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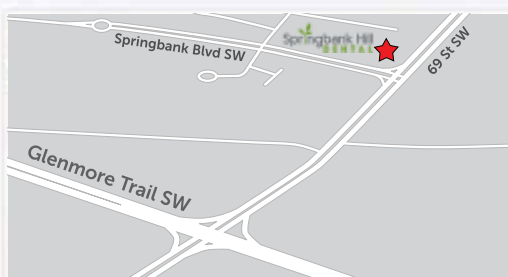
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CALGARY WILDLIFE



Canada Goose

Canada Geese are familiar residents in Calgary parks with their long black necks, large bodies and distinctive white chinstraps. Canada Geese are known for their distinct V-shaped patterns as they migrate between their breeding grounds in Canada and the Northern US and their overwintering grounds in the Southern US. With a good tailwind, they can fly an impressive 2400 km in just one day. While most Canada Geese overwinter in the US, there is an increasing resident population in Calgary that lives here year-round due to food availability. Look for Canada Geese in Calgary between March and October.

Canada Goose Facts

- Canada Geese mate for life
- Canada Goose babies are precocial meaning that they hatch fully feathered, with their eyes open and capable of walking and foraging for food
- Female geese are less able to fly before they are about to lay eggs; the male will defend his mate and nest while she is vulnerable.
- Canada Geese are protected by the Migratory Bird Act and their active nests are federally protected.

It is important not to feed bread to wildlife; bread is harmful to Canada Geese as it is not a nutritionally complete food source. Feeding geese can encourage them to forego migration, can increase habituation and aggression towards people, and it can cause malformation in wing and feather development due to nutritional deficiencies.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

Springbank

LADIES

TIME OUT

Ladies Time Out in Springbank is a not-for-profit group that provides a meeting place for women in Calgary and surrounding areas to come together for coffee, conversation and a wide variety of registered classes. We meet Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Road and 17th Ave SW.

Our members have been busy this winter enjoying a variety of classes including cooking, art, fitness, massage, facials, reflexology as well as a drop-in coffee and chat group. The winter session will be wrapping up on May 6th with our Spring Tea. Everyone is welcome to join us from 9 – 11am at Eden Brook to enjoy tea and snacks and learn more about the group.

Please visit our website at www.springbanklto.com for more information. You can also follow us on Facebook and Instagram @springbanklto to view photos of past activities and to hear about upcoming events. Have questions? Send us an email at springbanklto@gmail.com. We look forward to seeing you at the Spring Tea!



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OR

Feel free to drop off at Springbank Bottle Depot on Commercial Drive and utilize our Quick Drop acct to apply your refund to our trip!



A New Community Initiative to Use Space More Effectively

Is there a way we can use front gardens more effectively as well as increase neighbourhood conversation? We say yes! Inspired by the little free library movement, the Veggie Vigilantes want to increase the walkability and relationships made in your neighbourhood. We've all waved at our neighbours on our way to the post box but how much do we know about our neighbours? What we would like to see is a community of people coming together over their love of food to tell their stories and increase relationships. In short, we want to "Re-Herb the Burbs". What we are asking is that you look at that lost, lonely patch of land at the front of your driveway and give it a purpose. Everyone loves community gardens, but they can sometimes be overwhelming and there are only so many plots to go around. Why not use your front yard as a community garden and offer your neighbours a taste of your favourite herbs and maybe a story or an introduction at the same time? We have gnome, re-herb the burbs signs available (message us from our Facebook site) that will let everyone know that they are able to take some herbs and share the conversation and community.

We are currently in conversations with major businesses to help fuel the efforts of our members. For more information stay tuned to our Facebook page.

<https://www.facebook.com/reherbtheburbs/>

From, the Veggie Vigilantes (via Re-Herb the Burbs)

Maximize Your Water Savings with a Rain Barrel

The cost of watering your yard can account for 30 per cent of your annual water bill. Using a rain barrel helps you conserve water and save money, all while keeping your plants healthy with soft, non-chlorinated rain water.

How Do I Choose A Rain Barrel?

Look for a sealed barrel equipped with:

- An overflow mechanism, such as a diverter, for use with your existing downspout
- An additional outlet and hose to redirect water to plants or trees from the barrel once it's full
- A drain or tap near the bottom to fill a watering can

You can use one barrel or set up a network of multiple barrels to increase your savings.

