

MARCH 2017

DELIVERED MONTHLY TO 13,500 HOUSEHOLDS

# your ASPENSPRING

BRINGING ASPEN ESTATES/WOODS, COUGAR RIDGE, SPRINGBANK HILL, WENTWORTH & WEST SPRINGS RESIDENTS TOGETHER





## We are where our clients are. In the best locations.

From a small boutique shop in Europe to more than 700 shops in the best locations around the world, we've delivered quality service and personal attention to the clients who've welcomed us. Wherever you find beautiful properties, premium service, and extraordinary living, you will find Engel & Völkers, the world leader in luxury real estate.

If you're thinking of selling your home, find out how we can help connect you with the right buyer.

Engel & Völkers Calgary  
140, 215 9th Ave SW • Calgary • AB T2P 1K3 • Phone +1 403-829-3776  
mark.evernden@engelvoelkers.com



**ENGEL & VÖLKERS®**

17 Engel & Völkers. All rights reserved. Each brokerage independently owned and operated. Engel & Völkers and its independent License Partners are Equal Opportunity Employers and fully support the principles of the Fair Housing Act.

**Springbank Hill**  
**DENTAL**

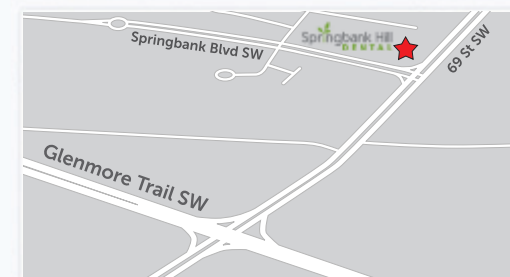
📞 403.454.4757

- Family and Cosmetic Dentistry
- Evening and Weekend Appointments
- Direct Insurance Billing
- Dedicated Children's Play Area with iPads
- Botox Cosmetic & Therapeutic Treatments
- Start-to-Finish Dental Implants
- Invisalign Clear Braces



## New Patients and Emergencies Always Welcome

### DIRECTIONS



### CONTACT INFO

**Dr. Michael Sander, DMD**  
Springbank Hill Dental  
#133 - 7460 Springbank Blvd. SW  
Calgary, AB T3H 0W4

**T: 403.454.4757**

**W: [www.springbankhilldental.com](http://www.springbankhilldental.com)**

**E: [springbankhilldental@gmail.com](mailto:springbankhilldental@gmail.com)**



## CALLING LOCAL PHOTOGRAPHERS

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

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

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



### YOUR ASPEN SPRING

Delivered monthly to 13,500 households and businesses for 7 years!

#### Advertising Opportunities

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

#### Editorial Submissions

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

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

#### Published by Great News Publishing

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

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

Check out our website:

[www.great-news.ca](http://www.great-news.ca)

**GREAT NEWS**  **28 YEARS**  
PUBLISHING

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

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

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

## CONTENTS

- |   |  |
|---|--|
|    | 10 IS OUR INVESTMENT IN DAYLIGHT A RIP-OFF?              |
|    | 16 HELPING YOUR CHILD, BUT LETTING THEM LEAD             |
|    | 19 MY BABYSITTER LIST                                    |
|   | 20 GALLERY: PHOTOS BY ANGELA FRASER AND ARINA GERASIMOVA |
|  | 22 GALLERY: PHOTOS BY MURRAY FLOTRE                      |
|  | 24 THE INDOOR GARDENER                                   |
|  | 26 CALGARY WILDLIFE: THE GRAY PARTRIDGE                  |
|  | 28 REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES           |
|  | 30 HOME GARDENING WITH BARBARA: THE BAD AND NOXIOUS GUYS |
|  | 32 GARDENING: IN AND AROUND TOWN                         |
|  | 35 CALGARY HUMANE SOCIETY                                |
|  | 36 CHANGES TO CALGARY'S ALARM BYLAW                      |
|  | 43 YOUR COMMUNITY BUSINESS OF THE MONTH                  |







**ASPEN ESTATES/WOODS  
COUGAR RIDGE  
SPRINGBANK HILL  
WENTWORTH & WEST SPRINGS**

**ELECTED OFFICIALS**



**Ron Liepert**  
**MP Calgary Signal Hill**  
#2216, 8561 8A Avenue SW  
Calgary, Alberta T3H 0V5  
Phone: 403-292-6666  
Fax: 403-292-6670  
Email: ron.liepertC1A@parl.gc.ca



**Councillor Richard Pootmans**  
**Ward 6 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430  
Fax: 403-268-3823  
Email: ward06@calgary.ca  
Web: www.calgary.ca/ward6



**Mike Ellis**  
**MLA, Calgary-West**  
Unit 234, 333 Aspen Glen Landing SW  
Calgary, AB Canada T3H 0N6  
Phone: (403) 216-5439  
Fax: (403) 216-5441  
Email: calgary.west@assembly.ab.ca



**Debora Drever**  
**MLA, Calgary-Bow**  
6307 Bowness Rd NW  
Calgary, AB Canada T3B 0E4  
Phone: (403) 216-5400  
Fax: (403) 216-5402  
Email: calgary.bow@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	
Gamblers Anonymous	403-237-0654



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

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



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






# FREEZE YOUR FAT

with non-surgical fat-reduction



## STUBBORN FAT?

### DISCOVER THE SCIENCE BEHIND NON-SURGICAL FAT REDUCTION

With over 3 million treatments performed worldwide, find out what people are talking about.

Total Skincare Centre is a Certified CoolSculpting centre. Our expert staff will assess your needs and customize a treatment that's right for you.



### CALL TODAY FOR YOUR COMPLIMENTARY PRIVATE CONSULTATION.

## TOTAL | SKINCARE | CENTRE

636 45 St SW, Suite 202 • 403-216-4685 • [www.totalskincarecentre.com](http://www.totalskincarecentre.com)



Springbank Hill Real Estate Update

Last 12 Months Springbank Hill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$689,925	\$686,000
December 2016	\$919,900	\$882,888
November 2016	\$667,350	\$648,000
October 2016	\$733,500	\$703,500
September 2016	\$774,900	\$765,000
August 2016	\$939,000	\$885,000
July 2016	\$792,450	\$782,750
June 2016	\$769,950	\$762,250
May 2016	\$738,950	\$711,600
April 2016	\$819,900	\$795,000
March 2016	\$743,000	\$720,000
February 2016	\$724,000	\$696,000

Last 12 Months Springbank Hill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	16	8
December 2016	4	5
November 2016	10	8
October 2016	17	12
September 2016	15	17
August 2016	21	8
July 2016	14	16
June 2016	28	20
May 2016	17	12
April 2016	19	11
March 2016	18	18
February 2016	20	7

To view more detailed information that comprise the above MLS averages please visit [springbank\\_hill.great-news.ca](http://springbank_hill.great-news.ca)

COMMUNITY NEWSLETTER AD SALES

28 YEARS

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
[sales@great-news.ca](mailto:sales@great-news.ca)  
[www.great-news.ca](http://www.great-news.ca)

HAIR A CAIN

MOBILE HAIR STYLIST  
EXTENSION SPECIALIST

100% Virgin Hair • Custom Wigs  
Weaves • Wedding Packages  
Braids • Styling • Hair Extensions

20% OFF  
ALL SERVICES &  
HAIR EXTENSIONS

 HAIRACAIN  
Michelle Cain | 416.567.3457 | [Hairacainn@gmail.com](mailto:Hairacainn@gmail.com)

MAXIMIZE  
YOUR  
REFUND

DEXTERITAS

BOOKKEEPING • ACCOUNTING  
• PAYROLL • TAX

+1 587 350 5452  
[foia@dexteritas.ca](mailto:foia@dexteritas.ca)  
[www.dexteritas.ca](http://www.dexteritas.ca)  
124 Everhollow Street SW Calgary, T2Y0H4

Ornamental

landscape maintainers

Don MacDonald, Arborist

Over 45 years' experience  
One of Calgary's most respected professional Arborists  
& Journeyman Landscape Gardeners  
Graduated of Horticulture - Dalhousie University

Full Service Landscape Company specializing in:  
Tree pruning • Shaping • Trimming • Tree removal  
Tree Health Assessments

403-273-7957



Onsite ISA Certified  
Arborists at every job

TOP QUALITY  
EXPERT SERVICE



# Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the concept

was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12<sup>th</sup> this month, like it or not.



