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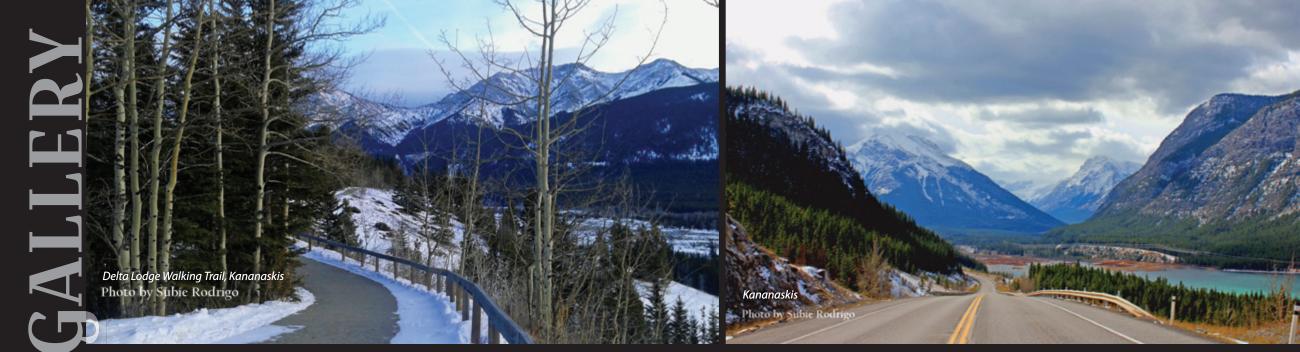
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Signal Hill Real Estate Update

Last 12 Months Signal Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price				
February 2017	\$595,000	\$578,000				
January 2017	\$607,000	\$600,000				
December 2016	\$623,900	\$601,000				
November 2016	\$660,000	\$635,000				
October 2016	\$650,000	\$630,000				
September 2016	\$669,900	\$636,500				
August 2016	\$694,500	\$678,250				
July 2016	\$689,950	\$672,500				
lune 2016	\$682,450	\$658,500				
May 2016	\$607,400	\$589,750				
April 2016	\$655,000	\$620,000				
March 2016	\$629,900	\$617,000				
ast 12 Months Signal Hill						

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	12	5
January 2017	11	5
December 2016	3	10
November 2016	18	13
October 2016	13	13
September 2016	11	8
August 2016	7	8
July 2016	14	10
June 2016	11	18
May 2016	16	14
April 2016	23	15
March 2016	21	11

To view more detailed information that comprise the above MLS averages please visit signal_hill.great-news.ca

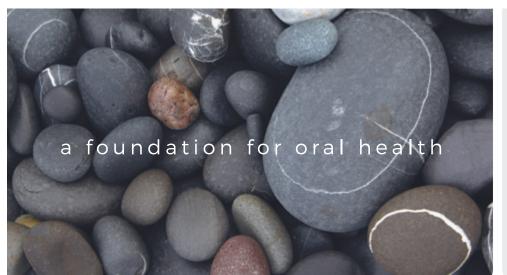
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Brooke	14	403-212-1014	Yes			
Brooke	18	403-874-3111	Yes			
Christie	12	587-223-5952	Yes			
Destynee	15	403-875-3069	Yes			
Elizabeth & Michelle	21	403-918-2035	No			
Hannah	12	403-246-6578	Yes			
lzzy	16	403-863-1453	Yes			
lzzy	16	403-863-1453	Yes			
lzzy	16	403-863-1453	Yes			
Jayde	18	403-481-3315	Yes			
Karl	15	403-212-1014	Yes			
Kyla	15	403-217-0282	Yes			
Makayla	17	587-888-9389	Yes			
Meg	13	403-702-6327	Yes			
Megan	18	403-266-4610	Yes			
Nabila	47	587-215-2673	Yes			
NEGIN	43	403-217-5778	Yes			
Olivia	17	403-246-0203	Yes			
Priya	17	403-471-1033	No			
Rahell	14	403-999-2851	Yes			
Sarah	16	403-702-5549	Yes			
Sarah	16	403-702-5549	Yes			
Sophia	14	403-809-6298	No			
Yasmin	16	403-402-9244	No			
Yena	20	403-479-7911	Yes			
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SCA Real Estate Update

