budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.

How to Safeguard Your Retirement Income?

Ask an Expert



Sheri MacMillan,
Senior Trust & Estate Practitioner,
CEO of MacMillan Estate Planning Corp.
Sheri is featured on The Strongroom
9:00 AM Saturdays on News Talk 770

Recently on a Saturday morning on The Strongroom radio program I was surprised to hear you say your clients aren't concerned about the big fall in oil prices in the past year. How can that be? I know I'm worried about what it could mean for my retirement years.

The reality is that we are going to face multiple market downturns in our lives. The good news is that our retirement income doesn't have to fluctuate with the markets! One of the great opportunities we have in Canada is that we have trust laws that allow us to buy good quality investments that are not only principle guaranteed, but offer a rate of return and exceptional credit protection. The fact that our clients aren't concerned means they have a plan that is working. That for me is a fundamental result we want for every family we have the privilege to work alongside. If you have an appropriate plan design for your lifestyle for decades ahead, then when markets correct, you can weather the storm. So you won't have to wonder, "Do I have enough? Did I protect it well? Am I going to outlive my wealth?"

We have experienced a variety of market fluctuations in our almost 20 years of experience, and these market cycles have shown that being proactive and building in those safety nets and benchmarks actually works.

When we've created affluence in our life, we're going to rely upon it for decades ahead as part of our life plan. We're endeavouring to build wealth so we can enjoy a wonderful lifestyle of freedom in the retirement phases of life.

We need to be proactive in designing our estate plans to make sure we don't jeopardize the wealth that we have created.

MacMillan Estate Planning Corp. will be hosting a complimentary
Wine & Cheese Seminar
on Thursday, March 3rd at 7:00 PM
and Wednesday, March 30th at 7:00 PM

TO REGISTER, PLEASE VISIT MACMILLANESTATE.COM
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IN & AROUND CALGARY

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign

encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;



IN & AROUND CALGARY

Nestle into nature this Family Day weekend

Family Day is a great time to reconnect with loved ones - a time to slow down, focus on family and create lasting memories together. Finding activities for the holiday weekend that everyone will enjoy can be challenging, but rest assured, this year it will be a walk in the park.

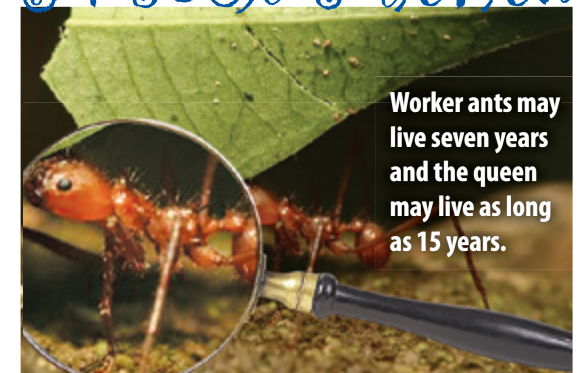
The City of Calgary will be hosting free We Are Family events throughout the Family Day weekend at three of Calgary's beautiful parks. Grab your skates and join us on Saturday, February 13 at Carburn Park or Sunday, February 14 at Prince's Island Park for ice skating, fire-side nature activities and family-friendly fun.

If you prefer an indoor celebration, drop by Devonian Gardens, Calgary's downtown tropical oasis, on holiday Monday, February 15. We will have entertainment for all ages, including nature games, crafts and a variety of animal furs and bones to see and touch.

All events run from 11 a.m. to 3 p.m.

For more information about our We Are Family events, visit calgary.ca/parks.

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MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

- Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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What should I do if my child is sucking his/her thumb?

The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

Should you be worried? Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb between the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be

flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

How do I help as a parent? If you identify the time your child is most likely to such his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuff animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.