## Aspen Woods Real Estate Update Last 12 Months Aspen Woods MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$736,250	\$742,500
December 2016	\$1,234,450	\$1,157,400
November 2016	\$888,800	\$867,000
October 2016	\$812,500	\$808,750
September 2016	\$976,944	\$940,944
August 2016	\$869,000	\$869,000
July 2016	\$986,500	\$967,500
June 2016	\$879,900	\$860,000
May 2016	\$884,394	\$854,000
April 2016	\$1,047,000	\$1,022,500
March 2016	\$903,950	\$882,500
February 2016	\$1,250,000	\$1,060,000

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

	No. New Properties	No. Properties Sold
January 2017	14	6
December 2016	1	8
November 2016	10	11
October 2016	14	6
September 2016	24	10
August 2016	9	5
July 2016	14	12
June 2016	14	15
May 2016	23	16
April 2016	19	14
March 2016	14	10
February 2016	15	9

To view more detailed information that comprise the above MLS averages please visit [aspen.great-news.ca](http://aspen.great-news.ca)

**COMMUNITY NEWSLETTER AD SALES**

**GREATNEWS**  
PUBLISHING

28  
YEARS

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca  
www.great-news.ca

## ORANGE BOB'S MORENA PIZZA



The Best Pizza In Town

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

Pickup or Delivery  
Call: 403.242.5678

Pizza  
Pasta  
and  
more!

PIZZA - FREE UNLIMITED TOPPINGS  
PERFECTLY PROOFED PIZZA DOUGH  
Large \$15.95    Medium \$12.95

HOURS OF OPERATION  
Monday – Friday 11:30 am – 10:00 pm  
Saturday 3:00 pm – 10:00 pm  
Sunday and Holidays 4:00 pm – 9:00 pm

#8 - 7337 Sierra Morena Blvd. SW T3H 3V4





The natural choice for health

After many years, Sangster's Aspen Landing  
*is going out of business.*

All remaining stock will be at  
**60% off while supplies last!**

**Hurry in for the best selection!**



Aspen Landing Shopping Centre • 85th St. and 17th Ave. SW  
**403-252-7710**



## West Springs Real Estate Update

Last 12 Months West Springs  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$779,000	\$770,000
December 2016	\$814,900	\$803,000
November 2016	\$519,900	\$500,000
October 2016	\$769,900	\$738,000
September 2016	\$674,000	\$649,000
August 2016	\$679,900	\$683,750
July 2016	\$749,900	\$786,000
June 2016	\$685,000	\$682,300
May 2016	\$614,450	\$587,000
April 2016	\$798,000	\$770,000
March 2016	\$549,900	\$537,250
February 2016	\$744,000	\$720,000

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

	No. New Properties	No. Properties Sold
January 2017	23	5
December 2016	4	5
November 2016	12	14
October 2016	18	15
September 2016	28	9
August 2016	16	10
July 2016	24	15
June 2016	29	20
May 2016	17	16
April 2016	19	17
March 2016	23	16
February 2016	19	11

To view more detailed information that comprise the above  
MLS averages please visit [west\\_springs.great-news.ca](http://west_springs.great-news.ca)

## COMMUNITY NEWSLETTER AD SALES

**GREATNEWS** PUBLISHING **28** YEARS  
Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca  
[www.great-news.ca](http://www.great-news.ca)



## FAMILY FIRST, ALWAYS

**JONES DIVORCE LAW LLP IS A  
BOUTIQUE CALGARY LAW FIRM  
EXCLUSIVELY DEVOTED TO  
DIVORCE AND FAMILY LAW.**

Using our collaborative approach and  
expertise, we work towards amicable  
and cost effective resolutions. We  
understand the dynamic nature of  
every unique situation, embrace  
challenges and deliver progressive,  
family-oriented solutions.



Suite 210, 333 24 Avenue SW  
Calgary, AB T2S 3E6

P: 587.393.8070  
E: [info@jonesdivorcelaw.com](mailto:info@jonesdivorcelaw.com)

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

WE'RE RIGHT HERE IN MISSION!

# calgary baby & tot show

For bump, baby and beyond

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

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

**Petting Farm**  
**kidPLAY zones**  
**Diaper Derby**  
**OVER \$1000 in prizes to be won!**  
**Special Appearances & more!**

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

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

## The Views

are breath-taking

- Gated Community
- Age Targeted
- Luxury Living
- Lock & Leave
- Security
- Curtain Walls
- Window Views
- Steel & Concrete Construction
- Reserve your Terrace or Brownstone now then Move-In 2018

403.262.5070  
theviewscalgary.com



## Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$669,900	\$650,000
December 2016	\$536,350	\$519,938
November 2016	\$554,000	\$542,500
October 2016	\$544,400	\$522,500
September 2016	\$574,900	\$562,500
August 2016	\$580,000	\$569,300
July 2016	\$574,800	\$548,000
June 2016	\$622,500	\$612,000
May 2016	\$561,950	\$543,500
April 2016	\$559,000	\$544,250
March 2016	\$525,000	\$520,000
February 2016	\$509,900	\$493,500

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

	No. New Properties	No. Properties Sold
January 2017	8	3
December 2016	1	6
November 2016	10	11
October 2016	13	8
September 2016	12	9
August 2016	8	5
July 2016	15	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5

To view more detailed information that comprise the above  
MLS averages please visit [cougar\\_ridge.great-news.ca](http://cougar_ridge.great-news.ca)

## COMMUNITY NEWSLETTER AD SALES

**GREAT NEWS PUBLISHING** 28 YEARS  
Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca  
[www.great-news.ca](http://www.great-news.ca)

# ClearVu

Thermal Pane Restoration

Since 2004

**Moisture in your Windows?**  
**Don't replace...RESTORE!**

- ◆ Moisture Removal
- ◆ Caulking
- ◆ Hardware Replacement
- ◆ Weather Stripping
- ◆ Glass Replacement
- ◆ Custom Glass Design

**403.246.8805**  
[clearvucanada.com](http://clearvucanada.com)





# Helping Your Child, but Letting Them Lead

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

By Doug N Horner, Alberta Health Services

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

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

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 32

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

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

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

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

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

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

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

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



PLU #1110118

Healthy Savings Coupon!

\$5 OFF

a purchase of \$25 or more!

Present original coupon (no copies accepted) to cashier to receive discount. Minimum \$25 purchase required. One coupon per customer. Cannot be combined with any other offer. No cash value. Expires Mar. 31, 2017.