Last 12 Months Strathcona Park MLS Real Estate Sale Price Update

	•					
	Average Asking Price	Average Sold Price				
February 2017	\$670,000	\$640,000				
January 2017	\$574,950	\$562,250				
December 2016	\$690,000	\$668,000				
November 2016	\$589,450	\$564,500				
October 2016	\$679,000	\$711,000				
September 2016	\$652,450	\$618,000				
August 2016	\$699,900	\$675,000				
July 2016	\$759,000	\$758,000				
June 2016	\$679,000	\$652,500				
May 2016	\$649,500	\$635,000				
April 2016	\$549,900	\$533,000				
March 2016	\$742,450	\$721,250				

Last 12 Months Christie Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price	
February 2017	\$857,450	\$840,000	
January 2017	\$0	\$0	
December 2016	\$800,000	\$757,500	
November 2016	\$850,000	\$800,000	
October 2016	\$799,900	\$767,000	
September 2016	\$0	\$0	
August 2016	\$975,000	\$930,000	
July 2016	\$0	\$0	
June 2016	\$929,900	\$895,000	
May 2016	\$897,450	\$860,000	
April 2016	\$859,900	\$855,000	
March 2016	\$669,900	\$629,000	

To view more detailed information that comprise the above MLS averages please visit strathcona.great-news.ca or

christie_park.great-news.ca

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April 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

April 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

April 19 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

April 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
- Most of its kind lives in the United States, Central America and the southern half of South America.
 For the winter this unusual visitor migrates to find warmth in the southern United States.
- The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and

White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.

• The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.

• The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.

The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities: from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www. calgarywildlife.org for more information.

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Pets and Parasites in 2017

Internal and external parasites can infect our pets in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This is changing with our changing weather; Calgary had incredibly mild winters in 2014-15 and 2015-16, and we've had some uncharacteristically wet summers. It's time to review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is adequate only for a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs. Remember recommendations last year may not be the same this year and a few of the parasites invading our region can have devastating consequences to your pet's human.

As far as external parasites go fleas are a rarity in Calgary appearing mostly on pets travelling here from other regions, but the number of cases of lice and ticks is increasing. Ticks are usually seen April to October in Alberta, but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. I recently saw a tick carrying Lyme disease on a dog that had travelled out of province. Dogs running through fields and around water bodies are most at risk. Dogs rarely become clinically ill if the Lyme disease or Borrelia burgdorferia pathogen is in the tick; but if the tick moves onto a human host, Lyme disease can be life-altering to the person acquiring it. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. We now recommend preventative products for external parasites for all dogs and cats that go outdoors starting in March.

Heartworm disease is not yet in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite if you travel with your pet. All outdoor pets should be routinely protected against internal parasites now. Veterinary clinics see roundworm, tapeworm, and hookworm on a regular basis in their patients. Every annual examination of your pet should include a discussion of the risk level of your pet.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as Echinococcus multilocularis has invaded the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and covotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person inadvertently contracting this parasite from a pet is an atypical host and the alveolar form of infection in humans which can be difficult to diagnose and serious. Calgary has seen a case of a dog that frequented Nose Hill Park that ate the feces of coyotes. This dog developed a massive lifethreatening hydatid cyst on its liver from the tapeworm. The mass on the liver cannot be differentiated from a liver tumor without advanced diagnostics. Regularly deworm any pet known to catch rodents or eat the feces of other canids. Praziguantel is the most effective and not in most of the preventative products give routinely to pets.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also, be conscious of the changing weather in our own backyard increases our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also, make sure your vet knows if you have both dogs and cats, some dog products are toxic to cats.

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

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ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lakeshores to avoid accidentally falling through the ice.
 Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
 For outdoor skating, only skate on open ice surfaces specifically designated for skating , and on City of Calgary or community rinks; for locations visit http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please http://www.calgary.ca/ CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx

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National Volunteer Week

Calgary Public Library's volunteers are honoured each April during National Volunteer Week (April 23-29, 2017) at our Volunteer Recognition Event. Our volunteers make an incredible difference in our community every day, allowing the Library to do so much more: offer more programs, in more locations, more often, to so many more Calgarians. Thank you to all our volunteers!

