

MARCH 2017

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

your **BRAESIDE BULLETIN**

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER



2 PAIR OF GLASSES
\$ 199.99

includes progressive or single vision scratch resistant plastic lenses



EYE EXAM Available
 Doctor of Optometry



JAFFERY OPTICAL
www.jafferoptical.com

We Direct Bill

Jaffery Optical - Braeside Center
 # 25B 11440 Braeside Dr. SW
 Calgary, AB T2W 3N4
 Ph: 403-452-1273

Jaffery Optical - High River
 Ph:403-652-1213

Jaffery Optical - Chestermere Plaza
 Ph: 403-454-7681

Jaffery Optical - Midnapore
 258 - 22 Midlake Blvd SE.
 Calgary, AB T2X 2X7
 Ph: 403-984-3275



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



WCB-Licensed-Insured
 Insurance Claims
FREE ESTIMATES



☎ 403-861-7067 Constantin
 ☎ 403-831-1331 Vlad
 🌐 nikoroofing.com
 ✉ nikoroofing@yahoo.ca



A world premiere by *Eugene Stickland*.

Also Featuring:
THE QUOTIDIAN COLLECTIVE
 A collectively created performance experience.

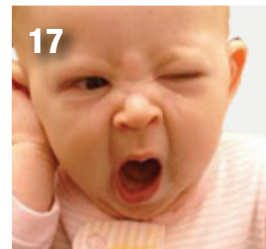
Double Bill and Wine & Cheese Gala
 March 31, 2017, 7 p.m. start time
 For ticket information visit:
www.stmu.ca/drama2017



stmu.ca 403.531.9130 info@stmu.ca

CONTENTS

- 7 PRESIDENT'S REPORT
- 10 MARCH CALENDAR
- 14 MY BABYSITTER LIST
- 15 BRAESIDE CASINO: VOLUNTEERS NEEDED
- 17 IS OUR INVESTMENT IN DAYLIGHT A RIP-OFF?
- 20 WOODCREEK SCOUT GROUP
- 22 FRIENDS OF FISH CREEK
- 24 MARCH AT SOUTHLAND LEISURE CENTRE
- 26 CALGARY POLICE SERVICE: CHANGES TO CALGARY'S ALARM BYLAW





BRAESIDE COMMUNITY ASSOCIATION

11024 Braeside Dr. SW
Calgary, AB T2W 6G5
Phone:403.253-4232 | Fax:403-253-3528
braecom@telusplanet.net

Delivered monthly to 2,400 households and businesses for 6 years!

Editorial Submissions

braecom@telusplanet.net
All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements 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



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 and Braeside Community Association.

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

Great News Publishing and Braeside Community Association 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.

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



KidneyMarch

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

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



Come to our Expo April 23 kidneymarch.ca 1.866.956.2724

BRAESIDE COMMUNITY ASSOCIATION

Need to contact us?

Mail: 11024 Braeside Drive SW, Calgary, Alberta, T2W 6G5

Phone: 403-253-4232

Fax: 403-253-3528

Email: braecom@telusplanet.net

Board meetings are held on the third Tuesday of each month at 7:00 p.m. in the Lower Hall, Meeting Room 2, at the Community Centre. The meeting is open to all Braeside residents or interested parties. If you have issues or concerns and you would like to be placed on the agenda, kindly call our Board Secretary, Joan Byers, at 403-253-4232.

BOARD OF DIRECTORS:

President	Robert Grigg	To contact Board members, call 403-253-4232
Vice President	Philip Schuman	
Secretary/Acting President	Joan Byers	
Treasurer	Position Vacant	
Director, Construction and Maintenance	Bob Byers	
Youth Director	Position Vacant	
Entertainment Director	Rosemarie Foley	
Sports Director	Position Vacant	
Director at Large	Sandy Shiels	
Director at Large	Kim Price	
Director at Large	Elliott Schuman	
Director of Transportation & Safety	Paul Finkleman	
School Liaison	Louise Whitbread	

COMMUNITY CONTACTS:

Community Coordinator	Linda Krebs	403-253-4232
Child Care	Louise Whitbread	403-258-0699
Baseball	Anna Glickman	403-255-3387
Basketball	Dawn Osborne	403-259-6502
Chinook Music	For Tickets	403-271-3719
City Liaison	Jenna Findlater	403-476-7277
Girl Guides	Barb Augustyn	403-251-5169
Hockey	Lisa Santos	403-263-7510
Scouting	Tim Tratch	403-251-4878
Southwest Seniors	Heidi Riad	403-238-2524
SW Community Resource Centre		403-238-9222

AREA SCHOOLS:

Braeside Elementary		403-777-8470
John Ware Junior School		403-777-7930
St. Benedict Elementary		403-253-1881

GOVERNMENT REPRESENTATIVES:

Councillor, Ward 11	Brian Pincott	403-268-3611
MLA, Glenmore	Anam Kazim	403-216-5421
MP, Calgary SW,		403-253-7990

The Braeside Bulletin

The Braeside Bulletin is published by the Braeside Community Association and delivered to all Braeside homes. Articles can be e-mailed to braecom@telusplanet.net. **Submission deadline is the first of the month for inclusion in the following month's publication.** Space limitation may prevent some material submitted from being published. Editing may be required.

While we make every effort to ensure that all information provided and published is correct, we are not responsible for any omissions or errors.

Opinions expressed within these articles, reports or submissions are the author's and should not be considered as reflecting those of the editor or Community Association.

To place a paid advertisement in the Braeside Bulletin, contact Great News Publishing, 403-263-3044, sales@great-news.ca.

