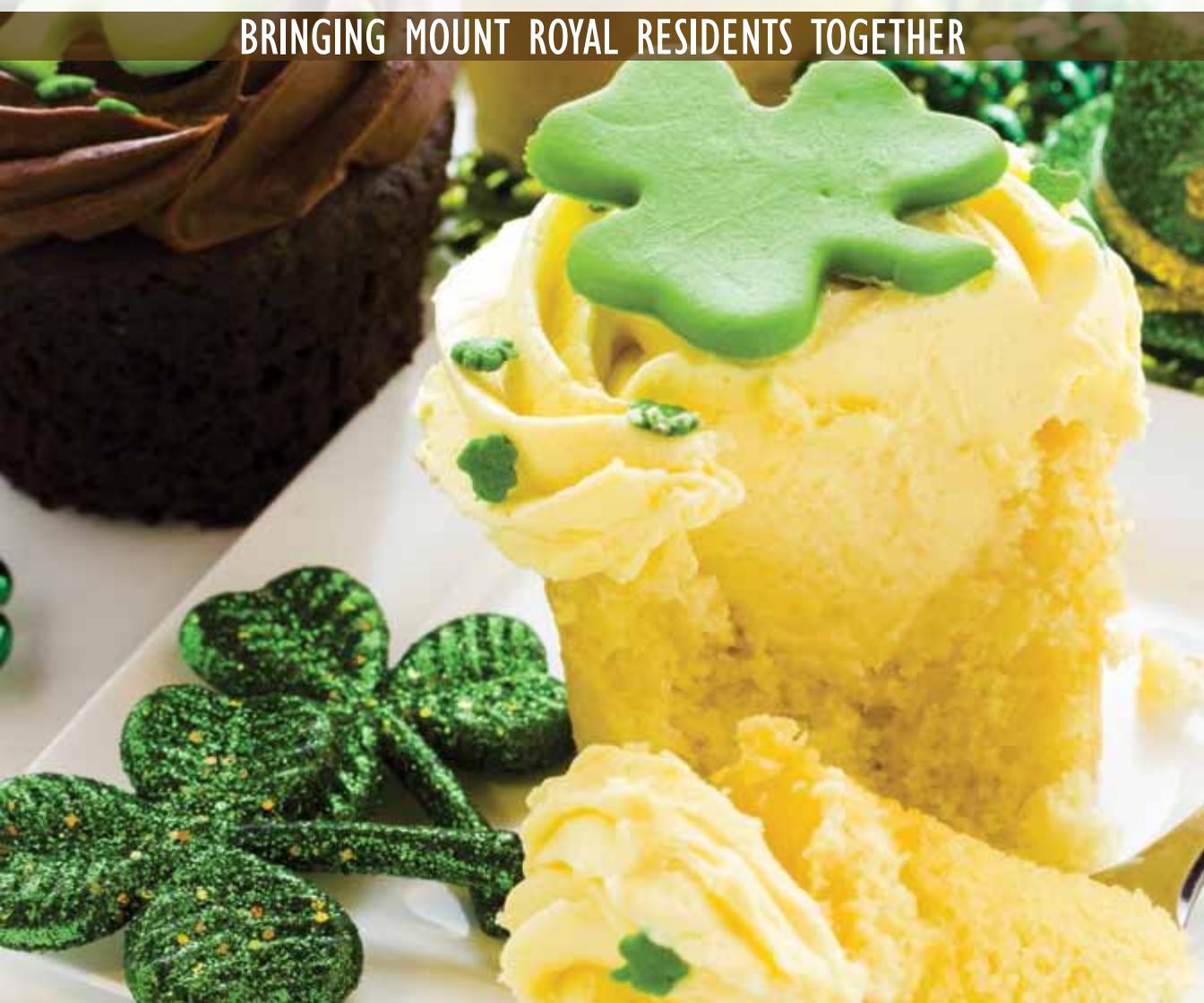


MARCH 2016

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

# the UPTOWN royal

BRINGING MOUNT ROYAL RESIDENTS TOGETHER



**FREE OPI NAIL POLISH**  
with any  
**MANICURE OR PEDICURE**

**DIVA | SALONspa**  
WEST MOUNT ROYAL  
divasalonspa.com | 403289.2626

Valid on select OPI Polish. Please present this ad at time of purchase. Not valid with any other promotion.  
OFFER ENDS APRIL 30, 2016

**Visit us for great savings.**

**Save \$60 on a new HD Box**  
Now only **\$78\***  
(Regular price \$138)

Offer available in-store March 17 - April 7, 2016.

**Come in to your local Shaw store to:**

- Try out technology before you take it home
- Receive face-to-face customer service
- Learn more about Shaw products and services with our interactive displays

**Shaw downtown store:**  
630 3 Ave SW, Calgary

**Shaw**

\*Offer valid on the Shaw DCX3200-M March 17 - April 7, 2016. Prices shown do not include tax. Not all Shaw services are available in all regions. Equipment not purchased by you must be returned to Shaw if any of your services are cancelled. You may not resell any Shaw services. All Shaw services are subject to our Joint Terms of Use and Privacy located on shaw.ca.