Aspen Woods

Blush Lane ORGANIC MARKET

Open Daily 9-9

3000-10 Aspen Stone Blvd SW 403-210-1247

Organic Produce, Dairy & Meats, Sustainable Fish

Organic, Natural, Gluten Free & Vegetarian Foods

Gourmet Prepared Foods, Freshly Baked Goods & Deli

Health Supplements & Body Care

Your Local Organic Market since 2008!

See our flyer at [www.blushlane.com](http://www.blushlane.com)



# CALGARY PUBLIC LIBRARY

## Book Discussion Groups

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

## Bill's Book Café with David Ward

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

## Download and Enjoy:

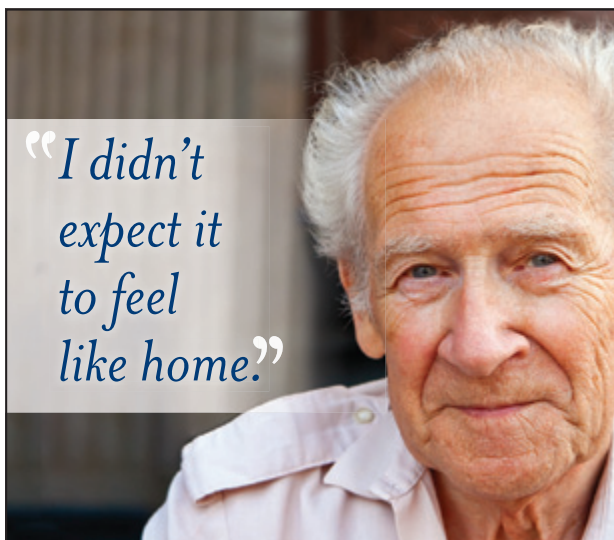
Music, Magazines, and Film

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

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

## Free Online Courses

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



*"I didn't expect it to feel like home."*

Feeling at home means enjoying the things you like to do. Which is why at Amica, you can always enjoy your day the way you like to – read your book in a quiet corner or enjoy a snack when you want to.

You can expect an all-inclusive community that is personalized to you with a range of first-class amenities, dining and services.

Independent Living • Assisted Living

*Expect More.™*

*Bring Loved Ones Closer this Winter!  
Book a 1-week Staycation for your loved ones  
and get a 2nd week FREE!*



AMICA™  
at Aspen Woods

**Amica at Aspen Woods**  
10 Aspenshire Drive SW, Calgary  
403-240-4404  
[amica.ca/aspenwoods](http://amica.ca/aspenwoods)  
South of Bow Trail SW, off 85th Street SW



## Aspen Spring mybabysitterlist

Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	21	403-805-2008	Yes
Beckie	21	403-660-4243	Yes
Brodie	15	403-805-1469	Yes
Caleigh	13	403-470-3234	Yes
Christoph	25	587-998-6172	Yes
Eireland	14	403-616-9761	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Gia	16	403-710-8301	Yes
Glenda	37	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	16	403-909-6936	No
Kat	17	403-835-4547	Yes
Kosar	18	403-402-4298	No
Lauren	17	587-215-6198	Yes
Madison	13	403-830-9326	Yes
Marites	41	403-891-3771	No
Matthew	20	403-472-7512	Yes
Megan	17	403-970-6836	Yes
Melanie	14	403-532-2668	Yes
Michelle	17	587-891-8670	No
Mikayla	13	403-686-6078	No
Natasha	26	403-408-9651	Yes
Nikolay	16	403-244-4776	Yes
Paige	15	403-241-0487	Yes
Patricia	15	403-804-4202	Yes
Qin Rui	18	587-830-5617	No
Rowan	19	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	29	403-990-8311	Yes
Victoria	20	587-434-1733	No
Yvette	15	403-217-5191	Yes
Zandra	22	403-828-8259	No



**SPRING SPECIAL!** Book your 12hr organization/declutter package in March or April and receive a 15% discount.

We offer professional, reliable and efficient organization services.  
Call us today at 403-993-0414 | [thespacereclaimers.ca](http://thespacereclaimers.ca)

## SPEED + QUALITY = WOW

1-888-WOW-1DAY  
WOW1DAY.COM

## Recycle your Electronics

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

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

Currie Barracks	Market on Macleod
Crowchild Trail Entrance: West on Flanders Ave, left on Quesnay Wood Dr, right on Bishop Dr, left at our entrance	Macleod Southbound Exit 78th Ave, we are located in SW corner of parking lot.

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

### Calling All BABYSITTERS

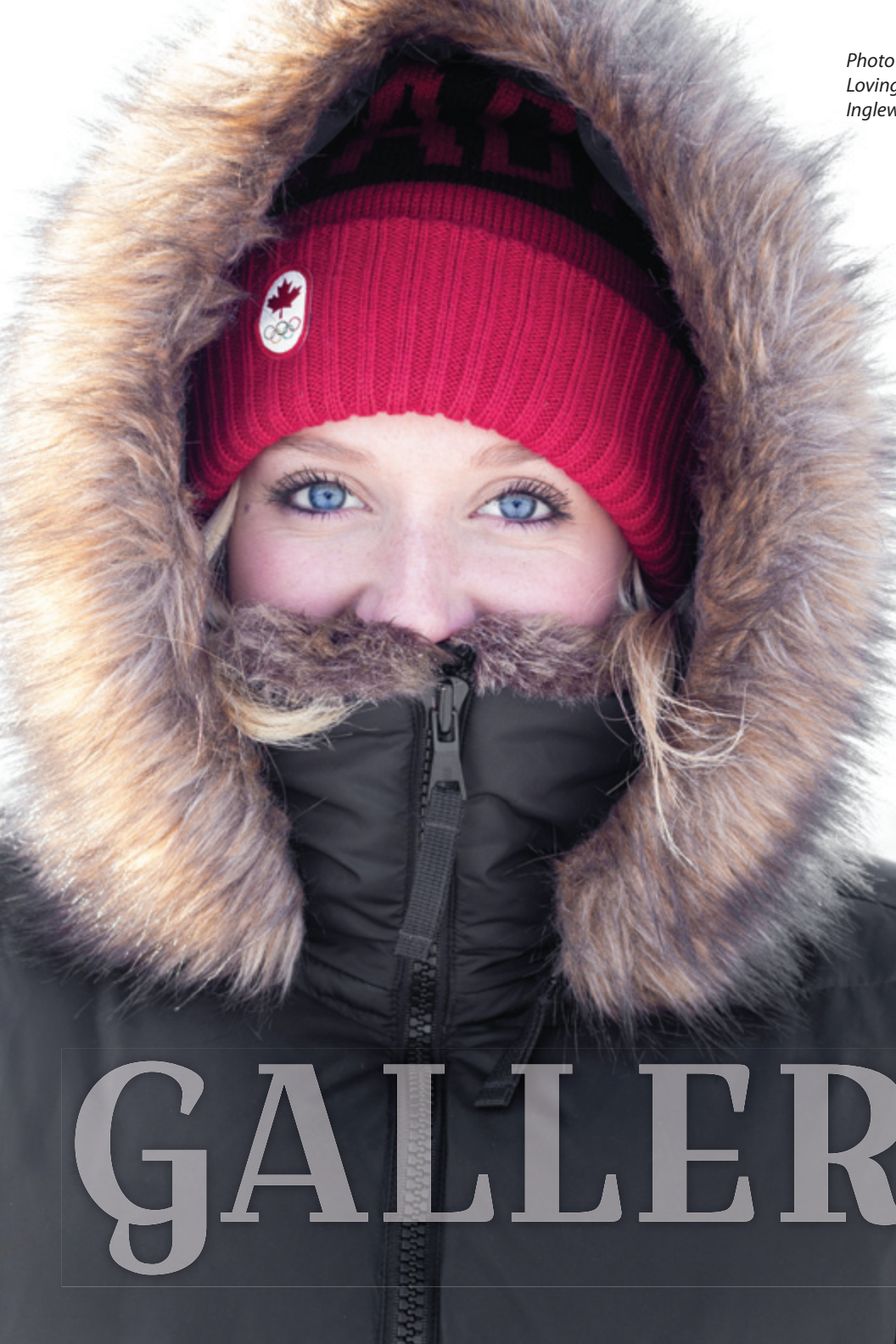
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).