"The Braeside Community Association is committed to representing the community with honesty and integrity, working towards common values and goals".

Check us out on the web at: www.calgaryarea.com (click on SW, Braeside). Email: braecom@telusplanet.net. Follow us on Facebook at Braeside Community Association

Hall Rental

We are accepting rentals for all areas of the Community Centre. Our Upper Hall area is suitable for weddings, banquets and large gatherings. Our meeting rooms on the main level are suitable for meetings or small gatherings.

Now providing Telus Wi-Fi.

To view the hall or make a booking, call the Community Office at 403-253-4232.

Community Rink Available for Rent

If you are considering a sports tournament, practice or outdoor event, Braeside's newly renovated Community Rink is now available for rent:

Per Hour - \$25.00

Per ½ Day (4 hour period) - \$ 75.00

Per full day (8 hour period) - \$125.00

Weekend (8:00 a.m. to 6:00 p.m. daily) - \$200.00

All rink rental requests MUST NOT conflict with renters booked in hall (i.e. weddings in building) due to noise and parking. Additionally, a clean up deposit will be required. There is no overnight storage available. Liability for all items must remain with the renter. NO ALCOHOL AT ANY EVENT.



Seniors' Fitness

The goal of this program is to help older adults maintain physical function, mobility, strength and balance. Classes are led by a certified older adult fitness instructor and consist of warm up, cardiovascular, muscle strength, flexibility and relaxation exercises. Individuals go at their own speed, participating in sitting and standing exercises using a variety of equipment including balls, exercise bands and light weights. This is a drop-in program. The cost is \$2.00 per class. The winter session of Seniors Fitness will run twice weekly on Tuesdays from 10:00 – 11:00 a.m. and Fridays, 9:30 – 10:30 a.m. and resumes Tuesday, January 10 at Braeside Community Centre, 11024 Braeside Drive S.W. For more information call (403) 253-4232.



COMMUNITY COORDINATOR

Community Office Hours:

Mondays, Tuesdays, Fridays, 10:00 – 3:30

Wednesdays, Closed

Thursdays, 10:00 – 4:30

Closed for Lunch 12:00 – 1:00

Linda Krebs
Community Coordinator BCA

PRESIDENT'S REPORT

Hello to Everyone,

At the Community's Annual Meeting on January 17, a new Board of Directors was approved. That change allowed me to become President, Philip Schuman became Vice-President, Joan Byers returned to her duties as Board Secretary. We are interviewing for the position of Treasurer and may have the position filled by the next report in April's Bulletin.

I am glad to represent Braeside within Calgary as a great community for us to have our homes. Within the community, we have a stable population and a good mixture of multi-family and single family residences. At the Community Centre, we have a popular and full child care facility. There is a full size hockey rink and a second recreational rink. Within Braeside, we have two medium size shopping centres where we can access a major drug store, two major banks, many choices of eating away from home, and many other services. Please support them as you can. Our access to transit is good using main routes 79 and 80 providing connections to the LRT. Outside our boundaries, we can access two major parks at Fish Creek and Glenmore Reservoir. The Co-op Shopping Centre serves us well for groceries, a third bank, and medical services. The Southland Leisure Centre offers many recreational opportunities.

Your Board has found that we need to keep our community better informed of City planning within our community that can affect us. Examples of applications range from home based business to secondary suites. To accomplish this, I have invited a community member to become our Director of Planning to gather civic information and communicate to all of us. Close by in Oakridge a change is happening at the Co-Op Centre and you can read this at <http://oakridgescrossingyyc.ca/>.

We encourage you to use the City's 311 service if you have any concerns about residents and business not following community standards. A present example is a lack of snow removal on sidewalks. To find what is meant by community standards, Google 'Calgary Community Standards'.

Robert Grigg, President

HOW MUCH IS YOUR HOME WORTH ?



HOME Evaluations

- ✓ **Absolutely FREE**
- ✓ **Anytime**
- ✓ **NO OBLIGATION**
- ✓ **No hassle**

HERBkriese

☎ **403-816-0700**
 info@herb4homes.com

*Expert Real Estate Advice
 Residential-Commercial-Rental*



5080 12a St SE, Calgary, AB T2G 5K9



Braeside Real Estate Update

Last 12 Months Braeside
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2017	\$514,450	\$491,000
December 2016	\$359,750	\$338,750
November 2016	\$413,750	\$407,250
October 2016	\$415,000	\$395,000
September 2016	\$449,500	\$441,900
August 2016	\$419,900	\$411,500
July 2016	\$474,850	\$465,400
June 2016	\$433,200	\$421,750
May 2016	\$394,900	\$383,500
April 2016	\$451,750	\$440,500
March 2016	\$409,900	\$403,500
February 2016	\$380,000	\$375,000

Last 12 Months Braeside
 MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2017	3	2
December 2016	1	2
November 2016	7	4
October 2016	2	3
September 2016	5	5
August 2016	3	2
July 2016	3	4
June 2016	6	6
May 2016	8	4
April 2016	7	4
March 2016	3	5
February 2016	6	3

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

2017 EVENTS

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS

March 21	Board Meeting
April 18	Board Meeting
May 16	Board Meeting
June 10	Braeside Parade
June 20	Board Meeting
July 8	Stampede Breakfast
August 5	Trunk Sale
August 15	Board Meeting
September 3	Community Clean Up & Recycling Day
September 19	Board Meeting
October 13	Volunteer Appreciation
October 17	Board Meeting
October 28	Halloween Spooktacular
November 21	Board Meeting
December 12	Board Meeting

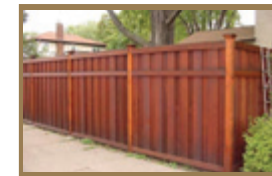
Need more info? Call the Community Office at 403-253-4232.

