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- Policing
- SW BRT
- SW Ring Road
- Taxes
- Dog Parks

WEDNESDAY, MAY 03	WHERE: WOODCREEK COMMUNITY ASSOCIATION WHEN: 7:00 PM - 9:00 PM
SATURDAY, MAY 06	WHERE: SWAN EVERGREEN VILLAGE IN THE THEATRE WHEN: 1:30 PM - 3:30 PM
SATURDAY, MAY 27	WHERE: CANYON MEADOWS COMMUNITY CENTRE WHEN: 2:00 PM - 4:00 PM

I look forward to seeing you there! - **COUNCILLOR DIANE COLLEY-URQUHART**

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

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



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 passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide

It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children's drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities



- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck
- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults

- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner's Yoga, Focus on Powerlifting
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth

- Lots of new children's programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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

Millrise / Shawnessy
mybabysitterlist

Name	Age	Contact	Course
Alyssa	15	403-801-6248	Yes
Amy	16	403-247-9228	Yes
Anna	15	587-999-5607	Yes
Belle	14	403-256-5551	Yes
Brandie	35	403-802-2940	Yes
Bryson	15	403-720-0345	No
Deborah	15	403-619-7037	Yes
Ella	18	778-212-9102	No
Faith	16	403-805-6988	Yes
Jacy	16	403-254-4949	Yes
Jeffery	15	403-256-7828	Yes
Kali	15	403-244-8814	Yes
Katie	19	403-540-3878	No
Kelsey	21	403-818-6034	Yes
Ksenia	13	587-582-5275	Yes
Laura	14	403-287-9380	Yes
Leah	17	403-862-2487	Yes
Monika	18	403-805-1224	No
Polina	14	403-455-3067	Yes
Sierra	12	403-201-2164	Yes
Stephanie	25	403-991-9545	Yes

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Calling All PARENTS
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APRIL MOON CALENDAR



First Quarter
April 3



Full Moon
April 10



Last Quarter
April 19



New Moon
April 26

TRIVIA
Measurements

The wristwatch was invented in 1904 by Louis Cartier.




Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

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

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

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

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

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

School blessing and dedication ceremonies are an important way for our new school communities to come together and celebrate after the end of one long journey and the beginning of another.

In addition to a religious blessing by the parish priests, the ceremonies help us recognize the contributions of the city, provincial and community dignitaries in the building of the new facilities, as well as the time and effort of the district's administrative team who oversees the planning, design and construction of the modern, new buildings.

The ceremonies are also a great opportunity to celebrate the distinctiveness of Calgary Catholic schools – who each school is named for, the faith symbols that have been incorporated into the building and how faith will permeate the new school community.

As Calgary Catholic opened four new schools this year, we are celebrating at four ceremonies: Our Lady of Grace School in Evanston took place on November 9, 2016 and Prince of Peace

School in Auburn Bay on February 22, 2017. Ceremonies are planned for St. Marguerite School in New Brighton on March 24, 2017 and at Our Lady of the Rosary School in Cranston on April 26, 2017.

As the Board of Trustees, we are always planning for the future of the district - ensuring that there are enough schools where students can have safe learning environments with exceptional teachers and staff. We work to ensure that new schools which support quality Catholic education are built in the communities where our students live. We then work with the provincial government to receive funding for these schools.

We also reach out to the community about their needs through the district's public participation process, "Help Plan our Future," which provides parents and communities the opportunity to give input into education in their communities.

Many students and families in new communities wait patiently for schools to be built, so it is always exciting for everyone in the district to come together at the end of the process to recognize and celebrate what we have all achieved.



Millrise Community Association

Last 12 Months Millrise

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$409,950	\$403,500
January 2017	\$407,444	\$394,550
December 2016	\$472,350	\$463,500
November 2016	\$414,950	\$402,500
October 2016	\$457,400	\$444,500
September 2016	\$399,950	\$388,500
August 2016	\$464,800	\$450,250
July 2016	\$384,900	\$374,750
June 2016	\$465,888	\$455,000
May 2016	\$439,950	\$428,750
April 2016	\$429,950	\$421,500
March 2016	\$466,000	\$454,250

Last 12 Months Millrise

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	10	8
January 2017	6	4
December 2016	6	4
November 2016	2	4
October 2016	6	10
September 2016	8	4
August 2016	11	8
July 2016	4	6
June 2016	10	9
May 2016	7	8
April 2016	14	4
March 2016	3	6

