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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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generalmanager@ngpca.ca
 All editorial content must be submitted by the 1st of the month for the following month's publication.

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

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

IMPORTANT NUMBERS

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

CONTENTS

7	PRESIDENT'S MESSAGE
9	SAVE THE DATE - A PUBLIC ART AFFAIR
10	NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS
11	JOEY'S CORNER
13	COMMUNITY CLEANUP
15	MEMBER REGISTRATION
16	PARTY FOR THE PLAYGROUND
20	SIMPLE SLOW COOKER TACO SOUP RECIPE



Photo Credit Renee Desroches



SEND US YOUR PHOTOS OF NORTH GLENMORE PARK!

We're always looking for seasonal photos to feature on the cover of the newsletter. Pictures can show North Glenmore Park's natural beauty, or residents enjoying their favourite activities within the community. Please send your high resolution photos in jpeg format to generalmanager@ngpca.ca.

This month's beautiful photo was taken by Renee Desroches, North Glenmore Park resident and Association staff member, who snapped the picture of the Weaslehead while walking her dog Joey around the reservoir.

WORLD TAI CHI & QIGONG DAY

Join us to Celebrate with over 60 countries around the World!

Feel the energy of thousands, practicing simultaneously, uniting our world

Experience

- Spring Forest Qigong moving and sitting meditations
- Tai Chi Demo

Saturday, April 29th

10am-12pm

The Calgary Canoe Club, 7305 Crowchild Trail SW

Please pre-register for this
*Free event at
CoreEnergyWellness.com or on
Eventbrite



NGP COMMUNITY ASSOCIATION



BOARD OF DIRECTORS

President	Jill Mitchell	president@ngpca.ca
Vice President	Vacant	
Treasurer	Janice Major	treasurer@ngpca.ca
Secretary	Vacant	
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	Andre Drouillard	
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	Lisa Frehlich	
	Nicole Kiss	2231 Longridge Drive
	Beth Michener	SW Calgary, Alberta
	Chris Policarpo	T3E 5N5
	Trish Snethun	Ph: 403-246-4243
	Peter Teppler	
	Dana Wong	
	Kyla Zalapski	

Committees

Executive	Jill Mitchell	president@ngpca.ca
Finance & Audit	Janice Major	treasurer@ngpca.ca
HR & Governance	Peter Teppler	admin@ngpca.ca
Facility Life Cycle & Building	Jim Dejewski	admin@ngpca.ca
Community Engagement	Volunteers Needed	
Area Redevelopment	Kyla Zalapski	admin@ngpca.ca
Traffic	Amir Eisenberg	admin@ngpca.ca
Fundraising	Volunteers Needed	

Staff

General Manager	Leah Wilson	generalmanager@ngpca.ca
Office Coordinator	Renee Desroches	admin@ngpca.ca

Space Available for Year-End Wrap-up Parties

It's already time to start thinking about year-end wrap up parties for sport and social groups! Is your organization looking for space to host an event? Our gym and lounge (or a combination of both) are perfect for parties. Members receive a 10% discount on all rentals. For more information on available dates and rental rates, please call the Association office at 403-246-4243 or email us at admin@ngpca.ca.



PRESIDENT'S MESSAGE

By Jill Mitchell

Volunteers Make a Positive Impact in North Glenmore Park

Canada's National Volunteer Week is set for April 23rd – 29th this year which made me think about the volunteers who help make North Glenmore Park a fantastic place to live. Our Community Association's success depends on the time and commitment of our volunteers. Some of the ways volunteers have helped in the past year include:

Board of Directors - The Association's Board of Directors currently consists of thirteen members from a variety of backgrounds who meet monthly to discuss and create action plans that further enhance the Association's vision of being a future-focused, collaborative organization that is committed to connecting our members. Some of the Board's active work groups include the facility committee, traffic committee, governance committee and development committee.

Community Project Teams - The Playground Project Team and Public Art Project team consist of community members who had a specific interest and formed teams to move projects forward with the support of the Association. Thanks to the Public Art Project Team, North Glenmore Park boasts beautifully painted utility boxes, and banners will be unveiled in spring 2017. The playground project team has worked hard to bring the vision of a new playground in the northeast quadrant of North Glenmore Park a reality. The playground build is planned for summer/fall 2017.

