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CONTENTS

5 MY BABYSITTER LIST

8 CALGARY WILDLIFE: WHITE-FACED IBIS

9 GIVING PEOPLE A VOICE IN MENTAL HEALTH RESEARCH

10 HOW DO INTEREST RATES INFLUENCE YOUR INVESTMENT CHOICES?

11 REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES

13 SPRING YARD WASTE LANDFILL DROP-OFF

16 CALGARY READS: WRITINGS ON READING

17 MLA ANAM KAZIM'S REPORT

18 COUNCILLOR BRIAN PINCOTT'S REPORT

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Lakeview mybabysitterlist

Name	Age	Contact	Course
Clara	14	403-283-4412	Yes
Olivia	15	403-209-3957	Yes
Alix	16	587-998-2201	Yes
Shelby	16	403-860-7994	Yes
Emma	19	587-439-7989	Yes
Erika	19	403-685-4645	Yes
Elizabeth	23	587-999-5901	Yes
Alison	25	587-999-1278	Yes

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654

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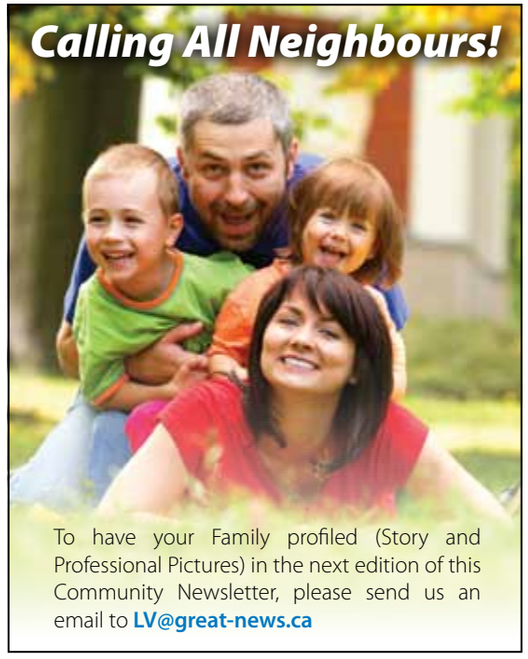

White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
  - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
  - The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities: from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

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HOW DO INTEREST RATES INFLUENCE YOUR INVESTMENT CHOICES?

Suzanne Smith-Demers – Consultant

Interest rates have a wide impact on the economy with a direct impact on your investments and on your investment choices.

Lowering interest rates

- Make it possible to borrow money at extremely attractive interest rates.
- Conservative income-producing securities, Guaranteed Investment Certificates (GICs) and direct investment in bonds, become more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

Low interest rates

- Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.
- Federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

Rising interest rates

- Generally reduces the amount of money in circulation which helps to keep inflation low.
- Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds and away from stocks.

Higher interest rates

- Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations).
- Borrowing becomes more expensive for consumers who spending more to service debt.

It's inevitable: interest rates will rise and fall, markets will experience periods of volatility, and the economy will grow and contract. While all of these factors will influence your investment choices, the key to your long-term investment success is maintaining a properly diversified portfolio guided by an asset allocation strategy, align that with your tolerance for risk and designed it to achieve your investment goals. Talk to your professional advisor about how to do just that within a financial plan tailored to you.

REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I just spent $50,000 to finish my basement with high-end finishings. Now, I'm listing my house for sale, and my real estate representative says she can't include the basement square footage in the total size. Why not?

You developed your basement and it's beautiful. You're sure any potential buyer would agree that it looks great, and is definitely livable space. But, your real estate professional is correct, the square footage of your basement cannot be included in the size of your home for listing purposes.

In Alberta, real estate professionals are required to follow the Residential Measurement Standard (RMS) when listing a residential property for sale. The RMS contains nine principles that enable real estate professionals, as well as buyers and sellers, to determine and compare the size of residential properties. The RMS sets out the specific parts of a residential property that can be included in its size for listing purposes.

Above grade levels are the levels of a residence that are entirely above grade. Below grade levels are the floor levels of a residence that are partly or fully below grade. If any portion of a level is below grade, the entire level is considered below grade. Below grade spaces include lower levels and basements. The RMS size of a property is, essentially, the sum of its above grade levels. Below grade levels are not included in the RMS area.

Without the RMS in place, there would be little consistency in how real estate professionals, and their sellers, measure and describe their property. Some may want to include their basement (unfinished or not), some may include an enclosed sunroom, while others may include the space created by a bow or bay window.

The RMS provides a consistent means of measuring, and describing, residential property size in Alberta.

Sellers, and their real estate representatives, are welcome to include additional measurement information in their listings, but the primary size listed in the listing must be the size according to the RMS.

