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SEMINAR	DATES
Tax Advantaged Investing (Lunch provided)	February 4, 5, 8, 9, 10 or 11 at noon
Cash Flow Management	February 10 or March 9 at 7pm
Women Only Investment Seminar (1 evening session)	February 2, 9, 16, 23 or March 1, 8 at 7pm
Women Only Investment Workshop (workshop is 3 evening sessions)	February 11, 18 & 25 at 7 pm
Corporate Tax Strategies	February 4 or March 3 at 7pm
Estate Planning	March 17 at 7pm

Bring a friend or relative and join us! Refreshments will be served.
Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca
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Canyon Meadows Community Association

848 Cantabrian Dr. S.W | Calgary, AB T2W 6G4
Phone: 403.251.1715
info@cmca.ca | www.cmca.ca

Elected Officials



Councillor Diane Colley-Urquhart
Ward 13 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA Richard Gotfried
Calgary-Fish Creek
Bay 7, 1215 Lake Sylvan Drive SE
Calgary, AB Canada T2J 3Z5
Phone: (403) 278-4444
Fax: (403) 278-7875
Email: calgary.fishcreek@assembly.ab.ca

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CONTENTS

Trico Centre 6
My Babysitter List 7
Blackfoot Guides 11
At A Glance 14
Real Estate Update 26



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**IN & AROUND
SCHOOLS**

St. Boniface students
 The St. Boniface students were very excited to get back to school after a restful holiday!
 In February, we are excited to celebrate the 100th day of school and our school wide field trip to COP. The students will either be skating, skiing or snowboarding. Lots of fun!
 As we approach the Lenten journey, we will begin by celebrating Ash Wednesday mass at St. Bonaventure Parish along with St. Bonaventure Junior High School. During our journey we will take many opportunities to reflect upon the sacrifices Christ has made for us and how we can live our lives demonstrating more love and kindness towards one another.



**BRAIN
GAMES**

SUDOKU

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

FIND SOLUTION ON PAGE 10

It just doesn't get better than this
 OUR JOB IS TO KEEP IT THIS WAY



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

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

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



Making your city
 work for you

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
 Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This

project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!
- New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



Name	Age	Contact	Course
Lev	12	587-891-7789	Yes
Evelyn	12	403-475-0919	Yes
Deborah	13	403-619-7037	Yes
Elizabeth	13	403-281-2808	Yes
Maxine	13	403-455-8427	Yes
Emily	14	403-796-5606	Yes
Laine	14	403-870-5722	Yes
Valeria	14	403-830-7991	Yes
Valeria	14	403-830-7991	Yes
Colm	14	403-254-4115	Yes
Michelle	14	403-256-4366	Yes
Maya	14	403-253-9390	Yes
Songzi	14	403-251-9806	Yes
Marina	14	403-708-3657	Yes
Shealynn	15	403-264-2424	No
Lilly	15	403-719-8282	Yes
Kyra	15	403-397-3870	Yes
Shamaya	15	403-464-5443	Yes
Sam	15	403-287-3740	Yes
Rhys	15	403-399-7509	Yes
Amy	15	403-247-9228	Yes
Kaitlynn	15	403-874-4034	Yes
Jacy	15	403-254-4949	Yes
Katrina	15	403-919-3138	Yes
Cristina	15	403-245-5184	Yes
Danika	15	403-640-4331	Yes
Henry	15	403-719-8282	Yes
Alissa	15	403-542-6142	Yes
Grace	16	587-888-2423	Yes
Julianna	16	403-604-0034	Yes
Gillian	16	403-259-8680	Yes
Kassandra	16	403-926-9056	Yes
Eden	16	403-225-2595	Yes
Connie	16	403-862-2081	No
Kayleigh	16	403-618-7605	Yes
Shannen	16	403-919-7200	Yes
Garrett	17	403-708-7312	Yes
Brianne	17	403-999-6906	Yes
Kaiden	17	403-926-3399	Yes
Kaitlyn	17	403-254-6382	Yes
Nicole	17	403-862-8692	Yes
Nia	17	403-991-8045	Yes
Abigail	18	705-706-4338	No