**Mount Royal Community Association**

2317 10 St. S.W. • Calgary, AB – T2T 3G7  
president@mountroyalstation.ca  
www.mountroyalstation.ca

**Elected Officials**



**MLA Kathleen Ganley  
Calgary-Buffalo**  
#130, 1177 - 11 Avenue SW  
Calgary, AB Canada T2R 1K9  
Phone: (403) 244-7737  
Fax: (403) 541-9106  
Email: calgary.buffalo@assembly.ab.ca



**Councillor Evan Woolley  
Ward 8 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430  
Fax: 403-268-3823  
Email: ward08calgary.ca  
Web: www.calgary.ca/ward8



**MLA Greg Clark  
Calgary-Elbow**  
#205, 5005 Elbow Drive SW  
Calgary, AB Canada T2S 2T6  
Phone: (403) 252-0346  
Fax: (403) 252-0520  
Email: calgary.elbow@assembly.ab.ca

**NEWSLETTER AD SALES**  
**GREAT NEWS PUBLISHING** **27 YEARS**

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca | www.great-news.ca

**CONTENTS**

Your Community Business of the Month 5  
At A Glance 8  
My Babysitter List 11  
Mine, Yours, Ours 19  
Help Your Children Succeed in Life! 25

**GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING MOUNT ROYAL FOR 6 YEARS!**



## CALGARY COIN SHOW

March 19 & 20, 2016  
10 am to 5 pm each day

**Clarion Hotel**  
2120 16<sup>th</sup> Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

**ADMISSION \$5,**  
bring this ad and get \$2 off.

Children under 16 free  
[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)

## IN & AROUND SCHOOLS

### Mount Royal School

This has been a phenomenal month at Mount Royal School! We started off with Robb Nash and his Band, the students enjoyed a concert and the message to be resilient and not to get stopped by any challenges that they might face. We had a visit from our School Trustee, Judy Hehr who stopped by to see the changes that have been made to the building. Our grade 7 students took part in the Kidcaster program and worked with Lisa Bowes from CTV sports to prepare students to interview players from the Calgary Roughneck Lacrosse team. After researching the players they were going to interview, they spent a day at the Saddledome interviewing the players and being interviewed by Roughnecks TV. The leadership students in our school hosted a very well organized Valentine's Day Dance. Our leadership students also visited Earl Grey School to judge their Science Fair, great work from the elementary students and great to have a relationship with our neighbours.

One last highlight of this month was the Grade 6 Open House. Students came from all the feeder schools in the area and enjoyed a tour of the building. Students were able to see the many varied options that students can do at Mount Royal as well as academic courses that are relevant, personalized and rigorous for a 21<sup>st</sup> century learner. If you have any questions, or would like to come see the great work going on in our school please do not hesitate to contact us.

Submitted by David Fettes Assistant Principal @ Mount Royal School

## your COMMUNITY business of the month

### Michelangelo Gallery

Uptown Royal Community

By Madison Farkas, as originally appearing in Neighbours of Elbow Park and Neighbours of Aspen Woods

With 20 years of experience in the arts that includes teaching children and consulting with schools, opening the Michelangelo Gallery of Fine Art and Framing was a natural progression for Barbara La Pointe. As its owner and main gallerist, she works with artists and directs monthly art exhibitions. "People are familiar with the name Michelangelo, so they often think we're a franchise, but we're actually a new gallery," Barbara said. Barbara opened the gallery in June of 2015 after she found the perfect spot in Calgary's historic Devenish building. "I found this beautiful space right on 17th Avenue, and I felt deeply inspired knowing it should be an art gallery," Barbara said. "It's got incredible character and natural light, which is ideal for viewing artwork."

The Michelangelo Gallery focuses on senior contemporary artists with established careers, and represents over 20 of them from across Canada. Some are local Calgarians and several are from the west coast as well as Edmonton and Saskatchewan. "There's a rich talent even just in Western Canada, and there's a demand for original art in Calgary," Barbara said of her decision to focus on Canadian art and base her gallery here. "As Calgary's cultural footprint is increasing, Calgarians want more access to culture and the demand for galleries is increasing." Part of what makes the Michelangelo Gallery unique is that, alongside showing art, it also offers quality appraisal and a comprehensive custom framing service. "We have a selection of over 3000 mouldings, and we've collected quality frame samples that you won't find anywhere else in Calgary," Barbara said. That also includes children's framing. "We have a ton of great modern mouldings for kids," Barbara said. "We could even custom-frame a mirror or a childhood keepsake to match their bedroom."

As an extension of their service, the Michelangelo Gallery works with the interior designers of showhomes,

adding the finishing touch with pieces of original art. They also consult with their clients to help them decide what they want.

"We actually go into their homes," Barbara said. "That really helps us get a feel for the space, and for the client's life and aesthetic, so that way we can easily make recommendations." Barbara urges her clients to be aware of the purpose of bringing art into their homes. "Is it an investment? Is it an interior design step? Is it because you have a passion for art? Is it to educate your children? There are a lot of reasons why you might want to have original art in your home."

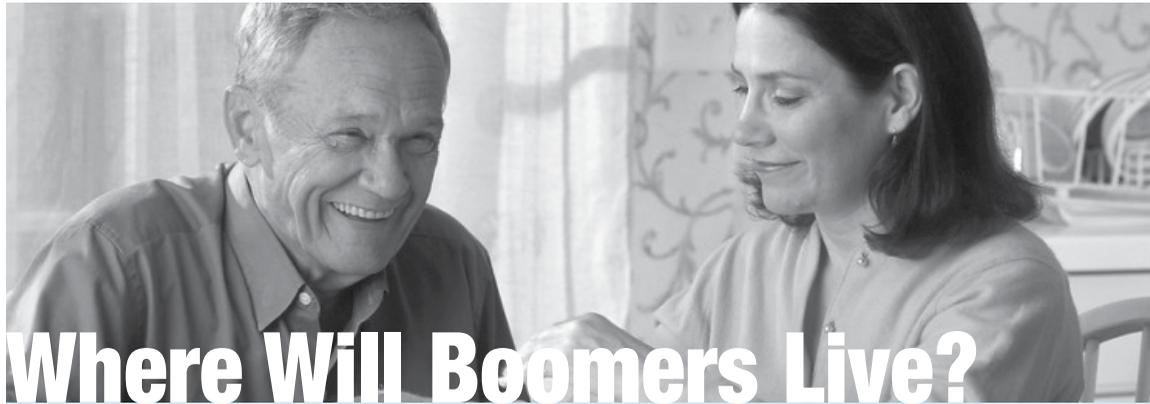
One of Barbara's favourite things about her work is being surrounded by art. "It's actually a very enriching way to spend your life," she said. "I have a really strong focus on making art accessible and less intimidating for people, so the gallery is just a great place to feel welcome to come and look at art or have conversations about art."

