

MARCH 2016

DELIVERED MONTHLY TO 3,300 HOUSEHOLDS

your LAKEVIEW

BRINGING LAKEVIEW & LAKEVIEW VILLAGE RESIDENTS TOGETHER



You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients.

From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us. *(It's a healthy dessert, naturally.)*

Lakeview

free*



BANANA BREAD MINI LOAF

* With purchase of a hot buffet or salad bar item.
Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

REDEEM AT CUSTOMER SERVICE



10TH AVENUE MARKET
1304 - 10 Avenue SW

CHINOOK STATION MARKET
202 - 61 Avenue SW

CROWFOOT MARKET
850 Crowfoot Crescent NW

customer care: 403-930-6363 | communitynaturalfoods.com



Lakeview Community Association

Elected Officials



Councillor Brian Pincott
Ward 11 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430
Fax: 403-268-8091
Email: ward11@calgary.ca
Web: www.calgary.ca/ward11



MLA Anam Kazim
Calgary-Glenmore
#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Phone: (403) 216-5421
Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

CONTENTS

| | |
|--------------------------------------|----|
| My Babysitter List | 5 |
| At A Glance | 8 |
| Your Community Business of the Month | 9 |
| Caring For Your Elderly Pet | 14 |

NEWSLETTER AD SALES



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

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING LAKEVIEW FOR 3 YEARS!

CELEBRATE EARTH DAY AT THE CALGARY TOWER

CLIMB 802 STAIRS  **OR RACE 1KM & CLIMB 802 STAIRS**

IN SUPPORT OF  **APRIL 23, 2016**

www.ClimbForWilderness.ca



CALGARY COIN SHOW

March 19 & 20, 2016
10 am to 5 pm each day

Clarion Hotel
2120 16th Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

ADMISSION \$5,
bring this ad and get \$2 off.

Children under 16 free
www.calgarynumismaticssociety.org

"I am the way and the truth and the life." (John 14:6)
This Easter season, come learn what Jesus Christ's life, death and resurrection mean for you.

GRACE LUTHERAN CHURCH

3610 Sarcee Road SW
403-249-8562
www.calgarygracelutheran.com

Wednesday, Mid-Week Lenten Services at 7 pm

February 10 through March 16

Maudy Thursday Service at 7 pm

March 24, 2016

Good Friday Service at 10 am

March 25, 2016

Easter Sunday Celebration at 11 am

March 27, 2016



SPRING / FALL CLEAN UP

We are able to assist with your spring and fall clean requirements. Please contact us for a free estimate.

We provide the following services for your landscape requirements:

- design
- new construction
- renovation
- pruning
- fall + spring clean up
- trees, shrubs, perennials, sod
- natural stone
- patios, paths, retaining walls
- we specialize in plant material



PLANTA
landscape
DESIGN BUILD

403 254 5437 info@plantalandscape.com
plantalandscape.com

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.

Lakeview mybabysitterlist

| Name | Age | Contact | Course |
|-----------|-----|--------------|--------|
| Alison | 24 | 587-999-1278 | Yes |
| Alix | 15 | 587-998-2201 | Yes |
| Clara | 13 | 403-283-4412 | Yes |
| Emma | 17 | 587-439-7989 | Yes |
| Erika | 18 | 403-685-4645 | Yes |
| Jamie-Lyn | 21 | 403-892-0176 | No |
| Olivia | 14 | 403-209-3957 | Yes |
| Shelby | 15 | 403-860-7994 | 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.

Editorial Content **1st** DEADLINE
of each month for the next month's issue
news@great-news.ca

Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.

Living the Dream Lakefront in Auburn Bay



Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
403.519.9102
info@calgaryhometeam.com
www.calgaryhometeam.com



Best Price, Service & Warranty

MARS

BLINDS & SHUTTERS



4519 - 1st Street SE
email: mblinds@telus.net

40% OFF

2" wood or vinyl shutters

75% OFF

2" horizontal wood/fauxwood

LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

403-531-1500

PRESENT THIS COUPON FOR AN EXTRA 5% OFF



CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY



Nose Hill Library

1530 Northmount Drive NW

Monday - Thursday 10 a.m. – 9 p.m.