*Photo by Angela Fraser  
Loving Cold  
Inglewood Bird Sanctuary*



*Photos by  
Arina  
Gerasimova*



# GALLERY



*View from my window*



*Fairmont BC*



*Kazan Russia*





*Almost Within Reach. Shouldice Field, Calgary*



*Good Thing This Dirt is Deep*



*Not Seeing Eye to Eye. Elbow, Saskatchewan Lakeshore Rodeo*



*Reflections. Nova Scotia*



*Don't Let the Monkey Eat Your Hat. Costa Rica*

# GALLERY

*Photos by Murray Flotre MD*



# The Indoor Gardener

by Cindy DeJager

## Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

### Crocodile Fern

*Microsorium musifolium* 'Crocodyllus'

Medium to bright light and high humidity  
May grow 4 feet tall and wide.

### Lemon Button Fern

*Nephrolepis cordifolia* 'Lemon Button'

Medium to bright light and high humidity  
May grow 3 feet tall and 4 feet wide.

### Maidenhair Fern

*Adiantum raddianum* 'Fritz Luth'

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Rabbit's Foot

*Humata tyermanii*

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

*Platycerium bifurcatum*

Medium to bright light and high humidity  
May grow 6 feet tall and wide.

### Bird's Nest Fern

*Asplenium nidus*

Medium to bright light and high humidity  
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

### Silver Brake Fern

*Pteris cretica* 'Mayi'

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Kangaroo Paw Fern

*Microsorium diversifolium*

Medium to bright light and high humidity  
May grow 2 feet tall and wide.

### Boston Fern

Most common indoor fern.

*Nephrolepis exaltata* 'Fluffy Ruffles'

Medium to bright light and high humidity  
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

## Accounting and Tax Services

Bookkeeping - monthly, quarterly or annual • Year-end Financial Statements  
Corporate and Personal Tax Preparation, Filing and Planning

**Albert R. Rupps Professional Corporation**

Chartered Professional Accountant

(587) 703-3961

arrpc@telus.net



**403-607-0316**  
info@mvpcanada.ca





**we specialize in**

Stucco Coatings  
Stucco Repair

hassle-free exterior  
**restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
- Interior Painting
- Powerwashing
- Colour Consultation

...and much more

**mvp**

Calgary Owned  
and Operated!

find us on

f t i h

houzz

mvpcanada.ca





# The Gray Partridge

Article by J.G. Turner  
Photo by Daniel Arndt  
(no changes made from <https://www.flickr.com/photos/ubermoogle/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bards on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

## Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.

- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
  - Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
  - The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
  - The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
  - Prior to courting, males engage in prolonged battles to establish breeding territories.
  - When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.
- If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



## BUY YOUR TICKETS EARLY!



# CALGARY HORTICULTURAL SOCIETY GARDEN SHOW

APRIL 29 + 30, 2017 | SPRUCE MEADOWS

**\$15 MEMBERS \$18 NON-MEMBERS \$20 AT THE DOOR**

*purchase tickets in advance to save!*

BUY TICKETS ONLINE

# CALHORT.ORG

Sponsored by: 



**403.244.6944**  
[www.residential-leasing.com](http://www.residential-leasing.com)


 

*"Calgary's Preferred Property Management Specialist & Corporate Relocation Service"*

## EXECUTIVE HOMES AND CONDOS WANTED FOR CORPORATE RENTALS IN YOUR COMMUNITY

We are looking for new or updated Homes or Condos in your neighbourhood. Contact us today to receive a free rental evaluation.

**Residential Leasing Group Inc.**  
Brad Currie, Broker/President




# CLIMB FOR WILDERNESS

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

# CLIMB 1188 STAIRS

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

SUPPORTING THE  
**ALBERTA WILDERNESS ASSOCIATION**





# Ask Charles

**I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?**

property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at [www.reca.ca](http://www.reca.ca).

*“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a

## CALGARY woman's show

APRIL 8 & 9, 2017  
BMO CENTRE, STAMPEDE PARK

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

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



"PHYLLIS SUMMERS"



"BILLY ABBOTT"

**Sunday Only!**

CFW Radiology  
Specialists In Diagnostic Imaging  
ENTERTAINMENT STAGE

FASHION RESCUE  
Presented by VetsToGo

WINE Garden

ENTER TO WIN!  
\$500 SHOPPING SPREE!



## Image Dental

Family & Cosmetic Dentistry

Honest, Patient Focused Care  
You Can Trust

We Welcome New Patients!

Book a Consult to Meet the Dentists!  
Call 403-217-3100 | OPEN SATURDAYS!

Dr. Travis Polischuk, P.Eng, DMD  
Dr. Adam Siray, DDS, BMSc  
Dr. Harry Harder, DDS

Family & Children Dentistry | Sedation Dentistry | Implants | Direct Billing  
West Springs Co-op Shopping Centre #315, 917 - 85 St SW (near Tim Horton's)





# The Bad and Noxious Guys

Barbara Shorrock

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

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

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

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

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

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



THANKS FOR WELCOMING US INTO WEST SPRINGS.

Oriental Phoenix. That's what the OP stands for. OP also stands for traditional, homemade, fresh-from-the-restaurant quality Southern Vietnamese cuisine brought to you in a convenient take-out location. As a family of "boat people" who arrived in Calgary over 35 years ago, we were first to offer recipes that have been handed down for generations made from scratch each day. Give us a try.

**Store Hours:**  
Monday to Friday: 11:00am - 8:30pm  
Saturday & Sunday: Noon - 8:30pm  
Follow us or visit [www.optogo.ca](http://www.optogo.ca)

WEST SPRINGS

8560 8A Ave SW  
Calgary, Alberta  
403 727 7988

FREE MENU ITEM

Take this coupon and buy any menu item plus an appetizer and get a second menu item of equal or lesser value for free.

One coupon per customer. Not valid with any other offer. Must present coupon. Valid at this location only. Expires 4/30/17.



Earl's Paintworks

Since 2007, Earl's Paintworks has established and maintained a strong reputation for superior results, reliability, and responsiveness to customer needs.

Our commitment to you is completion of your project on budget and on time with attention to detail throughout the preparation, painting and clean-up process.