For more information about the Michelangelo Gallery's services, you can go to their website, [www.michelangelofineart.com](http://www.michelangelofineart.com), or visit them in person at Suite 112, 908 17 Ave. SW.

Scotiabank CALGARY MARATHON  
www.CALGARYMARATHON.com  
MAY 29 2016  
REGISTER TODAY!  
CM  
CALGARY MARATHON  
EQ  
IS A BOSTON QUALIFIER  
NO. 52  
CAPTAIN COMMITMENT  
50KM Ultra • 42.2KM • 21.1KM • 10KM • 5KM Walk & Run • Kids Marathon  
GoodLife FITNESS, Scotiabank

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

M  
MICHELANGELO  
Gallery of Fine Art & Framing  
Contemporary Art, Glass, Fine Framing & More.  
Glass by David Patchen  
Suite 112 908 17 Avenue SW 403.475.6410 Michelangelofineart.com



# 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](http://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.

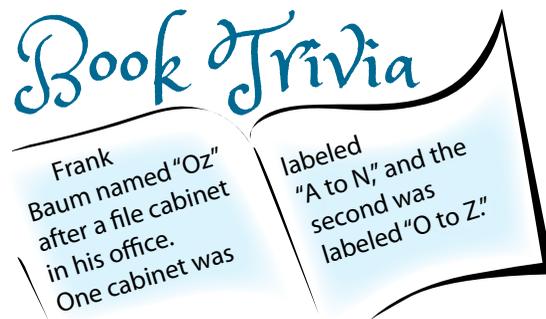
If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing 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!

## ESKER FOUNDATION CONTEMPORARY ART GALLERY

EXHIBITIONS  
PUBLIC PROGRAMS | HANDS-ON WORKSHOPS  
FREE ADMISSION | FREE PARKING

IN INGLEWOOD  
[ESKERFOUNDATION.COM](http://ESKERFOUNDATION.COM)



# 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](http://www.yyc.com) or [www.wcatc.ca](http://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](http://www.wcatc.ca)

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 34

**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](http://www.scpa.ucalgary.ca)



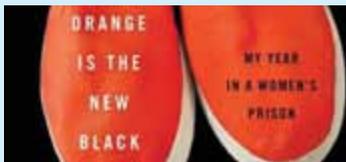
**APRIL 10 TO 11  
EXTREME PLANET  
WITH PHOTOGRAPHER  
CARSTEN PETER:**

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](http://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/](http://www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/)



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

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

- **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](http://www.tasteofbraggcreek.ca)
- **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](http://www.calgaryphil.com)
- **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](http://www.tourismcanmore.com)
- **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](http://www.scpa.ucalgary.ca)
- **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](http://www.calgaryundergroundfilm.org)
- **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](http://www.musicandplay.ca)
- **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](http://www.vertigotheatre.com)
- **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/>
- **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](http://www.calgaryexpo.com)



Visit us Today!

Setting the gold standard in senior living.  
Our boutique community offers a first class all-inclusive lifestyle.  
With 24/7 care and support, we offer two dedicated living options:

ASSISTED LIVING    MEMORY CARE

Join us for a personal visit and enjoy lunch.

There really is no place like Maison.

750 49 Ave SW • Calgary • 403-476-8992 • [maisonseniorliving.com](http://maisonseniorliving.com)

## IN & AROUND CALGARY

### 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](http://calgary.ca/waste).

## CALGARY PUBLIC LIBRARY

### Building a City of Readers

Whether you choose to read with a book in hand or with an ebook downloaded from our extensive catalogue, all you need to get started is your FREE Calgary Public Library card and our Year of Reading Guides. Use the guides to plan your next read, track your progress or take notes.

The Year of Reading Guide is a series with one guide for each of preschoolers, kids, teens, and adults and features librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device ([libraryebooks.ca](http://libraryebooks.ca)); check out free movies, TV, music and audiobooks with Hoopla ([libraryhoopla.ca](http://libraryhoopla.ca)); load virtually every popular magazine you'd ever want to read ([libraryzinio.ca](http://libraryzinio.ca)). All you need is your FREE Calgary Public Library card.

Consider giving a guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).



## Mount Royal mybabysitterlist

Name	Age	Contact	Course
Avery	14	403-891-8149	Yes
Peyton	14	403-607-6025	Yes
Connie	16	403-862-2081	No
Marisa	25	289-922-8544	Yes
Chandria	26	587-227-4107	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**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](http://mybabysitter.ca).