Friday & Saturday 10 a.m. – 5 p.m.

Sundays (mid-Sept to mid-May) 12:00 noon – 5 p.m.

Building a City of READERS

Your Year of Reading Guides

Whether you choose to read with a book in hand or with an ebook downloaded from our extensive catalogue, all you need to get started is your FREE Calgary

Public Library card and our *Year of Reading Guides*. Use the Guides to plan your next read, track your progress or take notes.

The *Year of Reading Guides* is a series with one Guide for each of preschoolers, kids, teens, and adults, and features Librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device (libraryebooks.ca); check out free movies, TV, music & audiobooks with Hoopla (libraryhoopla.ca); load virtually every popular magazine you'd ever want to read (libraryzinio.ca) ... all you need is your FREE Calgary Public Library card.

Consider giving a Guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at calgarylibrary.ca/card

IN & AROUND CALGARY

READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

Section 1: Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.

Section 2: Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

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

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



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-30701-960-001

Sunlight at your command.

\$500 Rebate
when you purchase Silhouette® with PowerView.™

HunterDouglas Gallery

A family business proudly serving Calgary and area for over 3 generations.

- Drapery
- Blinds
- Custom Furniture
- Colour & Design Consulting
- Upholstery
- Bedding

Creative interiors

403-271-0580
630, 12100 Macleod Trail, SE Calgary
www.CreativeInteriorsCalgary.com

Offer runs from January 1st to April 30th, 2016.
*Purchase a minimum of 4 Silhouettes® with PowerView™ and receive a \$500 rebate and an extra \$100 for each additional shade purchased or purchase a minimum of 4 Silhouettes® with UltraShield™ and receive a \$250 rebate and extra \$50 for each additional shade purchased. Valid at participating retailers only. The rebate will be issued in the form of a Hunter Douglas Prepaid American Express® Gift Card. THE PROMOTION CARD is a trademark of The Hunt Group. All Rights Reserved. THE PROMOTION CARD is a Prepaid American Express® Card issued by Amex Bank of Canada. **Used by Amex Bank of Canada under license from American Express. For full details, visit hunterdouglas.ca.

Mention this ad and receive no GST on your order.

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 LV@great-news.ca

**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



**APRIL 10 TO 11
EXTREME PLANET
WITH PHOTOGRAPHER
CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca



**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/



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

- 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7
 - 8
 - 9
 - 10
 - 11
 - 12
 - 13
 - 14
 - 15
 - 16
 - 17
 - 18
 - 19
 - 20
 - 21
 - 22
 - 23
 - 24
 - 25
 - 26
 - 27
 - 28
 - 29
 - 30
- **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
 - **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
 - **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
 - **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
 - **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
 - **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
 - **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
 - **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. www.calgary.broadway.com
 - **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

**YOUR COMMUNITY
business of the month**

BIJOUX Hair Salon

Lakeview Plaza

Lakeview Community

BIJOUX Hair Salon in Lakeview Plaza has been serving the communities of Lakeview, North Glenmore Park, Garrison Woods, Marda Loop and surrounding areas for over 45 years. BIJOUX hosts 10 full and part time professional stylists who have undergone education and training and hold certificates in providing the services. These include current trends in the latest in hair styles, cuts, color, highlights, foils, hair treatments and just about anything else for men, women and children. BIJOUX offers a full range of hair products including Kevin Murphy, Moroccan Oil, Olaplex and many other top brands. BIJOUX also carries the line of Nutri-Metics products from Australia that includes a high quality organic line of hand, body and facial creams.