*"We are finicky people who appreciate that you get what you pay for and deem this experience as first rate and would not hesitate to use Earl again. We are reluctant to refer companies, as we don't ever want to be responsible for someone's bad experience, but we have no issue recommending Earl to anyone looking for a similar service."*

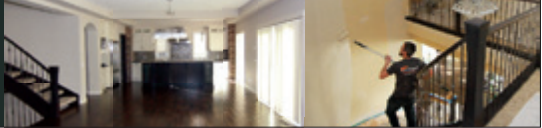


Call now for a quote  
403-701-4243

Residential Painting Services [EarlsPaintworks.ca](http://EarlsPaintworks.ca)



Services that we offer:  
interior-exterior,  
dustless sanding,  
spray painting,  
stain application,  
and many more.







# GARDENING ...IN AND AROUND TOWN

## West Hillhurst

For the 150<sup>th</sup> Birthday of Canada, the West Hillhurst Green Committee is opening a series of garden talks that anyone across the City is invited to attend. To register go to: <http://www.westhillhurst.com/whca-green-committee>.

We have great surprises in store for you!

**SAVE the DATES!** It's going to be a blast...

*Submitted by Chris Koper*

## March 15<sup>th</sup> – Growing Great Garden Soil

(6:30 – 8:30pm)

- Garden Soil – what it is, how to get it, and keep it for a healthy harvest;
- Preparing beds so you can get gardening early;
- Dig versus no dig – the controversy explained
- Testing your own soil;
- Including doing a jar test for soil composition

## BRAIN GAMES SUDOKU

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

## March 21<sup>st</sup> – Lyndon Penner – Gardening Rockstar and Expert

(6:30 – 8:30pm)

- Are milkweeds really weedy
- Are they suitable for Alberta gardens
- Are some better than others
- Trying green flowers in your garden

**MILKWEED & THEIR RELATIVES:** *(One variety has been named 2017 Perennial of the year)* With the increased interest in pollinators and how we can help them, many gardeners are discovering milkweeds (*Asclepias*) for the first time! Their popularity is increasing so much that one species (with the pretty common name of butterfly weed) has just been named the 2017 perennial of the year! Not only are the flowers beautiful and the seedpods interesting, milkweeds are the only plants that monarch butterflies can use as the host for their caterpillars.

## GREEN FLOWERS:

Gardeners are always interested in bright, vibrant colors but we usually think of green as being reserved for foliage and stems. In recent years, there has been a great deal of interest in plants with "green" blossoms! Have you tried any in your garden? They can add a fascinating depth to a cut flower arrangement or add some spice to the garden in unexpected ways. There are green flowered annuals, perennials and even shrubs! If you're looking for a way to add something fun and maybe even a little peculiar to your garden, you're likely to find something really interesting here!

If you are interested in adding plants to your garden that are both gorgeous and helpful, you'll not want to miss this presentation! There will be Milkweeds available for purchase to save the Monarch Butterflies and giveaways to celebrate Canada's 150<sup>th</sup> Birthday!

## April 4<sup>th</sup> – What Grows Best Here?

(6:30 – 8:30pm)

- What plants are the best crops for Calgary
- Annuals – edibles and flowers
- Perennial edibles to consider in the community garden;
- Herbs;
- Greens;
- Fruit
- Role of pollinator plants
- Invasive plants and others to avoid

## May 2<sup>nd</sup>- Growing through Techniques and Systems (6:30 – 8:30pm)

- Planting techniques:
  - square foot gardening, using your space wisely
  - Containers
  - Companion planting
  - Crop rotation
- Seedlings: buying, hardening off, planting and protecting
- Tomatoes and potatoes
- Planning the garden
- Creating a custom planting plan for your garden bed

## June 3<sup>rd</sup> – What's happening in the Garden (Saturday 10:00am – Noon)

- Thinning and staking
- Weeding – recognizing early emerging weeds and eliminate perennial weeds;
- Protecting the soil and plants from the weather
- Early harvesting & succession planting
- Bugs and other problems:
- A match the problem to the cause exercise

## July 29<sup>th</sup>- Don't Forget about the Garden now!

(Saturday 10:00am – Noon)

- Water conservation methods: mulching, diffusion watering
- Urban critter control, including human activities
- Harvesting- garlic and other mid-season crops
- Cover crops
- Early fall crop protection
- Preventing food crop waste – sharing the bounty

## September 9<sup>th</sup>- Fall is Coming! (Saturday 10:00am – Noon)

- Seed Saving
- Protection against frosts and prolonging the harvest including cold frames;
- Harvesting techniques -simple preserving
- The composting system

## October 14<sup>th</sup> - Putting the Garden to bed (Saturday 10:00am – Noon)

- Soil – amending the soil now rather than in the spring,
- Fall crop planting and seeding: Garlic and seeds
- Planning for next year: crop rotation, enhancing the garden
- Leaving the garden looking beautiful and cared for – throughout the winter months

## December 5<sup>th</sup> – Seasonal Celebration (6:30pm – 9:00pm)

- Making a large outdoor arrangement out of seasonal greens and decorating it
- Care of the arrangement so it lasts into spring
- Celebrating the year with fellowship
- Includes all materials and planter

*Gardening adds years to your life and life to your years.*

*~Unknown*

**Dragon Robots,  
Hydraulic Arm Robots,  
Eureka! The Inventor's  
Camp, Brixology with Lego  
and Jr. Explorers**

**Five Summer Camps in your Community  
or one near you!**

**calgary.madscience.org  
403-263-4140**

The Leading Fun Science Provider for 21 years!  
Parents' Choice Award 1st Place Winner 2016 & 2017

**wine  
women&shoes®**  
IN SUPPORT OF WOOD'S HOMES

*Indulge and  
Be Inspired*

April 7, 2017 • 5:30 PM  
Jack Singer Concert Hall  
Lobby, Arts Commons

Sip, Savor, Shop, Support!

**WOOD'S HOMES**  
WORKING FOR CALGARY'S MENTAL HEALTH SINCE 1984

*Tickets at woodshomes.ca/wws*

Life can feel like a puzzle,  
but it doesn't have to.  
Challenge yourself to put  
the pieces in place.  
Begin building a life plan  
and living your purpose.

**CULTIVATE  
PURPOSE  
DAY™**  
**OCT 30, 2017**

Keynote Speaker  
**CRAIG KIELBURGER**  
Co-Founder of  
WE Charity, ME  
to WE Social  
Enterprise, and  
WE Day

For details and to register: **cultivatepurposecompany.com**

## IN & AROUND CALGARY

### Crowchild Trail Study – Presenting the final recommendations

Thank you Calgary for your participation and support throughout the Crowchild Trail Study. Together we have developed recommendations for short-, medium- and long-term changes and upgrades to Crowchild Trail that reflect a balance of many ideas and perspectives, and best align with the study's key principles and goals.

The final study recommendations will be presented to Council's Standing Policy Committee (SPC) on Transportation and Transit:

**Date: Wednesday, April 19, 2017**

**Time: 9:30 a.m.**

**Location: 800 Macleod Trail S.E. (Council Chamber)**

If you are interested in speaking to Council about the study, we invite you to join us on April 19, 2017. As with the majority of reports from City Administration, the Crowchild Trail Study will be presented to Council's SPC on Transportation and Transit before it is forwarded on to Council. You are welcome to speak to Committee, but not at the regular meeting of Council. Reports are heard in the order they appear on the agenda which is published **approximately four days** in advance of the meeting.

More information on attending meetings of Council and Standing Policy Committees is available at **calgary.ca**. For more information on the study, visit **calgary.ca/crowchild**.

**Happy  
March,  
everyone!**

Calgary  
**Humane  
Society**  
Connecting Lives

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

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

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

Happy spring everyone!