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Looking for ways to keep kids busy this summer? The Library can help with that! Kids can be part of a *3 Things for Canada Action Squad* and help with community projects, learn to code using Scratch, and get messy with our science program. And of course we've got books that kids love to read!

For details, visit calgarylibrary.ca.



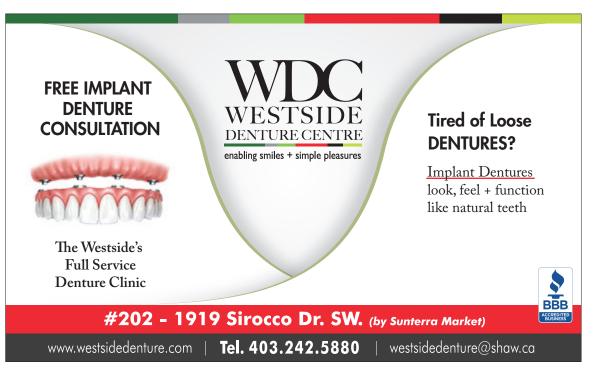
Giving People a Voice in Mental Health Research By Caitlin Crawshaw

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

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

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

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



MAY 5 – 6 CALGARY INTERNATIONAL BEERFEST – BMO CENTRE, STAMPEDE GROUNDS

For the seasoned brew lover and budding beer enthusiast alike, Beerfest appears to have it all. Over 500 brews of all shades and compositions, contests, take part in beer seminars, vote for the People's Choice awards, meet new people, sample delicious foods, enjoy the atmosphere and entertainment, and most importantly have a great time! More info at albertabeerfestivals.com

MAY 13, YOUTH SINGERS OF CALGARY PRESENT: #IAMMUSIC – 1415 14 AVE NW

The Youth Singers of Calgary have a long, proud history as ambassadors of true Canadian spirit and as a voice for Canadian youth through singing, dancing and acting. To celebrate Canada's 150th Birthday we have asked the question 'what does it mean to be a young, Canadian artist in this digital age?' On May 13th we raise our collective voices to answer that question. #IAmCanadian #IAmConnected #IAmMusic More info at youthsingers.org



MAY 24 – 27, CALGARY INTERNATIONAL CHILDREN'S FESTIVAL – ART COMMONS AND OLYMPIC PLAZA

Open the door to your imagination! The Calgary International Children's Festival (Kidsfest) celebrates its 31st anniversary this season. From its humble beginning in 1987, Kidsfest has grown to become one of the most prominent arts festivals of its kind in Canada and the largest presenter of performing arts for young people in Calgary. More info at calgarykidsfest.ca



YOUR COMMUNITY/CITY EVENTS

May 6 – 7, IFK Kickstart Garage Builder's Motorcycle Show - Christine Klassen Gallery

An annual showcase of garage-built motorcycles from across Alberta, most small in budget but all big in creativity. Join us from May 6-7 from 11am to 5pm and see what we've created over the winter! More info at facebook.com/kickstartshow

May 7, The Debaters Live! – The Jack Singer Concert Hall A fundraising event for JFSC hosted by award-winning comedian, Steve Patterson, and features two of his favourite comics, (Dave Hemstad and Kate Davis) - they perform standup, followed by a comedic debate. More info at artscommons. ca/WhatsOn/ShowDetails

May 12 – 13, Vintage Redefined Market – Century Casino Showroom

The new vintage market with purpose! This ain't your typical tea-time at grandma's house. An exciting venue filled with treasures sure to delight and excite men and women alike! Over 80+ vendors featuring: True vintage, Collectibles, Re-purposed, Reclaimed, Oil & Gas, Records, Jewelry, Video Games, Antiques, Comics & more! More info at facebook.com/ Vintage.Redefined.Market

May 13 – June 11, The Drowning Girls – Vertigo Theatre The Drowning Girls is a lyrical exploration of a trio of murdered wives who gather evidence against their murderous husband by reliving the shocking events leading up to their deaths. One Yellow Rabbit Co-Founders Blake Brooker and Denise Clarke lead an incredible creative team in bringing this macabre fantasia to the Vertigo stage. More info at vertigotheatre.com

May 19, Raiders of the Lost Ark: Original Film with Orchestra – Jubilee Auditorium

The film that gave the world one of its greatest movie heroes, Indiana Jones, is back and better than ever before! Relive the magic on the big screen with the original great adventure, Raiders of the Lost Ark with John Williams' epic score performed live alongside the film by the Calgary Philharmonic Orchestra. More info at calgaryphil.com