### 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.

## FUNDRAISING ART AUCTION GALA



**Kiyooka Ohe Arts Centre**

Join Katie Ohe, Harry Kiyooka and the artists contributing to the Art Pavilion Fundraising

Online viewing and tickets available at:  
**WWW.KOARTSCENTRE.ORG**  
**BUY NOW**

**Hotel Arts**  
119 -12 Ave SW, Calgary  
Friday, April 8, 2016 - 7 pm to 11 pm

## STUDIO JEWELLERS MARDA LOOP

2028 34 Avenue SW (1/2 block east of Original Joe's)

CUSTOMER PARKING IN BACK



**Award winning Design & Goldsmithing**  
**Come view our collection of fine jewellery.**  
**All work done in house**

*Love your jewellery*  
ph: 587-350-7886 [www.studiojewellers.com](http://www.studiojewellers.com)

**403.244.6944**  
[residential-leasing.com](http://residential-leasing.com)

**Residential Leasing Group Inc.**  
Brad Currie, Broker/President

*"Calgary's Preferred Property Management Specialist & Corporate Relocation Service"*

**EXECUTIVE HOMES AND CONDOS WANTED**  
**FOR CORPORATE RENTALS IN YOUR COMMUNITY**

We are looking for Homes and Condos with 2 bedrooms or more.  
Modern or upgraded finishings and if a basement exists, developed is preferred.



## Bobcats in the City

If you live or walk near the lower Elbow River you may have noticed a significant decrease in white hares hopping around and nibbling at your landscaping, or fewer droppings and “bunny” tracks in the snow. The likely culprit? Bobcats!

Bobcats, a type of lynx, are small wild cats, distinguished by their dappled grey-brown coats, black-tipped ears and short “bobbed” tails. These muscular cats have longer hind than front legs, giving them a bobbing gait. This winter, several bobcats, some with kittens, have been sighted in communities along the Lower Elbow including Elboya, Britannia and Bel-Aire. Some were in the open, some perched in trees and another spotted crouching under tree boughs, camouflaged by its

spotted coat. One local family even reported that their pet bunny had been taken from an open outdoor enclosure.

About double the size of housecats, bobcats are adaptable predators, preferring rabbits and hares but will hunt insects, birds, rodents and even deer. They compete with coyotes for prey, are solitary and territorial; moving on when their preferred food source has been depleted. In this way they play an important role in maintaining balance within our biodiverse riverine ecosystem.

They are more active during winter days when their prey is most active, but otherwise are on the prowl around dusk and sunrise. The bobcat hunts by stalking its prey and then ambushing it with a short chase or pounce, grabbing it with sharp, retractable claws. If chased by a dog, they may climb up a tree. The bobcat usually has a main den, and several other shelters within the range of its territory, such as hollow logs, brush, or under low, open structures. While preferring forested areas, bobcats will follow their prey into the urban-fringe. Here their range is limited and isolated by our fragmented natural landscape, resulting in less gene diversity and a build-up of parasites.

The average bobcat lifespan is 7 years. They breed from winter into spring and have a gestation period of about two months. Kittens may be taken by other predators, including owls, eagles, and foxes, as well as adult male bobcats.

Alberta Fish and Wildlife does not consider bobcats a threat to humans and won't usually step in to remove them from urban environments. Rather, they prefer to educate homeowners on how to discourage attracting the cats and offer the following tips:

- Remove birdfeeders from your property as they attract the smaller mammals that bobcats prey on
- Close off any open spaces underneath your shed, deck, stairs or anywhere else that might provide shelter for a bobcat
- Motion-activated lights may help scare bobcats away at night
- Keep smaller pets indoors or watch them closely when outside
- Keep pets on a leash when walking them
- Feed your pets inside
- Put your garbage out the morning of pickup, not the night before.

Questions or concerns about bobcats? Call the Calgary District Fish and Wildlife office during business hours at 403-297-6423.

Rather than labeling our bobcat encounters as human-wildlife “conflicts”, perhaps we can reframe this relationship as “co-existence”. And don't worry; the hare population will bounce back!

*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.*

## FINE FRENCH PASTRIES YOU BAKE AT HOME



Bake your brunch.



Take & Bake French Pastries

[www.pascals.ca](http://www.pascals.ca)

101, 5240-1A St. SE, Calgary

Globe & Mail Small Business Regional Winner 2015

## Meet your Scotiabank Investment Specialist

Whether you are making an important financial decision or could benefit from a second opinion on your investments, I can provide you with advice to help address your financial well-being.

**Please contact me today for a complimentary financial review.**



**Patricia Seaman, PFP**  
Scotiabank Investment Specialist

403-771-4950

[patricia.seaman@scotiabank.com](mailto:patricia.seaman@scotiabank.com)

[www.scotiabank.com/investmentspecialists](http://www.scotiabank.com/investmentspecialists)

© Registered trademark of The Bank of Nova Scotia, used under licence. Scotiabank includes The Bank of Nova Scotia and its subsidiaries and affiliates, including Scotia Securities Inc. As used in this advertisement, the term "Scotiabank Investment Specialist" refers to a Scotia Securities Inc. mutual fund representative. Scotia Securities Inc. is a member of the Mutual Fund Dealers Association.