WEEKLY PROGRAMS AT THE COMMUNITY CENTRE

Art Classes for Kids	Fridays from 4:30 – 6:00	(403) 236-9819
Braeside Karate Club	Thursday evenings at 6:30	(403) 232-0228
Elm Dog Obedience School	Tuesday evenings, times vary	(403) 281-7937
Foundation Baptist Church	Wednesday evenings at 7:00	
	Sundays at 10:00, 11:00, 6:00	(403) 251-5920
Moms and Tots Drop In	Monday at 10:00 – 11:30	(403) 660-9656
Seniors Fitness	Tuesdays from 10:00 – 11:00	(403) 253-4232
	Fridays from 9:00 – 10:00	
Pathfinders	19thpathfinders@gmail.com	
Queens & Jacks Square	Monday evenings at 7:00,	
Dance Club	2nd and 4th Friday evenings	
	From 7:30 – 10:00	(403) 251-6228
Southwest Seniors	Thursdays from 10:00 – 2:00	(403) 246-3763
Sparks		(403) 225-1175
Stained Glass Classes	Thursdays evenings at 6:00	(403) 589-2973
Tai Chi	Wednesday evenings at 7:00	(403) 240-4566



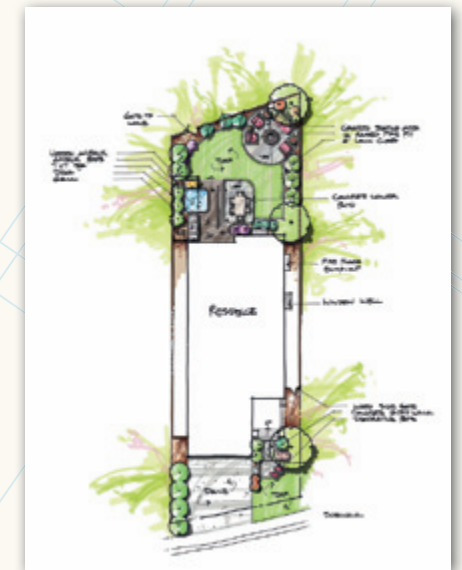
CUSTOMER SATISFACTION GUARANTEED








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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26 Church Worship, 11:00 Evening Fellowship 6:00	Feb 27 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	Feb 28 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	1 Before and After School Care Tai Chi UH 7:00 Church 7:00	2 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	3 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Canadian Rabbit Hopping Club LH 7:00	4 Private Function
5 Church Worship, 11:00 Evening Fellowship 6:00	6 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	7 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	8 Before and After School Care Tai Chi UH 7:00 Church 7:00	9 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	10 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Queens and Jacks UH 7:00	11 Private Function
 Time to Spring Ahead	13 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	14 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	15 Before and After School Care Tai Chi UH 7:00 Church 7:00	16 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	 Happy St. Patrick's Day!	18 Saturday Night Special Chinook Music
19 Church Worship, 11:00 Evening Fellowship 6:00	MARCH 20TH IS THE FIRST DAY OF SPRING 	21 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH Board Meeting 7:00	22 Before and After School Care Tai Chi UH 7:00 Church 7:00	23 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	24 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Queens and Jacks UH 7:00	25
26 Church Worship, 11:00 Evening Fellowship 6:00	27 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	28 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	29 Before and After School Care Tai Chi UH 7:00 Church 7:00	30 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	31 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30	Apr 1 Private Function
Apr 2 Church Worship, 11:00 Evening Fellowship 6:00	Apr 3 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	Apr 4 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	Apr 5 Before and After School Care Tai Chi UH 7:00 Church 7:00	Apr 6 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	Apr 7  Braeside Casino at Casino Calgary	Apr 8  Braeside Casino at Casino Calgary

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

Smile... You could be on camera!

Security cameras are installed at the Community Centre. They are set up to monitor activity around the building, rink area and dumpster. This will enable us to identify those who choose to vandalize or paint graffiti on our building or deposit personal garbage in the Community Centre dumpster and allow us to take action.

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 19



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 I RP 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.

STEP INTO SPRING



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



Braeside Moms and Tots

Nursery Rhyme Song and Movement

Come and sing nursery rhyme favourites with your little ones. Starting September, Mondays from 10:00 to 11:30 a.m. at Braeside Community Centre. \$3.00 per family.

For more information, or to find out how you can be involved, please contact Kirsten at 403-660-9656. This is a not-for-profit venture, so please come and support your local community.

MEMBERSHIP APPLICATION

Braeside Community

VALID SEPTEMBER 1, 2016 – AUGUST 31, 2017

FAMILY INFORMATION:

Adults (First and Last Name): _____

Children (First and Last Name): _____

Address: _____, Calgary Postal Code: _____

Phone No: _____ Email: _____

MEMBERSHIP TYPE AVAILABLE: (Please indicate which membership type you are purchasing)

- | | |
|--|--|
| <input type="checkbox"/> \$25.00 Resident Family Up to 2 adults with or without children | <input type="checkbox"/> \$15.00 Associate Live and hold a current membership in another community |
| <input type="checkbox"/> \$25.00 Non-Resident Family Up to 2 adults with or without children | <input type="checkbox"/> \$18.75 Senior Family Up to two adults with or without children |
| <input type="checkbox"/> \$15.00 Single Adult (18+) No dependant children living at the same address | <input type="checkbox"/> \$11.25 Single Senior No dependant children living at the same address |

*PLEASE NOTE: THERE IS A \$50.00 CHARGE FOR ALL NSF CHEQUES.