Jacob Kachour expanded his hair salon business from High River to Calgary after the tragic flood of 2013. Since Jacob's shift to Calgary, he has made many upgrades and improvements to the hair salon to create a friendly, comfortable atmosphere that ensures your visit will be as enjoyable as it is rewarding. He is a master stylist and a seasoned hair salon owner who has worked diligently at transforming BIJOUX into a welcoming client friendly oasis that focuses on results in helping clients look and feel their best. BIJOUX is a mecca for the passionate stylists who have been attracted to the salon to work tenaciously to continuously provide beauty solutions to enhance their clients' beauty and equip them with all of the confidence they will need.

Rena Graw, the previous owner of BIJOUX is still an essential talent that greets all of the guests at the salon with a bright, warm and sunny smile. She has been on

this exciting journey alongside Jacob every step of the way including assisting him during the transition when Jacob decided to expand BIJOUX to the Shawnessy Village Shopping Centre at 70 Shawville Blvd. (403-254-0644). Both locations offer easy and convenient access for everyone living in the south.

Jacob's commitment to professionalism and superior standards is summed up in his guarantee of client satisfaction in delivering excellence and outstanding results every time. We invite everyone to experience the BIJOUX difference – hair care at its finest that will have you looking your best for every occasion.

BIJOUX HAIR SALON

LET US EXCEED EXPECTATIONS!

Hair & Beauty for the Whole Family



Ask us About Olaplex!

#236, 70 Shawville Blvd SE
403-254-0644

Lakeview Plaza B449
Crowchild Trail SW
403-242-1195
www.bijouxhairsalon.com

**25% OFF
ANY Hair
Service**

On your **FIRST** visit
to Bijoux Hair Salon

CLIENT APPRECIATION

**15% OFF
On All
Products and
Tools**

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

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

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

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Lakeview area with quality work, happy clients and fair pricing, with second generation experience, there is no job we can't handle. Furnaces \$3185, water heaters \$715, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

BIT HOME REINVENTION: Home repair and renovations. Trusted, reliable, and local to your community with over 20 years of experience. I am fully licensed and insured, and all work is guaranteed. Contact Bryce at 587-998-2226 or bryce@homereinvention.ca. "Why buy a new home? Reinvent the one you're in!"

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

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.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

HEAL YOUR LIFE: Licensed and Certified Teacher of Heal your Life Workshops, Coaching and Training is accepting clients and workshop participants. The philosophies of Louise Hay revolutionized the wellness industry; join me in learning to Love Yourself and Heal Your Life. Contact Sheryl at 587-436-7755 or visit www.evolutionabundance.com.

RUSSELLS LAWN SERVICE: Locally owned, family operated, WCB and BBB accredited. Providing quality, reliable service, free estimates and senior discount 15%. Specializing in mowing, fertilizing, power-raking, aerating, tree /hedge trimming and general yard maintenance. Lawn service bookings are limited, apply now. Visit us at: www.russellsawn.com or call 403-686-LAWN (5296).

~continued next page~

IN & AROUND CALGARY

Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37
2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E.
Cedarbrae Fire Station 24 - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.



BUSINESS CLASSIFIEDS

DO FINANCES OVERWHELM YOU? Face your fear and take action with my hands-on, judgement-free, practical coaching. We'll start where you are and go from there. Call or email Sheryl at 587-436-7755 or sheryl@evolutionabundance.com.

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

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

TDS DECORATING SERVICES LTD: 34 years painting experience interior and exterior. Drywall repairs, ceilings, woodwork, walls: spray, brush and roll. Quality workmanship, colour consultation, seniors discounts, no deposits, wcb, liability insurance. Call Tom at 403-452-3648 for your complimentary estimate.

VICTORY ROOFING & CONSTRUCTION INC: A locally established and fully insured company dedicated to helping you with all your homes exterior needs. Installing quality roofs and skylights. Soffit, fascia, and eaves. Vinyl/Fiber Cement Siding. We do conversions: flat to pitch, wood to asphalt. Repairs and concrete tile restoration. Call 403-921-1717 or email us at victoryroofingcalgary@gmail.com.

