

MARCH 2017

BRINGING MEADOWLARK PARK RESIDENTS TOGETHER

# the MEADOWLARKER

THE OFFICIAL MEADOWLARK PARK COMMUNITY NEWSLETTER



# Caring Requires an Investment of Time

At Doig Optometry, our Patient Care Priority helps us make sure your eyes are healthy, well coordinated and that your glasses and contact lenses work for you. That's why our eye exams take a little longer than you may be used to. When you book your next eye exam at Doig Optometry, we'll ask that you set aside about an hour for your examination. This will allow us time to explain the purpose of the tests, help you understand the questions we ask along the way, and of course, explain the results to you.

Hi, I'm Doctor Doig. After 20 years of practice, I've decided that faster is not necessarily better, especially when we're making something as personal as your next set of glasses. Making them right is much more important to me than making them fast! Doig Optometry is located in Suite 102, 8180 MacLeod Trail, and you can find us on the internet at [www.doigoptometry.com](http://www.doigoptometry.com)



We are Accepting  
New Patients!

Call 403-333-3353 to  
book your next eye exam!

To welcome you to our new office, all new patients will receive a gift of \$25.00 that they can use in our office to purchase regularly priced eyeglasses or contact lenses. Call us for details!



**DOIG OPTOMETRY**  
See Sharp, Look Sharp, Love your Glasses

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## MEADOWLARK PARK COMMUNITY ASSOCIATION

623-58 Ave SW, Calgary, AB T2V 4X5  
Phone: 403.252.0737 • Fax: 403.255.1407  
www.meadowlarkpark.org • info@meadowlarkpark.org

Delivered monthly to 1,500 households and businesses for 2 years!

### Editorial Submissions

kcamarta@gmail.com  
All editorial content must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



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

*The Meadowlark Park Community Association and Great News Publishing and do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

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

# SOCIAL UPDATE

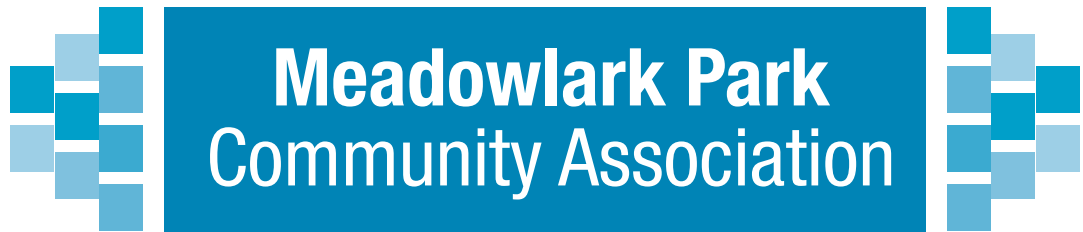
Meadowlark Park needs residents like you to help with planning the 2017 Social Events:

- Easter Egg Hunt
- Plant Exchange
- Community Cleanup
- Neighbour Day BBQ
- Movie-in-the-Park
- Community Garage Sale
- Halloween Party
- Christmas Party

..and hopefully more!

Let's make it the best year yet!

If you're interested in volunteering, please contact Karen at:  
**Social@meadowlarkpark.org or (403)973-3997**



# Meadowlark Park Community Association

## Meadowlark Park Executive Board Contact Information

Verna Leask, President	president@meadowlarkpark.org
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## Editorial Content Deadline



kcamarta@gmail.com

## Hall Rental Details

**Non-member rental rate: \$50/hour • Resident member rental rate: \$25/hour • Damage deposit: \$500**

Rental inquiries can be made by emailing [hallrental@meadowlarkpark.org](mailto:hallrental@meadowlarkpark.org) and stating the date and time you are interested in. You will be contacted within 2 days. If the hall is available for your requested date, you will be asked to complete a rental application form. This will give us the required information for the rental contract. If you aren't familiar with the hall, a time will be set up to show you the hall to ensure it will meet your needs. If it does, the rental contract will be completed and payment of the damage deposit and rental fee arranged. Please note that at least 20 days notice is required for rentals.