The Braeside Community Association holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering.

- | | | | | |
|--|---|--|--|-------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Winterfest | <input type="checkbox"/> Casino | <input type="checkbox"/> Rink Maintenance | <input type="checkbox"/> Parade |
| <input type="checkbox"/> Children's Events | <input type="checkbox"/> Stampede Breakfast | <input type="checkbox"/> Recycling Event | <input type="checkbox"/> Movie in the Park | <input type="checkbox"/> Trunk Sale |

Submit completed form and cheque to: 11024 Braeside Drive S. W., Calgary, T2W 6G5

Membership cards will be mailed to you. Please ensure mailing information is complete and accurate.

Important: Privacy Legislation Community Association Members/Residents: The Personal Information Protection Act became law in Alberta on Jan. 1, 2004. I understand that my personal information will be kept **CONFIDENTIAL** by the Braeside Community Association. I also acknowledge that my personal information may be used/disclosed **ONLY** in certain circumstances to establish, administer and maintain membership lists, program/sports registrations, government reporting, emergency contacts, or legal and regulatory requirements. I hereby consent to such use and disclosure for these limited purposes until such time as I may revoke my consent in writing.

Signed: _____ Dated: _____

Membership Number (Assigned by Community Office): _____ Date Card(s) Mailed: _____

Oakridge Medical

10003 24 St. SW
403-287-6770

We are
accepting new patients.
Dr. Kayode Oloniyo and Dr. Yasmine Halat

Don't sit around in waiting rooms. MINIMIZE YOUR EXPOSURE!

Services provided to family practice and walk-in patients. Call us any Monday - Saturday to get a **same day** appointment. Phone lines open at 8 a.m.

Women's Health Appointments AVAILABLE WEEKLY

Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Tedman Donovan PODIATRY PRACTICE

For all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.

YOU'RE INVITED!



Join the Southwest 55+ CLUB

Enjoy coffee, fun, fellowship, and dancing to a live band every Thursday morning!

Singles and couples, dancers and non-dancers are all welcome to this community group.

Drop by – we're looking forward to meeting you!

Braeside Community Centre
11024 Braeside Drive SW
Thursdays, 10:30 – 12:00 noon

For detailed info please call Heidi at 403-238-2524

Heritage Time Out

McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card-making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out! Wednesday mornings, 9:00 – 11:00 a.m., current session January 4th to March 22nd. Next session runs April 5th to June 21st. Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church at 403-252-1620.



Can you help?

There is a group of seniors who enjoy knitting mitts, scarves, toques, and afghans. They donate them to nursing homes and various facilities in need of such items. If you have leftover wool that you no longer need and would like to donate it, kindly drop it off at the Community Centre. For more information, please call the Community office at 403-253-4232.

Braeside mybabysitterlist

Elizabeth	14	403-253-7269	Yes
Aliaa	13	587-586-8167	Yes
Elizabeth	15	403-253-7269	Yes
Kayzha	17	403-252-5052	No
Lilly	16	403-719-8282	Yes
Salma	39	403-252-5052	Yes
Sheridan	15	403-238-6685	Yes
Vanessa	14	403-402-6008	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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

Braeside Community's On-Going Used Book Sale



All Items \$1.00 Or Less

Drop by the Community Centre to pick up some reading material. Choose from our large collection of paper backs, hard covers and children's books. Proceeds help offset the cost to host special events throughout the year. Book donations always gratefully accepted at the Community Centre.



2017 CASINO Volunteers Needed

We have been notified that our 2017 Casino Fund-raiser is scheduled for

**Friday, April 7 and
Saturday, April 8, 2017**

This is a major source of income for our Community. Funds are used to maintain and upgrade our Community Centre. Volunteers will be needed to run this Casino, for both daytime and evening shifts. Positions required include: Banker, Count Room Supervisor, Cashier, Chip Runner, and Count Room Attendants. For more information or to register to volunteer, please call the Community office at (403) 253-4232 or e-mail braecom@telusplanet.net.

Get Your Total Body Transformation!

 **coolsculpting**



BEFORE

12 WEEKS AFTER
COOLSCULPTING

Rapid Weight Loss Program

Calgary's only Medically Supervised hCG Program includes:

- Weekly visits, hCG & 6 weeks maintenance!
- Metabolic Testing & Fat Burning Injections
- Medical history review & lab testing

Benefits of our Clean Start hCG program:

- An average weight loss from 1/2 lb to 1 lb per day
- No loss of muscle or structural fat
- Lose the weight and keep it off!

Targeted Fat Elimination

Do you have stubborn pockets of fat?

- Eliminates love handles, muffin tops, and bra fat!
- Only clinic in Calgary with both COOLSCULPTING and Vanquish/Exilis targeted fat removal!

Skin & Body Tightening

Loose skin on your face or body?

- Exilis tightens loose skin on face, arms, abdomen



GLENMORE
HEALTHCARE

A305, 1600 - 90th Ave SW
(3rd floor Glenmore Landing)

For more info or to book a
free consultation

Call 403-452-5699 Today!

www.GlenmoreHealthcare.com

Free Estate Planning Information Session

Do You Have Questions about Estate Planning? Join us for a Free Public Information Session hosted by the Friends of Fish Creek

Leaving a Lasting Legacy for Cherished Green Spaces and Healthy Families:

Saturday, March 4, 2017, 2:00 – 4:00 p.m. at Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

“A free public information session like this is really the best way to learn about estate planning from professionals in the field who are willing to share their knowledge and expertise,” said Nic DeGama-Blanchet, Friends of Fish Creek Executive Director, “Estate planning involves receiving answers to important questions that ultimately give you and your loved ones peace of mind.”

