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### 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  
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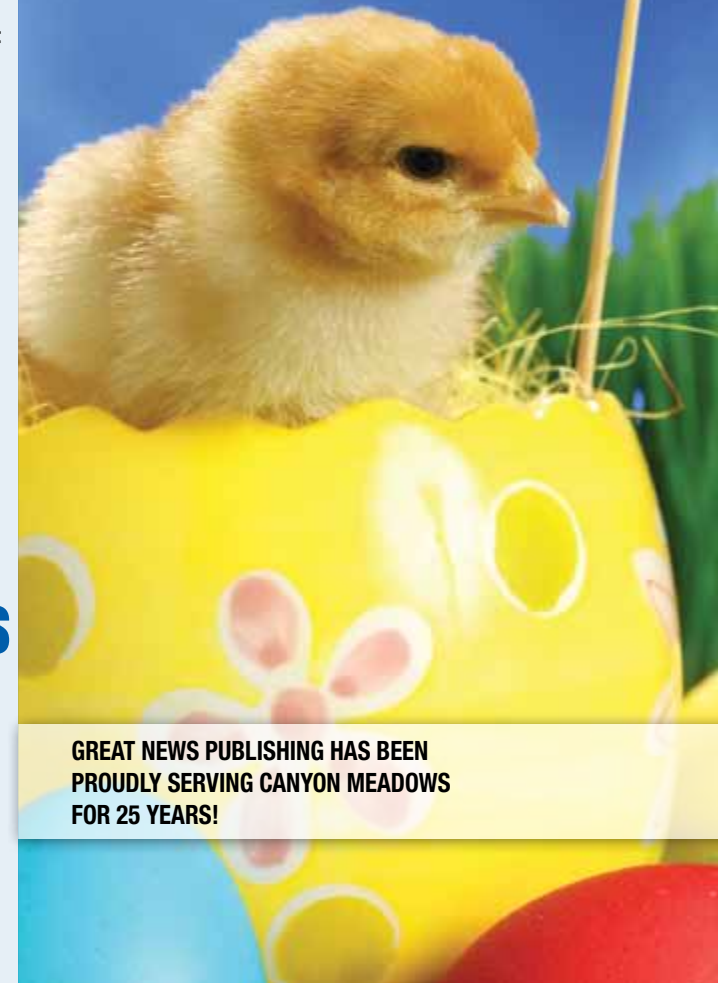
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Emily	14	403-796-5606	Yes
Laine	14	403-870-5722	Yes
Shealynn	15	403-264-2424	No
Abigail	18	705-706-4338	No
Christi	23	403-869-1573	Yes

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

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

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

[news@great-news.ca](mailto:news@great-news.ca)  
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# 4 Keys to Becoming a Much Better Golfer in 2016 and Maximizing Your Enjoyment of This Great Game!

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The second most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are **four keys** to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

1. Golf is a game and like all other sports, having strong "fundamentals" are key to your success. These fundamentals are best **learned and developed** when you participate in a "swing training program" that teaches you golf specific drills **without** the distraction of also trying to hit a golf ball. This process, without the ball, both teaches you these important fundamentals but through repetition, also trains your brain and body to efficiently **perform** these key swing fundamentals.

2. Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "**effective**" motion that allows you to repeatedly hit the golf ball solidly. The more you practice and play golf with "improved fundamentals", the better you will become. The better you become, the more you will enjoy playing the game of golf.

3. The third key is to set some realistic goals each year along with a well thought-out plan of attack to achieve them. Goal setting is vital as is developing a plan to attain them such as **practicing with purpose** and not just whacking balls at the range haphazardly like so many people do. Your goals and expectations should be commensurate with things like your athleticism, your time you have to devote to the game of golf, your commitment and dedication to this process, etc. Having goals/expectations that are too lofty along with no desire to practice is a recipe for failure.

4. The fourth key is to commit to some on-going monitoring and evaluation by a PGA Professional to ensure you are remaining on the right track. Depending on your progress, you may need to alter your goals, your plan or your level of commitment.

Golf is a **game** and your **priority** should be to **enjoy it** along with the company of your friends/playing partners. Working with a PGA Professional will help.

Good golfing!