Sellers need to remember that size isn't the only factor that will affect a property's list or selling price. Other factors include location, condition, quality of finishing, layout, and even type of ownership. You may not be able to include the square footage of your basement in the total square footage of your home, but the features of your home will set it apart from other properties. Size matters, but it's not the only thing that matters.

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

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IN & AROUND CALGARY

EMS: Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed
- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started
- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit
- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Calgary

SPRING YARD WASTE LANDFILL DROP-OFF

Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for **free** composting.

Before you leave for the landfill:

- ☑ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
- ☑ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
- ☑ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit **calgary.ca/yardwaste**

Landfill hours have changed

Landfills are open from 7:30 a.m. to 5 p.m. on the following days:

	Spyhill Landfill 69th St. and 112th Ave. N.W.	**East Calgary Landfill** 17th Ave. and 68th St. S.E.	**Shepard Landfill** 114th Ave. and 68th St. S.E.
SUN		●	
MON		●	
TUE		●	●
WED	●		●
THURS	●		●
FRI	●		●
SAT	●	●	

Visit during the week or before 9 a.m. to avoid line-ups.

Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

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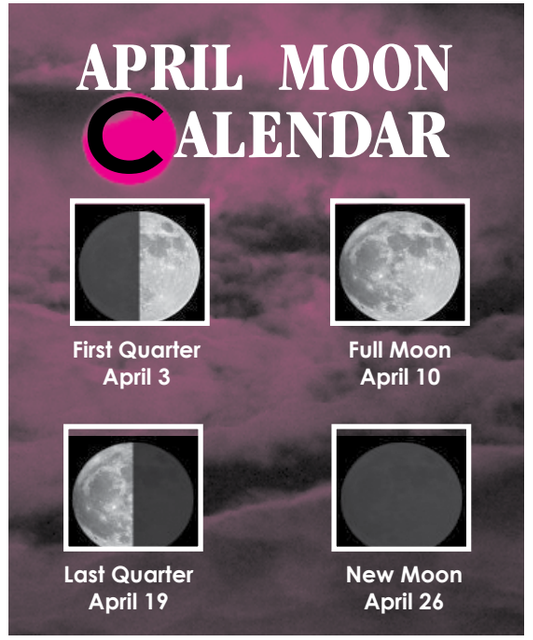

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

ANNUAL GARAGE SALE: SAT. MAY 6, 9:00-12:00, Lakeview United Church, 3023 63rd Ave. SW

calgary reads

Writings on Reading

April is National Poetry Month . . . share poems and rhymes as a family!

Hearing poems and rhymes from their earliest days helps children develop really critical pre-reading and communication skills. Keep reading and orally sharing nursery rhymes and poetry aloud together; it helps your child read better . . . and learn to love reading! Here is one of our favourite poems that we love to share:

Keep a Poem in Your Pocket
by Beatrice Schenk de Regniers

Keep a poem in your pocket
And a picture in your head
And you'll never feel lonely
At night when you're in bed.

The little poem will sing to you
The little picture bring to you
A dozen dreams to dance to you
At night when you're in bed.

So-
Keep a picture in your pocket
And a poem in your head
And you'll never feel lonely
At night when you're in bed.

Tips for sharing poetry with your child

- Start a tradition of reading a poem before bed every night
- Play a game of finding words that rhyme
- Younger children enjoy 'sing-song' poems with a strong rhythm like nursery rhymes
- Older children can enjoy an anthology (a book with a whole bunch of different poems and authors)
- Talk with your child about what you both feel and think about the poems you share together

Children's poetry book gems

- A Treasury of Mother Goose Nursery Rhymes, by Linda Yeatman
- Revolting Rhymes, by Roald Dahl
- When We Were Very Young, by A. A. Milne
- Falling Up, by Shel Silverstein
- The Llama Who Had No Pajama, by Mary Ann Hoberma
- The Random House Book of Poetry for Children, compiled by Jack Prelutsky

Calgary Reads helps children learn to read with confidence and joy. Help further our work by supporting our annual fundraiser, the ***CBC Calgary Reads Big Book Sale*** *happening* ***May 12-14, 2017 at the Calgary Curling Club****. Please consider holding a book drive with your community organization, family or friends to collect and donate used books. We start accepting books Tuesday April 18 to Friday April 28 at the Calgary Food Bank and Tuesday May 2 to Sunday May 7 at the Calgary Curling Club. For full details of where and when and what we can accept, visit: calgaryreads.com.*

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Dear Constituents:

I hope you are well and enjoying some spring weather and activities with family and friends. Thanks to all those who came to our office open house on March 17th. I trust it was useful discussing transferrable skills in the oil and gas and renewable industry with our special guest from Iron+Earth. As Alberta's Legislative Assembly is in session, we are diligently doing estimates on the provincial budget of 2017-18. Being a member of the Standing Committee on Resource Stewardship, I appreciate reviewing how funds are allocated to Environment and Parks, Transportation, Municipal Affairs, Treasury Board and Finance, Energy and Indigenous Relations.