AUDIO/VIDEO AND HOME AUTOMATION: Contact ViTechs for your Smarthome System and home theatre needs. We offer automated lights, HVAC, shades, multi-room audio, security, and camera surveillance. www.vitechs.ca or call Brad at 403-585-8045.



Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and in-

come if either of you dies or becomes unable to work due to an accident or illness?

- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.

YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when pos-

sible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

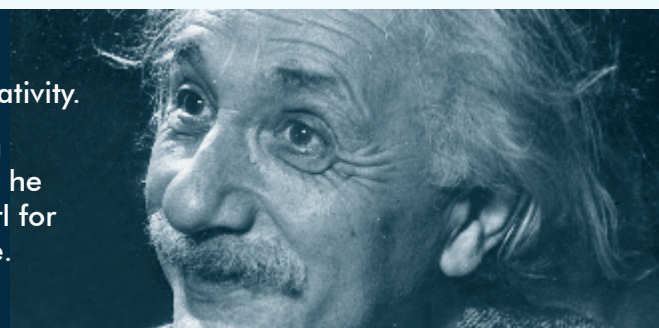
Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

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!"





Caring For Your Elderly Pet

People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.



MLA CALGARY-GLENMORE ANAM KAZIM

#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

First of all, I would like to thank you for being excellent stewards of our Glenmore constituency and society as a whole. The more I am getting to know you, the more amazed I am and very proud to have the opportunity to be your MLA as well as represent you in the AB Legislature.

I aspire to be your best advocate and represent you in all ways possible. Therefore, I invite your continuous feedback regarding government services/ministries through our constituency office.

Recently, the following concerns have been brought to my attention and I would like to address them as follows:

BRT: This project is municipal and not a provincial project as it is under the jurisdiction of the City of Calgary. The Alberta Government introduced The Green Transit Incentives Program (GreenTRIP) and committed \$2 Billion by 2020/21 towards the program. The purpose of the program is to allow municipalities all over the province to provide sustainable public transit alternatives. As posted in Calgary Herald, “Transportation Minister Brian Mason said the province would use \$187 million from the GreenTRIP fund to boost public transit in Calgary, Airdrie, Canmore and Banff.” Calgary received \$162 Million to perform LRT electrical upgrades and invest in bus rapid transit and transitway projects. The province allocated \$47 million to two bus rapid lines, one in the north and one in the south and another \$92 million earmarked for transitways in the southwest and along 17th Avenue southeast. The City then decided how these funds can be utilized to specific BRT projects, and the BRT project on 14th street, SW is one of the specific projects. Therefore, the province has no involvement in this particular project and all the communication in regards to this project has to occur between the residents and the city. For more details on how these funds were allocated, please refer to the Calgary Herald article: www.calgaryherald.com/news/local-news/province-announces-187-million-in-greentrip-funding-for-calgary-outlying-communities.

Gender Neutrality in Schools: The purpose of the new mandate as introduced by the Government of Alberta is to ensure that no child feels unsafe in school because of issues related to gender identity, expression or if they identify as transgender. The Government of Alberta is supporting the school boards to design strategies to create a safe environment for students so that no child’s safety is jeopardized. The parents will be involved throughout this process and will be continuously engaged with the school boards to discuss the strategies. Especially, the parents with children below the age of 16 will be continuously informed and involved with the school boards for the best available options for their children; the ultimate goal is to ensure that the needs of all children in our schools are met. Please contact your respective school board directly for further details on parental engagement on this policy.

The Legislative Assembly Spring Session: The starting date of the legislative assembly session has been changed and will begin from March 8, ending in mid-June.

Community Events: Also, I would like to mention that due to frequent changes in my schedules for trips to Edmonton, at times I am unable to attend the community events even if I have confirmed to attend them. In such cases, I ensure that at least one of my assistants Janice and/or Jonathan attends the event on my behalf to present my thoughts to you. I highly appreciate your understanding when these situations occur.