May 26, Nose Creek Players Presents: Anne of Green Gables – The Bert Church Theatre

Your community theatre company, Nose Creek Players, is proud to present Lucy Maud Montgomery's iconic tale of Ann Shirley. This beloved Canadian yarn tells the story of an imaginative red-haired girl searching for a place to belong; for her kindred spirit. More info at airdrie.ca

IN & AROUND CALGARY

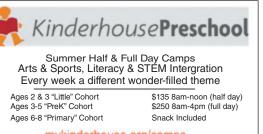
April 23-29 is National Volunteer Week

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

There are 151 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

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

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



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DAYHOME AND BEFORE & AFTER SCHOOL CARE IN STRATHCONA PARK SW: Beginning September 1, Play and Learn Childcare will have openings for full-time and part-time childcare. Before and after school care will have openings for children 5-12 years of age. For information call Lorraine at 587-352-2449 or 587-352-5337.

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SOUTH CALGARY KIDS ART CLASSES: Ages 6 to 12, Thursdays at SCA Community Centre, April 11 - June 27, 4:30 to 6 pm. Theme: Islands of the World; landscapes, animals, people, culture, \$240 for 12 classes - art supplies included. To register, email kidsart@telus.net OR click on Jotform link on website: www.originalpaint.ca/ kidsregistration. Facebook: South Calgary kids art. Instructor, Lillian Tkach 403-236-9819. **THE GUTTER DOCTOR!** We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

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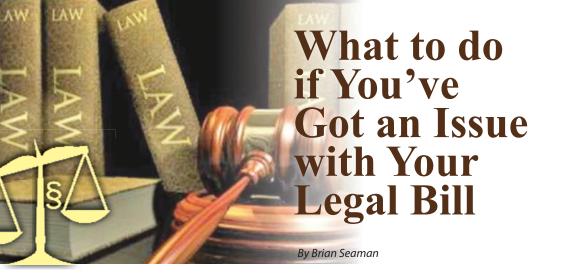


Spring is always an exciting season at Calgary Humane Society. At the shelter our dog walkers are thrilled to say 'goodbye' to all the snow and our dogs are even more thrilled to say 'hello' to all the mud! Thankfully we have some top notch volunteer groomers who keep all our furry friends spic and span. Spring also marks a rush of activity for our animal admissions staff. Spring is our busiest season at Calgary Humane Society, in part due to an increase in lost and stray animals.

Having a cherished family pet go missing is extremely stressful, but there are a number of steps you can take to bring Fido or Fluffy home safe and sound.

- **1. Start making lost reports.** When you call, provide as much information as you can about where and when your pet was lost and provide a good description of your pet. The following organizations are a good starting point for lost reports. Make sure to check the lost and found section of the City of Calgary and CHS website as well!
- Calgary Humane Society Animal Admissions: 403-205-4455
 City of Calgary Animal Services 311
- Post a lost listing on Kijiji/YYC Pet Recovery/Local Buy/ Sell websites
- Check with local veterinary clinics. Many lost pets are found by Good Samaritans and brought to local veterinary clinics.
- **3. Put out your pet's things to entice your pet home.** Put food, a favorite bed, litterbox and other familiar objects out to help tempt your pet back home.
- **4. Arrange a search party.** Call friends, relatives and neighbours to help search for your pet. Choose the people that your pet is *most familiar and friendly with* to go out and search.
- **5. Create lost posters and hang them up.** Create lost posters with a picture of your pet. Include a number that you can always be reached at (like a cell phone) on the sign. Hang up the posters in the areas that you think your pet might be, concentrating on areas where lots of people will see the signs.
- **6. Above all, never lose hope.** At Calgary Humane Society we have seen some amazing reunions. We have reunited pets with their family years, and even a decade after they went missing.

Wishing you all a safe and happy spring!



If you've got a legal bill that seems too high for the work that was done on your behalf, did you know that you have an option to possibly get it reduced? This process is unique to the legal profession and is set out in the *Alberta Rules of Court*. The review process applies not only to a legal bill and disbursements but also applies to retainer agreements.