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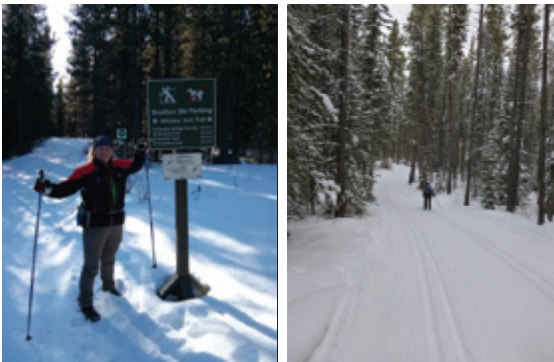
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Not a snowbird?

Try fair weather skiing on Waxless cross country skis!

A great way to enjoy Alberta's sunshine and long winters is to be outdoors! If you don't like the cold and don't want to fuss with waxes, waxless skis are a great alternative. They work the best in temperatures of -6 to + 3 degrees C. On warm Chinook days, or for spring skiing, they are perfect! You don't have to learn to apply the day to day sticky wax on the base of your ski, but waxless skis do require glide wax on the tips and tails as well as the scales. This protects your ski base and ensures you glide across the snow!



Haven't been out skiing for a while? There are many places to take a cross country ski lesson. It is a great way to get back to skiing or, to start out on the right foot for the first time! No line ups, no crowds, no lift fees, cross country skiing is a great way to enjoy the sun, fresh air and gentle exercise. What could be better than a day outside with friends skiing in West Bragg Creek, Ribbon Creek or other parts of Kananaskis country! There are two websites for checking trail conditions; Skierbob and on the Alberta Parks website. There are groomed and track-set ski trails as far west as Banff National Park and as far east as Shaganappi golf course, when we have enough snow in Calgary. I think of cross country skiing as a cross between trail biking and walking, it is smooth and heavenly, with a little good technique. So get out of the city and get signed up for safe, gentle outdoor fun!

Julie Walker is a Cross Country Ski instructor and Outdoor Educator.

IN & AROUND CALGARY

Make a difference in the life of a family...

Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers!

What is Home-Start?

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers support to families, with young children, who may be experiencing a variety of issues: Feeling alone, being new to Canada, caring for twins and triplets. Parenting and/or family stresses, postpartum depression, illness in the family, raising several children under the age of 5.

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Training, Police and Child Welfare checks are provided.

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca.

North Calgary: 403-660-6809

South Calgary: 403-660-1136

Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns.

An opportunity to provide feedback online will also be available in late February.

For more information about this study and opportunities to provide your input, visit calgary.ca/crowchild.



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**MP CALGARY SIGNAL HILL
RON LIEPERT**

I am pleased to provide my first accounting to constituents as the new Member of Parliament for Calgary Signal Hill. On October 19th, the political landscape changed in Canada but in Calgary Signal Hill the residents elected to endorse the Conservative Party of Canada and myself.

First, I want to express my thanks and gratitude for the support of confidence that I received. I would like to thank the hundreds of volunteers who worked on our campaign and those who donated personally in so many ways. I also want to express my thanks and good wishes to the other candidates from the riding who sought election especially, Kerry Cundal of the Liberal party, Khalis Ahmed of the New Democrats and Taryn Knorren for the Green party. Being a candidate in a general election requires a lot of hard work, time and money, especially in a campaign as long as this one. Each of the other candidates should be thanked for ensuring voters had a choice in our democratic process.

Currently our new constituency office is in the process of being renovated and we expect we will be open for business very soon but in the interim if you have an issue that requires attention please contact our office in Ottawa at 1-613-992-3066 or ron.liepert@parl.gc.ca.

In the aftermath of a long election campaign, combined with the Christmas holiday period, the House of Commons only met for seven days in early December, resuming the spring session in late January. Our interim leader Rona Ambrose has appointed me as a member of the House of Commons Standing Finance Committee which has oversight over Government spending and holds consultations with Canadians regarding the federal budget. As the only Member of Parliament from the three western most provinces on the committee I consider it a huge honour to be one of 10 persons charged with overseeing government spending. I will have more to report on the work of the committee in future accounting to constituents. I also had an opportunity on

the first day of Opposition replies to the throne speech to make my maiden speech in the House. It was a special privilege to speak about the Battalion Park initiative and express my concerns that energy, agriculture or forestry, the wealth generators in this country, weren't mentioned in the throne speech. My speech can be viewed on my website at ron.liepert.ca.

