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visit our website www.northpoint.school



Strathcona Park • Christie Park • Signal Hill

Elected Officials



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Calgary, AB, Canada T2P 2M5
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Signal Hill Land Use Change

By Anne Burke

There is an application for a change in land use for part of 2000 - 69 St. SW from S-R District to S-CRI District and for part of 6969 - 17 Ave. SW from S-CRI to S-R.


This is part of the report Signal Hill Phase 2. There is also a subdivision application to transfer stewardship between The City of Calgary Roads and The City of Calgary Parks.

The land use proposal and subdivision application are for future parking within the 69 Street LRT Station and the Westside Regional Recreational Centre to the South.

The sites are south of the 69 Street LRT Station and contain 91 park-and-ride stalls for the public.

City planners recommend support for the plan. The Committee will send the proposal to City Council for a Public Hearing.

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 W@great-news.ca

your COMMUNITY business of the month

The Gift Designers

Aspen Spring Communities

Starting in January of 2002, The Gift Designers emerged as a business that would serve Calgarians by helping companies and individuals find the perfect gift that expresses gratitude, congratulations, fondness, love, sympathy, and more and our business is evolving to serve people and businesses throughout the world.

The act of 'Giving' is one of the great characteristics of human beings. Winston Churchill believed that "we make a living by what we get, but we make a life by what we give". Giving is an act of our will to show support for one another for many different reasons. We are blessed to operate a business that works on behalf of the generosity of others.

On the business to consumer side we get several orders every day to help our customers share their gratitude, sympathy, celebration, joy, congratulations, and other sentiments you can imagine. We make it easy for our customers to spend a few bucks in order to make someone else feel like a million!

On the business to business side we are quickly being 'adopted' as the outsourced customer loyalty department for many organizations and professionals who rely on us to help them plan, schedule, source, create, and deliver their gifts of gratitude to their priceless customers, clients, and team members. It's not good enough to just have great gifts and super high quality product; businesses these days need seamless convenience and a confidence they are being well taken care of and that their program is being handled by professionals so they can focus on what they do best. To this end we continue to be humbled by the ever increasing amount of business professionals and companies seeking us out and saying they were referred to us. Thank you Calgary!

We were blessed and fortunate to be awarded the Consumers Choice award in 2015 for Gift Baskets in Southern Alberta and also be a finalist for top customer service at the Cal-

gary Chamber of Commerce Awards, and a finalist in the Customer Service area for the 2016 Business Excellence Awards North America.

Our business exists to empower woman. We give back monthly to organizations locally, and organizations that impact the families and lives of those in areas of poverty.

Occasions we always find ourselves super busy with are Mother's Day and Father's Day. See our ad for an offer for your next online order.

Partnering with you to serve & bless others,
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Owner

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Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



JUNE 24 TEDxYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxYYC.ca



JUNE

IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.

Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit calgary.ca/myhome.

MAY MOON CALENDAR



Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

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SARCEE HILLS

GIRL GUIDES WANTS YOU!

Were you in Brownies or Guides when you were a girl? Do you have fond memories of playing games, selling cookies, going camping, and having fun with your friends at Girl Guide meetings?

If so, we invite you to consider coming back to Girl Guides as an adult!

Today, Girl Guides is still going strong and is Canada's leading organization for girls and women, with over 80,000 members in communities all across the country.

Girl Guides is full of great women! Our adult members are wonderful role models who support girls to achieve and succeed through fun and adventures.

SARCEE HILLS GIRL GUIDES NEEDS SPARK, BROWNIE, GUIDE, AND PATHFINDER LEADERS FOR FALL 2016!

We have over 60 great women volunteer Leaders in our Sarcee Hills District, and we would love for you to join us! FUN is guaranteed!

Come back to Girl Guides! Interested in joining us?
Contact sarceehills_district@hotmail.com.



IN & AROUND CALGARY

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.



Get Out and Walk!

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

1. Tell someone where you are going, which route you are taking, and when you will be back.
2. Be aware of your surroundings.
3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
4. Walk facing the traffic.
5. Stay away from shrubbery, darkened doorways, and alleys.
6. Avoid using headphones so you are aware of the sounds around you.
7. Wear colours that are bright and reflect light.
8. Walk in well-lit areas.
9. Bring a friend or your dog with you for company.
10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgarycommunities.com.