Bingo and casino volunteers - More than thirty volunteers donated their time on January 3rd and 4th to volunteer at our casino, the Community Association's largest fundraiser. Bingos are also an important revenue generator for the Association. Many bingo volunteers work at the Grey Eagle Casino over the course of the year to raise funds for our Community Association.

Special project volunteers - A team of volunteers created and maintained an ice rink for residents of all ages to enjoy in Garrison Green's Buffalo Park. In addition, two Garrison Green residents have been working to set up a Little Free Library. These types of projects add to the enjoyment of residents of all ages.

Interested in getting involved? We're looking for volunteer help with: Special events

- Over the next several months, the Association will host some special events designed to connect community members. We'd love some help planning and executing the following events: Community Clean-up Day (May 7th), Annual Stampede Breakfast (June 17th), and Spaghetti Western Event to celebrate Canada's 150th Anniversary (September). These events are a fun way to contribute to the community while meeting your neighbours!

Membership - One of the Association's key goals is to recruit new members and ensure existing members renew their memberships. If you have a few hours to canvas residents near where you live, or are interested in joining a membership team to help design a membership drive, we'd love to hear from you!

THANK YOU to all the volunteers who help make North Glenmore Park such a desirable community. You are making a positive impact!

Calling BINGO Volunteers!

Did you know that one of the Association's key fundraising initiatives is bingos? Providing bingo volunteers to the Grey Eagle Casino provides North Glenmore Park with important funds that allow us to operate our facility and run programs and events for community members.

We're recruiting bingo volunteers for the following dates:

April 16 (shift starts at 10:15am)

April 27 (shift starts at 4:15 pm)

If you are interested in working a bingo or would like more information, we'd love to hear from you! Just call the Association

office at 403-246-4243 or email generalmanager@ngpca.ca.

Weaselhead Concert Series
Presents
RED DIRT SKINNERS

Saturday, April 22, 2017, 7:30 pm

One of the most innovative acts to recently come out of the UK.



Lakeview United Church • 3023 – 63rd Ave SW
Phone 403-242-5760
Tickets at the door \$25



NORTH GLENMORE PARK SCHOOLS

Schools in and around North Glenmore Park include:

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary & Junior High (CCSD)



CHURCHES IN & AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Edmund Vargas
5504 - 20 Street SW • Telephone: 403-243-2680
Webiste: www.stjamescalgary.org
Weekday Mass times: Tuesday thru Friday 9:00am-
Weekend Mass times: Saturday 5pm,
Sunday: 8:30am, 10:00am & 12:00 noon.

Lakeview United Church

Minister: Jope Langejans
3023 63 Ave SW • Telephone: 403-242-5760
Website: www.lakeviewunitedchurch.com
Sunday Services: 10:00am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
5336 Lakeview Drive SW • Telephone: 403-249-7359
Website: www.lakeviewbc.ca
Sunday Services: 9:30am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold
Rector: Rev. Anna Greenwood-Lee
5940 Lakeview Dr. SW • Telephone: 403-249-6184
Website: www.stlaurence.ca
Sunday Services: 10:00am

Rainbow Christian Church

Pastor: Yi Zheng
5336 Lakeview Dr., SW • Telephone: 403-452-8872
Website: www.rainbowchurch.ca
Sunday Services: Chinese Sunday service: 11:15am
English service: 9:30am

First Church of the Nazarene

Pastor: Bryan Roller
65 Richard Way SW • Telephone: 403-242-1718
Website: www.firstnaz.ca
Sunday Services: 10:45am

Free Reformed Church of Calgary

Pastor: Hans Overduin
2419-54 Avenue, SW
Telephone: 403-259-6591
Website: www.calgaryfrc.com
Sunday Service: 9:30 a.m. & 4:00 p.m.

SAVE THE DATE!

A PUBLIC ART AFFAIR

A Celebration of Public Art in North Glenmore Park and Garrison Green!