**ABOUT  
PAINTING**

**BBB** Professional,  
Reasonable & Reliable

20+ Years Experience - Free Estimates & Advice

**Interior Painting**

- Cabinet Spraying ● Wood Staining
- Spray Painting ● Ceiling Painting

**ALL WORK FULLY GUARANTEED  
2 YEAR WARRANTY**

**403-239-9022**  
[www.aboutpainting.ca](http://www.aboutpainting.ca)

**CALGARY  
LAW DAY**

APRIL 22, 2017 | 9AM - 3PM

**FREE OPEN HOUSE AT THE  
CALGARY COURTS CENTRE**

**WWW.LAWDAYALBERTA.COM**

**DIAL A LAWYER**  
ASK YOUR LEGAL QUESTION FOR FREE  
APRIL 22 | TOLL FREE: 1-888-644-8950





# CALGARY POLICE SERVICE

## Changes to Calgary's Alarm Bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were re-

sponding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 42

Award Winner at the  
Calgary Home + Design Show

403.818.3118  
403.819.8753  
showtimehomedesign.com

**PREMIUM INTERIOR AND EXTERIOR RENOVATIONS - Built with craftsmanship**

Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows, siding, stonework and roofing. SHOWTIME does it all. Design services included at no extra cost.

**KINGS'**  
Christian Center

*Rhema Conference 2017*  
*and Inauguration Service*

You are cordially invited to our annual  
life-changing conference.

*Luke 5:5 "Master, we toiled all night and took nothing! But at  
your word I will let down the nets."*

**Theme: The Power of the Blood - Leviticus 17:11**

Fri, March 31 @ 6:30-9pm  
Sat, April 1 @ 6:30-9pm  
Sun, April 2 @ 6:30-10pm

*Dinner will start at 5pm each day*

Ron & Debra Steinbrenner  
Snr Pastors, Christcity  
Church, Edmonton

Cal Goldberg  
Snr Pastor Beth-Shechinah,  
Calgary

Sam Acquah and the Call  
to Worship Team

Mannie & Chino Azenda  
(Host Pastors)

**Admission is free! But please, register online at [www.kccalgary.org](http://www.kccalgary.org), by email at [rhemaconference@kccalgary.org](mailto:rhemaconference@kccalgary.org) or by calling us at 403-273-3600.**

Our new address is 742 85th St SW, AB T3H 4C7





# Luxury Bungalow Villas






A place for *Everything* and everything in a great place

There's a place for you to grow at Morena West. Its sophisticated open plan has ample room to grow your circle of friends; a chef's kitchen provides room to grow your culinary skills; a back yard offers room to grow your flair for gardening and there's even an optional lower level you can grow into. Situated in Sienna Hills with easy access to city and mountains, Morena West fits your life by delivering what you want, right where you want it.

Photography by Bookstrucker Photography



**Come view our Showhomes!**  
 55 Sierra Morena Way SW  
 Monday - Thursday: 3pm - 7pm  
 Saturday - Sunday: Noon - 5pm

Or by appointment  
**Traci Wilson** Area Sales Manager  
 Call 587.226.9470  
 twilson@rockford.ca

**Low Maintenance West End Living**  
 from the **\$650<sup>s</sup>**




**587.226.9470**

**liveatmorenawest.com**

## IN & AROUND CALGARY

### EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1



873 – 85<sup>th</sup> Street SW

Formerly  
Urban Venus

Same great staff &  
service!

New Owners invite  
you to

**10%**

discount with this add

**403 686 0997**

10% discount cannot be  
combined with other  
promotions and must be  
presented on payment



# BUSINESS CLASSIFIEDS

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



**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Aspen Estates, Springbank Hill, and Wentworth. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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

**AFFORDABLE DENTAL CARE:** Cut through the noise. Message received loud and clear from Albertans. We follow Alberta Blue Cross fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Thank you all!

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

**CHARTERED PROFESSIONAL ACCOUNTANT:** 24 years of professional accounting expertise for small and mid-size companies. Can provide accounting for monthly, quarterly or year-end, financial statement and note preparation, audit preparation, GST, payroll and T4 filings. Have experience with junior oil and gas companies, including initial start-up. Please contact Lori at 403-837-7114.

**NEED A HOUSE OR PET SITTER?** Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@live.ca.

**DAYHOME AND BEFORE & AFTER SCHOOL CARE IN STRATHCONA PARK SW:** Beginning September 1, Play and Learn Childcare will have openings for full-time and part-time childcare. Before and after school care will have openings for children 5-12 years of age. For information call Lorraine at 587-352-2449 or 587-352-5337.

**SPRING SPECIAL:** Power rake, aerate cut, free fertilizer \$150.00. Weekly cuts \$35.00. Calgary owned and operated since 1995. Call the father and son team now 403-247-2292 or 403-796-9377.

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

**CLARITY FINANCIAL:** We offer a wide range of services for businesses or personal from bookkeeping, accounting and taxes - along with specialty services for purposes of estate planning and divorce. Operated by a Chartered Accountant. Contact us at rporter@clarityfinancialservices.ca or look us up on our website at www.clarityfinancialservices.ca for more information.

**ORGANIC MAID SERVICE:** We offer organic and eco-friendly cleaning service at affordable rates. Mention this ad and receive a discounted rate on weekly and bi-weekly cleaning services. Call or visit our website for a free estimate. Clean Conscience. 403-253-2648, calgary-eco-cleaning.com. Clean police clearance, licensed, insured.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**GRADE DOCTOR TUTORING SERVICES:** Need that little boost in science? The Grade Doctor can help! 17 years of teaching science. 10 years' experience with diploma exam marking and item construction. Accepting students in all general sciences and all chemistry courses. Call 403-993-1463(C) or 403-228-1465(H). Don't delay, call today!

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

**EKS ACCOUNTING & BOOKKEEPING:** Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

**PRIVATE INVESTIGATOR:** Forensic Group West Ltd. is a licensed private investigation agency providing service to the public. Our investigators are retired police officers who deliver professional service. For a free consultation and quote, please email gord@forensicgroupwest.com or call 403-988-6901. www.forensicgroupwest.com.

**CALLING PROFESSIONAL PORTRAIT PHOTOGRAPHERS:** Feature your professional family portraits for free in this newsletter. Email as@great-news.ca for more information.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**MBH ACCOUNTING & TAX SERVICES INC:** Personal tax (EFile) starting at \$50.00 per person. Other services: accounting (T2), incorporation, payroll, GST returns. Suite 211, 3515 - 17th Avenue SW, T3E 0B6. Phone: 403-453-2999. Cell: 403-397-5336. www.mbhaccounting.com.

**PERSONALIZED CLEANING SERVICES LTD:** Starting to spend more time indoors? Let us help make home your favourite place! Licensed, insured and bonded. All supplies provided. Customer discount program. 200% satisfaction guarantee. Residential, commercial, move in/outs. It's simple, just call, text or email Kim at 403-875-6219/info@pcscalgary.com. Also visit us at www.pcscalgary.com.

**REGAL HOUSE CLEANING:** Based in Aspen Woods. Your neighbourhood cleaning company. Keep it in our community. Why pay other companies' travelling time when we are in the same neighbourhood. Competitive rates. Licensed, bonded, and insured. A+ BBB rating. Weekly/bi-weekly/monthly, one off, move-in, move-out. Environmentally friendly products. Professional, uniformed staff. Call 403-671-1995. www.regalhousecleaning.com.