*Alan Killian PGA of Canada, CFP Professional  
 Jeremy Tanner PGA of Canada*





## CALGARY COIN SHOW

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## IN & AROUND SCHOOLS

### St. Gerard School

What fun our students had in February celebrating a week-long Carnival! A special thanks to the teachers and support staff of St. Gerard School for providing students with an opportunity to eat taffy on snow, dress like a Coureur de Bois, participate in carnival games and engage in traditional French Canadian music.

#### Important Dates for March:

- March 7-11: Artist in Residence Gail Bartel (grades K-6)
- March 17: Parent Teacher Interviews 5-8pm
- March 18: Parent Teacher Interviews 9am-3pm
- March 24: Holy Thursday. 12pm dismissal
- March 25 - April 3: Spring Break

Bienvenue!



# BLACKFOOT DISTRICT

#### Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders, Rangers and Trex will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

Blackfoot District held a super roller skating event at Lloyd's! Everyone enjoyed themselves with laps around the rink and dancing to the hokey-pokey!

The Spark units will be attending STEM (Science, Technology, Engineering & Math) Day, completing a Polar Challenge, have a visit from a GG music trainer and be sleeping over at Telus Spark.

The Brownie units went to Brownie Academy at Camp Jubilee, are having a movie night, visiting the library and learning about the weather and our feathered friends.

The Guides units will be busy with camping, snowshoeing, rock climbing and St. Patrick's Day celebrations and cookie selling in March.

The Pathfinders, Rangers and Trex units had a baking contest, are going bowling, cross country skiing, will be attending Calgary Area spring Pathfinder/Ranger camp and going to Alberta Girl's Parliament in Edmonton.

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 call Calgary Area Girl Guides at 403-283-8348 or email [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com).

**Girl Greatness Starts Here!**



**The Chrysler building** attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.




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*Canyon Meadows community membership discounts (with valid membership cards)*

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## Springtime in Fish Creek Provincial Park

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

### Spring Birding Course

12 week Spring Birding Course starts Monday, March 28, 2016.

Increase Your Knowledge of Fascinating Bird Species as they Return from their Wintering Grounds and see them in their Local Habitats!

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 (2.5 - 3 hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east - as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki - and other knowledgeable and experienced volunteer instructors. Registration Required.

### Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park. Registration Required. For more information visit [www.friendsoffishcreek.org/programs/speaker-series](http://www.friendsoffishcreek.org/programs/speaker-series)

### Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm  
Presented by Lesley Peterson (P.Biol) Provincial Biologist  
Trout Unlimited Canada

### Top Dog: The Ecology, History and Survival of Gray Wolves in Kananaskis and Alberta

Thursday, March 24, 2016 — 7:00pm - 8:00pm  
Presented by Melanie Percy, Regional Park Ecologist,  
Heritage Protection Team Lead

The topic of gray wolves (*Canis lupus*) elicits a spectrum of human responses that extend from passion and respect, to fear and hatred. A subject of absolute fascination for many, wolves are a top predator native to Alberta and are often considered integral to the maintenance of ecological health. While few of us have actually seen wolves, their presence can be confirmed by paw prints on trails and by the occasional howl on a moon-lit night. This presentation will discuss aspects of wolf ecology, social behaviour, and research techniques, as well as some of the challenges that wolves face throughout Alberta and much of this continent. Melanie will highlight these topics with anecdotes and personal stories from her years studying wolves.

### 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 the amazing range of programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!



## Help Your Children Succeed in Life!

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students -- many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents -- do you know the answer to that -- without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems.... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!

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## South West Communities Resource Centre

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www.swcrc.ca

### Positive Discipline in Everyday Parenting Register Now

Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks. Next session is 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.

### 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.

### Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

### SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. 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 2 ½ 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.

### Tutoring Program

Wednesdays, 6:00 – 7:30 pm at the SWCRC. Offered free of charge to students in grades 4 – 12. Registration is on-going throughout the school year.

This program is for students who are struggling with a particular subject(s) and who could make better progress in understanding concepts or improving grades given more individual attention. Qualified volunteer tutors assist students. This is not a homework club. Students must have problems or assignments to work on with the tutors. For more information and to register, please call 403-238-9222 ext. 223.

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### March 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.

### Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

### Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.

- Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

### Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab, and our numer-

ous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.

- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

### Families, Children & Youth

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)

- 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.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25

## IN & AROUND CALGARY

### EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies 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 a hot surface, or making contact with an electrical outlet. 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 any clean material to protect from 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;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1.**

## CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, [www.cbe.ab.ca](http://www.cbe.ab.ca) under About Us, School Culture & Environment.