2016 is going to be a very difficult year in Alberta. Commodity prices will remain weak, unemployment rates are expected to rise along with federal and provincial taxes. My responsibility as your representative will be to listen to constituents who have real issues and assist where possible. Once our office is completed I intend to hold several open houses to listen to your concerns. I look forward to these opportunities so please watch for details which will be provided in future updates.

FEBRUARY MOON CALENDAR

New Moon
Feb 8

First Quarter
Feb 15

Full Moon
Feb 22

BRAIN GAMES

SUDOKU

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7			6	2	4			5
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							1	3
3	1		5	7				
	4	2	3				5	

FIND SOLUTION ON PAGE 36



**MLA CALGARY-BOW
DEBORAH DREVER**

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Calgary, AB Canada T3B 0E4
Ph.: (403) 216-5400 • Fax: (403) 216-5402
calgary.bow@assembly.ab.ca

A new year, a new start! Students are already back to school now. I would like to wish everyone good luck with their studies. For the parents of young children who may be ready for kindergarten, just a friendly reminder to check out your local schools for registration and scheduled open houses.

Here are some updates of the school projects going forth in Calgary- Bow:

Some of you may already know that the West Springs/ Cougar Ridge Middle School was originally approved as a starter school and scheduled to be completed in September 2016. However, it has now been approved to be a fully built school and as a result is scheduled to be completed in January 2017.

As for the Bowness High School Modernization. A request for additional capital was submitted to the Capital Budget Council and has been approved. In addition, approval for a Robotics/Pre-engineering program was also granted. As a result of the additional funds to support the modernization, construction is slightly behind the schedule and completion is expected in January 2017. Go Trojans go!

I would like to take a moment to welcome the Syrian refugee children that have joined the Belvedere-Parkway Elementary school this New Year, and commend the effort on all sides to make this a positive experience for these young people. Principal Derek Rakowski has informed me that both the community and student body have been very helpful in making this a warm welcome. Belvedere-Parkway was chosen because they had empty classrooms available to use for the integrative LEAD program being offered. LEAD (Literacy, English, and Academic Development).

I look forward to connecting with the grade 6 students within the riding as part of their social studies classes. I also welcome invitations to participate in other school functions over the course of 2016.

Please check the Calgary Board of Education website for construction updates www.cbe.ab.ca/schools/building-and-modernizing-schools/Pages/bowness-high-school.aspx

All the best!

**IN & AROUND
CALGARY**

Citizen Dashboard in the works to give Calgarians insight into
City performance and Calgary's quality of life

The City of Calgary is building a Citizen Dashboard, an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

"The Citizen Dashboard is just getting started, but it's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

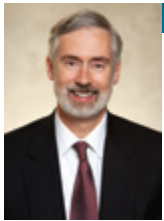
"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore our new tool."

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays select performance measures for 311; Roads Maintenance: Summer; Calgary Transit Access; and Building Regulations. Additional performance measures will be added to these services as the Citizen Dashboard evolves and feedback is collected.

The following services will be added over the coming months:

- Roads Maintenance: Snow and Ice Control and Spring Clean-up
- Transit: Safety and Security, CTrain and Bus
- Water Resources
- Water Services
- Waste & Recycling Services
- Recreation
- Fire

Calgarians can check out the new tool and provide feedback at calgary.ca/citizendashboard.