## 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.**

## 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!



## 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:

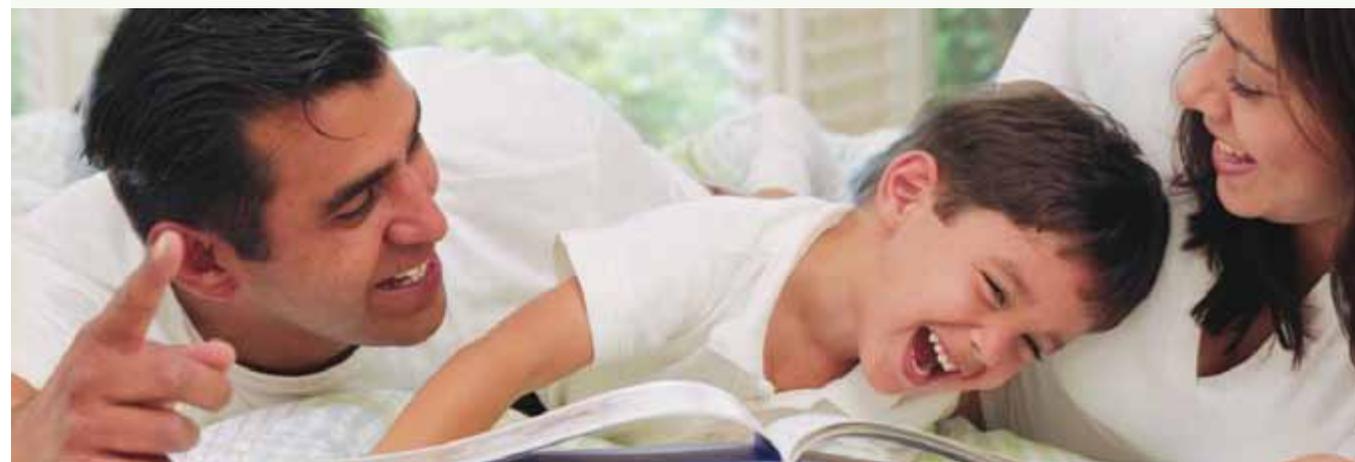
**If you are bilingual, talk to your child mostly in your first language** – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

**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](http://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](http://www.calgaryreads.com).*



### 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](http://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](http://Calgary.ca/READYCALGARY)
- The registration process is available online via 311 or email your preferred dates to [CEMATraining@calgary.ca](mailto: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)

# 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?



# 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*

# ASK SAM

**Q: How important is marketing in real estate?**

**A:** Marketing matters tremendously. I spend far more than most realtors on marketing — as much as \$300,000 a year — and that's a very strategic investment. Good marketing can make all the difference in a slow market. In fact, some of Calgary's "slowest" years in real estate have been some of my best, and my clients have seen great results.

samcorea

RE/MAX<sup>®</sup>  
HOUSE OF REAL ESTATE

SamCorea.com | 403.870.8811

## 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.

## CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto: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 policies 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](http://www.cbe.ab.ca) under About Us, School Culture & Environment.

## CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: [www.cssd.ab.ca/board-of-trustees/](http://www.cssd.ab.ca/board-of-trustees/), Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.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@cssd.ab.ca](mailto:thoughtexchange@cssd.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.

# 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

excessively 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.*



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil



**GOT A PLAN?**  
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282  
www.jacksonandjacksonlandscaping.ca



## 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.*



## 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.

Living the Dream Lakefront  
in Auburn Bay



\$1,625,000



113 Auburn Shores Ld SE

A stunning, custom lakefront home, with your own private dock in the amazing lake community of Auburn Bay!

Only 2 years new, this home has a spectacular location on a quiet cul de sac with a sunny west yard and mountain views. Only steps to the tennis courts, community centre & all it has to offer.

Open concept home with gorgeous tiger hardwood floors on both main and upper levels, 9 foot ceilings on the main floor and a fantastic open kitchen.



Ryan MacDonald, B.Sc. & Sheri MacDonald, M.Sc.  
403.519.9102 | info@calgaryhometeam.com  
www.calgaryhometeam.com

Not intended to solicit buyers or sellers currently under contract with a broker



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 4x3. 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!

# PLUMBER

PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Mark: 403.862.3973



## SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
safetysync.com  
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.

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-90701\_000\_011

## IN & AROUND CALGARY

### I Am A Girl

Winner of Best Documentary and Director from the Australian Academy of Cinema Arts

Release Year: 2013

Runtime: 88 minutes

Director/Producer: Rebecca Barry

Trailer: [www.youtube.com/watch?v=KaR-UcPzFw](http://www.youtube.com/watch?v=KaR-UcPzFw)

**Synopsis:** There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL reveals what it means to grow up female in the 21st century.

**Guests: Nadia Ramadan** is a counselor at the Calgary Immigrant Women's Association in the Family Conflict Program and works at the Wheatland Crisis Shelter in Strathmore, a domestic violence shelter for males and females. She graduated with a psychology degree in 2012 from Mount Royal University and has been working in the field of domestic violence since she completed her degree. She has focused on working with immigrant women, supporting them through the barriers that they may face.

**Ashley Jellema** manages Housing and Supports for the YWCA of Calgary including transitional housing, community-based supported housing and winter emergency response programs. Her expertise and extensive experience in the areas of women's homelessness, mental health, addiction, and sexual and domestic abuse coupled with her passion to see women thrive ensures she is an exceptional role model for her teams and positions Ashley as an advocate for women and the issues the YWCA actively addresses.

**When:** Tuesday March 8, 7:00pm

**Where:** River Park Church - 3818 14A St SW

**Cost:** Free

**Website:**

[www.justicefilmfestival.ca](http://www.justicefilmfestival.ca)



## Looking for Ways to Support Refugees?

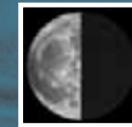
In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community 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](http://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!

