

MARCH 2016

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



Millrise • Shawnessy Shawnee-Evergreen

Elected Officials



Councillor Diane Colley-Urquhart
Ward 13 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA Graham Sucha
Calgary-Shaw
#328, 22 Midlake Blvd SE
Calgary, AB Canada T2X 2X7
Phone: (403) 256-8969
Fax: (403) 256-8970
Email: calgary.shaw@assembly.ab.ca

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ACADEMY DENTURE CLINIC

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Millrise / Shawnessy mybabysitterlist

Name	Age	Contact	Course
Sierra	11	403-201-2164	Yes
Anna	13	587-999-5607	Yes
Belle	13	403-256-5551	Yes
Polina	13	403-455-3067	Yes
Jeffery	14	403-256-7828	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

your COMMUNITY business of the month

BIJOUX Hair Salon in Shawnessy Village Shopping Centre Millrise - Shawnessy Community

BIJOUX Hair Salon (formerly the Atlanti Hair Group) in the Shawnessy Village Shopping Centre has been serving the neighborhoods of Calgary South for many years. BIJOUX hosts eight full and part time professional stylists that are up on all the current trends and are experts in providing the latest in hair styles, cuts, color, high-lights, foils, hair treatments and just about anything else for men, women and children. BIJOUX also offers a full range of hair products including Unite, Kevin Murphy, Moroccan Oil, Olaplex and many other top brands.

...friendly, comfortable atmosphere that ensures your visit will be as enjoyable as it is rewarding.

Jacob Kachour is the master stylist and new owner of BIJOUX in Shawnessy. Additionally, Jacob is also a seasoned salon owner of many years before acquiring BIJOUX in 2015. Since then, he has made many upgrades and improvements to BIJOUX to create a friendly, comfortable atmosphere that ensures your visit will be as enjoyable as it is rewarding. Jacob has worked hard to transform BIJOUX into a welcoming client/stylist friendly oasis that not only results in customers looking and feeling their best but also attracts the best hair stylists in the city as a mecca for them to pursue their passion for hair.


Jacob has a second BIJOUX Hair Salon located in Lakeview Plaza at 6449 Crowchild Trail SW just south of Glenmore Trail (403-242-1195). Both locations offer easy and convenient access for everyone living in the south.

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

BIJOUX HAIR SALON

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calgary **reads**

CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

• **Friday May 13 - 9am – 9pm**

Author reading 7pm

• **Saturday May 14 - 9am – 9pm**

Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 – 9pm.

• **Sunday May 15 - 9am – 1pm**

Other special activities during the Big Book Sale will be announced on our website as they confirm: calgaryreads.com.

Donate books: We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

Book collection locations, dates and times:

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

• Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm

• Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

• Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp

• Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com.

4 Keys

to Becoming a Much Better Golfer in 2016 and Maximizing Your Enjoyment of This Great Game!!

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

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The 2nd most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are **4 keys** to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

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

Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "effective" motion that

allows you to repeatedly hit the golf ball solidly. The more you practice and play golf with "improved fundamentals", the better you will become. The better you become, the more you will enjoy playing the game of golf.

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

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

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

Good golfing!



Time for Some New Year's (Financial) Resolutions

Davis Dai ----Financial Advisor

2016 has just begun. If you're like many people, you might be mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well?

For example...

... Pay yourself first. Even if you aren't living "paycheque to paycheque," you probably don't have much trouble spending your money – because there's always something that you or a family member needs, always a repair required for your home or your car, always one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.

... Take advantage of your opportunities. If you have a RRSP or similar plan at work, take full advantage of it. Contribute as much as you can afford – or at least enough to earn your employer's match, if one is offered – and choose the mix of investments that give you the

potential to achieve the growth you need at a level of risk with which you are comfortable.

... Focus on the long term. In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks murky. Yet, if you can look past the uncertainties of today and keep your focus on tomorrow, you may find it easier to follow a disciplined investment strategy that gives you the opportunity to work toward your long-term goals, such as a comfortable retirement.

... Don't be driven by fear. When the market is down, investors tend to react with fear. Specifically, they may rush to sell their investments, afraid that if they don't "cut their losses," they might sustain even bigger ones. But, you may find that a down market can offer you the chance to buy quality investments at good prices.

... Forget about the "hot stocks." You'll hear friends, co-workers and talking heads on television tout today's "hot stocks." But by the time you might hear about them, they may have cooled off – and, in any case, they might not be appropriate for your needs. Forget about "getting rich quick in the market" – it probably won't happen. True investment success requires patience and persistence.

... Cut down on your debts. It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back and consolidate – it will be worth the effort.