**APRIL 8 TO 9  
DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)



**APRIL 10 TO 11  
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**APRIL 14  
THE VIEW FROM BEHIND  
BARS – AN EVENING WITH  
PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of *Orange is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. [www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/](http://www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/)



**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

- 1
- 2
- 3
- 4 • **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca)
- 5
- 6 • **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. [www.calgaryphil.com](http://www.calgaryphil.com)
- 7
- 8
- 9
- 10 • **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. [www.tourismcanmore.com](http://www.tourismcanmore.com)
- 11
- 12
- 13 • **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- 14
- 15 • **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)
- 16
- 17
- 18
- 19 • **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! [www.musicandplay.ca](http://www.musicandplay.ca)
- 20
- 21
- 22 • **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. [www.vertigotheatre.com](http://www.vertigotheatre.com)
- 23
- 24
- 25 • **April 26 to 29 – Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. <http://calgary.broadway.com/>
- 26
- 27
- 28 • **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. [www.calgaryexpo.com](http://www.calgaryexpo.com)
- 29
- 30



**FREE tree education**

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

**Contact your Community Association by phone or visit their website to learn more about these FREE programs.**

Visit [calgary.ca/trees](http://calgary.ca/trees) for more information about the ReTree Community Program.

2016-0485

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Estate Planning	March 17 at 7pm
Transitioning Through Divorce	March 24 at 7pm

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# Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 4. Certain pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

*Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition*

## CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: [www.cssd.ab.ca/board-of-trustees/](http://www.cssd.ab.ca/board-of-trustees/), Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.ab.ca)

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

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to [thoughtexchange@cssd.ab.ca](mailto:thoughtexchange@cssd.ab.ca).
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.

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## ST. GERARD CATHOLIC CHURCH WELCOMES ALL! LENTEN SERVICES 2016

- **Evening Prayer & Stations of the Cross:** alternating traditional & contemporary; **every Friday at 7:00 PM**
- **Tenebrae Service.** All are welcome to a service of **Tenebrae on Friday March 18<sup>th</sup> at 8pm, St. Gerard's Church, 8944 Elbow Dr. S.W.. Tenebrae means darkness:** the readings trace the story of Christ's passion, music portrays his pathos, and the power of silence and darkness express the depth of Christ's suffering and death.
- **CELEBRATION OF MERCY & FORGIVENESS:** a time of reflection & prayer on our personal and communal need for healing and mercy, and on our personal and communal need to extend mercy and forgiveness to others and to ourselves. **Sunday, March 13<sup>th</sup>: 3:00 PM & Tuesday, March 22<sup>nd</sup>: 7:00 PM**
- **Mass of the LORD'S SUPPER: HOLY THURSDAY, March 24<sup>th</sup>; 7:00 PM**
- **GOOD FRIDAY SERVICE: 3:00 PM**
- **HOLY SATURDAY/EASTER VIGIL: 7:00 PM** Blessing of the New Light; Blessing of the Waters; Baptism of adults & school-aged children; followed by an Easter Vigil party in the parish hall
- **EASTER SUNDAY Masses: 9:00 & 11:00 AM**
- All are welcome to our services...or...we encourage you to attend the church community of your choice.

WE ARE ALL THE FAMILY OF GOD.

8944 ELBOW DRIVE SW



## Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

### Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

### Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

### Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

**If you are bilingual, talk to your child mostly in your first language** – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

**Embrace baby-talk** – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

**Read aloud to your child.** Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: [www.thirtymillionwords.org](http://www.thirtymillionwords.org)

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: [www.calgaryreads.com](http://www.calgaryreads.com).

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IN SUPPORT OF **APRIL 23, 2016**

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

## Calling All Neighbours!



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

# Family Dental Care in Calgary

Stephanie McIntyre

From Baby teeth to dentures – everyone has unique dental needs that require attention to ensure that optimal dental health is achieved. As varied as the stages of dental care, there are many different types of dentists, all focused on different forms of treatment – so who should you see if you are looking for Family Dental Care in Calgary?

### Family Dentists

Family Dentists are frequently referred to as General Dentists as they provide general dental services to patients of all ages in various scopes of dentistry. Unlike Dental Specialists who have focused on one area of dentistry and only provide services that fall within their specialty – Family, or General Dentists, have elected to provide a full range of services from dental cleanings to fillings and root canals and frequently see patients who have baby, permanent or no teeth.