Friday, May 5th from 6:30-9:30pm

- FREE family fun
- Meet the artists
- Silent and live auction for the banners to be hung in the community. (Funds support upcoming public art projects)
- Kids can paint their own creations
- Contribute your ideas for an upcoming community mural project

Where: North Glenmore Park Community Association; 2231 Longridge Dr. SW

Call Renee at 403-246-4243 or email admin@ngpca.ca for more information.



Binky?

When rabbits 'binky' this is an expression of joy. They will run, jump into the air, twist their body and flick their feet.



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NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS



Every Monday and Friday: Free fun!
WE'VE ADDED ANOTHER FREE GYM TIME!

Now open on Mondays AND Fridays from 3:30pm to 6pm. Members can play in the gym for free between 3:30pm and 6:30pm on Mondays and Fridays. With access to our equipment room, participants can play dodgeball, basketball, volleyball, soccer, badminton and floor hockey. Or make up your own games! Non-members are welcome to join the fun for a \$2 drop-in fee.

Saturday, April 29th: Party for the Playground! Join the playground project team for a fun evening in support of the new North Glenmore Park playground to be built in 2017. Saturday, April 29th at the Wild Rose Brewery. Silent auction and live band! Tickets are \$50 each and include two drinks plus appetizers throughout the evening. Contact playgroundngp@gmail.com for tickets and information.

Friday, May 5th: Community Public Art Auction. Join us on Friday, May 5th from 6:30pm to 9:30pm for the unveiling and display of 13 art banners which will hang in various locations in North Glenmore Park, including Garrison Green. Community members will have a chance to contribute their ideas for a future neighbourhood mural project. Kids can paint their own creations. FREE family fun! See page 9 for details.

Sunday, May 7th: Kickstart your spring cleaning with help from North Glenmore Park and Garrison Green's Community Recycling Day. North Glenmore Park Community Association's annual community recycling day will be held on May 7th from 9am to 1:30pm. In partnership with the City, we'll offer waste management and recycling services. We'll accept household items, yard waste, clothing, scrap metal and electronics recycling. Free refreshments. Please contact the Association office if you'd like to volunteer. Please see page 13 for more information.

Sunday, June 4th: Indoor ball hockey tournament. On June 4th, the playground project team will host an indoor ball hockey fundraiser tournament in the North Glenmore Park gymnasium. In addition to ball hockey, there will be food and family-friendly activities. Watch next month's newsletter for registration instructions and other details on this sure-to-be fun event.

Saturday, June 17th: Annual Stampede Breakfast. The North Glenmore Park Community Association's Annual Stampede Breakfast will be held on Saturday, June 17th. We're looking for volunteers to help with set-up, clean-up and serving. If you're interested in lending a hand, please contact the Association office by calling 403-246-4243 or email admin@ngpca.ca.

July & August: Summer Day Camps returning to North Glenmore Park! Back by popular demand, we'll be running full-day camps for 4 weeks starting the week of July 17th. Stay tuned to the newsletter and website (www.ngpca.ca) for more details on camp activities, registration and pricing.



**I HAVE GREAT FAITH
IN FOOLS —
SELF-CONFIDENCE,
MY FRIENDS CALL IT.**

~EDGAR ALLAN POE

Joey's Corner

How to be a Considerate Dog Walker

I've heard people say that with age comes wisdom. Given my age, I must be very wise! One thing I've learned is that not everybody likes dogs. It took years for me to come to terms with that fact! Some people are allergic to me, others are afraid, and some folks just aren't fans of large dogs. I've learned with age that not all dogs like other dogs, either. And that's okay.

These realizations should affect the way we approach and interact with other people, ensuring everyone can feel safe around dogs. Dogs off leash, for example, should always be under control. If people or other dogs seem uncomfortable, the polite thing to do is give them space. Even if your dog is friendly, it shouldn't be as-



sumed that other people or their dogs want to meet him or her. It's always best to ask or communicate with strangers if you are unsure. Dogs can be outgoing, shy, or protective, and approaching new friends in the right way ensures everyone stays safe and happy.

*Until Next Time,
-Joey*

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25

GREAT NEWS PUBLISHING 28 YEARS

Did you know that our newsletters reach **22% more households** than flyer drops?