Making these resolutions – and sticking to them – can help you as you work toward achieving your financial goals

IN & AROUND SCHOOLS

École Blessed Mother Teresa

The first part of our school year has been filled with many exciting moment and engaging activities. Our students continue to support local initiatives for people in need. Such as: the Terry Fox Foundation, Jacket Racket, St Vincent de Paul Food Drive, Holy Childhood, and the HIP program. Our students are benefiting from these rich experiences of giving and service.

Our "Carnival" will be in February and it is always a fun way to highlight the French culture and traditions. Our students look forward to the songs, dance, games and the delicious maple syrup. Vive le Carnival!

We will be organizing our "Me to We Spring Market" again this year. Individuals can purchase a table and sell their wares; we will also be selling books, jewelry, food, clothing, toys and more. All proceeds go directly to Free the Children for a needy village in India. Blessed Mother Teresa would be so proud of the great work of generosity by our school community. The market will take place on May 20, 2016.

Merci!

BRAIN GAMES SUDOKU

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	3			5			8	
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8		1					6	
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FIND SOLUTION ON PAGE 22

PMS - More than just emotions!



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- ✓ Free Parking

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www.calgarynumismaticssociety.org

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

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca

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

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

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

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

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

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

**Positive Discipline in Everyday Parenting
Register Now**

Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks. Next session is April 12 – May 31 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

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

This program is facilitated by the SWCRC's social workers. To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, January 21 to March 31 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

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

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

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

Neighbours Helping Neighbours

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

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional, and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

Tutoring Program

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

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



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.

March at Trico Centre

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

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

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Price Freeze

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

Adults

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

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

Older Adults

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

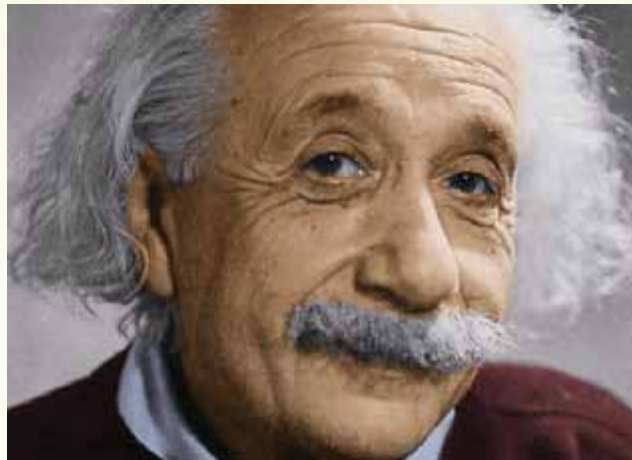
ous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

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

Families, Children & Youth

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

- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



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

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

IN & AROUND CALGARY

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.

Relocation of Midnapore Household Hazardous Waste Drop-off

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

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

Evergreen Fire Station 37

2511 Eversyde Avenue S.W.

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

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

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

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

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

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

For more information, visit calgary.ca/waste.



A bird requires more food in proportion to its size than a baby or a cat.



Help Your Children Succeed in Life!

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

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4×3 . Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems...while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

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

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

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

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Creating welcoming, caring, safe learning environments for all

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

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

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

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

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

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

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.

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Caring For Your Elderly Pet



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

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

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

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

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

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

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

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

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

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

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to “be part of it” and find out what your community association can do for you! It’s easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

READYCALGARY 2016

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

Program Structure:

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

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

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

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

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

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

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

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

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

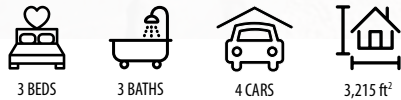
Section 1: October 4 (17:30 - 20:30 at CEMA)

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

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IN & AROUND CALGARY

What's new in the SHC Wellness Centre

At the SHC Wellness Centre, we want you to get and stay as healthy as possible. We can support you in your wellness journey.

See our program guide at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below

HeartMath

March 28, 6:00-8:30pm

Relieve stress anytime, anywhere. In this course you will learn a simple system of tools and techniques that can help you build emotional resilience, reduce stress, develop better problem-solving abilities, improve sleep, and increase mental clarity.

Sleep: Dr. Michael Specia

March 23, 7:00-9:00pm

Practical strategies, blended with the latest clinical research in this area, will offer you one of the most effective healing strategies, a good night's sleep. Dr. Specia will review facts about sleep and present an overview of the gold standard treatment for insomnia.

Living Well with Diabetes

March 30, 6:30-7:30pm

Intended for people who want to refresh their knowledge on self-management of diabetes. Topics include: tips for managing diabetes and living a healthier active lifestyle, taking care of your feet and managing high and low blood sugars.

Making Home Safer for Seniors

March 9, 7:00-8:30pm

This program provides a home safety checklist to ensure an older adult's home is safe from the pitfalls that could put them at risk for falls and injuries.