Lyndsey	18	587-777-5137	No
Elaura	18	403-471-5051	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Jakarta	18	403-808-8503	No
Makenzie	18	403-796-7733	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Sara	18	403-700-8675	No
Yena	19	403-479-7911	Yes
Gracia	19	587-969-1296	Yes
Sonya	20	403-389-5921	Yes
Ria	20	403-470-9783	No
Kelsey	20	403-818-6034	Yes
Danita	21	403-990-0205	Yes
Jamie-Lyn	21	403-892-0176	No
Becky	21	403-993-9284	Yes
Katelyn	22	403-870-1752	Yes
Michelle	22	403-926-5166	No
Siobhan	22	403-923-9499	No
Christi	23	403-869-1573	Yes
Emily	23	403-999-8525	Yes
Sarah	23	819-679-3059	Yes
Blaise	24	587-223-8583	Yes
Christoph	24	587-998-6172	Yes
Alana	24	587-888-4854	Yes
Megan	24	403-861-3718	Yes
Genevieve	25	581-307-6165	Yes
Josefa	25	587-437-1252	Yes
Lauren	25	403-993-7654	No
Camila	27	403-680-0942	No
Catherine	27	514-293-1395	Yes
Heather	29	403-966-5233	Yes
Amber	30	587-438-4789	Yes
Michelle	31	403-923-5111	Yes
Harvinder Kaur	31	587-830-6217	Yes
Silvia	32	403-467-8756	Yes
Brandie	34	403-802-2940	Yes
Angelina	34	403-452-1502	No
Salma	38	403-252-5052	Yes
Rexilla	39	403-478-9465	Yes
Maria	45	403-818-0560	No
Jane	50	403-467-3607	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.



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

Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, January 21 to March 31, 2016. Free child-minding, coffee and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 11 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Positive Discipline in Everyday Parenting Register Now

Tuesday mornings, 10:00 am – 12:00 pm for eight weeks. Next sessions are February 2 – March 22, 2016; and April 12 – May 31, 2016. Program offered free of charge and includes program materials, child minding, coffee and snacks.

Children have the right to protection from physical punishment and to positive discipline that respects their dignity. In this wonderfully affirming program, parents of children 0 – 18 years will learn the four principles of positive discipline: setting goals; creating a positive home climate; understanding how children think and feel; and problem solving in challenging situations. Parents will practice their skills in hands-on exercises and learn to apply these principles across a wide range of situations. The result will be a positive relationship with your child that will last a lifetime.

This program is facilitated by the SWCRC's social workers. To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

Neighbours Helping Neighbours

Many thanks to those of you who donated baby and personal care items to our Neighbours Helping Neighbours program over the holiday season. Such a generous response! Please know that it means a great deal to the individuals and families who receive these items that people in the community care about them.

We are still in need of the following items: diapers sizes new born, 4, 5 and 6; baby shampoo; men's and women's deodorant.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education program. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately two and a half hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.



Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day.

It was thick, dyed red and flavored with chili peppers.



Writings about Reading

Any place can be a reading place

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

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

Books

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

Bookshelves

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

Book lights

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

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

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

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

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

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

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FEBRUARY IN FISH CREEK!

www.friendsoffishcreek.org

Fish Creek Community Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek Community Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

The February Fish Creek Speaker Series Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bio-engineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Park Protectors Needed!

The Friends invite you to join us as a Park Protector. As an alternative to traditional annual membership, you may find that the Park Protector program suits your busy lifestyle a little better. The Park Protector monthly donor program is one of the most convenient ways to

support the Friends and the park everyday! In addition to a valuable tax receipt and our newsletter, Park Protectors receive the exclusive monthly e-publication the Park Protector Update, that provides information on how your contribution is making a difference in the park.

Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016, Registration at 6:30 pm, Meeting starts at 7:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served.

BRAIN GAMES SUDOKU

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



Guides
Canada

BLACKFOOT DISTRICT

Happy Thinking Day!