The process is relatively straightforward. The provincial department of Justice and Solicitor-General has Queen's Bench Review Officers at its' 11 judicial centres located around the Province; in Calgary, the centre is located at 601 5th Street SW. These Review Officers hold law degrees, have practiced law, and act as important gatekeepers of the integrity of the legal profession by ensuring fairness.

If you have not received a satisfactory explanation as to the charges and disbursements from your lawyer, you may apply for a review of your bill. You have six months from the date that the bill was sent to file what's called a Notice of Appointment of Service; this Form, along with the various other forms you'll need including the Affidavit of Service, can be found online at https:// albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer's-bill-sample-forms-(november-2010).pdf?sfvrsn=0. The cost for filing is \$100.00 and is payable by cash, credit, debit or cheque or money order payable to the "Minister of Finance and Enterprise of Alberta." Court orderlies at the judicial centre can direct you to the proper counter to file your documents. You need to file the original document, plus three copies, and you'll need to include the account(s) that you want reviewed.

Once you've filed your documents, you must serve the Notice and supporting Affidavit on the lawyer whose account you're challenging. This can be done by personally attending the lawyer's office and serving the documents, by recorded mail through Canada Post, or by hiring a process server. In any case, unless the lawyer or an assistant has acknowledged service in writing, you will need to file an Affidavit of Service.

You should note that neither Court clerks nor Review Officers can give any assessment as to whether you have an arguable bill for review and what the outcome might be. You should also note that though you may have an agent or proxy to act/speak on your behalf, it is important to attend the Review hearing. If the Review Officer determines that the bill was justified, an award of costs may be made against you. Both you or your former lawyer may appeal a finding of the Review Officer. Finally, there are two exceptions to the rule regarding review of legal charges: i) the beneficiary of a Will can't get the Estate lawyer's charges reviewed; and ii) a Legal Aid account can't be reviewed.

This commentary provides general information about the legal account review process, reflects the author's opinion and is not legal advice. Brian Seaman is a freelance writer/ legal researcher.



MP Calgary Signal Hill Ron Liepert #2216, 8561 8A Avenue SW Calgary, Alberta T3H 0V5 Phone: 403-292-6666 Fax: 403-292-6670 Email: ron.liepert.C1A@parl.gc.ca

Last October, Alberta Conservative Members of Parliament launched the Alberta Jobs Taskforce to deal with the jobs crisis in the province. Alberta's unemployment rate rose from 4.6 % to 8.8 % in the last 18 months with Calgary having one of the highest rates in Canada at over 10 %. The result has been a spike in the incidence of crime and its severity as well as family violence.

The objectives of the Task Force were two fold. First, listen to Albertans, employers, workers, families and other stakeholders affected by the job crisis and collect their feedback and ideas. Second, to collate that information into a report containing recommendations and in a few instances budget requests of the Liberal Government.

The Calgary Signal Hill riding partnered with Calgary Confederation and Calgary Centre hosting a round table discussion followed by an open meeting where constituents brought forward their ideas and suggestions. Calgary Signal Hill constituents also were given the opportunity to participate by an email survey and close to 2,000 responded.

Here are some of the task force's recommendations:

- Elimination of the federal carbon tax
- Reduction of the small business tax rate
- Reversing the mandatory increase on CPP premiums
- Respecting the non-partisan decisions of the National Energy Board with respect to the construction of new pipelines
- Investments in programs and opportunities to enhance youth employment in Alberta
- Reviewing the equalization payment formula
- Advocating for Canadian resources and Canadian industry abroad
- Provide a clear plan to bring the federal budget back into balance.

I am very proud to support the report and present it on behalf of the residents of Calgary Signal Hill and thank you for the input. To access the complete report, please go to http://albertajobstaskforce.ca/en/ or to request a copy of the report please call my office at 403 292-6666.

IN & AROUND CALGARY

EMS: Bicycle Helmet Safety

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

Getting informed

• Wearing a helmet while cycling can prevent a serious injury, or even save a life;

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

Getting started

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

Getting the right fit

• Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;

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



Councillor, Ward 6 Richard Pootmans P0 Box 2100, Station "M", Calgary, AB T2P 2M1 403-268-1035 • C: 403-660-6692 F: 403-268-8091 • E: Ward06@Calgary.ca Communications & Community Liaison: Eileen Badowich, CAward6@calgary.ca www.calgary.ca/ward6 • G ♥

As the seasons change, now is an opportunity to remind ourselves of the amazing spaces we have in our communities. Here are some of my favourite parks in the Ward 6 area that you can visit:

Griffith Woods Park

The Elbow River flows unimpeded through this beautiful park in Discovery Ridge. Seldom can one experience a "wild river" within a major city. The curves in this part of the river has left "oxbow" wetlands, with a rich variety of aquatic ecosystems, along with one of only two large strands of White Spruce in The City's park system.