	UPPER HALL	LOWER HALL	HOCKEY SHACK LOUNGE (available to resident members only)
Capacity (overall 150 in the entire hall at one time)	Dining & beverage – 105 Non fixed table & chairs – 132 Non fixed chairs - 150 Seated guests - 105	Dining & beverage – 105 Non fixed table & chairs – 150 Non fixed chairs - 150 Seated guests - 126	60
Barrier-Free Access	Yes	No	No
Kitchen	Yes	Yes	Yes

**Reservations will be accommodated to a total maximum hall capacity of 150 people.**

# save-the-date

Meadowlark Park Community

# Clean-up April 29th

Additional information  
will be provided in  
April's newsletter



# Meadowlark Park Knitting Group



Fall is a perfect time to start knitting – all of those cozy scarves, cowls, hats, scarves, sweaters just waiting to be made! Our knitting group is always open to new members of all skill levels. It's a great opportunity to get to know your neighbours in the community. We meet most Monday evenings at the Hockey Shack lounge at the community hall (entrance faces the hall parking lot).

If you are interested joining us, please email me at [christine.franke72@gmail.com](mailto:christine.franke72@gmail.com) or call me at 403-209-2566 to confirm the next date.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

## South West Communities Resource Centre

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

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



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

### Now Accepting Registration:

Positive Discipline in Everyday Parenting – Tuesday mornings April 11 to June 6<sup>th</sup> 2017.

Our social workers provide free parenting programs that teach children, youth and parents on how to manage behaviour, develop empathy, and enhance self-respect and respect for others. This 8 week course provides insight for parents of children of all ages and helps everyone manage stress, handle conflict and consider people's feelings. This popular course fills up quickly so give our office a call at 403 238-9222 if you are interested.

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

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



## COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:  
Meadowlark Park Community Association, 623 58<sup>th</sup> Ave SW T2V 0H8  
Call or Email Verna Leask – 403-258-3169 or [v\\_leask@shaw.ca](mailto:v_leask@shaw.ca)

**Membership: 1 Year - \$20.00**

Name: \_\_\_\_\_ (please print)  
Home Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Payment Enclosed: \_\_\_\_\_

*Be sure to include your email address so we can keep you up to date with community news and events of interest to you.*

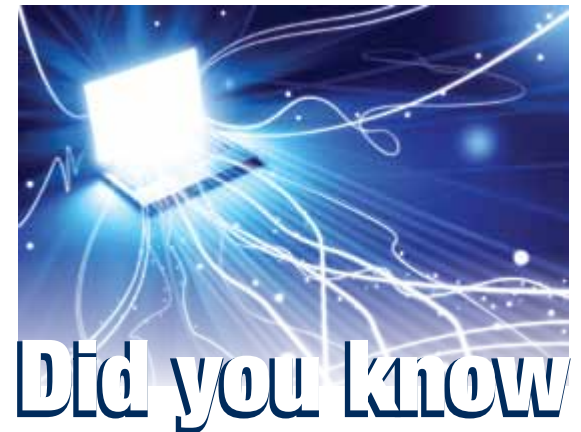
Your support through membership is critical to Meadowlark Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.



### LIKE US ON FACEBOOK

for instant community updates – join the conversation!



## Did you know

the Meadowlark Park Community Association website has been updated? Check us out online: [www.meadowlarkpark.org](http://www.meadowlarkpark.org)

## Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders & Rangers will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighborhood 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 "Canada 150" challenge, have a visit from a GG music trainer and be visiting a vet.

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

The Pathfinder & Ranger 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 [gginfo@calgarygirlguides.com](mailto:gginfo@calgarygirlguides.com).

**Girl Greatness Starts Here!**

## IN & AROUND SCHOOLS

### St. Augustine Fine Arts School

Happy almost spring! February always seems to come and go so quickly with the shortened calendar and the many happenings that have taken place throughout the school.

Basketball season is winding down and we are very proud of our Senior and Junior players for their great performance and their excellent representation of the school. Their sportsmanship on the court, dedication in coming to all the early morning practices and leadership in our school community makes us all very proud.

Our Jr. High Fine Arts departments have likewise been very busy this month, as the New Media, Visual Art, Drama, Dance and Instrumental Music students have been busily preparing for our Junior High Fine Arts Showcase that takes place this in early May. This preparation is made even more demanding as all of the art areas contribute to a school wide production of Disney's Peter Pan Jr. in April. Both these amazing evenings allow our students to showcase the many gifts and talents of the St. Augustine School community and emphasize our integrated fine arts learning program.

We are also very excited to welcome our artist in residence, Anna Bilek from Passion for Glass. She will be working with all of our elementary students during the month of March to create a unique glass tile with each student. All these tiles, will be later gathered to form a giant glass mosaic which will be featured in the school, a symbol of how each student in the school community makes a unique offering that contributes to the whole.