Once again, thank you very much! Please keep in touch as I always look forward to hearing from you.

A pangram sentence is one that contains every letter in the language.

For example, the sentence, “The quick, brown fox jumps over the lazy dog” is a pangram.

PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Bob: 403.257.3465 / 403.461.3490

IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!



COUNCILLOR, WARD 11
BRIAN PINCOTT

www.ward11calgary.ca

My team and I are being asked where the City is in the process of creating a SW Transitway. While we have worked to clarify some of the misinformation in the community before, we hope the questions and answers below will help address further questions and outline the upcoming project path.

Will the SW Transitway be cancelled?

The SW Transitway will be proceeding. Council voted unanimously for the idea in 2011, and now the transportation project team at The City is working on the detailed design phase while addressing questions they have heard. As this project has been approved by City Council all final decisions will be made by the Project Team and their colleagues.

Why not wait for the Ring Road?

While the Ring Road is expected to alleviate some of the traffic issues on 14th street, Glenmore, and Crowchild, it does not address the needs of all. The Ring Road is a provincial highway that is intended to bypass communities and as such does not work for transit. The SW Transitway is very specifically about improving transit for SW communities and increasing transportation options to move people through the city. The two projects, while complementary to one another, address different needs and serve different users.

I keep seeing TOD. What is a TOD?

TOD stands for Transit Oriented Development. It is an urban planning term that means the placement of buildings, walkways, and houses within a community take into consideration the ability of residents and visitors to access transit. This typically means greater density development in the area immediately beside these stations. The goal with TOD is to remove the *need* to use a private vehicle to connect to transit.

Will the City be doing TOD at the SW Transitway bus stations?

No. The City's TOD policy refers only to the development of City owned land surrounding LRT stations, or at BRT stations where an LRT is planned to be in the future. The SW Transitway is NOT planned as a precursor to an LRT line. The City will not be applying its TOD policy to these stations, nor does the City own large tracts of land in the area.

Brian brought a Notice of Motion to Council last year, regarding Glenmore Landing. What was that all about?

IN & AROUND CALGARY

Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37

2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E.

Cedarbrae Fire Station 24 - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.

Glenmore Landing sits on privately owned land. While the landowner, Rio-Can, has not submitted any redevelopment applications to the City as of February 1, 2016, they have made it clear that they intend to do so in the future. Brian's Notice of Motion directed the City to work with the landowner as much as possible to avoid excessive construction disruption to the community and enable smart planning decisions to be made by both parties. The Notice of Motion can be found on the Ward 11 website.

If you would like more information, please see www.calgary.ca/swtransitway, and remember to sign up to receive updates from your Ward 11 office at www.calgary.ca/ward11.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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

MARCH MOON CALENDAR

| | | | | |
|-----------------------------|---------------------|---------------------------|-----------------------|--------------------------|
| Last Quarter March 1 & 2 | New Moon March 8 | First Quarter March 15 | Full Moon March 23 | Last Quarter March 31 |
|-----------------------------|---------------------|---------------------------|-----------------------|--------------------------|

10% OFF!
SPRING CLEAN UP & LAWN MAINTENANCE PACKAGES
Booked before April 15/16
Visit our website for more details

CALL TODAY
403.680.7467
403.923.3120

www.urbaninnovationlandscaping.ca | urban-il@telus.net



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

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



GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



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!

Dear SW Calgary Neighbours,

Join thousands of Calgarians and sign the petition that asks City Council to reconsider the SW Transitway & Bus Rapid Transit (BRT). Go to our website www.readytoengage.ca to find out more on where to sign the petition and get involved.



Will the SW Transitway be cancelled?

We are asking City Council to reconsider this costly project. The SW Transitway & BRT has never been properly debated at City Council, was passed on a deficient preliminary engineering report, has not had adequate consultation with affected landowners, was misrepresented at Council and has been inactive for the past 5 years. Most residents alongside the route had never even heard of the project until *ready to engage!* brought it to their attention.