Join Emma Hamilton, lawyer in the Wills & Estates group of McLeod Law LLP; Stuart Reid, Chief Development Officer Kids Cancer Care Foundation of Alberta; and Bob Morrin, Friends of Fish Creek Board Member on March 4 to learn about the benefits of estate planning and leaving a legacy.

Estate planning is having a say in what happens to your assets, and it protects your wealth for the enjoyment of your beneficiaries. With an estate plan in place and by taking a few basic steps to prepare, you can reduce the stress to family members and loss of estate value considerably. Your estate plan should reflect what is most important to you and your loved ones.

Join us on March 4 for this free public information session to learn how you can leave a lasting legacy for



March 2017

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 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 at 7:00 p.m.

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.

Free Online Courses: Learn online with 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!

cherished green spaces and healthy families. This event is free but we would appreciate a donation.

What: Leaving a Lasting Legacy for Cherished Green Spaces and Healthy Families Fish Creek – Free Public Info Session

When: Saturday, March 4, 2017

Where: Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW, Calgary AB)

For more information contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/estate-2



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 con-

cept 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 12th this month, like it or not.

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 Brae-side. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

ADORING DAYHOME CHILDCARE: Full-time and part-time care available. Doors open June 26, 2017. Starting interviews April 1. I have a large indoor play area, big fenced backyard with a kids' playhouse and large swing set. Structured play and learn. I provide breakfast, lunch and 2 snacks. CPR certified and have a criminal record check. 403-903-6205.

THE BRAESIDE HOME HANDYMAN: Because you have stuff to do around the house but are just too busy to do it, can't do it, or just plain don't wanna do it. I can help. Visit www.TheBraeSideHomeHandyman.com and/or call/text Shane at 403-404-0450 and see what I can do for you.

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.

PIANO LESSONS AND ACCOMPANIMENT: High School student taking ATCL diploma is accepting piano students, beginner to intermediate level. Recreational music, RCM exams and recitals available. Learn on your keyboard too! All ages welcome, lessons in your home. References available from current student families; \$25/hour. Email Jake: jake3412@gmail.com or phone: 403-437-4389.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

HARMONY LANDSCAPES INC: A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Now booking fall cleanups and 2017 spring landscaping. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

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

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.

MASSAGE-U-WELL: \$10 coupon for massage and acupuncturist. Direct billing insurance. Registered massage therapists and acupuncturist. We specialize in treating whiplash and sciatica. Phone: 403-475-0368. Visit our website to book online: www.message-u-well.com. Please take this coupon with you.

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.

NB ACCOUNTING & TAX SERVICES: Financial statements, corporate and personal taxes, GST, share portfolio, pension split, SR&ED claims. Reasonable rates. Call 403-813-5207.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

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

South West Communities Resource Centre



Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8
Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

The SWCRC is your local resource centre that helps families and individuals develop skills and build resilience to move forward when times are challenging. We are located in the Oakridge Coop Plaza and have a warm and welcoming space that is open and inviting to everyone who calls south west Calgary their home. *Please stop by and let us tell you more about the programs and services we offer at **no-cost**. There is something for everyone!*

Now Accepting Registration: Positive Discipline in Everyday Parenting – Tuesday mornings April 11 to June 6th 2017. Our social workers provide free parenting programs that teach children, youth and parents on how to manage behaviour, develop empathy, and enhance self-respect and respect for others. This 8 week course provides insight for parents of children of all ages and helps everyone manage stress, handle conflict and consider people's feelings. This popular course fills up quickly so give our office a call at 403 238-9222 if you are interested.

Tax Clinic: We are happy to partner with Chartered Professional Accountants who will be offering low-income families living in SW Calgary a *free* Tax Clinic on March 28th and 30th. If you are interested in getting your taxes done and your family income is less than \$50,000.00, call our office to register for a time at the end of March.

Volunteers: We are always looking for outstanding **volunteers** to help with a variety of tasks. This spring we are engaging community residents who are interested in social media, writing stories of impact, or have an interest in photography, please call our office if you would like to support our work. You can also follow along with all our news at www.facebook.com/calgaryswcrc or on [twitter@SWCRC_YYC](https://twitter.com/SWCRC_YYC).

COMMUNITY ANNOUNCEMENTS

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



KNIFE RAFFLE TO SUPPORT THE CANADIAN JAMBOREE THIS SUMMER

The Woodcreek Scouts Group was selling tickets for a very special fund raiser. As some of you might know, the Canadian Jamboree is being held this summer from July 8-15 at Camp Nedoaae, Elderbank, Nova Scotia. The Scouts have been very busy with many fundraiser ideas so that they can attend this very special event. We are extremely fortunate to have a gorgeous custom hand-made knife donated by one of the parents to support the Scouts fundraising efforts. Only 30 tickets at \$10.00 each were sold so your chances were very good. We pulled the winning ticket at our annual Baden Powell banquet in February.

The knife has a recurve blade made from 1095 carbon steel with a stabilized maple burl handle, stainless and copper fitted bolster in a black leather sheath with a ferrocium rod.

The Scouts have been very busy with snow removal too. The proceeds from snow removal is also going to support their Jamboree costs. Please keep them in mind if you need your snow shovelled this season. They will come for a one time call or they can be set up for monthly removal. You will be very pleased with the price they charge, probably the lowest anywhere and you can feel good about helping these kids out. Please feel free to



call Laura at 403-281-1929 any time.