On February 28<sup>th</sup> we will celebrate Shrove Tuesday with pancakes for all of our students. Ash Wednesday follows and marks the beginning of Lent, which is a time of reflection on the life and ministry and sacrifice of Jesus. During this time, each one of us is faced with the challenge of sacrificing something we enjoy in order to gain a sense of Jesus' gift to the world. During this time we will be working with students in considering their own Lenten promises and working hard to keep them throughout March and April.

We hope that everyone has a wonderful and blessed month of March.

*Steve Laberge, Principal, St. Augustine Fine Arts School*

### St. Gerard School

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

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

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

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

#### Important Dates:

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

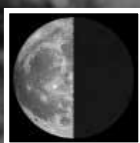
## MARCH MOON CALENDAR



First  
Quarter  
March 5



Full  
Moon  
March 12



Last  
Quarter  
March 20



New  
Moon  
March 27

# Heritage Time Out

in McDougall United Church  
8516 Athabasca St SE, Calgary, AB T2H 1S1  
(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, cardmaking, as well as a “do-as-you-wish” table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., current session January 4<sup>th</sup> to March 22<sup>nd</sup>, next session April 5<sup>th</sup> to June 21<sup>st</sup>.

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



**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.




## Meadowlark Park Real Estate Update

Last 12 Months Meadowlark Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$659,900	\$643,000
December 2016	\$746,900	\$735,000
November 2016	\$726,500	\$660,000
October 2016	\$0	\$0
September 2016	\$594,400	\$555,000
August 2016	\$0	\$0
July 2016	\$0	\$0
June 2016	\$1,295,000	\$1,295,000
May 2016	\$698,000	\$657,000
April 2016	\$1,290,000	\$1,200,000
March 2016	\$739,000	\$723,000
February 2016	\$0	\$0

Last 12 Months Meadowlark Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	3	2
December 2016	0	2
November 2016	6	2
October 2016	1	0
September 2016	0	2
August 2016	1	0
July 2016	1	0
June 2016	1	1
May 2016	3	3
April 2016	3	1
March 2016	0	1
February 2016	1	0

To view more detailed information that comprise the above MLS averages please visit [meadowlark\\_park.great-news.ca](http://meadowlark_park.great-news.ca)

# Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

“Most children learn to use the toilet between the ages of two and three,” says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they’re peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children’s education in toileting began only “when they had an interest in it and they seemed ready.” Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are do-

ing, fidgeting or saying: “Oh, oh.” But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There’s no need to rush.

“Prepare yourself mentally and put all the other things aside for a couple of weeks until it’s dealt with,” Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. “You don’t want to push it so it turns into a negative thing.”

# Off the Menu

In Kentucky, it is illegal to carry an ice cream cone in your back pocket



## EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT – BUTTERFIELD ACRES

The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: [www.butterfieldacres.com](http://www.butterfieldacres.com)



## APRIL 8-9, 2017 KITTIES N' BLOOMS CAT SHOW – SHOULDICE ARENA

The 2017 Kitties 'N Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: [www.calgarycatshow.com](http://www.calgarycatshow.com)



## APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE – RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSC are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: [www.calgaryjazzorchestra.com](http://www.calgaryjazzorchestra.com)



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

### ◆April 1, MAKEFASHION 5.0 - Telus Spark Science Centre

MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: [www.sparkscience.ca](http://www.sparkscience.ca)

### ◆April 7-9, Make it! The Handmade Revolution (craft show) – Big Four Building.

Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: [www.makeitshow.ca](http://www.makeitshow.ca)

### ◆April 17-23, Calgary Underground Film Festival – various venues.

Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)

### ◆April 18-May 7, Calgary Perform Arts Festival (formerly Kiwanis Festival) – Mount Royal University

In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: [www.cpfestival.ca](http://www.cpfestival.ca)

### ◆April 20, LOVE HER presented by Ovarian Cancer Canada – Hotel Arts.

LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: [www.ovariancanada.org](http://www.ovariancanada.org)

### ◆April 21-22, The 2017 Dairy Classic Championship Show – Stampede Grounds

This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: [www.ag.calgarystampede.com](http://www.ag.calgarystampede.com)

## IN & AROUND CALGARY

### EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery. First Aid for burns
- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.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.

**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.

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

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

## CANADIAN,



Macaroni and cheese is the most purchased packaged item in our country.