## Interesting ARCHITECTURE

**The Chrysler building** attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.

## MARCH MOON CALENDAR



Last Quarter  
March 1 & 2



New Moon  
March 8



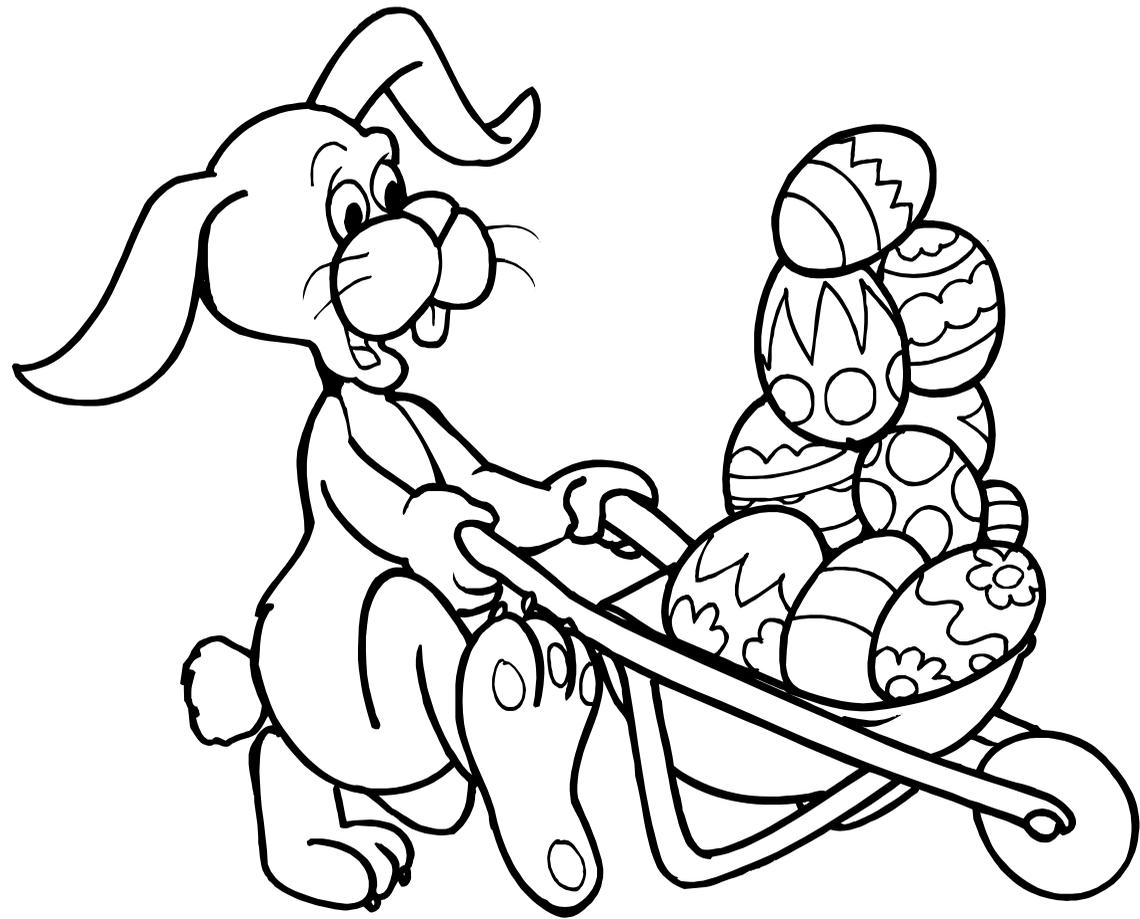
First Quarter  
March 15



Full Moon  
March 23



Last Quarter  
March 31



TAKE THE  
**PLUNGE**



**PLACE YOUR AD HERE**

Call 403.263.3044 or email [sales@great-news.ca](mailto:sales@great-news.ca)  
for advertising rates and information  
[www.great-news.ca](http://www.great-news.ca)

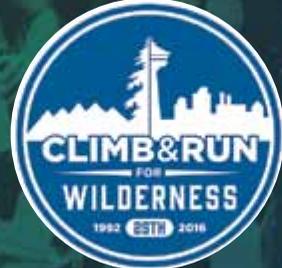
**Calling All Neighbours!**



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

**CELEBRATE EARTH DAY  
AT THE  
CALGARY TOWER**

**CLIMB  
802 STAIRS**



**OR RACE 1KM & CLIMB  
802 STAIRS**

IN SUPPORT OF  **ALBERTA WILDERNESS ASSOCIATION**

**APRIL 23, 2016**

[www.ClimbForWilderness.ca](http://www.ClimbForWilderness.ca)

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Mount Royal area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:** We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit [www.calres.ca](http://www.calres.ca).

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

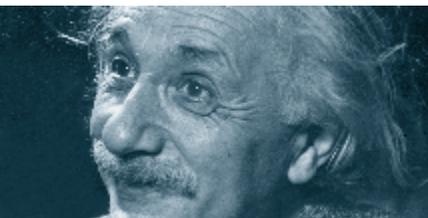
**HARDWOOD FLOORING:** We specialize in all aspects of hardwood flooring. Install, sand and refinish, staining, repairs, ripouts, laminate and cork. Make your floor look brand new again. Quality service at a great price. Free estimates. Please call 403-554-4215 or 403-923-4828.

**RUSSELLS LAWN SERVICE:** Locally owned, family operated, WCB and BBB accredited. Providing quality, reliable service, free estimates and senior discount 15%. Specializing in mowing, fertilizing, power-raking, aerating, tree /hedge trimming and general yard maintenance. Lawn service bookings are limited, apply now. Visit us at: [www.russellsawn.com](http://www.russellsawn.com) or call 403-686-LAWN (5296).

**For Business Classified Ad Rates Please Call Great News Publishing at 403 -263-3044 or sales@great-news.ca**

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!"