### Preventive Dental Care

**Family Dentistry is focused on maintaining optimal dental health and preventing dental issues that require significant treatment.** You may have wondered why your family dentist reinforces the importance of Routine Dental Cleanings and Exams – that's because during this type of appointment a dentist and hygienist is able to monitor the health of your teeth and other oral tissues and provide treatment that reduces the risk of developing dental decay, gingivitis and periodontal disease. Allowing your dental team to capture x-rays on a regular basis provides an opportunity to see what is happening between teeth and below the gum line – areas that dental decay can quickly form.

### Caring For Your Smile

**Along with Preventive Dental Care that includes procedures like exams, cleanings and sealants – your Family Dentist also focuses on the health of individual teeth and your bite as a whole.** Restoring teeth that are damaged due to decay, trauma, clenching and grinding is an everyday event that often expands to include the crowning of teeth that have excessive damage or have been restored numerous times and requires additional support. Your Family Dentist cares if you are happy with the health and esthetics of your smile – and is experienced in providing certain cosmetic options like Teeth Whitening and Dental Veneers that can improve the color of teeth and in the case of veneers a tooth's shape, size and alignment.

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**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**CURVES BRAESIDE:** Annual Food Drive, start for \$30. Join Curves March 5 to 18th. All you need is a bag of non perishable groceries for the Food Bank and join for \$30. Come join the fun and get stronger. Call Curves today 403-238-8400. What have you got to lose?

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Hello Constituents,

The Legislative Spring Session will begin on March 8 and I am eager to represent the interests of my constituents in budget debates, Carbon Tax and Climate Change discussions, and other economic and social issues that are important to all Albertans,

Friday mornings in February hosted many successful "MLA Café" sessions at the constituency office. I hope that more constituents will have the chance to visit my office for conversations about your concerns and visions for the future of Alberta. Your opinions are important to me, and I welcome the opportunity to meet, listen, and learn how I can better represent you. Once Spring Session starts I will be spending each Monday - Thursday in Edmonton, but will continue "MLA Café" with the next one scheduled for March 11 at 10 am. Constituency weeks are scheduled for the last two weeks in March and the last week in April. During these weeks I will be active in the community, so please let me know if you have events you would like me to attend.

The results of the Royalty Review have now been released and while I am pleased there are no significant changes in the short term, I am disappointed that the process created anxiety and uncertainty in a time that requires a sure and steady hand for the energy sector and economy. For a copy of the full Royalty Review Report, please see my Facebook page for the link or call my office.

#### Guidelines for Best Practices

I am receiving feedback from many residents on the "Guidelines for Best Practices" recently released by Alberta Education. Please check my Facebook page or call us for links to the full document. I am available to hear your perspectives on this initiative at your discretion. I would also encourage you to reach out to your local school trustee. Meanwhile, I am pleased to receive any correspondence on this issue share them with the Minister of Education.

#### Reserve Your Campsite Today

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# BUSINESS CLASSIFIEDS

**SPRING FLING VENDORS MARKET:** April 10 from 11am to 4pm at the Deer Run Community Centre. Come explore 40+ amazing local vendors from health, beauty, art, crafts, jewelry, clothing and face painting! Some vendors are stay-at-home or single moms managing their own businesses, lets help them expand! Donations to Alpha House and non-perishable food items are graciously accepted.

**THE FINISHER:** Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, sidewalks and tree removal. References available. Thank you for all your calls, Wendell at 403-613-6807.

us all to appreciate, and the province's online reservation system is an easy and effective tool to reserve your seasonal campsite. If you haven't used the site before, now is the time to plan your upcoming summer camping trip. Visit [reserve.albertaparks.ca](http://reserve.albertaparks.ca) to secure a site up to 90 days prior at provincial campgrounds throughout the province. The interactive map will help you research and view your campsite prior to booking.

#### Community Spirit

Your efforts and passion for the community inspire me daily. One example was the Deer Ridge Skating Party on January 9th. Although the temperature was close to -25C there were plenty of volunteers cleaning the rink and preparing hot dogs for the participants. Many residents braved the chill and skated all afternoon. To me this speaks to the dedication of people in our many communities and ensuring Calgary-Fish Creek is a great place to live.