Does the City care what I think?

Actions speak louder than words. The City seems intent on ramming this project through regardless of the legitimate concerns about safety, construction chaos and budget overruns that the public has. The City has no intention of meaningfully consulting with impacted individuals or changing its plans regardless of concerns expressed. The Mayor and ward Councillors have repeatedly said City Council is "done" and the project will be proceeding. We disagree.

Will parks be removed? What about parking?

The City has stated that all construction will be contained within road right-of-ways and City owned land. Road right-of-ways include meridians, shoulders, and berms/green space along streets. The City of Calgary owns the majority of the parks and recreational fields and dog parks that are found throughout the city. Green spaces and parks the public now enjoy will be removed and replaced with asphalt, concrete, and bus platforms along the route. Increased traffic and parking in communities will come with BRT commuters. Parking lots could eventually be built along the route to accommodate commuters.

Why not wait for the SW Ring Road?

The SW Ring Road will be available at approximately the same time as the proposed SW Transitway & BRT and will provide extensive relief to traffic congestion along 14th Street making this project a waste of taxpayer dollars. Existing public transit service along this route already exceeds demand. Many buses running on 14 Street SW, 24 Street SW, 90 Avenue SW and on Southland Drive SW are currently running far below their passenger capacity. The City has stated that the BRT will serve students going to Mount Royal University shortening their length of travel. Adding a direct bus route to Mount Royal University would be a much more cost effective use of taxpayer money versus a full blown SW BRT.

Will the City be doing Transit Oriented Development (TOD) at the SW Transitway bus stations?

When asked whether transit oriented developments are likely around all BRT stations, Mac Logan, General Manager of Transportation at The City of Calgary stated, **"Intensification around every bus stop? Yes, eventually."** (CBC Eyeopener, Jan 8, 2016). Private Landowners are being encouraged by the City to use Transit Oriented Development principles. This means there will eventually be densification around each BRT transit stop. A motion put forward by Councillor Pincott directing the City staff to work with the owners of Glenmore Landing to facilitate the sale of city land for development was passed by City Council. This purchase will allow for a high density development on the site replacing 5.4 acres of City-owned green space which we all enjoy today.

We are ready to engage! - concerned citizens who have joined together to give SW Calgarians and other stakeholders a voice on the City's SW Transitway and Bus Rapid Transit (BRT) project. We are in support of well-planned, efficient and cost-effective public transit improvements for all Calgarians.

Information published by ready to engage! is sourced from City publications and the City website

#1 SELLING AREA SPECIALIST

in Lakeview, Lakeview Village & North Glenmore Park 2013/14/15*

DANIEL'S LISTINGS IN THE AREA



BUNGALOW

LAKEVIEW 2612 LAUREL CR SW

1,436 Sq Ft | 4 Bedrooms | Beautifully Updated
\$699,000



BUNGALOW

LAKEVIEW 2912 LINDSAY DR SW

1,044 Sq Ft | 3 Bedrooms | Double Garage
\$679,000



2 STOREY

NORTH GLENMORE 6444 LAURENTIAN WY SW

2,479 Sq Ft | 4 Bedrooms | Double Garage
\$799,000



NEW BUILD

LAKEVIEW 2711 LIONEL CR SW

3,600 Sq Ft Total | Luxury Finishings | 4 Bdrs
\$1,375,000

THINKING OF BUYING OR SELLING? Call me today!



DANIEL WEINER 403-389-7969

daniel@DWSoldhomes.com www.DWSoldhomes.com

Not intended to solicit properties already listed for sale.

** based on total combined mls sales in Lakeview, North Glenmore, and Lakeview Village in 2013/14/15 as of Oct 1, 2015



RE/MAX
Realty Professionals

TOP 100 RE/MAX AGENTS IN ALL OF CANADA IN 2013/14