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Millrise • Shawnessy Shawnee-Evergreen

Elected Officials



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Ward 13 Office
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Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA Graham Sucha
Calgary-Shaw
#328, 22 Midlake Blvd SE
Calgary, AB Canada T2X 2X7
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Not valid with any other offer • One offer per visit • While quantities last

Millrise / Shawnessy mybabysitterlist

Name	Age	Contact	Course
Sierra	11	403-201-2164	Yes
Belle	13	403-256-5551	Yes
Polina	13	403-455-3067	Yes
Jeffery	14	403-256-7828	Yes
Anna	14	587-999-5607	Yes
Bryson	14	403-720-0345	No
Deborah	14	403-619-7037	Yes
Alyssa	14	403-801-6248	Yes
Kali	14	403-244-8814	Yes
Amy	15	403-247-9228	Yes
Jacy	15	403-254-4949	Yes
Faith	15	403-805-6988	Yes
Leah	16	403-862-2487	Yes
Nicole	16	587-968-6201	No
Monika	17	403-805-1224	No
Katie	18	403-540-3878	No
Kelsey	20	403-818-6034	Yes
Stephanie	24	403-991-9545	Yes
Brandie	34	403-802-2940	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.

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

Calling All Neighbours!

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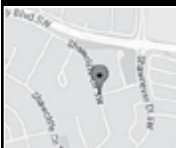
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POSITIVE DISCIPLINE IN EVERYDAY PARENTING – REGISTER NOW
Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks, April 12 – May 31, 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

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

To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

PARENT TALK – REGISTER NOW
Thursday mornings, 10:00 – 11:30, April 14 to June 16 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

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

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

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

NEIGHBOURS HELPING NEIGHBOURS
 Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups; shampoo, men's razors, men's shaving cream.

your **COMMUNITY** business of the month

Right Way Sod & Lawn Care Ltd. Millrise/Shawnessy Community

Hello! My name is Gavin Newton, the owner of **Right Way Sod & Lawn Care Ltd.** When I was first approached to write this article, I was a little over whelmed by the idea. Until it dawned on me what an amazing chance for self-reflection upon my journey thus far.

A long time ago, through my experiences with the landscaping industry, I realized that landscaping is what I was meant to do. I have always been very effective at completing difficult projects and tasks on schedule. All while managing my team professionally and keeping to the true sense of customer satisfaction. I have worked at various landscape companies over a span of nine years and I learned all aspects of landscaping. My journey into landscaping first began in lawn maintenance. After mastering the skills of lawn maintenance and lawn care. I then moved on to landscape construction which involves building retaining walls, paving stone pathways, pruning and so much more.

Working as a landscaper for years you began to notice a reoccurring trend. Such as the sheer lack of professionalism, knowhow and a true lack of customer care. After one long day at work, I had finally had enough and I knew I had to do something. Then it hit me, when my favourite quote popped into my head: **"If you don't build your dream, someone will hire you to build theirs"**. So with my dream in one hand and with my passion and experience for landscaping in the other, I decided to start my own sod insulation and lawn maintenance company called Right Way.

My dream is Right Way and to me Right Way means quality of workmanship and outstanding customer care. We absolutely take pride in our work and we only do the highest quality of work guaranteed. Perhaps even more important than that and my true objective for Right Way is to provide our customers with personalized service and care. My team gets their greatest satisfaction

from our ability to make our customers feel like family. Every one of my team is specially hired because of their passion for landscaping and people skills. Rest assure when you use Right Way just know if you have any landscaping problems at any point. My team has been trained to make sure that customer satisfaction is the utmost priority. At Right Way the quality of work and customer care are key. Because at Right Way we understand that without a great customer reputation and sense of community care when it comes to are work.