Setting Up Your Rain Barrel

Locate the downspout most convenient for barrel placement. If your rain barrel didn't come with its own stand, set it on some concrete blocks or flagstones for extra stability. Read the installation instructions that come with your rain barrel carefully and refer to the barrel manufacturer or retailer for support.

Buying A Rain Barrel

Green Calgary is hosting a number of rain barrel events in local communities throughout the spring and summer, where you can purchase a rain barrel (or two!), all the fittings and other green products for your home. You can also receive free advice on putting your rain barrels to work for you. Call 403-230-1443 or visit greencalgary.org.

Please visit calgary.ca/yardsmart for more information on conserving water and gardening in Calgary.



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City Kicks Off Spring with Annual Community Cleanup Schedule

Once again, it's time to comb through your garage and purge your garden shed of that never-used stuff. Community Cleanup events run from April through September to help keep our city clean and safe while also saving residents a trip to the landfill.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. This year, The City is taking a slightly different approach. While every attempt was made to give communities their first choice of date, they may have been assigned their second or third choice based on proximity to an open landfill as not all landfills are open every weekend. This will help ensure trucks making drop-offs during events are travelling the shortest distance possible to save time and fuel.

Check calgary.ca/cleanup for the list of community associations hosting cleanup events and check your association web site or Facebook page for full details on the event in your community.

Please don't bring:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbecues)
- Rail way ties
- Sod or dirt (other yard waste is OK)
- Household hazardous waste

Visit calgary.ca/whatgoeswhere for items that are recyclable. While there is no charge for putting items in City Waste & Recycling trucks, some events may include fee-based recycling services as well. Citizens can attend any event across Calgary.

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GEORGES STPIERRE



IN MY BOOKS

The Way of the Fight

By Georges St. Pierre

Review by Tasneem Kapacee

The Way of the Fight, a number one national best seller, is a book written by popular Canadian mixed martial artist

Georges St. Pierre, with Justin Kingsley. This book outlines how GSP, as he is fondly known, finds motivation, purpose and mental strength to become a true champion. *The Way of the Fight* outlines the life of St. Pierre and all that he has endured and overcome to become the great that he is. The book is divided into 5 sections: Mother, Mentor, Master, Maven and Conscience. Each section of the book takes a conversational tone whereby 5 important people in Georges' life speak of different impactful facets of his life.

The best part of this book is that most of the things discussed by St. Pierre apply to most people. This book is not only for people familiar with mixed martial arts but is for everyone. For example, one thing that is consistently discussed by St. Pierre is fear and the impact that it had on his life. It is difficult to imagine the great St. Pierre to have any fear. I mean, he fights in a cage and destroys his opponents! Yet, in the book, we get to see a different side of St. Pierre. He shows the readers that fear of losing or being humiliated is something that he constantly deals with. He also shows us how she channelled his fears into something that he uses to become a better fighter.

Another aspect of the book that will deeply resonate with readers is the importance of humility and its importance in a person's life. To elaborate on this, St. Pierre discusses a loss he faced to Matt Serra and recounts that he fell into the media and popular notion that he was the champion, the best ever and Matt Serra had no chance against him. St. Pierre ended up losing that fight and the embarrassment he carried with himself for not having prepared enough for the fight and underestimating his opponent's abilities stayed with him for a very long time. But it also reminded and taught him to always be humble. These are lessons that will resonate with all readers, and not only MMA viewers.

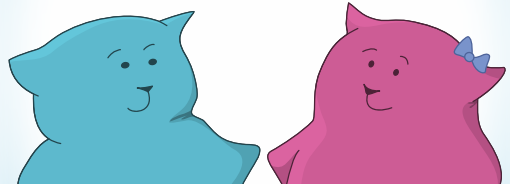
The last thing that works for this book is the conversational tone that it has adopted. Imagine sitting with an important person of your life and conversing with them about important aspects of your life. This is exactly how this book is laid out. Perhaps the best section of the book is when St. Pierre's mother recollects some of the childhood aspects of St. Pierre's life. One story that sticks out is that of the dinosaurs. Georges expresses that he is fascinated by dinosaurs because they were the most powerful creatures in the world, yet they are now gone. This, according to St. Pierre, is because they were unwilling to adapt to changes. Cockroaches, on the other hand, can survive almost anything. The parallel that St. Pierre draws from this recollection shows the intellect and introspection that St. Pierre has.

The Way of the Fight is an intelligent book that could resonate with everyone and provides readers with an insight on the simple characteristics that St. Pierre has applied to his life to become a champion. It's worth a read!