**MLA CALGARY-BUFFALO**  
**HON. KATHLEEN GANLEY**

130, 1177 11 Ave SW T2R 1K9  
Office: 403-244-7737

Beginning Tuesday, March 8, the Alberta Legislature will be back in session. This year the legislature will sit for more days than it has at any time over the past five years. Our current schedule has the legislature sitting 54 days in 2016, that is 10 days more than in 2015, 12 days more than in 2014, five days more than in 2013, three days more than in 2012 and seven days more than in 2011. In addition to more days in the legislature, our sittings will begin at 9:00 a.m., rather than 10:00 a.m. which will make MLA's days family-friendly and allow for more discussion.

The month of March means that we can officially start looking back on winter and look forward to spring! On March 4, I will be attending and speaking at the Franco-Albertan flag raising event at City Hall, an event that brings together French speakers and Francophiles to celebrate the vibrant Franco-Albertan community in Calgary. The Franco-Albertan community contributes to the social, cultural and economic development of the province and continues to play a vital role in strengthening Canada's linguistic duality. It opens the doors to opportunity, not just with other francophone communities and French-speaking citizens, but in industries that have a vital importance to our economy.

Also in March, I will be touring Inn From the Cold, a vital organization for many of Calgary's most vulnerable families. Inn From the Cold provides shelter, support for basic needs, and outreach programming for families who are facing homelessness and crisis. The dedicated volunteers at Knox United Church run an emergency response shelter for Inn from the Cold.

Immigrant Services Calgary is hosting their 20th Annual Immigrants of Distinction Awards Gala on March 11, which I will be attending to recognize the important contributions that the many immigrants in Calgary have made to enrich our community. Awards are given in the areas of community services, entrepreneurship and innovation, arts and culture, and organizational diversity. These are just some of the engagements I will be at during the month of March, please do not hesitate to contact my office directly during this time.



**MP CALGARY CENTRE**  
**HON. KENT HEHR**

950 6 Ave SW  
[kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca)  
403-244-1880

I am honoured and humbled to have been elected as the representative for Calgary Centre and will work hard to deliver on the strong mandate that Canadians have given our new government. Additionally, I am thrilled to serve as Minister for Veterans Affairs and Associate Minister of Defence in Prime Minister Trudeau's Cabinet. I was elected as a passionate advocate for our city and I will continue to be that voice.

I've spoken with neighbours, leaders in the business community, individuals in the non-profit sector, and I've listened. I know that we are facing difficult times in our province. I understand that many people are struggling and seeking solutions, and let me assure you that I've taken that message to Ottawa and to the Prime Minister.

I am confident that we can solve these many complex issues. Our plan is to support Albertans and kick-start the economy, and we already have several policies that will address both short-term and long-term problems.

Infrastructure investment to the tune of hundreds of millions of dollars will provide jobs in the short term and create long term prosperity. These funds will be targeted at projects such as flood mitigation, updating infrastructure, affordable housing, and public transit projects. My colleague and fellow Alberta Liberal MP, Infrastructure Minister Amarjeet Sohi, is taking leadership on this file.

I am discussing with Finance Minister Morneau on the implementation of our platform's Child Tax Benefit that will provide support for struggling families and thousands of children in our province.

Tax relief that will benefit 9 million Canadians, making it easier to join and stay in the middle class.

Changing rules for Employment Insurance – part of our party's platform in the election and even more important to put to work now – is currently being taken on by Winnipeg MP and fellow cabinet minister MaryAnn Mihychuk.

By engaging with provincial partners – such as hosting the first First Ministers' conference in nearly a decade and actively engaging with premiers – a new tone and style of leadership is being brought to the federal government.

Ensure long term access for Alberta oil and gas through responsible pipeline development.

Representing my constituents is a top priority and I vow that your voices will continue to be heard in Ottawa. By the time this letter is printed my office will be operational at 950 6 Ave SW: you can email my team at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or give us a call at 403-244-1880. My door is always open.



## COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430

### Let's Step Forward Towards a Safer and More Active City

Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work, be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on "improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system", Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.

## IN & AROUND CALGARY

### Graffiti Vandalism

*A message from the Federation of Calgary Communities*

Any figures, letters, drawings or stickers that are applied, scribbled, scratched, etched, sprayed or attached to the surface of any premises, structure or other property without previous permission, is considered graffiti vandalism. Graffiti vandalism is not a victimless crime.



Learn more about graffiti and how to manage it in your community with the Federation of Calgary Communities and Calgary Police Service graffiti coordinator Constable Dave Ladic on March 9!

**Date:** Wednesday March 9, 2016

**Location:** Dover Community Association  
3133 - 30 Avenue SE

**Time:** 7:00pm - 9:00pm

**Presented by:** Cst. David Ladic

**Cost:** FREE (to all Calgarians)

Register at [www.calgarycommunities.com/workshops-events/](http://www.calgarycommunities.com/workshops-events/)



## 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

### DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

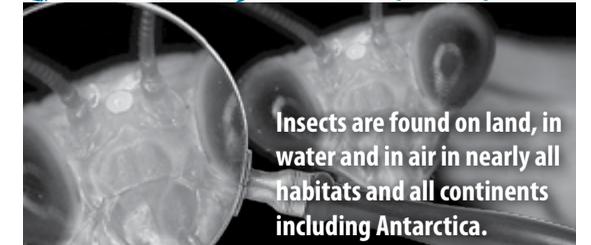
**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto: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 2016 Festival, April 18 to May 7 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](mailto:volunteer@cpafestival.ca).