Right Way wouldn't be the company that it is. An example of this is the unique discounts we offer our customers. I love landscaping it is my true passion and I couldn't see myself doing anything else. That is why I promised myself that when I started Right Way, I would only settle for the job being done RIGHT. So when you are looking for landscape company, think Right Way cause **"Do you want the job done, or do you want the job done right?"**

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Millrise Community Association

Last 12 Months Millrise

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$458,800.00	\$443,500.00
January 2016	\$404,900.00	\$386,500.00
December 2015	\$402,350.00	\$386,000.00
November 2015	\$437,450.00	\$425,000.00
October 2015	\$409,900.00	\$397,000.00
September 2015	\$474,900.00	\$452,000.00
August 2015	\$429,900.00	\$427,500.00
July 2015	\$434,900.00	\$425,000.00
June 2015	\$429,900.00	\$425,000.00
May 2015	\$427,400.00	\$416,000.00
April 2015	\$439,500.00	\$428,000.00
March 2015	\$424,900.00	\$420,000.00

Last 12 Months Millrise

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	8	5
January 2016	4	2
December 2015	3	2
November 2015	6	6
October 2015	8	5
September 2015	5	5
August 2015	5	4
July 2015	8	11
June 2015	17	17
May 2015	10	8
April 2015	10	15
March 2015	13	9

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

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

April at Trico Centre

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

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

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

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

non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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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, or 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.



Shawnee-Evergreen Community Association

Last 12 Months Shawnee-Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$799,900.00	\$730,000.00
January 2016	\$674,900.00	\$654,950.00
December 2015	\$714,900.00	\$687,500.00
November 2015	\$0.00	\$0.00
October 2015	\$505,000.00	\$500,000.00
September 2015	\$829,900.00	\$791,888.00
August 2015	\$664,450.00	\$632,500.00
July 2015	\$0.00	\$0.00
June 2015	\$0.00	\$0.00
May 2015	\$574,900.00	\$554,696.00
April 2015	\$762,400.00	\$740,000.00
March 2015	\$622,450.00	\$610,500.00

Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	3	3
January 2016	1	2
December 2015	2	2
November 2015	2	0
October 2015	7	1
September 2015	5	1
August 2015	2	2
July 2015	1	0
June 2015	1	0
May 2015	1	2
April 2015	6	6
March 2015	2	4

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

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Article by J. Turner

Photo by Andrea S. H. Hunt

THE PORCUPINES A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

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TAX FORM FILING FOR \$29: in Evergreen Estates near Southview Alliance Church, for one to three T-4s (or T-3 or T-5), discount for seniors & low-income families. Certified Accountant Guidance at extra cost, if desired. Call Amy or Harry 9AM to 8PM every day at 403-256-7429 (no texting, please) or email HAGhumman@shaw.ca.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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HUNTER'S HEATING AND COOLING: Mention this ad for \$250 off a new furnace or \$150 off an A/C installation. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.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.

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HOUSE SITTING/DOG WALKER: Honest, reliable and experienced individual available for daily or overnight jobs. As a farm girl with a career in real estate, my love for animals is second to none, as is my knowledge of home ownership and maintenance. Call Jeannette at 403-460-6554 or email jeannman@hotmail.com.

DO YOU NEED YOUR GRASS CUT: on a weekly or vacation basis? If your are going to be away you might need someone to pick up your mail and water your Garden. Eavestrough cleaning or other odd jobs. Call Gerry/Patricia at 403-201-2030.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

IS HIGH SCHOOL MATH MAKING YOU FEEL OVERWHELMED? I can help. I have over 15 years experience teaching high school math. I have worked with Alberta education writing diploma questions as well as marking diplomas. I specialize in math 30-1 and 30-2. Call Sheila: 403-462-0251.

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Fluoridation in Calgary's Water Supply

During the 2013 election, I made the commitment to meet with Alberta Health Services (AHS) officials right after being elected to determine if there was adequate research to support reintroducing flouride back into our water supply. At that time there was not, but Dr. Richard Musto, AHS Medical Officer of Health, committed to have that research done.



I recently met with Dr. Musto and Dr. Bill Ghali, Scientific Director of the O'Brien Institute for Public Health, to discuss all approaches to the fluoridation issue in our city. I would like to hear from you on your views on this. I will work with Mayor Nenshi and my colleagues and see what we should bring forward to Council based on all feedback.

SW Transitway & BRT Update

The SW Transitway project team, along with Calgary Transit, distributed project information to residents on local routes directly benefiting from the SW Transitway route. In total, over 5,400 FAQ's were handed out in February 2016.

Several information sessions have been held this year, bringing many excellent ideas forward to minimize the impact on Ward 13 communities. The most notable info session was held at the Woodcreek Community Association on February 23 with both supporters and detractors in attendance. Many constituents were



able to get the correct information and their opposition heard by project staff. Attendees were encouraged to submit their input on the SW BRT terminal designs and other finer details for the project.