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

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1. Does your yard need a landscaping facelift?
2. Would you like to add splashes of colour, texture, and interesting shapes to your yard?
3. Would you like to add year-round interest with rocks, stone work or dormant plants?
4. Are you considering installing landscape lighting for security or aesthetics?
5. Would you like to attract natural pollinators and birds?
6. Do you have low wet spots in your lawn?
7. Is your lawn bare in places from walking or dryness?
8. Have your trees matured, causing shady patches and drawing moisture from your lawn?
9. Are dandelions a menace?
10. Are you concerned with your children or pets playing on lawns treated with chemical fertilizers or herbicides?
11. Is fairy ring a problem?
12. Are you getting tired of mowing, especially on slopes and around tight spots?
13. Is your summer water bill getting out of hand because of lawn watering?
14. Do you want to cut back on your expenses for lawn care services and products?
15. Are you concerned with looming water shortages and City watering bans?
16. Do you have an underutilized rain barrel or composting bin or would you like to install them?

17. Does your yard slope toward the street, causing rain and sprinkler water to run-off?
18. Would you like to contribute to habitat and biodiversity near the Elbow River?
19. Would you like to help protect water quality in the Elbow River?

If you answered yes any of these questions, then why not plan to replace some of your boring old lawn this spring?

An impressive selection of drought and shade tolerant plants, some selected from native species, is available in Calgary. Consider the slope of your lot, capture drainage, and install permeable surface materials to minimize sediment and pollutant runoff into the river through our storm water system.

Visit calgary.ca and search "yardsmart" for more information, tips and videos. The Calgary Horticultural Society, (calhort.org) is a great source of information for gardening success in Calgary. Their annual Garden Show is at Spruce Meadows on April 29 & 30, 2017 from 9 AM to 5 PM.

Photo credits: The Calgary Horticultural Society

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.

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ORGANIZING BY OZ is a licensed and insured professional organizing service for residents of SE/SW Calgary. Collette understands the emotion behind the clutter. She will work with you to achieve your goals in a compassionate and nonjudgmental manner. FREE the energy: De-clutter your space! Contact Collette: 403-815-5598; hello@organizingbyoz.com; www.organizingbyoz.com.

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Shawnee-Evergreen Community Association

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

	Average Asking Price	Average Sold Price
February 2017	\$683,400	\$693,500
January 2017	\$509,900	\$493,750
December 2016	\$749,900	\$730,000
November 2016	\$612,400	\$595,444
October 2016	\$649,950	\$627,500
September 2016	\$522,500	\$494,250
August 2016	\$0	\$0
July 2016	\$679,450	\$664,250
June 2016	\$639,900	\$615,000
May 2016	\$559,900	\$546,000
April 2016	\$650,000	\$654,000
March 2016	\$599,900	\$602,000

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

	No. New Properties	No. Properties Sold
February 2017	6	2
January 2017	3	2
December 2016	0	1
November 2016	2	2
October 2016	4	2
September 2016	3	2
August 2016	2	0
July 2016	1	4
June 2016	6	2
May 2016	4	4
April 2016	7	1
March 2016	6	1

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

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calgary reads

CBC Calgary Reads Big Book Sale

Calgary Reads needs your used books please!

We're getting ready for our 15th annual **CBC Calgary Reads Big Book Sale** happening **May 12-14, 2017** at the Calgary Curling Club.

Please will you, your colleagues, family, friends, neighbours or sports team hold a book drive for us? Funds raised support Calgary Reads' literacy programs in schools and the community.

One of the easiest ways is to set up a **Central Collection Point**. This donation spot can be in your office, home or your club venue. Place boxes to collect the books. Let people know why and when you are collecting. For the book sale we collect pre-owned adult and children's books (*fiction and non-fiction*.)

WHERE and WHEN to drop off your book donations:
Calgary Food Bank, 5000-11th St. SE • Monday April 17th to Friday, April 28th (Monday to Thursday 8am - 7:30pm; Friday 8am - 3pm)

Calgary Curling Club, 720-3rd St. NW • Tuesday, May 2 to Sunday, May 7 (Tuesday - Thursday 9am - 8pm; Friday, Saturday, Sunday 9am - 5pm)

We cannot accept dictionaries, encyclopedias, Readers Digest, Harlequin, Avon or Signet romances, magazines, or textbooks. Learn more: calgaryreads.com

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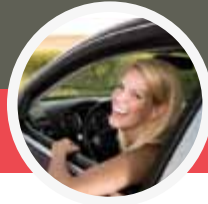
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