Based on inquiries lately, I would like to provide further information on natural gas bills in this newsletter. Please do not hesitate to contact us or call the **Climate Leadership Plan Hotline at 310-0000 f**or specific feedback.

Carbon Levy: Because it is based on natural gas consumption, it will decrease considerably in warmer months for most consumers. In addition to rebates, the carbon levy is funding energy saving efficiency programs that will help Albertans reduce their energy use, allowing them to save even more of their rebate, and additional energy costs. The cost of the carbon levy is much less than historical fluctuations we have seen in natural gas prices. It is vital that we protect families from energy price volatility. By funding energy efficiency programs, the revenues from the carbon levy will help Albertans directly. Incentives and program information is available at **energyefficiency.alberta.ca**

The carbon levy is only a small part of the increase. ENMAX stated: "about 80 per cent of the increase in bills can be directly attributed to the extended and extremely cold temperatures we've experienced this winter" as compared to our very mild November. Natural gas prices have also increased slightly. Most households can expect to pay around $120 extra in 2017 for natural gas. The carbon rebate for couples making up to $95,000 per year is $300, with an additional $30 per child.

Recently, Alberta's government announced a $36-million rebate program for solar installation on residential and commercial buildings. By 2019, the new program is expected to:

- support the creation of 900 jobs in Alberta's solar sector
- cut solar installation costs up to 30 per cent for residences and up to 25 per cent for businesses and non-profits
- reduce greenhouse gas emissions in Alberta by about a half million tonnes, the equivalent of taking 100,000 passenger vehicles off the road

Distribution Charges: Any higher distribution charges are a result of continuous investment and improvements in the distribution systems that bring gas to your homes and businesses.

Regulated Rate Option: Our government announced a 6.8 cent per kWh price ceiling on the regulated rate option that will take effect June 1, 2017.

Any questions about your bill can be directed to your energy provider or to the **Utilities Consumer Advocate. The UCA can be reached by phone at 310-4822 or email at UCAhelps@gov.ab.ca**

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I have had the greatest pleasure to be the Councillor for Ward 11 in Calgary since 2007. I embarked on this journey dedicated to explore opportunities to make our community and our city a more sustainable and inclusive place. My passion for this work has never waned throughout the past almost 10 years. I am as committed to our community today as I was when I decided to make the step into municipal government. I remain committed to building and supporting our community as I take my next step.

All that said, as of February 7th, 2017, I have decided to not run in the 2017 Municipal Election.

When I started in 2007, I was passionate about a number of issues and had many goals that I wanted to achieve. I feel that I have done so, including changing the way we grow our city, abating the unsustainable and expensive suburban sprawl pattern we had experienced for the last 50 years, improving cycling infrastructure, expanding transit, and supporting a vibrant arts sector. I discovered a few goals along the way that surprised me, especially my passion for improving the auditing process at the City of Calgary - a process I led in 2008-11. And through it all, working with communities across Ward 11 to support them, addressing their challenges and issues, and initiating new ways to engage their neighbours has been incredibly rewarding.

There are issues that I was determined to make significant headway on that I think need more work. I wish that I had been successful on getting a ban on the cosmetic use of pesticides in our city, to protect our children when they are playing in the yard or the neighbourhood park. As I have worked on the affordable housing file for many years with the Federal and Provincial governments, as well as the Federation of Canadian Municipalities, I have come to realize the challenges for addressing this very significant issue in Calgary lie with the other orders of government. Provincial and Federal policy and financing are key barriers to making real progress to provide safe and affordable housing for all. As well, the work of Reconciliation with indigenous peoples is just beginning. This too will require the commitment of all orders of government to work together to be true partners with our indigenous brothers and sisters.

There is more work to be done. I don't know what my next step is; but I do know that the only way to discover what oppportunities lie ahead is to close the current door.

I will continue to work for a more inclusive community, where everyone has a chance to succeed in their own way and on their own terms. I remain dedicated to the deep egalitarian principles that I believe are embedded in the psyche of this great city, our strong province, and our welcoming and inclusive country. I truly am excited to see how I might be doing that in the future.

I have deep thanks to all those who have supported me as the Ward 11 Councillor for the past 10 years. It has been an honour to work with and learn from all of you. It has been a pleasure working with the wonderful staff in the Ward 11 office; they have made it a joy to come to work each day. I also have had the honour of working with City of Calgary staff who are dedicated, day in and day out, to making our city better. Last, and never least, has been the opportunity to work with residents across Ward 11 to make their communities better. You have always been an inspiration to do more and to try harder.

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