All up to date information and public engagement can be found at www.Calgary.ca/SWTransitway.

Calgary Parks & Calgary Community Standards

Recently I met with Kurt Hanson (GM Community Services), to discuss what proactive measures are and can be put in place to promote safer pathways shared by all who use it. Here is his update on what his team is working on:

1. Monitoring Bylaw Offences on the pathway:

- Monitoring speeding, bikers/rollerbladers with dogs on-leash, citizens with off-leash dogs, staying on the appropriate side of path, etc
- Installation of bike speed monitoring devices in four locations along the Bow River
- Five permanent Eco Counters and two mobile counters that can be moved to problematic areas
- Parks pathways can send target area maps to Bylaw asking them to show a presence in necessary areas
- By law officers work with CPS to issue tickets and tend to pathway accidents

2. Approach to pathway widths/signage in high traffic areas:

- Minimum standard for river pathways is 3m, regional pathways is 2.5m – now increased to 3.5m and 3m, respectively
- Minimum standard width of local pathways was increased from 2m to 2.5m
- Pathways are twinned and separated where justified by volume
- Pathway stencils are used rather than adding signs

3. Pathway snow clearing approach:

- Clear as much snow as possible with allotted budget
- Track an unfunded "Snow & Ice wish list"
- Prioritization system is based on a combination of 311 data, usage data and importance of pathway link

Ward 13 Mobile Town Hall Coming Soon!

The Action Plan is The City's business plan and budget document. It was developed in 2014 for the years 2015-2018. In recognition that the Plan needs to adapt with Calgary's changing needs, we are Checking In with citizens on what their priorities are for 2017 and 2018. This June, I, along with City staff, will be out and about in Ward 13 with the Action Plan bus to hear from you and what your priorities are for this business plan and budget.

Stay tuned for more details!

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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

CLOTHING GIVEAWAY: Saturday, May 7 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 3-6, between 11:00 am – 2:00 pm. For more information call Retta at 403-201-7500.

211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>

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Welcome to springtime! It's been 11 months since the provincial election. Time sure does fly, doesn't it? By the time you read this newsletter the 2016 budget will have been released – the budget focus is on stabilizing the economy, supporting small business, job creation and information about the climate change strategy. Please e-mail or stop by the office with any concerns or comments.

Business Supports

As we move through this difficult economic time it is important to recognize the work that businesses in the area do as it relates to stabilizing the economy. We are happy to help with programs like the STEP program and the job creation tax credit. If you have any questions on how to apply to these programs feel free to connect with my office.

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MLA Expense Disclosures

In the last few years MLA and legislative expense have been a hot topic.

When reviewing them you can see everything under the sun from a \$ 262.50 car cleaning to a \$0.48 parking charge. Over the next few months legislative review committees will be reviewing these expenses and I would be happy to pass on any feedback you may have about appropriate expenses. P.S. I clean my own car.

Stampede July 8 – 17

I know that Stampede is still a long way off but I did want to let you know that my office will be hosting a Stampede B-B-Q July 9, 11:00 am – 2:00 pm. Mark your calendars. July 11, Premier Notley will be hosting her Stampede breakfast at the McDougall Centre. Both are still in the planning stages – watch for additional details available in May and June. Feel free to pass on any special event that you may be having.

April 27 Is Administrative Professionals' Day

Administrative Professionals' Day is celebrated on April 27, 2016. Administrative Professionals' Day - also known as Secretaries Day or Admin Day - is an unofficial secular holiday observed in several countries to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Don't forget to recognize your administrative support person.

Chat With Your MLA

E-mail feedback is always encouraged and appreciated. However nothing beats an old fashioned phone call or one-on-one conversation. If you would like to chat please arrange with my office and I would be happy to give you a call even during non-traditional working hours.

Saturday Office Hours

We haven't worked out all of the details, but I did want to let you know that our office will be open one Saturday a month beginning in April. Give our office a call for details.

I enjoy attending community events, if you would like me to attend yours, I will do my best to be available. If you have concerns regarding community issues you can reach me through my constituency office: 403-256-8969

My office can provide Notary Public and Commissioner for Oaths services (it's a good idea to make an appointment) and provincial pins, if you need a few.

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