Nutrition for New Moms

March 16, 9:00-10:30am

Want to learn how to give your baby the best possible start, while also looking after your nutrition and health? Want to learn how to lose the 'baby weight'? Have ques-



tions about nutrition and breastfeeding? Facilitated by our SHC Women's Health Clinic Registered Dietitian.

Overview & Updates for HPV

March 23, 6:30-8:30pm

HPV is one of the most common sexually transmitted diseases. There are a number of vaccines to help protect women by preventing some of these infections. Are you trying to make a decision about a vaccine for yourself or your daughter? The symptoms, health risks, prevention and protection will be discussed in this workshop.

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

Looking for Ways to Support Refugees?

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

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



Are You Scheduled Or Just Completed Joint Replacement Surgery?

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

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

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

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

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

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

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

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

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

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

Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition



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

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

Tune In

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

Talk More

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

Take Turns

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

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words

and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

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

Other tips include:

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

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

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

With thanks to: www.thirtymillionwords.org

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



Art of the world

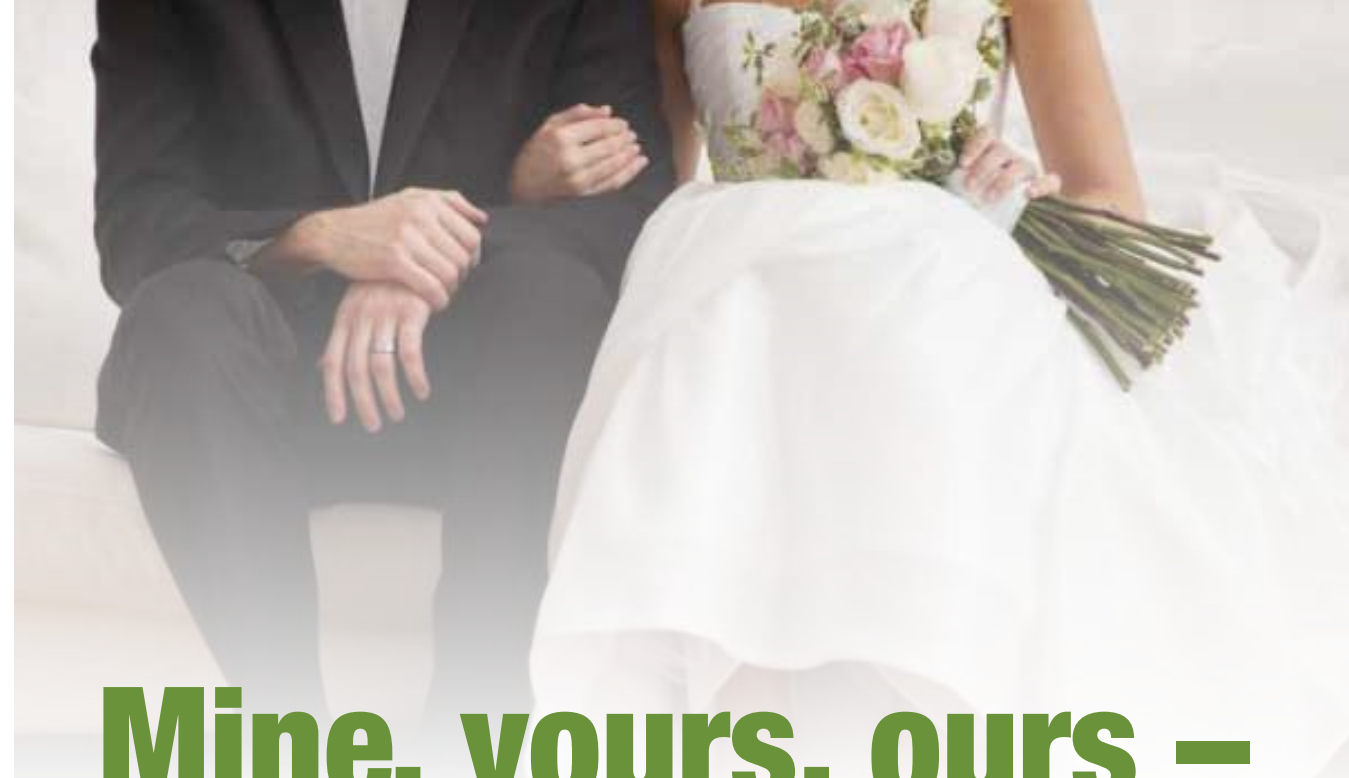


Las Meninas, 1656 By: Diego Velazquez

Diego was a Spanish painter who was the leading artist in the court of King Philip IV and one of the most important painters of the Spanish Golden Age. Las Meninas, or The Maids of Honor, depicts a room in the Madrid palace of Spain's King Philip IV. The painting is famous for its complexities regarding reality and illusion. Uncertainty is played out in the relations between the viewers and the figures, as well as between the figures themselves. These complex uncertainties have welcomed much discussion and analysis among critics and scholars.