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403-268-1035 • C: 403-660-6692
F: 403-268-8091 • E: Ward06@Calgary.ca
Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 •

2016 Property Tax Assessment

It is that time of year again. As the Ward 6 Office often receives your inquiries around property taxes this time of year, I wanted to share with you some helpful information regarding your property tax assessment. The 2016 assessment notices were mailed on January 5, 2016 and your 2016 assessment information is available on www.calgary.ca/assessmentsearch. The customer review period runs until March 7, 2016. Until this date, property and business owners are able to inquire about their assessment value if they have any questions or concerns. If you have any questions or would like to make changes to your assessed value, please do so by March 7, 2016. You can also visit www.calgary.ca/propertytax for important dates, bill and account information, as well as payment information.

Other reminders to note:

- Property taxes are due June 30, 2016. A 7% late payment penalty will be applied to any unpaid portion of property taxes on July 1 and October 1. Further penalties of 1% will be added the first day of each month to any portion remaining unpaid after December 31, 2016.
- The deadline does not apply to property owners who pay monthly through The City's Tax Installment Payment Plan (TIPP). More than 240,000 property owners pay their taxes monthly through TIPP. Property owners can join TIPP at any time by visiting the Web site at www.calgary.ca/TIPP to request an application or calling 311.
- Help is available to assist eligible low-income homeowners who meet income guidelines and eligibility criteria, regardless of age. The 2016 Property Tax Assistance program will accept applications to the program starting on June 1. For more information or to download an application form, go to www.calgary.ca/fairentry.
- The Alberta Seniors Property Tax Deferral program allows eligible senior homeowners to defer all or part of their property taxes through a low-interest home

equity loan with the Alberta government. Please visit www.seniors.alberta.ca/seniors/property-tax-deferral.html for details and application form.

City Hall 101

You are invited to learn about the inner workings of Council and its Committees! This workshop presentation is designed to throw open the doors of your municipal government. Sign up for the next City Hall 101 on March 7, 2015 from 4 – 6:30 p.m. To learn more about this opportunity and register, please visit www.calgary.ca/CityHall101.