**SPELLISCY | RIDDELL, BARRISTERS & SOLICITORS:** The small firm with a big impact! Real Estate, Wills & Estates, and Corporate Legal Work. Call now for a free quote #403-769-1966.

**TILE, HARDWOOD, LAMINATE, CABINETS, CONCRETE WORK, PAINTING, PATIOS:** Ultimate Construction has been in business for over 24 years. We are licensed and insured. "Fine Italian craftsmanship." We will seriously work within your budget. Call Franco at 403-804-0141 or 403-295-7442.

~continued next page~



# BUSINESS CLASSIFIEDS

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

**ADT SECURITY ALWAYS THERE:** Secure your home with ADT, Canada's #1 Home Security Company. Bring your home into today's Smart Home Technology check the pulse of your home no matter where you are with "ADT Pulse" interactive home solution-control lights, garage, thermostat, and door locks. Contact your total security expert Ludlow Rodney 403-585-6399 or email Lrodney@adt.ca.

**TILE AND STONE INSTALLATION:** 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit [www.portobellotile.ca](http://www.portobellotile.ca) or contact 403-619-9962.

**ARE YOU OVERWHELMED BY YOUR STUFF?** Whether you're moving into a new home or need to organize your current space, there's too much stuff to get through. You don't have the time or energy to sort through it all. I will help you bring order and peace back into your home, for good. Call Heather 403-703-0605. [www.helpinghandtransitions.com](http://www.helpinghandtransitions.com).

**TOP TURF:** Lawn care, yard clean up, pressure washing. - Call 587-438-0036.

**RUSSELL'S LAWN SERVICE:** Since 2000, locally owned, family operated, insured, WCB clearance and BBB accredited. Providing quality, reliable service, free estimates, and 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and xeriscaping. Lawn service bookings are limited, reserve now. Visit us at: [www.russellsawn.com](http://www.russellsawn.com) or call 403-686-LAWN (5296).



## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

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

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



## CHURCHES

**WestEdge Church**

403-253-7136

at WestHills Cinema



## Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [AS@great-news.ca](mailto:AS@great-news.ca)

## BRAIN GAMES

## SUDOKU

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

# your COMMUNITY BUSINESS OF THE MONTH

## Amica

Amica at Aspen Woods retirement community reflects the spirit of this vibrant expansion of Calgary and adds an exceptional service for aging adults and their families in this neighborhood and surrounding communities.

Our first-class retirement community offers an impressive array of amenities and activities such as excellent fitness classes in the Wellness Centre or our salt water pool. Our Life Enrichment team engage our residents in more than 20 activities weekly including guest entertainment, outings, sing-alongs, dancing, bridge or happy hour in the Bow and Elbow Pub & Bistro. You'll never have to leave our community to enjoy all your favorite activities like watching a good movie at our Palladium Theatre™, cultivating plants in the greenhouse, enjoying a fresh air workout on the private LifeTrail™ circuit or walking our local forest trails - or being pampered in our Luxura Spa™!

The elegant Murdoch Dining Room sets the scene for our delicious, wholesome lunches and dinners prepared by our chefs, who are certified by the Canadian Culinary Institute and are passionate about natural, local food and can accommodate special dietary requirements. Residents are offered a choice between two entrees for lunch and dinner, plus an a la carte menu for each meal provides six optional meal choices. Family and friends are always welcome to join our residents for a meal!

At Amica at Aspen Woods, we inspire our residents to live their full potential in our independent or assisted living communities and have fun while doing it. In addition to our level 2 care assisted living suites, Amica provides scheduled care services to independent suites such as assistance with bathing, dressing, medication management and more.

We take safety and security seriously: all suites have strategically placed heat and smoke detectors with trained medical staff (LPN) and an emergency call system 24 hours a day, 365 days a year.

With a focus on physical movement, social and cognitive stimulation we help preserve independence and enjoyment of life. Our programs focus on fall prevention and with many success stories; we celebrate every improvement in the quality of life for our residents as a huge victory. In our

Highlander Library we offer computers for our residents to use as well as many books to borrow. You might head out for a well planned adventure on our On-The-Go Bus where our motto is: "What happens on the bus stays on the bus." We believe that life is full of possibilities at all ages!

Amica at Aspen Woods offers suites of outstanding design, including studios, alcoves, 1-bedrooms (with or without a den) and spacious 2-bedrooms. All suites have air conditioning, well-appointed kitchenettes and 3-piece bathrooms with easy-access walk-in showers. Housekeeping is included so you will never have to vacuum or change the bed again!

To experience the Amica lifestyle in person on a permanent basis, or for a short-term respite or post-surgery care, call us at (403)240-4404 to book a tour and complimentary lunch. Ask us about our trial stay options where you can sample life in our community for two weeks and only pay for one!



*Bring your loved ones closer this winter.*

—\*—  
**Book them a 1-week Staycation and get a 2<sup>nd</sup> week FREE!**  
**Call 403-240-4404 for availabilities.**



**AMICA™**  
*at Aspen Woods*





**Councillor, Ward 6  
Richard Pootmans**

PO Box 2100, Station "M", Calgary, AB T2P 2M1  
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 •

**Accessibility**

An accessible city benefits everyone, including people with disabilities. The City is committed to offering a variety of accessible services and programs to participate in your communities. They include:

- Waste and Recycling
  - Call 3-1-1 if you are having problems identifying between your blue recycling cart and black garbage cart because of vision loss. The City can provide free tactile and Braille plaques on your carts!
- Accessible transit and transportation options
  - Calgary Transit Ctrains and buses are equipped with ramps that can be lowered, as well as the Calgary Transit Access program, where eligible customers can book trips.
- Accessible recreation facilities and adapted programs
  - For example, the Killarney Aquatic & Recreation Centre includes wheelchair access and pool lift, gentle fitness programs, and fee assistance.
- Seniors Services Home Maintenance
  - This City-funded program helps low income seniors to live safely and securely in their own homes, including basic yard care, snow removal, house cleaning, interior & exterior painting and minor repairs. Call 3-1-1 to apply, no referral necessary.
- Assisted services for Council Meetings
  - Call to 3-1-1 in advance of your plan to attend a City meeting or event to request captioning, assistive listening devices, an American Sign Language in-



**It's not about a bunny! It's about The Lamb**  
"Behold the Lamb of God, who takes away the sin of the world!" (John 1:29)

**Wednesday Lenten Services at 7pm**  
March 1- April 5 2017

**Maundy Thursday Service at 7pm**  
April 13 2017

**Good Friday Service at 10am**  
April 14 2017

**Easter Sunday Celebration at 11am**  
April 16 2017

Grace Lutheran Church | 3610 Sarcree Road SW | 403-249-8562  
www.calgarygracelutheran.com

terpreter, large print, Braille print materials, or relief areas for your guide dog.

For additional resources and a full list of services, visit [calgary.ca/accessibility](http://calgary.ca/accessibility)

**Nature Day Camps**

As we inch toward spring, the City is ready with programs to engage the kids outdoors. Calgary Parks is offering Nature Day Camps for children between 4-12 years, connecting them with the natural world through hands-on activities and outdoor play. Guided by experienced educators, campers will explore bugs, birds, plants and animals while gaining a better understanding of nature and their place within it. Camps take place at Inglewood Bird Sanctuary and Ralph Klein Park, and pre- and post-camp care is available. Spring camps begin at the end of March, and registration is now open for summer camps.