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91 Monthly Community Newsletters Delivered to 415,000 Households Across 152 Calgary Communities

IN & AROUND CALGARY

April 23-29 is National Volunteer Week

April 23 - 29 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 151 community associations in every neighbourhood across our city, and they are all run by volunteers. 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!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 23 - 29, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**



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North Glenmore Park Real Estate Update

Last 12 Months North Glenmore Park MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2016	\$664,450.00	\$652,450.00
August 2016	\$849,000.00	\$825,000.00
July 2016	\$675,000.00	\$657,500.00
June 2016	\$459,900.00	\$422,000.00
May 2016	\$799,000.00	\$775,000.00
April 2016	\$702,000.00	\$669,700.00
March 2016	\$925,000.00	\$885,000.00
February 2016	\$898,750.00	\$866,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,500,000.00	\$1,380,000.00
November 2015	\$765,000.00	\$740,000.00
October 2015	\$624,888.00	\$610,000.00

Last 12 Months North Glenmore Park MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2016	8	4
August 2016	8	5
July 2016	4	1
June 2016	3	3
May 2016	2	3
April 2016	4	8
March 2016	8	3
February 2016	7	2
January 2016	0	0
December 2015	6	1
November 2015	2	1
October 2015	4	3

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



NORTH GLENMORE PARK & GARRISON GREEN'S

Community Recycling Day

Kickstart your spring cleaning with us!
Sunday, May 7
9:00am - 1:30pm
2231 Longridge Dr. SW

YES	YES	NO
- HOUSEHOLD & YARD WASTE - CLOTHING - CAR SEATS (FEE MAY APPLY)	- ELECTRONICS RECYCLING - SCRAP METAL	- HAZARDOUS MATERIALS - PAINT - CHEMICALS

Free/Swap Table: Leave an item, taken an item
Free drinks and snacks

For more information or to volunteer, please contact Leah or Renee
403-246-4243
admin@ngpca

Please visit www.ngpca.ca for a complete list of accepted items

MEMBER BENEFITS

Purchasing an annual North Glenmore Park Community Association membership is a cost-effective investment in your community and comes with many benefits including:

Free and discounted events. The Association hosts several events throughout the year. In the past year, these events included a Stampede Breakfast, Community Cleanup and Swap, an Easter "Eggstravaganza", a Christmas craft market and fair, and the 'Spaghetti Western' (dinner and entertainment). These events are a fun way to get to know your neighbours and there's something for all ages.

Free drop-in gym times. Members can drop in to our scheduled open gym times for free. We supply a variety of sports equipment for kids of all ages to enjoy.

Discounted fitness classes. Members receive a 10% discount when they register for a 14-week session of older adults' gentle fitness classes.

Free Family Skating at Calgary Flames Arenas. A membership entitles you to free family skating at Calgary Flames Arenas. Check with the arena for current skate times.

Discounted birthday party packages. Take advantage of a 10% discount on birthday party packages. A bouncy castle, gym (including sports equipment), and a commercial kitchen mean birthday parties that are fun for kids and hassle-free for parents!

Discounted room rentals. NGPCA has multi-purpose rooms, a newly renovated lounge and commercial kitchens, plus our gym available for rent. As a member, you qualify for a 10% discount on all rental rates.

A liaison for social, environmental, and civic affairs. The Association keeps updated on key issues including rezoning, transportation and redevelopment. We advocate for the community on behalf of members, providing community representation to the city. When you purchase a membership, you add your voice to the vision of North Glenmore Park.

IN & AROUND CALGARY



EMS: Bicycle Helmet

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

Getting informed

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

Getting started

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

Getting the right fit

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



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

DATE OF REGISTRATION: _____

Membership Registration Form

Name(s): _____
(Please include full names of both partners, if applicable)

Children's names: _____

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I authorize NGPCA to send me e-mails regarding community news, events & programs: Yes No
Your personal information will be used for NGPCA purposes only and will never be given or sold to third parties.

Yes, I would like to volunteer my time, interest, or experience in the areas of....