So what is this Thinking Day? World Thinking Day –February 22- is the joint birthday of Lord and Lady Baden-Powell the founders of Boy Scouts and Girl Guides. World Thinking Day gives Girl Guides and Girl Scouts the world over the chance to reflect and show camaraderie with their sisters in far flung places. Units will hold parties or special events in celebration of Thinking Day and raise funds for the CWFF (Canadian World Friendship Fund). These funds will go to WAGGGS (World Association of Girl Guides & Girl Scouts) for development of the Guiding programs in other countries.

Blackfoot District will be hosting a bridging roller skating night for all its members. This is an event sure to be filled with spins and thrills-can you do the Hokie-Pokie on roller skates?

The Spark units will be visiting the fire hall, celebrating Valentine's Day with cupcakes and cards, and learning about Guides from around the world.

The Brownie units will be working on Keys, sleeping over at Telus Spark, celebrating Thinking Day through games, songs, dances and crafts from our sister Guiding countries.

The Guide units will be learning about the 4 World Guiding Centres by participating in activities from Mexico (Our Cabana), India (Sangam), Switzerland (Our Chalet) and England (Pax Lodge) in celebration of Thinking Day.

The Pathfinder, Ranger and Trex units will be prepping for winter camping, snowshoeing, cross country skiing, attending STEM Day at U of C and prepping for the national camp "Guiding Mosaic" being held in Alberta this summer.

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

If you have any questions regarding Guiding or registration please contact

Calgary Area Girl Guides at 403-283-8348 or ggcinfo@calgarygirlguides.com

Girl Greatness Starts Here





Dental Pain in Pets

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

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

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

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

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

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

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

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

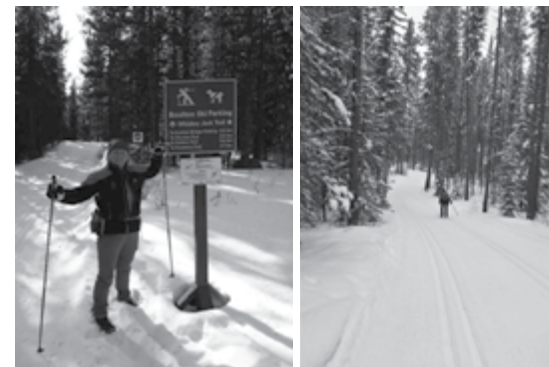
Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

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

Jennifer L. Scott, D.V.M.

Not a snowbird? Try fair weather skiing on Waxless cross country skis!

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



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

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

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MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

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



MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

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



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

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IN & AROUND CALGARY

February Is Heart Month

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

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

Know the signs of a heart attack

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

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

Reduce your risk

Heart attack risk factors include:

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

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

What to do when seconds count

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

HOME GARDENING WITH BARBARA



ROCK GARDENS

Barbara Shorrock

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

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

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

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

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

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

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

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



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

Should you be worried? Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb be-

tween the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

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

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
AvenueCalgary.com/survey

avenue
magazine

CALGARY

Article by Cheryl Bowman
 Photo by Niket Sura

Tiger in the Sky



WILDLIFE

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

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

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

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

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

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

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



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January has passed and I trust that your New Year's resolutions are holding strong. It has been a busy month; spending time with family, connecting with residents, and meeting local stakeholders has given me time to listen and learn. It has also been a pleasure visiting grade 6 students from area schools over the last month and I am encouraged by their curiosity and knowledge of political issues. Gaining awareness of how democracy works and how blessed we are to live in a free country are key to future participation and engagement in their communities. The Legislature offers educational programming for individuals and schools alike. If you are interested in visiting the Legislature for a tour or watching session live, please contact my office. Our right to vote is essential to our free society.

February is a great month to get out and explore our province. Family Day is February 15 and provincial museums will be free of charge to the public. This is a wonderful opportunity to explore some sights and attractions around our province. Look to my Facebook page for more information.