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Article by J. Turner
Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibeticus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Musk rats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

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

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Signal Hill Real Estate Update

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Last 12 Months Signal Hill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$629,900.00	\$617,000.00
February 2016	\$624,900.00	\$604,000.00
January 2016	\$639,900.00	\$613,000.00
December 2015	\$704,400.00	\$675,000.00
November 2015	\$599,995.00	\$599,500.00
October 2015	\$651,950.00	\$635,750.00
September 2015	\$699,000.00	\$675,000.00
August 2015	\$699,950.00	\$687,850.00
July 2015	\$661,450.00	\$645,000.00
June 2015	\$669,000.00	\$657,500.00
May 2015	\$654,900.00	\$640,000.00
April 2015	\$639,850.00	\$631,450.00

Last 12 Months Signal Hill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	27	11
February 2016	15	8
January 2016	13	5
December 2015	4	6
November 2015	6	9
October 2015	11	10
September 2015	14	11
August 2015	19	8
July 2015	12	14
June 2015	21	7
May 2015	19	22
April 2015	18	10

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

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IN & AROUND CALGARY

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca.

Planters are NOT Ashtrays!

A May safety tip from your Calgary Fire Department:

Today's potting soils contain large volumes of peat moss. When peat moss gets too dry, it becomes highly flammable. On top of that, you'll often find shredded wood, bark, Styrofoam, vermiculite, and fertilizer in potting mix. Like peat moss, all of these ingredients ignite easily under dry conditions.

Over the past number of years we have received numerous 911 calls from citizens who have witnessed potting soil fires on the exterior of homes. These fires are typically attributed the careless disposal of smoking materials.

If any of your friends or family smoke, ensure that you have an appropriate, non-combustible container to place the cigarette butt in. Cigarette butts that have been disposed of in a planter can smoulder for hours and may cause a fire when you least expect it... possibly when you're asleep!

A few simple precautions will help to keep your home safe:

- Do not butt out cigarettes in **any** potted planters
- Make sure smokers have a safe place to dispose of their butts, indoors and outdoors, so they aren't tempted to use your pot of geraniums instead.
- Keep potting soil and potted plants away from other combustible materials such as firewood, stacks of old newspapers, aerosols, paint solvents, gasoline and cleaning products.
- Make sure the soil around your potted plants stays moist. Keep in mind that the soil in pots dries out more quickly than soil in garden beds, so plan on more frequent watering.

Did you know? Our engines carry 550 gallons of water for immediate fire attack, as well as 30 gallons of foam for flammable liquid fires.

VOLUNTEERING....
Good for the Soul

Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY354aMzgX8&feature=fvw
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada



COME MOVE WITH US

DJD's Summer Camp sessions are still accepting registrations!

DJD summer dance camps are designed to instill a love of dance in your child! With an emphasis on FUN and CELEBRATION, students are encouraged to explore challenges, demonstrate creativity, expand movement vocabulary, build confidence and develop friendships with other students.

JULY SCHEDULE:

JULY 4-8, HIP HOP CAMP, AGES 8-18
 JULY 11-15, FINE ARTS CAMP, AGES 6-13
 JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18
 JULY 25-28, DANCE CAMP, AGES 4-18

AUGUST SCHEDULE:

AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13
 AUGUST 8-12, HIP HOP CAMP, AGES 8-18
 AUGUST 15-19, DANCE CAMP, AGES 4-18
 AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10,
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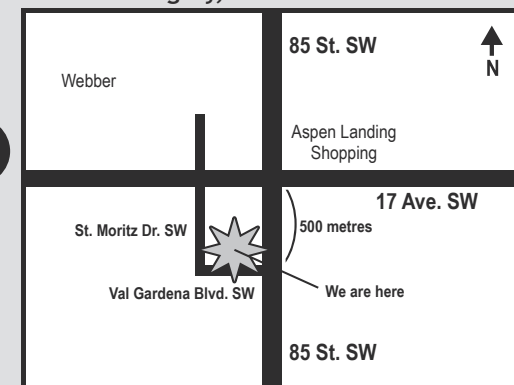
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Photo Credit: Alberta Guide Dogs

HOME GARDENING WITH BARBARA

FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier va-

rieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story
A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.



Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



Westhills mybabysitterlist

Name	Age	Contact	Course
Brooke	13	403-212-1014	Yes
Sophia	13	403-708-0601	No
Rahell	13	403-999-2851	Yes
Karl	14	403-212-1014	Yes
Kyla	14	403-217-0282	Yes
Lauren	15	403-217-3249	Yes
Sarah	15	403-702-5549	Yes
Sarah	15	403-702-5549	Yes
Izzy	15	403-863-1453	Yes
Yasmin	15	403-402-9244	No
Izzy	15	403-863-1453	Yes
Priya	16	403-471-1033	No
Olivia	16	403-246-0203	Yes
Makayla	16	587-888-9389	Yes
Megan	17	403-266-4610	Yes
Brooke	17	403-874-3111	Yes
Elizabeth & Michelle	20	403-918-2035	No
Yena	20	403-479-7911	Yes
Negin	42	403-217-5778	Yes
Nabila	46	587-215-2673	Yes

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Last 12 Months Strathcona Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$742,450.00	\$721,250.00
February 2016	\$799,800.00	\$777,500.00
January 2016	\$679,450.00	\$662,500.00
December 2015	\$634,700.00	\$622,000.00
November 2015	\$641,400.00	\$625,000.00
October 2015	\$656,500.00	\$625,000.00
September 2015	\$679,900.00	\$659,000.00
August 2015	\$829,928.00	\$820,000.00
July 2015	\$739,000.00	\$720,000.00
June 2015	\$757,250.00	\$746,250.00
May 2015	\$649,900.00	\$625,000.00
April 2015	\$662,400.00	\$642,500.00

Last 12 Months Christie Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$669,900.00	\$629,000.00
February 2016	\$0.00	\$0.00
January 2016	\$600,000.00	\$592,800.00
December 2015	\$509,900.00	\$504,500.00
November 2015	\$0.00	\$0.00
October 2015	\$699,900.00	\$675,000.00
September 2015	\$964,900.00	\$960,000.00
August 2015	\$943,944.00	\$894,700.00
July 2015	\$1,098,000.00	\$1,060,000.00
June 2015	\$699,900.00	\$685,000.00
May 2015	\$1,022,000.00	\$967,500.00
April 2015	\$725,000.00	\$710,000.00

To view the specific SOLD Listings that comprise the above
MLS averages please visit strathcona.great-news.ca or
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Getting a tax refund? What now?

Suzanne Smith-Demers – Consultant

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
4. Set up a Registered Education Savings Plan (RESP) to fund your children's future education costs. Contributions to investments within an RESP can grow tax-deferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of dollars in interest payments.
6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.



Walking the Walk

I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to

count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.

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The Feline Mystique



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as “cat” is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example “The phrase ‘domesticated cat’ is an oxymoron” (George Will). Or “A god among creatures. Yet also a stray like me” (Tony Ross).

Some quotes reflect on a cat’s attitude towards us. “To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding” (Haskel Frankel). “Cats always know whether people like or dislike them. They do not always care enough to do anything about it” (Winifred Carriere). “Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings” (Oliver Herford).

Other quotes revel in the cat’s beauty and femininity. “Every cat is really the most beautiful woman in the room” (E.V. Lucas). Carol Lawrence says “They’re the most graceful, sinuous, sexy, truly sensuous creatures in the world”. My absolute favorite reflection by Robert Heinlein “Women and cats will do as the please, and men and dogs should relax and get used to the idea”.

Cat, a word synonymous with independence. “A cat is there when you call her - if she doesn’t have something

better to do” (Bill Adler). “Cats know how to obtain food without labour, shelter without confinement, and love without penalties” (W.L. George).

We all know cats are smart. Hippolyte Taine said “I have studied many philosophers and many cats. The wisdom of cats is infinitely superior”. Carl Van Vechten noted “The cat seldom interferes with other people’s rights. His intelligence keeps him from doing many of the fool things that complicate life”. I agree with them and H.G. Frommer’s observation “Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn’t let on that he is”.

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared “Cats refuse to take the blame for anything – including their own sins”. Mark Twain wrote “If man could be crossed with a cat, it would improve man but deteriorate the cat”. And finally, “The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)”.

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.



Four Tooth Brushing Myths

Stephanie McIntyre

You know you’re supposed to brush your teeth, but how and how often? Make sure you don’t fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you’re brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don’t brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won’t notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when

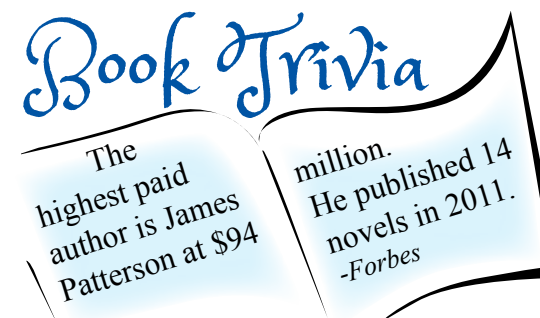
suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won’t notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don’t eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating

While it’s true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.