For more information, search "Nature Day Camps" at [calgary.ca](http://calgary.ca)

**Ward Community Event Fund**

Finally, we're excited to announce that Council has approved an increase to the Ward Community Event Fund for 2017 to \$15,000 per ward to celebrate Canada's 150<sup>th</sup> Anniversary! If your community association or community-based group is hosting an event or undertaking initiatives to enhance your community, you can apply for assistance from this fund.

For more information, search "Ward Community Event Fund" at [calgary.ca](http://calgary.ca)

**2017 Councillor Chats & Ward 6 Open House Dates**

**Councillor Chats**

Saturday, **April 8, 2017** from 9 a.m. – Noon at SCA Community Association, 277 Strathcona Drive SW

**Ward 6 Open House**

Wednesday, **May 3, 2017** from 5 – 8 p.m. at Glendale Community Association, 4500 25 Avenue SW



**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)

**safetysync.com**  
**403.668.6402**

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



**MP Calgary Signal Hill  
Ron Liepert**

#2216, 8561 8A Avenue SW  
Calgary, Alberta T3H 0V5  
Phone: 403-292-6666  
Fax: 403-292-6670  
Email: [ron.liepert.C1A@parl.gc.ca](mailto:ron.liepert.C1A@parl.gc.ca)

As 2017 unfolds Albertans remain concerned with the many uncertainties that exist in their everyday lives. It is my hope that when the calendar closes on this year the future will become a little more clear.

Politics in 2017 promises to be a little closer to home. It seems that after federal and provincial elections in 2015 the political scene shifted south of the border last year culminating in the election of President Trump in November. Uncertainty around his actions is likely to continue for sometime however there will be a lot of political action taking place in our province.

The provincial PC's will be electing a new leader this spring and that could lead to some interesting developments on the provincial scene. There are two federal by-elections in Calgary this spring, the federal Conservative leadership in May, a federal NDP leadership in the fall and municipal elections in Alberta in October.

All of this will result in extensive media coverage throughout the year and re-focus Albertans on issues important to each and every one of us rather than watching politics south of the border. All of this political activity provides an opportunity to become involved and make a difference, regardless of political affiliation.

This is especially true at the municipal level. This year marks the first time municipal officials will be seeking re-election after serving a four year term. Who represents you on council or with one of the two school boards is important and I encourage constituents to get involved in this fall's civic vote.

This year also marks the 150<sup>th</sup> anniversary of confederation and there will be all kinds of activities in our communities leading up to July 1. Again I suggest finding out what your community is planning, get involved and feel a part of the festivities. Our office is willing to assist in communicating events and where possible provide 150<sup>th</sup> materials.

Meanwhile the business of governing the country continues and the House of Commons sits until mid June. As a member of the Conservative official opposition, I am always available to listen to concerns of constituents and ideas on how to make our province and city a better place. There is no doubt we face a lot of challenges in 2017 but Albertans have always been creative and entrepreneurial in solving the most difficult of issues. I have no doubt that will continue as we move through these difficult times.



**MLA Calgary - WEST  
Mike Ellis**

Unit 234, 333 Aspen Glen Landing SW  
Calgary, AB, Canada T3H 0N6  
Phone: 403.216.5439  
Fax: 403.216.544  
Email: [calgary.west@assembly.ab.ca](mailto:calgary.west@assembly.ab.ca)

I wanted to take a moment in this newsletter message to write to you about services that my constituency office offers to you. My office and staff are available to you at Unit 234, 333 Aspen Glen Landing SW (just above CIBC) or via telephone to 403-216-5439 or email to [Calgary.West@assembly.ab.ca](mailto:Calgary.West@assembly.ab.ca).

In addition to connecting you with me, my staff can help with concerns or issues you may be having with provincial government services or departments. While we are not a main intake for any Government of Alberta program or department, we can make enquiries, and help to facilitate resolutions where necessary. Some matters may also require us to connect you with your Member of Parliament (Ron Liepert) or your City Councillor (Richard Pootmans).

My staff can assist you in requesting congratulatory greetings from the Lieutenant Governor, Premier, or other dignitary for significant birthdays or wedding anniversaries. I also have a small quantity of Alberta pins that are available to constituents going on trips or receiving guests.

These are just some of the things that are available to you from my office in Calgary. I encourage you to give my office a call at any time to learn more.



**YARD BUSTERS LANDSCAPING**  
INSURED LICENSED WCB

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

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

**403.265.4769 YARDBUSTERSLANDSCAPING.COM**



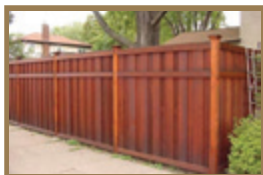


CUSTOMER SATISFACTION GUARANTEED

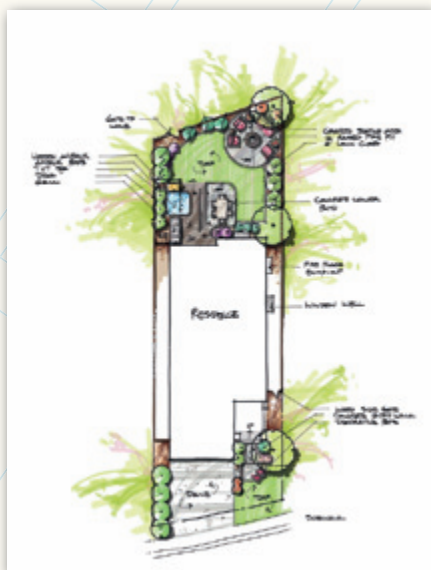


We specialize in all forms of landscape and construction

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



**GOT A PLAN?**  
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282  
www.jacksonandjacksonlandscaping.ca



*One of the biggest challenges of mental illness is feeling alone.*

*With SupportWorks, it doesn't have to be.*

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit [SupportWorks.ca](http://SupportWorks.ca)

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

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

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



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-20107-200-011

# ASPEN LANDING DENTAL

403.263.0055

ASPENLANDINGDENTAL.COM



DR. SAM  
KHERANI

228 - 339 ASPEN GLEN  
LANDING SW  
CALGARY - T3H 0N6

IN THE ASPEN HEALTH CLINIC - 2ND FLOOR  
(LOCATED IN SAFEWAY PLAZA)



DR. SHAHIN  
CHARKHANDEH

*you deserve a beautiful smile*

**OPEN EVERYDAY FROM 8AM - 3PM. 7 DAYS A WEEK**



BEST BREAKFAST/BRUNCH FFWD MAGAZINE

2006, 2007, 2010, 2012, 2013

YOU GOTTA EAT HERE! - 2012

CALGARY HERALD READER'S CHOICE BEST BRUNCH

BEST BREAKFAST WHERE MAGAZINE

2007-2011

BEST BRUNCH AVENUE MAGAZINE 2010

BEST BREAKFAST UP MAGAZINE 2009

#104, 350 ASPEN GLEN LANDING SW

(403)457-3000 FOR RESERVATIONS

WWW.DINERDELUXE.COM

@DINER\_DELUXE



# Hooked on Real Estate

**David Pellettier**  
– REALTOR®

Learn more at:  
**403.869.7971**  
[westsidecalgary.com](http://westsidecalgary.com)



Not intended to solicit clients currently under contract.

**MARKET. COMMUNICATE. NEGOTIATE.**