We would like to take this opportunity to thank everyone that donated to our bottle drive in January. It was a very cold Saturday but our Group was out in full force. The hot chocolate was very popular that day for the kids and adults to warm them up. This is one of our biggest bottle drives and without our wonderful communities support it would not be the success that it is.

Here is a quick recap on what the Sections have been up to.

The beavers have a lot of fun activities planned, one of which is working towards their Outdoor Adventure skills- winter skills badge. This will consist of 4 meetings to accommodate the requirements needed some of which include a winter hike, sledding, a scavenger hunt and fort building. Just recently they also learned all about how magnets work and that a compass actually has a magnet inside of it.

The cubs have had an outdoor activity, a sleepover at Telus Spark in January and cub car speed trials on our fancy new aluminum track with built in timers. The beavers and scouts were also invited to race with them. This is all leading up to big races with other groups in the near future.

The scouts have recently enjoyed laser tag, working on badges, swimming at Southland Leisure Centre and a night hike/ geocaching. They are always looking for new fundraising ideas for the Jamboree. If you have extra bottles you could donate to help them please call Laura at 403-281-1929 for pick up or if you could consider donating some of your returns to our account that we have set up at the Tsuu Tina reserve bottle depot under the name Woodcreek Scouts. It would be greatly appreciated. It is a huge expense to take part in the Canadian Jamboree and these kids are working very hard to earn the money needed.

If this program is something you feel your children would enjoy or if you have ideas to offer to us please feel free to call our Group Commissioner Tim Tratch at 403-251-4878. We are always looking for wonderful parents to become a Leader although you do not have to have a child in the program to become a Leader. Think about it, you could have the opportunity to make a big impact on these kids lives with your generous donation of time and your great ideas. All costs, uniforms and training are included. If you have questions, please feel free to call Tim.

As always, we would like to mention our deepest gratitude towards the Woodcreek Association and the local Lions Club for their ongoing support to us.




*We are a new church
in Calgary, Alberta.
You are invited to join
us this Sunday!*

Sundays | 10am | Cedarbrae Community Centre

We exist to experience and express the love of Jesus!
 Every Sunday we worship, eat breakfast and study the Bible together.
 Our Love City Kids have a blast playing games, making
 new friendships and learning more about Jesus.
 Find out more about us at www.lovecitychurch.ca

Braeside Medical Centre



A PHYSICIAN IS ALWAYS ON DUTY

<p>SUTURES ALLERGY SHOTS ASTHMA TREATMENTS MINOR SURGERY MINOR EMERGENCIES WART TREATMENTS</p>	<p>BONE DENSITOMETRY X-RAY WOMEN'S WELLNESS CLINIC: PAP TESTS & BREAST EXAMS PRENATAL CARE</p>	<p>WHEELCHAIR ACCESSIBLE REFERRALS WALK-IN PATIENTS WELCOME 7 DAYS A WEEK</p>
---	---	--

#111, 1919 SOUTHLAND DRIVE SW

403.258.2133



March in Fish Creek

25th Anniversary Brick Pathway

2017 see us celebrate the 25th anniversary of the founding of the Friends of Fish Creek. As part of our celebration we are offering the opportunity to be part of our 25th Anniversary Legacy Brick Pathway program. We will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. Engrave a brick with your personal message. For more information contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/brick

Leave a Legacy for Cherished Green Spaces and Healthy Families

Free Public Information Session

Saturday, March 4, 2:00 pm – 4:00 pm at the Fish Creek Environmental Learning Centre

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. Remembering family in your will is most likely an important part of your final wishes, but do you have questions about planning your estate? Would you

like to ensure the proper management and distribution of the funds you leave behind? Join Emma Hamilton, lawyer in the Wills & Estates group of McLeod Law LLP; Stuart Reid, Chief Development Officer Kids Cancer Care Foundation of Alberta; and Bob Morrin, Friends of Fish Creek Board Member to learn about the benefits of estate planning and leaving a legacy. For more information or to register visit www.friendsoffishcreek.org/estate-2

Uncharted: A Photographic Wildflower and Book Evening with Graeme Connell

Thursday, March 23. 7:00 – 8:00 pm at the Fish Creek Environmental Learning Centre
Presented by Graeme and Lois Connell

Calgary author Graeme Connell's novel "Uncharted," centres on Fish Creek Provincial Park and the Rocky Mountains. In this novel, the main character, Brewster, has lost his wife and his reason to live – then, with help from a profoundly deaf woman and a family facing difficult times, his life finds new meaning through wildflowers and a botanical project in Fish Creek. It is a truly uplifting story for anyone who has experienced deep loss and found solace in nature. To register visit www.friendsoffishcreek.org/event/uncharted

Wayne's Wonderful Winter Walk

Saturday, March 11 1:00 pm - 2:30 pm

Join dedicated volunteer, retired park planner, and founding member of the Friends of Fish Creek, Wayne Meikle for a wintery walk along the banks of Fish Creek. Wayne's Wonderful Winter Walk provides an amazing opportunity for families to visit the park in the winter and learn about the history of this area! To register or for more information visit www.friendsoffishcreek.org/programs/other-tours

Spring Birding Course Starts Monday, April 3

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors in Fish Creek Provincial Park and other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, volunteer instructor and lifelong naturalist Gus Yaki and other knowledgeable and experienced instructors will once again conduct these courses.

Registration Required and fees apply. To Register and for course times visit: www.friendsoffishcreek.org/programs/birding-course



Councillor, Ward 11
Brian Pincott
P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

This year as we celebrate Canada's 150th Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

Connectivity is a word I really like and use often. Connectivity is the quality, state, and capability we have of being connected to each other, within our communities, and across our city. For me, it captures what I strive to do, what The City of Calgary strives to do, and what our Community Associations strive to do.