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Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: www.alidp.org/uploads/files/s2s_rain_garden_blitz_story_annotated.pdf

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

Limit the amount of impervious surfaces on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

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For more information go to: www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale

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)

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, “90% of the stimulation and nutrition to the brain is generated by the movement of the spine.” He goes on to state that only 10% of our brain’s energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body’s relationship with gravity, ie. posture.

How is the spine the motor of the brain?

The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry’s work are far reaching. It supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, for-

ward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It’s like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren’t able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

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As your Member of Parliament, I value your thoughts and opinions. Over the past few weeks I have been gathering feedback from residents of Calgary Signal Hill on proposed legislation for physician assisted death.

On February 6, 2015 the Supreme Court of Canada ruled that certain sections of the Criminal Code, which deemed it an offense to consent to death or assist another with suicide, were in violation of the Canadian Charter of Rights and Freedoms. This Supreme Court ruling will take effect on June 6, 2016 and it is anticipated that legislation will be passed by Parliament before that date.

The Parliament of Canada established a Special Joint Committee on December 11, 2015 which provided recommendations for legislation amending several Acts of Parliament.

The Supreme Court ruling, the recommendations of the Special Joint Committee and the dissenting report from the Conservative members of the committee are available on my website www.ronliepert.ca.

I encourage you to go to the website and complete a constituent feedback survey. I am seeking your thoughts and opinions on the recommendations in the reports. Your feedback will weigh heavily on how I vote when the legislation comes before Parliament.

If you have any questions or require assistance in completing the feedback form, please feel free to call my Calgary office at 403 292-6666.

Elsewhere, as expected, the Liberal government presented its 2016-17 budget which projects a deficit three times more than promised during the election campaign. The \$29.7 billion dollar deficit is the first of five consecutive deficits which will total close to \$150 billion dollars by 2020-21.

As the official opposition we will continue to work on your behalf to ensure the needs of Albertans and residents of Calgary Signal Hill are heard by the Government. If you have specific questions or feedback, we would like to hear from you as we want to bring your voice to the government on these and other issues.

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Communications & Community Liaison:
Eileen Badovich, CAward6@calgary.ca
www.calgary.ca/ward6 • [f](#) [t](#) [in](#)

Hello,

Great news! I am excited to tell you about the approved Ward boundary changes for the next municipal election. I am happy to report to you that all current Ward 6 communities will stay in Ward 6 and commencing on October 17, 2017, two additional communities will join Ward 6, West Gate and Medicine Hill. What does this mean? Ward 6 currently has approximately 86,000 constituents, and with the addition of West Gate and the new community of Medicine Hill, will grow to approximately 90,000 constituents and more once Medicine Hill is completed. I advocated keeping the Tri-Glen communities in the same Ward, as these communities face similar needs and concerns, especially with downstream impacts of the Ring Road as well as planning work and overpass on Richmond Road at Sarcee Trail SW. I was supportive of West Gate joining Ward 6, which was previously part of Ward 6 before the last Ward boundary change. I think it is important for the new development, Medicine Hill, to be in the same Ward as its surrounding park land being enhanced by The City, as well as neighbours at Canada Olympic Park to best represent the interests of that entire community at City Hall. Please visit calgary.ca/ward6 and check out the news post *New Ward Boundaries for Ward 6* to view my video message, a map and more Ward 6 details.

I also want to invite you to my annual Ward 6 Open House. Please join me and Ward 6 Staff at this trade-show-style open house with over 20 City of Calgary Departments for an opportunity to speak with guests and City staff to ask questions, gather information and giveaways, and learn about program or volunteer opportunities.

Ward 6 Open House: Thursday, May 19, 2016 from 5 – 8 p.m. at SCA Community Association – 277 Strathcona Drive SW

City of Calgary Departments & Guests

311	Calgary Police
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I look forward to seeing you there,
Richard Pootmans

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

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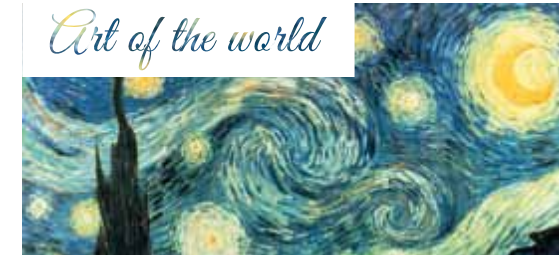
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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Art of the world



The *Starry Night* is an oil on canvas by the Dutch post-impressionist painter **Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

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