Strathcona Ravine

Tucked away between the Strathcona and Christie Park communities, these 23 hectares of ravines were set aside as an environmental reserve during the 1970s. The boardwalk at the west end crosses a seasonal stream and wetland, and is an excellent area for birdwatching. If you want to experience a classic ravine in the wilds of Calgary, this natural gem is the park to visit.

Battalion Park

Originally a World War 1 training camp known as Camp Sarcee in 1915, this Signal Hill park was built to commemorate the Alberta soldiers who trained here. 16,000 stones were placed here by members of the Calgary, Lethbridge, Central Alberta, and Edmonton battalions, and were formed into their regiment numbers: 137, 113, 151, and 51. Along with its historical significance, the park includes great views, pathways, and of course, shopping opportunities in Westhills afterwards. *For more information, visit Calgary.ca/parks*

Want to send your kids on an action-packed nature adventure this summer? Calgary Parks is offering Nature Day Camps in July and August, connecting children with the natural world through hands-on activities and outdoor play. Guided by experienced educators, campers will explore bugs, birds, plants and animals while gaining a better understanding of nature and their place within it. Choose from Growing Wild (4-5 years), Wild for Wetlands (6-9 years), Winged Wonders (6-9 years), and Raptors Delight (10-12 years). Camps take place in the Inglewood Bird Sanctuary and Ralph Klein Park, and childcare is available before and after. Registration is now open.

For more information, search "Nature Day Camps" at calgary.ca

2017 Councillor Chats & Ward 6 Open House Dates Councillor Chats

An informal evening and a chance to say hello in a oneon-one conversation with any questions or concerns you have.

Saturday, **April 8, 2017** from 9 a.m. – Noon at SCA Community Association, 277 Strathcona Drive SW

Ward 6 Open House

Our biggest event of the year! Drop in and meet the various departments that make up The City of Calgary, from Urban Forestry, Calgary Police Services, Waste & Recycling, Planning, Water Resources, and more. Learn about the services available to you in your area, and get to know your community and what to look forward to!

Wednesday, **May 3, 2017** from 5 – 8 p.m. at Glendale Community Association, 4500 25 Avenue SW

GAMES SUDOKU

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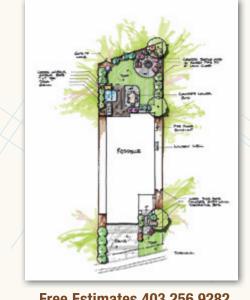
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MLA Calgary - WEST Mike Ellis Unit 234, 333 Aspen Glen Landing SW Calgary, AB, Canada T3H 0N6 Phone:403.216.5439 Fax:403.216.544 Email:calgary.west@assembly.ab.ca

I want to thank the many of you that participated in my pre-budget consultation. Whether your concerns are for the economy, healthcare, education, or any others, I appreciate you taking the time to share them with me. Your feedback helps us as MLA's frame our advice prior to the release of the budget and our feedback to the Minister of Finance after the budget is released. If you haven't already done so you can view the survey results on my website, www.WEBURL.com.

The budget release always gives us a moment, as MLA's, to pause and really evaluate if our work in Government is offering a net benefit to Albertans. I always seek new ways to put more money in the pockets of Alberta families through tax reductions, and to ensure that those services we rely on as Albertans are funded in a fashion that allows for the excellent service we have come to expect.

There is no doubt that the Minister of Finance will face many challenges in drafting this budget. Mounting debt represents a serious issue for our province – an issue that we will pass along to the next generation. As I watch my own children grow, the thought of passing them a mounting debt is one that troubles me. Be that as it may, we continue to press forward as an Opposition to ensure that the voices of our constituents – you – are heard.

Thank you again for your continued feedback.



COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication Contact news@great-news.ca

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

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



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**



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