The Legislature will soon be sitting for the spring session. A couple of key items to look for will be Carbon Tax legislation and the 2016/17 Budget. Traditionally the budget has come out the first week in March. With respect to the Carbon Tax, exactly how this will affect us, has not been clearly defined. I believe all Albertans are committed to being environmental leaders and our energy industry is constantly innovating to deliver the best product. These private sector initiatives are essential to affirming the sectors social license. As businesses innovate to be more environmentally responsible, I believe each of us at home and in our community can do our part. Our world-leading technology can also be exported globally where it will have more of an impact than anything we do locally. This is where I believe we need to focus our efforts to make a real difference in global climate change. My concern is that by imposing additional Carbon Taxes on individuals and businesses, investment opportunities

will dry up and new business will choose not to come to Alberta. On average individuals can expect to pay an additional \$400-600/year by 2017 and by 2018 upwards of \$800/year. The tax will be charged at the pumps, tacked onto our natural gas bills, and on each KWatt of electricity we use. In this time of economic uncertainty and lack of employment in many sectors, I believe this is an irresponsible approach to fiscal management of our natural resources and the livelihoods of Albertans. The Carbon Tax is not revenue neutral.

Although 2016 looks to be a challenging year, let's all band together to do our part in supporting one another in the community, and maintain our optimism for Alberta in the future.

Your comments and opinions help make a better Alberta. Please join me every Friday in February at my office for coffee and treats at 10am for an informal opportunity to talk. Thank you.

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RRSP: the Super Seven ways to save and grow

Suzanne Smith-Demers – Consultant

One of the best retirement savings strategies for most Canadians is a Registered Retirement Savings Plan (RRSP). Here is a list of some of the best ways to get the most from your RRSP.

- 1. Beat that deadline** This year's RRSP contribution deadline is February 29, 2016 – don't miss it!
- 2. Maximize** Make your maximum annual contributions to get the most long-term growth. Your contribution room is on your most recent notice of assessment from the Canada Revenue Agency (CRA).
- 3. Catch up** Fill up unused contribution room strategically as your tax bracket changes.
- 4. Rise up** To have more money in retirement, raise your RRSP contributions as your income rises.
- 5. Borrow to save** An RRSP loan can be a good option for maximizing this year's contribution or catching up on past contributions – but only if you pay it back as quickly as possible. Do that by using your RRSP tax savings to help pay off the loan.
- 6. Diversify for growth** Your maximum RRSP contributions are capped by the government – so be sure to invest in a Tax-Free Savings Account (TFSA) and a well-balanced non-registered portfolio to get the additional income to enjoy the retirement of your dreams.
- 7. Designate** Choose a beneficiary for your RRSP. Generally, RRSP assets with a beneficiary designation do not form part of your estate and do not attract probate fees. If your beneficiary is your spouse/partner or a disabled child/grandchild, your RRSP can be transferred tax-deferred to your beneficiary's registered plan.

Saving for retirement is an absolute necessity – and an RRSP is a great way to do just that when it's part of an overall financial plan tailored to achieve your retirement dreams. Talk to your professional advisor.

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SW Bus Rapid Transitway (BRT)

When my Council colleagues approved the SW BRT, we made a commitment to invest heavily into the future mobility needs of Calgarians. Mayor Nenshi appointed me to the **RouteAhead** Steering Committee, and over two years, we oversaw an aggressive public engagement with citizens.

When I ran in the 2013 Election, the top priorities in my platform were:

- Implement the RouteAhead 30 year long-term transit plan to provide more timely service and increase capacity on our bus network and LRT system. See RouteAhead at www.CalgaryTransit.com/plans-projects/plans
- Partner with the federal and provincial governments and the private sector to acquire the \$12Billion needed to fund the plan.

Council also adopted the **Investing in Mobility Transportation 10-year Capital Plan** in 2014. This put into play the funding required to proceed along with commitments from the other orders of government.

The SW BRT is projected to operate a service that will be comparable in reliability and commute time with the C-Train. This will provide residents in Ward 13 and our SW communities with an attractive and more direct alternative to not only the downtown core, but Mount Royal University, Glenmore Landing, Heritage Park, and the future Currie Barracks development. All without having to make multiple transfers. The project itself has a total budget of \$40 million. The BRT grid system in Calgary is much cheaper and takes less time to implement than the years required to construct LRT lines.