MP Calgary Centre  
**Hon. Kent Hehr**  
 950 6 Ave Sw  
 kent.hehr@parl.gc.ca  
 403-244-1880  
 www.KentHehrMP.ca

### Budget 2017

Budget 2017 (budget.gc.ca) is about investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

At the tail end of 2016 our government approved two major pipelines after consulting with Canadians, building up an environmental consensus with the carbon price, and creating the balance between the environment and industry. By doing this work we are building the framework to create long term prosperity of Alberta and all of Canada.

On the subject of building up long term prosperity for our country – my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects like the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has invested some \$3 billion into Albertan infrastructure: more than the last five years of the previous government combined. This work continues in Budget 2017.

Looking back at Budget 2016 we went forward with three of our main platform planks. First amongst them was the Canada Child Benefit which gave simpler, tax-free, and more generous and better targeted help to families. 9 out of 10 Canadians families benefit from higher payments under our newly implemented system – and is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. As one of our first acts as a government was to cut taxes for nearly 9 million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 is a continuation of our work as a government. It is actively seized with supporting the middle class and working towards a better future for all. For more details please visit our website at budget.gc.ca.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalitudes.org.

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.



MLA Calgary-Elbow  
**Greg Clark**  
 Leader - Alberta Party  
 (403) 252-0346  
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### Jobs and the Economy

I am cautiously optimistic that the Calgary economy has started to rebound after experiencing the highest unemployment rate in over 22 years. While there are tentative signs of growth, we all have friends, family and neighbours who are still coping with unemployment. Last October, I held a career event featuring speakers presenting interview and resume skills, transitioning talents to a new career, and tips for starting a new business. The feedback was amazing and I was thrilled to hear success stories as a result of the session.

I'm hosting a second event on March 4<sup>th</sup> from 10 am to noon. This event will focus on job search skills including "Transitioning your Resume from Career History to Impact and Accomplishment" and "5 Tips to Boost your Chances at Landing Interviews". I am very thankful that Joy Cohen, co-author of "Surviving the Downturn" and Richard Bucher from Right Management are volunteering their time to provide these sessions at no cost. If you are interested in attending, please visit: www.calgaryelbow.ca to register. Space is limited!

### Spring Sitting of the Legislature and Budget 2017

As I write this newsletter I am preparing for the spring sitting of the Legislature. We know the government will release another deficit budget, the only question is how big that deficit will be. The Alberta Party Caucus will again be releasing our own shadow budget to show Albertans how we would address the challenges facing our province. Our budget will focus on job creation, creating an attractive investment climate and support for the energy industry while ensuring high-quality front line services are maintained. We'll also put forward a concrete plan to not only balance the budget, but to start paying down debt.

I am hosting an open house to discuss the 2017 Alberta Budget on April 8<sup>th</sup> from 10 am to noon. I invite you to attend and join the conversation. For more information please visit www.calgaryelbow.ca.

### MLA for a Day

Mr. Speaker's MLA for a Day program gives Alberta high school students the chance to find out what it really means to be a Member of the Legislative Assembly. Participants learn more about the role of an MLA and experience firsthand what it's like to deal with diverse points of view when making decisions on provincial issues.

Last year I really enjoyed hosting a student from Calgary Elbow. If you are interested in joining me this year, you can find out more at <http://www.assembly.ab.ca/> or by contacting my office. The program is free to participants, including travel and accommodation expenses.

As always, I'd love to hear from you. You can contact me by email at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.

## BRAIN GAMES SUDOKU

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



# Saint Patrick

**Saint Patrick** (Latin: *Patricius*; Irish: *Pádraig*) was a fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the “Apostle of Ireland”, he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-apostles and the Enlightener of Ireland.

The dates of Patrick’s life cannot be fixed with certainty but there is broad agreement that he was active as a missionary in Ireland during the second half of the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and they regard him as the founder of Christianity in Ireland, converting a society practising a form of Celtic polytheism. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain, and taken as a slave to Ireland, looking after animals, where he lived for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Saint Patrick’s Day is observed on 17 March, the supposed date of his death. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

[https://en.wikipedia.org/wiki/Saint\\_Patrick](https://en.wikipedia.org/wiki/Saint_Patrick)



**Councillor, Ward 11  
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This year as we celebrate Canada’s 150<sup>th</sup> Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

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

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

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

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

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

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

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

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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.

**CLIMB FOR WILDERNESS**

**SATURDAY, APRIL 22, 2017  
THE BOW BUILDING**

**CLIMB 1188 STAIRS** | SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION

[climbforwilderness.ca](http://climbforwilderness.ca)



# KidneyMarch

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

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



Come to our Expo April 23  
**kidneymarch.ca**  
**1.866.956.2724**