4.5/5

IDIOMATIC 慣用句
YELMI 관용적인 IDIOMATIQUE
IDIOMÁTICO IDIOMATISCH
אידיומטי IDIOMATYCZNY
XƏLJƏT MUNDRET
ΖΙΔΙΩΜΑΤΙΚΟΣ THÀNH NGỮ

“A sight for sore eyes”



Meaning: Someone or something you are glad to see.

Origin: This phrase was first recorded by Jonathan Swift, in *A complete collection of genteel and ingenious conversation*, 1738: “The Sight of you is good for sore Eyes.”

Next20: Making Life Better for More People

Calgary is recognized as a great place to make a living and a great place to make a life and was named the fourth most “livable city” in the world in 2018. Over the next 20 years, we want to make Calgary better for more people that call our city home.

This requires planning our city from the perspectives, experiences and needs of different genders, ages, and incomes, and those with diverse backgrounds and accessibility needs.

We’re checking in on our long-range land use and transportation plans to see what’s working well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

In our first phase of engagement, you told us what’s important to you and what will make Calgary even better. Over the next few months, we want your ideas on what it will take to get to our vision of Calgary in the next 20 years, and how we balance the needs and desires of all Calgarians.

Visit calgary.ca/Next20 to learn more and have your say.





Annie Tinkler
Sales Consultant

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Anna	16	403-607-5026	Yes
Bianca	17	587-717-8550	No
Brooke	16	403-212-1014	Yes
Brooklyn	12	403-255-3983	Yes
Christie	14	587-223-5952	Yes
Destyne	17	403-991-8802	Yes
Elena	17	587-582-7446	Yes
Esther	15	403-286-5278	Yes
Evan	15	403-804-8916	No
Hannah	19	587-830-4262	No
Jaren	12	587-435-5200	Yes
Jayda	16	587-224-0260	Yes
Jayde	20	403-481-3315	Yes
Joanne	14	587-966-6277	Yes
Karl	17	403-212-1014	Yes
Katie	21	403-630-6730	Yes
Kyla	17	403-217-0282	Yes
Makayla	19	587-888-9389	Yes
Meg	15	403-702-6327	Yes
Megan	20	403-993-4056	Yes
Nabila	49	587-215-2673	Yes
NEGIN	45	403-217-5778	Yes
Priya	19	403-471-1033	No
Rahell	16	403-999-2851	Yes
Rhiannon	14	403-831-0452	Yes
Sarah	18	403-702-5549	Yes
Sarah	18	403-702-5549	Yes
Sophia	16	403-708-0601	No
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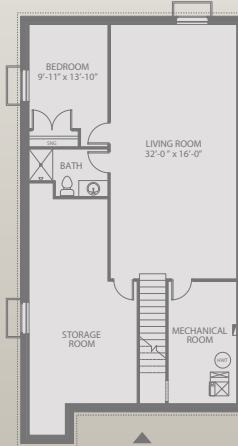
Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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The gift of publicly-funded education is a true blessing. In the Board of Trustees' role of supporting and promoting publicly-funded Catholic education, we work closely with key stakeholder organizations. GrACE (Grateful Advocates for Catholic Education), a provincial grassroots initiative within Alberta, is one organization that inspires and invigorates the spirit of Catholic education. Among its alliance of stakeholders are Calgary Catholic trustees Myra D'Souza, Lory Iovinelli and Pamela Rath, Gary Strother, our chief superintendent, district personnel and parents, parishioners and members of the Roman Catholic Diocese of Calgary, religious orders, Catholic Women's League of Canada and Knights of Columbus. Together, we embrace our faith and resolute commitment to Catholic education in our province.

Publicly-funded Catholic education has a vibrant presence, both within Calgary and throughout the province. GrACE serves to celebrate, highlight and advocate for a number of important reasons:

- Calgary Catholic has been educating and empowering students for close to 134 years
- Our schools affirm parents as their children's primary educators, respecting the rights of parents to choose the school that meets their needs
- In Catholic schools, it is our deepest desire to ensure that every child who attends learns in a rich, faith-filled environment
- Principles of diversity and inclusion are central in the teachings of the Catholic Church and permeate all aspects and curriculum in a Catholic school
- Our district proudly serves more than 57,000 of the 180,000 students currently attending Catholic schools in Alberta.