Together, we are continually working to strengthen the connectivity between people and their environment, natural and built. We're continually working to improve the accessibility of those connections, whether that is a pathway to your local park, marked pedestrian crossings, or providing the option of a sliding scale fee for low-income transit passes.

When we talk about connectivity, we're also talking about our values – individually and collectively. As a city we value our parks and our pathway systems, our festivals and events, our educational institutions, our attraction for business and tourism, our ability to be innovative, our desire to be diverse and inclusive.

This year began with a small act of inclusivity, with Council voting to rename the Langevin Bridge to the Reconciliation Bridge. The Calgary Aboriginal Urban Affairs Committee has further recommendations on how we can heal our community, and achieve great things together. This small act of reconciliation is an important first step along the path towards healing and understanding.

If you're wondering how to connect, a great place to start is your Community Association. Becoming a member to your Community Association supports events and local improvements in your area.

There are many ways we can support each other. Remember, a small act of kindness goes a long way!

If you have not, please subscribe to your Ward 11 Updates, and connect with your Ward 11 team.

IN & AROUND SCHOOLS

St. Gerard School

With the warming of the weather, we're easily reminded of the changing of seasons before us. Thankfully, St. Gerard School strives to capture every moment throughout the school day in building opportunities in French Immersion that are enriching and purposeful, building individuals into ethical citizens and engaged thinkers.

Our students will be showcasing their philanthropy through fundraising projects targeting local and global communities in an effort to make the world a better place, one small but steady step at a time. Our WE charities will benefit from the students' work in bridging groups near and far to our school through monies raised in support of food and nutrition programs and sustainable water sources. *"In the face of unjust and painful situations, faith brings us the light which scatters the darkness."* ~ Pope Francis

French-Canadian customs and traditions will be celebrated and promoted in our week-long Carnival, a time when St. Gerard School will host French Canadian presenters, games and festivities that have historically denoted the pride that is true to French Canadian culture. Meanwhile, we continue the work of providing meaningful experiences through our clubs and extracurricular activities, such as our Reading Club, Intramurals Program and Curriculum Support Initiative (homework support).

We are happy to announce that due to the success of our first **Open House**, we will be offering a second on **March 9th at 6pm**. We look forward to meeting all prospective new families to St. Gerard, and are forever grateful to all families, new and old, that form the root condition of this school, one with kindness and love at its core.

Important Dates:

- March 2nd: Sandwich Ministry Drop off
- March 6th: Healthy Hunger
- March 9th: St Gerard Open House (parents and children welcome), St. Gerard School Council Meeting
- March 10th: Calgary Opera
- March 13th: Healthy Hunger
- March 22nd: Sammy's Pizza
- March 27th: Spring Holiday begins, Classes resuming April 3rd

PLUMBER

PLUMBOB For All Your Plumbing Needs

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

Call Bob: 403.257.3465 / 403.461.3490

IN & AROUND CALGARY

Southland Leisure Centre

NEW Did you know February 24th was the start of summer? The Spring/Summer 2017 Program Guide is on stands now. Southland Leisure Centre's summer day camp registration began February 13th.

Southland ProShop: "Did you know Southland Leisure Centre has a Proshop? We have a great selection of swim-suits for all ages all year long. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

Friday Night Dance Party: March 24 from 7:15 - 10:00 p.m. Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No partner required! See calgary.ca/leisurecentres for schedules and more information.

March Break Day Camps: Register your children for some fun in Southland Leisure Centre's day camps. Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for lots of great day camp programs over March/April Break.

Drop-in Climbing and Gymnastics: There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you. See calgary.ca/leisurecentres for schedules and more information.

Drop-in Badminton and Basketball, Soccer, Pickleball: Please see calgary.ca/recreation or contact 311 for



the latest schedules as cancellations may be in effect for special events or holiday hours.

Family Swim: Every Sunday, 8:00 a.m. to noon. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Find out more at calgary.ca/leisurecentres.

Babysitting Room: Treat yourself to some 'me time' to workout or take a class. No bookings required for our Babysitting Room. Monday – Sunday, 8:30 a.m. – 12:30 p.m., Monday - Thursday 4:00 - 8:00 p.m. Reasonable rates for a well-deserved break!

Calgary After School: A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available. Monday to Thursday, 3:00 – 6:00 p.m. and Fridays, 1:00 – 5:00 p.m. For details, call our centre at 403-648-6550 or online at calgary.ca/leisurecentres or calgary.ca/afterschool.

Youth Night: Fridays, 7:30 to 10:00 p.m. Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies. Visit calgary.ca/leisurecentres for more information.



MLA Calgary-Glenmore

Anam Kazim

#A208, 1600 - 90th Avenue SW • Calgary, AB Canada T2V 5A8

Ph: (403) 216-5421 • Fax: (403) 216-5423

Email: calgary.glenmore@assembly.ab.ca

Facebook: Anam Kazim - MLA for Calgary Glenmore • Twitter: @anamkazimMLA

Dear Constituents:

As we enter spring, the spring session of the 29th Legislature of Alberta opens March 02, 2017 with the Speech from the Throne at 3PM. It will be the beginning of setting new goals and direction to drive our province forward and serve the best interests of Albertans. I feel honoured and privileged to represent the exemplary constituents of Calgary-Glenmore who leave no stone unturned to demonstrate tremendous leadership and stewardship.