## Insect Trivia



**Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.**

*Published by:*



**ADVERTISE YOUR BUSINESS NOW!**  
REACHING OVER 400,000 HOUSEHOLDS  
ACROSS 138 CALGARY COMMUNITIES

**DELIVERED BY**  
*Canada Post*

Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)



**MLA CALGARY-ELBOW  
GREG CLARK**

Leader - Alberta Party  
(403) 252-0346  
calgary.elbow@assembly.ab.ca  
Twitter: @GregClark4AB

Dear Neighbour,  
At time of writing the government has just released their royalty review. My first reaction is relief that it doesn't appear the government has significantly increased royalties, especially in these very tough times. I'm also glad to see the expert panel has found Albertans have been getting our fair share of resource royalties all along, and I'm optimistic the proposed changes will help keep our province competitive so Albertans can continue to benefit from oil and gas production for generations to come.

My team and I will study the document in detail to ensure there are no unintended consequences of the proposed changes, and as always I welcome your feedback on this or any other topic.

You can read the full royalties report at [www.letstalkroyalties.ca](http://www.letstalkroyalties.ca).

Another topic of interest to many in Calgary-Elbow and beyond is the status of the homes purchased under the Floodway Relocation Program. On January 29, 2016 I joined Minister of Municipal Affairs Danielle Larivee, Mayor Naheed Nenshi and Councillor Gian-Carlo Carra to gather community input about what should be done with the 17 properties purchased under the program. Although many (including me) would like to see at least some of the homes saved and resold immediately, the provincial government believes the liability risk is too great to allow this to happen.

The open house was very well attended and we heard loud and clear that you want the properties put on the market as soon as possible to make our communities whole again, and to recover some of the money spent on the original program. Based on the information presented in the meeting the Province is open to doing just that, but only once flood mitigation is in place. In the meantime the properties will be landscaped and the clear desire of the community is to prevent unauthorized access to these properties until they can be resold.

I will continue working with both the Minister and the City to ensure the integrity of our community is maintained, that safety is a priority and most importantly that the properties are eventually put back on the market. I will also continue to push the provincial government to build the Springbank Dry Dam as quickly as possible. I have asked for an update on the status of the project and the anticipated completion date. I hope to be able to provide that information to you in my next update.

The next Legislative session starts on March 8 with a budget to follow within the month. I'm always interested to hear what you would like me to raise in the Legislature on your behalf. Feel free to contact my office at any time with your ideas, questions or concerns. You can reach us at [Calgary.elbow@assembly.ab.ca](mailto:Calgary.elbow@assembly.ab.ca) or 403-252-0346.

Finally, we hope you can join us at our next Constituency Office open house on Saturday, March 19, 2016 from 12:00 – 4:00 PM. Our office is located in the Britannia Plaza on the second floor above Sunterra (the address is #205, 5005 Elbow Drive SW). See you there!

**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

**15% off**  
entire  
collection\*

\*On design consultation orders over \$3000. Call to book an in-home or in-store design consultation

Valid until March 31, 2016

Elisa and William  
Apartment in East Village, Calgary

"Our BoConcept designer encouraged us to try all of the furniture, listened to our needs and nailed the design!"

Elisa

Elisa and William's urban design concept

**What's your concept?**

Calgary | Vancouver | Toronto | Laval | Copenhagen | London | Tokyo | Sydney

BoConcept Calgary: [p] 403.265.8677 [e] consult@boconceptcalgary.com [t] 701 - 11 Ave, SW, Calgary, AB [w] boconcept.ca

We want you to make the most out of your space. That's why our furniture can be customized to fit your exact needs. And that's why our professional designers provide a home consultation service to make your dream home come true. Visit our store and talk to one of our designers.

**BoConcept**  
Urban Danish Design since 1952

## You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients.

From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us.  
*(It's a healthy dessert, naturally.)*

Uptown Royal

free\*

**BANANA BREAD MINI LOAF**

\* With purchase of a hot buffet or salad bar item.  
Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

REDEEM AT CUSTOMER SERVICE

**COMMUNITY natural foods**  
nourishing our community since 1977

10<sup>TH</sup> AVENUE MARKET  
1304 - 10 Avenue SW

CHINOOK STATION MARKET  
202 - 61 Avenue SW

CROWFOOT MARKET  
850 Crowfoot Crescent NW

customer care: 403-930-6363 | [communitynaturalfoods.com](http://communitynaturalfoods.com)



# MOUNT ROYAL

Presented by:  
**Thomas Keeper**

[www.tinkinternational.com](http://www.tinkinternational.com)



CALGARY - LONDON - NEW YORK - PARIS - KELOWNA - VANCOUVER - TORONTO - BEVERLY HILLS - WAIKIKI



915 Drury Avenue  
Offered \$969,000

*Exclusive*



511 7A Street NE  
Offered \$1,144,000

*C4050441*



814 Radford Road  
Offered \$1,997,900

*C3647164*



811 20A Avenue SE  
Offered \$1,169,900

*C4036431*



1015 Drury Avenue  
Offered \$1,338,888

*C4036431*



52 29 Avenue SW

*C4044199*



1110, 1108 6 Avenue SW  
Offered \$574,900

*C4051038*



1914 13 Street SW  
Offered \$624,900

*C4045795*



135 10 Avenue NW  
Offered \$668,888

*Exclusive*



615 10 Avenue NE  
Offered \$589,900

*C4045342*



**SOLD**

Tink REAL ESTATE

403-461-2002

[www.tinkinternational.com](http://www.tinkinternational.com)

*Your Property is Not Just Our  
Business, It's Our Privilege™*



Follow us @tinkrealestate