- Communications & Marketing
- Membership
- Special Events
- Fundraising

Membership Fees:

Family: A resident Family membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A resident member must live within the community association boundaries and is entitled to vote at all NGPCA general meetings. **FEE = \$25** \$ _____

Senior: A resident Senior membership shall include up to two (2) adults over the age of 65 living in the same household. A senior member must live within the community association boundaries and is entitled to vote at all NGPCA general meetings. **FEE = \$10** \$ _____

Associate: An Associate membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A non-resident member is someone who lives outside the community association boundaries. A non-resident is not entitled to vote at the NGPCA general meetings. **FEE = \$35** \$ _____

Additional donation: \$ _____
Tax receipt will be provided

Payment options: Cash, Cheque, Debit, Visa, or Mastercard



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403.668.6402

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.



Trivia

The name Easter owes its origin from Eostre, the Anglo-Saxon goddess who symbolizes hare and egg.

PLAYGROUND UPDATE

The playground project is on track for completion in summer/fall 2017. Fully supported by the North Glenmore Park Community Association, the project has also received all necessary approvals from the municipal and provincial governments. The City of Calgary has approved traffic calming measures to surround the playground location at 52nd Avenue and 21st Street SW.

Save the dates! Two fundraising events will support the playground project. 'Party for the Playground' is an adult event to be held at Wildrose Brewery on Saturday, April 29th. A family-friendly indoor ball hockey tournament is scheduled for Sunday, June 4th in the North Glenmore Park Community Association gymnasium.

For more information on the project and fundraising events, or to volunteer for the playground build, please contact ngp.playgroundngp@gmail.com.



Stress & Aging

Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the

body, which in the joints leads to reduced mobility and in the blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care.



Party For The Playground!

Join us for a fun evening to support the new North Glenmore Park Playground being built in 2017

Event Details:
April 29th 2017 - 7:00pm
Wild Rose Brewery Barracks Room
#2 □ 4580 Quesnay Wood Dr. SW

Tickets \$50: includes two drink tickets and appetizers throughout the evening

- Silent Auction!
- Live Band!

Contact playgroundngp@gmail.com for tickets and information





SPRING YARD WASTE LANDFILL DROP-OFF



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

Before you leave for the landfill:

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

For more information visit calgary.ca/yardwaste

Landfill hours have changed

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

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

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

Why is it important to compost your yard waste?

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

FREE MULCH FOR RESIDENTS AND BUSINESSES

Pick up free mulch at all three City landfills while supplies last.

Bring your own shovel to load mulch.

For more information visit calgary.ca/yardwaste



Time to Replace your Home-Turf?

Take the Quiz

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](https://www.facebook.com/S2Gplus).



Simple Slow Cooker Taco Soup

Ingredients:

- 1 lb ground beef
- 1 onion, diced
- 4 cups chicken broth
- 1 15oz can black beans, drained and rinsed
- 1 14oz can kidney beans, drained and rinsed
- 1 14oz can corn, drained
- ½ cup salsa
- ½ cup cheese
- 4 Tbsp taco seasoning, or to taste
- Salt and pepper

Scallions or diced red onions, avocado, shredded cheese, sour cream, jalapenos, Tabasco sauce, and crushed taco shells for topping

Method:

In a large skillet over medium heat, brown the beef with the onion until cooked through, dicing and crumbling the meat as it cooks. Transfer to slow cooker.

Stir in the chicken broth, beans, corn, salsa, and cheese. Sprinkle in the taco seasoning whisking to combine. Cook on low for 5 to 7 hours.

Ladle into bowls and serve taco bar style with toppings out for everyone to choose.

From www.passthesushi.com

<http://passthesushi.com/super-simple-slow-cooker-taco-soup/>

BUSINESS CLASSIFIEDS

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

Looking back at Budget 2016 and forward to 2017

Our government focused on investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

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

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

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

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

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and

specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended benefits up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 will be a continuation of our work as a government. We are actively seized with supporting the middle class and working towards a better future for all. More details will be available at budget.gc.ca.

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

COMMUNITY ANNOUNCEMENTS

Deadline – 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

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

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

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



MLA Calgary-Glenmore
Anam Kazim
 #A208, 1600 - 90th Avenue SW • Calgary, AB Canada T2V 5A8
 Ph: (403) 216-5421 • Fax: (403) 216-5423
 Email: calgary.glenmore@assembly.ab.ca
 Facebook: Anam Kazim - MLA for Calgary Glenmore
 Twitter: @anamkazimMLA

Dear Constituents:

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

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

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

The carbon levy is only a small part of the increase. EN-MAX stated: "about 80 per cent of the increase in bills can be directly attributed to the extended and extremely cold temperatures we've experienced this winter" as compared to our very mild November. Natural gas prices have also increased slightly. Most households can expect to pay around \$120 extra in 2017 for natural gas.