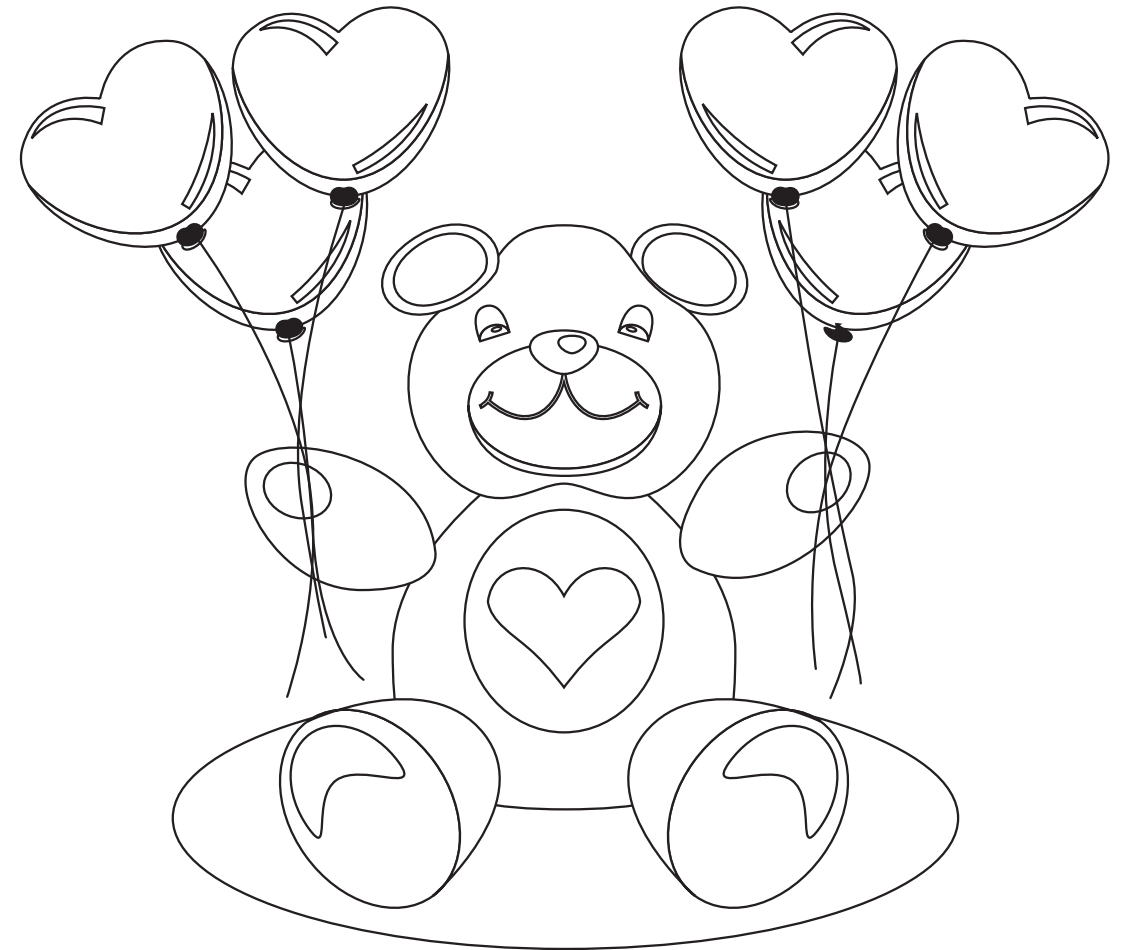
Upcoming Councillor Chats

Councillor Chats are an opportunity for you to meet with your Councillor to discuss any issues that are important to you. Please join me for an informal conversation on **March 5, 2016 from 9:30–11a.m. at Glamorgan Community Association (Seminar Room)** or **April 14, 2016 from 5–7p.m. at West Side Recreation (Party Room)**. You can also stay up-to-date by signing up for the Ward 6 Report, my bi-monthly email update for residents about community news and projects impacting Ward 6 communities at www.calgary.ca/ward6connect.

BRAIN GAMES SUDOKU

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9	4	2	3	1	6	8	5	7

Kids Corner COLOURING PAGE



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~continued next page~

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Writings about Reading

Any place can be a reading place

Do you look for ways to encourage your child's enjoyment of reading? Creating a 'reading place' in your home can help!

A reading place might be in your child's bedroom, a cozy corner in the family room, a little nook under the stairs . . . or? Just remember the 3B's and you'll create a wonderfully welcoming spot:

Books

Make lots of books available. All kinds; picture books, stories, and nonfiction books about things your child is interested in (dogs, planes, machines, cake making perhaps). Encourage your child to write their name inside their books. Ownership is directly connected to higher reading scores.

Bookshelves

Have bookshelves or baskets, boxes or bags of books all over your home. Easy access means reading can happen anywhere, at anytime. In your special reading place books all around help create a colourful and welcoming environment.

Book lights

If you set your reading place up in a family room or bedroom, you can use a nearby lamp. Or, small, inexpensive lights (clip-on or flashlights) in cozy nooks make reading more of an adventure. Lights aid visibility and define a space that focuses a child on their reading.

Encourage other families and children to celebrate books and reading in their own reading place!

You can help others get excited about creating their own unique and comfy reading place too! If you take a photo of your child reading in their special reading place and would like to share it with us via:

- email to: info@calgaryreads.com
- Instagram, Facebook, and Twitter using hashtag #MyReadingPlace and tagging @CalgaryReads

Those who submit one by March 15, 2016 will be entered into a random draw for various '3B' prizes.

For resources to help your child develop critical literacy skills and a joy of reading, visit calgaryreads.com.

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
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Calgary Kerby Elder Abuse Line	403.705.3250
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Weather Information	
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- ♦ Forty word limit



A honey bee must tap two million flowers to make one pound of honey.

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Wednesday, March 9 at 7:00 pm
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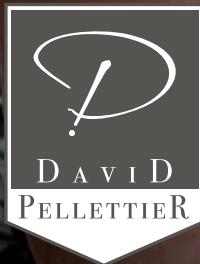
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