As always, I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To be added to our e-newsletter, please send us an email. All mediums of communication assist me in effectively representing you in the Legislature.



## COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: [eaward13@calgary.ca](mailto:eaward13@calgary.ca)  
Phone: 403.268.2290  
Twitter / Instagram: BigRedYYC  
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)  
Website: [CouncillorDiane.ca](http://CouncillorDiane.ca)



Cllr. Colley-Urquhart speaking with constituents at the Evergreen AGM



Cllr. Colley-Urquhart at the SW Transitway Open House held at Cardel Rec South

### Exciting Woodcreek Presidency Revote

I'm delighted that our wonderful President Cec Jahrig won the presidency re-vote by such a huge margin. It is unfortunate that both he and Darlynn Linn (second Vice President) had to go through their elections a second time. Thank you both so much for your dedicated community service and leadership.

### Pedestrian Strategy Update

With all the focus on RouteAhead and the future infrastructure of our City, we sometimes forget about those who choose to commute using the smallest carbon footprint possible. Back in 2009, Calgary adopted a Municipal Development Plan (MDP) that emphasized Calgarians' desire to build a city more economically, socially and environmentally sustainable. I will be doing a bus tour to all Ward 13 communities with the Community Association Presidents and City transportation staff to focus on traffic and pedestrian areas of concern. Please let them know your concerns and hotspots as well.

As a Pedestrian Strategy Steering Committee member, our plan is simple; to keep pedestrians safe and people driving defensively.

- Short-term (2016 - 2018): focus is on **safety**. Quick to deliver, effective, inexpensive actions.
- Medium-term (2019 - 2022): focus is on **connections**.
- Long-term (2022+): focus is on **walkability**.

As with RouteAhead, there will be a ton of community engagement, consultation and dialogue. As with the Safer Mobility Plan, the Pedestrian Strategy is aligned with "Vision Zero", ultimately striving for zero pedestrian



Transportation Sustainability Triangle

new technologies are being proposed:

- Action #4: Pilot installations for street lighting to illuminate roadway crossings
- Action #5: Pilot installations of 'pedestrian-zones' where pedestrian desire lines cannot be easily confined to a specific crosswalk location
- Action #41: Collaborate with partner organizations to develop three innovative pedestrian projects

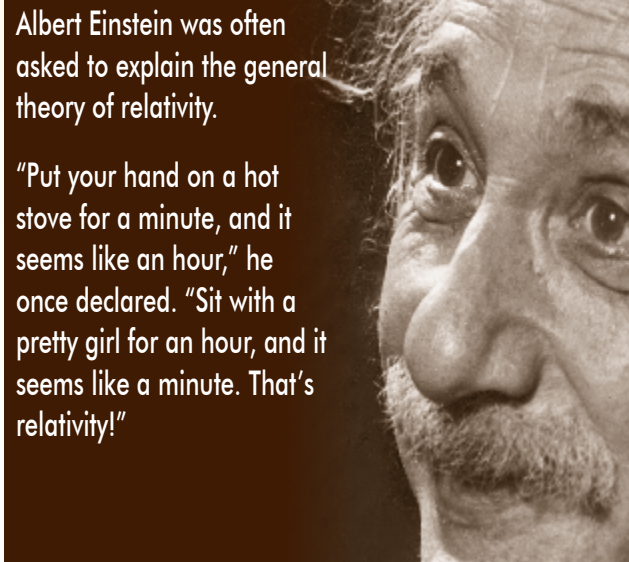
The capital requirement in the short term (2016 - 2018) is \$15million. \$4million of the 2016 capital funding is available and will be applied to priority actions. The 2017 and 2018 capital requirements will be revisited as part of the mid-cycle budget adjustments.

The Pedestrian Strategy is vital for the liveability of our citizens in our City as the need for more sustainable resources. We want to do everything we can for family safety and for this to become the standard.

Please visit [Calgary.ca/PedestrianStrategy](http://Calgary.ca/PedestrianStrategy) for all up to date and accurate information. If you have any other questions or feedback, please do not hesitate to contact my office.

casualties in Calgary. To get there, we have set an aggressive target of a 50% reduction in injuries and fatalities by 2025.

In addition to traditional pedestrian designs, a number of



Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

## 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
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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

## BRAIN GAMES SUDOKU

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

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