The carbon rebate for couples making up to \$95,000 per year is \$300, with an additional \$30 per child.

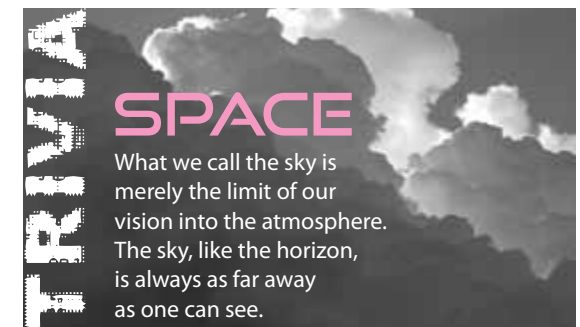
Recently, Alberta's government announced a \$36-million rebate program for solar installation on residential and commercial buildings. By 2019, the new program is expected to:

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

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

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

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





Councillor, Ward 11
Brian Pincott
 P.O. Box 2100 Stn. M, #8001A
 Calgary, AB T2P 2M5
 403-268-2430 • www.ward11calgary.ca

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

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

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

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

of government to work together to be true partners with our indigenous brothers and sisters.

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

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

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

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MLA Calgary-Elbow
Greg Clark
 Leader - Alberta Party
 (403) 252-0346
calgary.elbow@assembly.ab.ca
 Twitter: @GregClark4AB

The spring sitting of the Legislature began March 2nd with the Speech from the Throne. In it, the government outlined their agenda, including cuts to school fees, capping electricity rates and formalizing the phase-out of coal-fired power by 2030.

While I agree with some of their ideas, in particular relief for families paying some of the highest school fees in the country, there doesn't seem to be a plan to pay for these promises; or at least no plan beyond unsustainable levels of debt.

I acknowledge there are no easy answers to the economic challenges facing our province. As the economic downturn moves into its third year, many people are wondering what the future holds for our province. Will the government ever balance the budget, let alone start to pay back our debts? Will a new government slash public spending, lay off hundreds if not thousands of public servants and decimate front-line public services? Or is there another path?

Earlier this spring I released a white paper called *Pathway to Prosperity*, which you can find on the Alberta Party Caucus website at www.abpartycaucus.ca. I believe it's time to consider all options, and to ensure we ask Albertans what they think along the way, which is why I'm asking for your feedback. Please contact my office at the information below to share your thoughts on this document or anything else you'd like to tell me.

In terms of specifics, I believe the solution should include finding savings in government spending without hurting front-line services. It means ending our reliance on unpredictable resource revenues once and for all, while ensuring our energy industry remains strong. It means making our tax system as efficient as it can be and creating an attractive investment climate. I believe Albertans should keep more of their hard-earned money and we should examine new, stable sources of revenue to provide sustainable funding for core public services.

Alberta can once again become a vibrant province that

attracts people from all over the country and around the world. We can have a robust economy, efficient government, clean environment, innovative education and healthcare systems, a great quality of life, and a community that values diversity. We can continue to have a world-leading energy industry while also taking a step into the next economy.

All of this is possible if we're willing to think differently. It's time for Albertans to do what we've always done; ask difficult questions and not be afraid of the answers.

BUDGET TOWN HALL

I need to hear from you, my constituents. What is important to you as our province moves forward? I'm hosting a Budget Town Hall on **Saturday, April 8th from 10:00 to 12:00 noon at the Marda Loop Communities Association (3130 16 St SW)**. Join me there to share your thoughts on the government budget that was tabled mid-March, and to let me know what your priorities are. For more information on the town hall visit www.calgaryelbow.ca.

As always, you can contact my constituency office any time at (403) 252-0346 or calgary.elbow@assembly.ab.ca.

BRAIN GAMES SUDOKU

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

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