BRAIN GAMES SUDOKU

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



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

Suzanne Smith-Demers – Consultant

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

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

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

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

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

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

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

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

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



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Family Dental Care in Calgary

Stephanie McIntyre

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

Family Dentists

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

Preventive Dental Care

Family Dentistry is focused on maintaining optimal dental health and preventing dental issues that require significant treatment. You may have wondered why your family dentist reinforces the importance of Routine Dental Cleanings and Exams – that's because

during this type of appointment a dentist and hygienist is able to monitor the health of your teeth and other oral tissues and provide treatment that reduces the risk of developing dental decay, gingivitis and periodontal disease. Allowing your dental team to capture x-rays on a regular basis provides an opportunity to see what is happening between teeth and below the gum line – areas that dental decay can quickly form.

Caring For Your Smile

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

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

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

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

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



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

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

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

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

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

to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

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

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

West Calgary Air Traffic Concerns
www.wcatc.ca



Who Is Responsible to Educate the Children?

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

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's

responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?



Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (www.jchs.harvard.edu) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning

will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!

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SENIORS IN YOUR NEIGHBOURHOOD: Some may be at risk or struggling, but unable or unaware of how to get help. So how do you spot the signs? And what should you do about it? Visit seniorconnect.ca to view a free 30 minute educational video.

VOLUNTEER DRIVERS NEEDED: to get seniors to urgent medical appts. From your computer or phone, you can choose days/times that fit your life (no need for same time every week), the areas closest to you, and which seniors you drive. We pay mileage or issue tax receipts. Visit driventovolunteer.org

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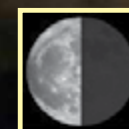
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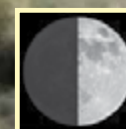
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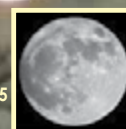
Last Quarter
March
1 & 2



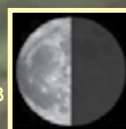
New Moon
March 8



First Quarter
March 15



Full Moon
March 23



Last Quarter
March 31

**COUNCILLOR, WARD 13
DIANE COLLEY-URQUHART**



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FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)
Website: CouncillorDiane.ca



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



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

Exciting Woodcreek Presidency Revote

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

Pedestrian Strategy Update

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

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

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

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



Transportation Sustainability Triangle

new technologies are being proposed:

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

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

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

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



CHOCOLATE TRIVIA

Theobromine, the compound in chocolate that makes it poisonous to dogs, can kill a human as well. You'd have to be a real glutton to go out this way though, as an average 10-year-old child would have to eat 1,900 Hershey's miniature milk chocolates to reach a fatal dose.

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

In addition to traditional pedestrian designs, a number of

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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March is a busy, busy month... First day of spring, daylight savings time, spring break, the Legislative Assembly will reconvene March 9.

Introduction: I would like to introduce a new person in our office. Michelle H is a part-time Constituency Assistant whose focus will be Outreach. The next time you are passing by the office, I encourage you to pop in and say hi.

Get Your Message Out: Calgary Shaw is host to many great organizations and not-for-profit groups. I encourage you to stop by the office and share some of the great stories about your organization. I would be happy to post some of them and let Calgary Shaw know about the great work that you are doing in our community.

Global Economy Impact: The global low price of oil has certainly had an impact on jobs and family income. There are various job search and skills training programs available to all Canadians... We have some of those postings in our office, please feel free to stop in and have a look at them. The government continues to work diligently on your behalf, supporting job creation initiatives and incentives: www.work.alberta.ca/labour/job-creation-incentive-program.html and www.work.alberta.ca/labour.html. It can become difficult for people to navigate community services and resources when needed. If you have any questions about where to go or what supports are available to you, our office is available to help.



2016 – 2017 Budget: Currently the Treasury Board and Finance are working on the 2016 – 2017 budget. Certainly there will be a focus on supporting Albertans in various ways in these difficult economic times.

Climate Change: The government is moving forward with Climate Change initiatives. You can read more about the initiatives and submit your views. www.alberta.ca/climate.cfm

Fish Creek / ATCO Update: You may begin to notice ATCO activity in and around Fish Creek. They are upgrading the aging infrastructure. Read more about their plan. www.atcopipelines.com/upr/Projects/Fish-Creek

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.

Having fun at a St. Mary's University basketball game awarding the best player! Congratulations to the women's basketball team on a fabulous season!

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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