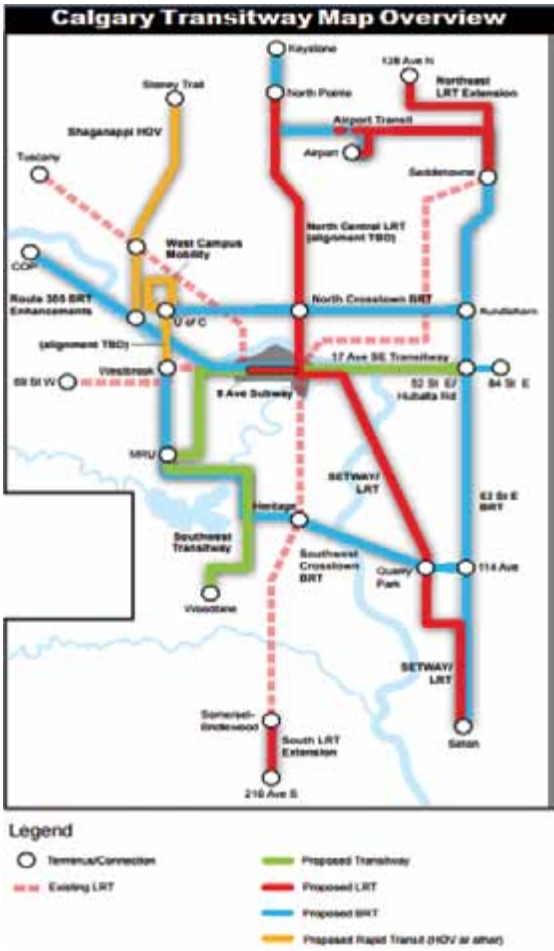
The BRT service will include the construction of new bus stations, which will provide residents with heated waiting facilities for those cold day commutes, real-time travel information, and improved lighting and commuter amenities. Buses are expected to run every 10 minutes during peak hours, and every 20 minutes during off-peak hours.

Two new dedicated bus-only lanes will be constructed on 14 Street SW between Southland Drive and 75 Avenue SW. This will allow buses to bypass traffic and maintain a reliable and efficient service, while staying within the existing right of way. **No private property or park space will be**

affected. The existing pedestrian bridge at 75 Avenue SW and 14 Street SW will be restructured to accommodate the new bus lanes.

There will be many opportunities over the coming months to continue to meet and consult with Ward 13 residents as we have done in the past. We have held several workshops and engagement opportunities hosted by myself and City staff last fall. I look forward to continuing to hear your feedback and work with our communities as we finalize the functional design and minimize the impact on communities.

To keep informed on the facts and updated details, please visit www.Calgary.ca/SWTransitway and view the official SW Transitway FAQ at www.Calgary.ca/Transportation/TI/Documents/Transit-projects/sw-transitway/sw-transitway-faq-jan2015.pdf.



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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
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Weather Information	
Gamblers Anonymous	403.237.0654

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Canyon Meadows

Real Estate Update

Last 12 Months Canyon Meadows
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$844,900	\$782,500
December 2015	\$419,900	\$402,500
November 2015	\$497,940	\$482,400
October 2015	\$472,359	\$460,100
September 2015	\$493,742	\$480,885
August 2015	\$495,722	\$481,822
July 2015	\$528,500	\$516,150
June 2015	\$514,650	\$510,316
May 2015	\$458,266	\$442,566
April 2015	\$471,850	\$460,400
March 2015	\$563,925	\$552,562
February 2015	\$500,437	\$487,062

Last 12 Months Canyon Meadows
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	9	2
December 2015	3	3
November 2015	7	5
October 2015	8	5
September 2015	9	7
August 2015	5	9
July 2015	8	6
June 2015	7	6
May 2015	10	3
April 2015	4	2
March 2015	4	8
February 2015	8	8
Total	82	64

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

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Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
403.519.9102
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