Coal Transition: Coal plants are a major source of air pollution, releasing pollutants like:

- cadmium
- lead
- mercury
- nitrogen oxides
- sulphur dioxide

- This has an effect on the health of Albertans. Poor air quality has been linked to a number of health conditions, including: asthma, chronic bronchitis, chronic obstructive pulmonary disease, heart disease, stroke and diabetes.
- In 2012, the Government of Canada quantified the benefits of transitioning from coal-fired generation to natural gas or carbon capture and storage. These benefits included health benefits, primarily from reduced smog exposure.
- Alberta's action on phasing out emissions from coal-fired generation by 2030 is expected to have similar benefits.
- A recently released a report – in collaboration with a group of health organizations representing health professionals and patient groups – estimate benefits based on federal methodology. For more information: <http://www.pembina.org/pub/out-with-coal>.

The Costs of Clean Coal:

- When applied to coal-fired generation, carbon capture and storage (CCS) technology has been demonstrated to reduce carbon dioxide emissions. However, CCS applied to coal plants is rare around the world because

low carbon alternatives to generate electricity are readily available and are more economic, like natural gas generation and renewable energy technologies.

- Because of the costs, a high subsidy to industry is typically required to retrofit coal units with CCS technologies.
- Alberta's *Climate Leadership Plan* called for zero pollution from coal-fired generating units by 2030. There are currently no CCS technologies that can achieve this goal.

Support for Communities:

- An advisory Panel on Coal Communities (APCC) has been formed – to ensure workers and community members are consulted and heard, and to understand their challenges and ideas for the long-term economic sustainability of their communities.
- The province will work with industry, along with the Government of Canada and communities, to understand options for the future, including new natural gas generation facilities, coal to gas conversions, hydro-electricity, renewable energy opportunities, and other forms of economic development.

Coal Mines

- Alberta's coal phase out only addresses emissions from coal-fired power stations, and does not contain any policy stance on coal mining within the province.
- Any metallurgical coal mines that export their coal outside of Alberta for steel making and other purposes will be unaffected by the phase out of coal-fired emissions.

Please share your ideas by completing this online survey: <https://www.surveymonkey.com/r/albertacoalsurvey>

Open House: I will be happy to see you on March 17, 2017 at our open house from 4:30 pm to 6:30 pm at our Calgary-Glenmore constituency office. We have invited Kerry Oxford from IRON + EARTH: Oilsands Workers for Renewable Energy as our guest to speak informally on transferrable skills.

Calgary

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.

MX 419706



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.

Braeside Before and After School Care

11024 Braeside Drive SW Calgary

A fully accredited non-profit school age care located in Braeside community centre.

We offer a fun and exciting school year program & summer camp! We focus on arts, crafts, nutritious snacks and out trips.

Provincial subsidy is available to those parents who qualify.

For more information or to register your child contact us at 403 258 0699 or email us at braechildcare@gmail.com

Hours of operation:
Monday – Friday 7:00am – 9:00am, 11:00am – 6:00pm.
School Holidays and professional development days:
7:00am – 6:00pm

At Braeside before and after school care we believe that children are unique and require a stimulating and interactive environment which recognizes and accommodates each child's individuality.



OAKRIDGE
DENTURE CENTRE



Striving to Improve Lives –
One Denture at a Time!


Call to Book Your Appointment:
403-251-1522
www.OakridgeDenture.com

**Personalized High Quality Dentures,
from the Denturist who Cares!**

- New Complete and Partial Dentures
 - Implant Dentures
- Relines, Repairs and Adjustments
 - Comprehensive examinations
 - Complimentary consultations
- We provide referrals for dental implant placements
- We provide referrals to General Dentists and Dental Specialists
- Direct billing to your insurance

Oakridge Co-Op Mall
Suite 49, 2580 Southland Drive SW

Charles Gulley, DD, F.C.A.D.
Denturist – Denture Specialist



CLIMB

FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB
1188
STAIRS

SUPPORTING THE
ALBERTA WILDERNESS ASSOCIATION



climbforwilderness.ca

BRAESIDE MARKET STATISTICS

Single Family homes:

6 active listings - average list price \$502,833 with
39 days on market
8 sold listings since November 1, 2016 - average sale price
\$444,125 with 50 days on market

Condo/Townhouses:

12 active listings - average list price \$264,892
with 35 days on market
8 sold listing in since November 1, 2016 - average sale price
\$239,875 with 34 days on market

Apartments:

5 active listings - average \$196,400 with 18 days on market
2 sold listings since November 1, 2016 - average \$194,250
with 30 days on market

(Statistics based on CREB MLS System listings as at Feb 1, 2017.)

Why Use The Home Hunters Real Estate Group for your Real Estate Sale or Purchase?

- Expert negotiation strategies & skills
- Decades of experience & expertise
- Intimately familiar with all types of property
- Detailed understanding of different types of foreclosures & estate sales
- Broad experience with renovations, investments properties, basement suites & "flips"
- Specialized knowledge of different communities, builders and home styles
- Connected to many helpful resources which facilitate a convenient and smooth real estate experience



STEVE
HUNTER

GRANT
HUNTER

RANDY
KEYLOCK

WE MAKE YOU #1
CALL US AT 403-460-2211

Sutton
Group
Canwest

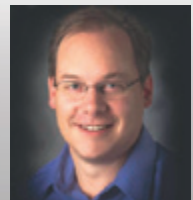
For expert real estate advice with personalized Service & Attention to Every Detail, Call The Home Hunters Real Estate Group!

Same day pre-approvals, giving you the peace of mind in knowing what your house hunting budget is!

Contact my office:

Brayco Financial 403.259.4077 gerry@brayco.ca | www.brayco.ca

Follow us on Facebook: www.facebook.com/braycofinancial



Gerry Bray