As GrACE begins its outreach, we invite all those committed to Catholic education to be advocates and witnesses for our schools' successes and their future. Join the conversation @GrACE4cathed and get involved with your local GrACE team to share your stories and support Catholic education.

Through this engagement, we will ensure our children and future families continue to study, grow and learn in caring, inclusive learning spaces. It is truly important to unite and celebrate our successful family-centred educational model that inspires students across the province to reach their full academic, spiritual and social potential.



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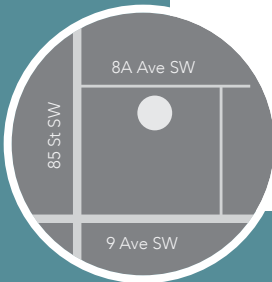


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SOCCER PROGRAM

It's time again! Our SUPER FUN, outdoor soccer and T-ball program is open for registration! Please go to

our website at springbankhill.org to register! We had such a great year last year, we're excited to see you back again this spring!

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REGISTER @ [SPRINGBANKHILL.ORG](http://springbankhill.org)



SPRINGBANK HILL ADULT EVENT

Last year's Springbank Hill Adult event was a great time! We had over 120 attendees and we enjoyed great food and wine, socializing with our community and dancing to live music from One Nite Band! We've secured the band again for this year and we hope

that you (and your neighbours) will come and support our event! Springbank Hill Community Association has some great initiatives planned to build community spirit this year and we hope you'll attend this great fundraiser to help us reach our goals!

SAVE THE DATE!

SPRINGBANK HILL ADULT EVENT!

May 10th, 2019



SAVE THE DATE!

Springbank Hill Community Clean Up
May 11th, 2019



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BRAIN GAMES SUDOKU

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9		3					

FIND SOLUTION ON PAGE 26

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Weekly Green Cart Pickup Returns in April

The seasons are changing and so is your green cart collection. Your green cart will return to weekly pickup starting in April.

Sign up for free reminders or download the Garbage Day app for your smartphone so you never miss a collection day.

Find your schedule online at calgary.ca/collection.

Green Cart Tip

In the winter, food scraps and yard waste may stick or freeze inside your green cart. To prevent this:

- Crumple up flyer sheets and put in the bottom of your green cart
- Use the end of a broom stick to stir up material that may be stuck
- Use paper yard waste bags for wet material like grass or food scraps



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Wine!**



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**BRAIN
GAMES**

SUDOKU

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

April Tax Tips

If you have not filed your taxes yet, here are some tips to get you there:

1. File your taxes on time (due April 30th or June 17th if self-employed) to avoid harsh late-filing penalties! File even if you cannot pay.
2. Taxes are due April 30 (or earlier if CRA asked for 2018 instalments). So, it is better to estimate your taxable income as early as possible to minimize tax interest.
3. File your taxes to get benefits that are yours (such as Canada Child Benefit, GST, Guaranteed Income Supplement, and Working Income Tax Benefits) and to avoid CRA withholding your refunds!
4. 2018 income tax brackets for Albertans:

Taxable Income	Marginal Tax Rate
First \$11,809	0%
\$11,810 to \$18,915	15%
\$19,916 to \$46,605	25%
\$46,606 to \$93,208	30.5%
\$93,209 to \$128,145	36%
\$128,146 to \$144,489	38%
\$144,490 and up	41% to 48%

In Canada, the more money you make, the more taxes you have to pay. If you are in a higher tax bracket, you can use certain deductions (RRSP/Flow-through shares, for example) to bring your income to a lower preferred tax bracket.

5. If you already filed your taxes and got your refund, you can:

- pay down debt with the highest interest rate (thus, more money in your pockets)
 - buy TFSA (could be your emergency or vacation fund),
 - buy RRSP (tax deduction for 2019),
 - buy RESP (free government grants for your kids' education),
 - donate to your favorite registered charity and get tax credits, and/or
 - buy something nice because it was a good tax planned year!
6. Keep your records for 7 years, should CRA want them.
7. When in doubt, go to a tax professional.

May your taxes be done on time and done right!

Ka-Yee Wong, CPA, CA

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The Easter Lily contains high amounts of steroidal glycosides, which are compounds that can be used to treat heart disease. However, the same plant is toxic to cats, and can cause damage to the felines' renal system.



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Jeff Davison

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Suzy Trotter, Constituency Liaison ✉ caward6@calgary.ca ☎ 403-268-1035; Development Permit Information: Frano Cavar, Communications and Policy Liaison ✉ ward06@calgary.ca ☎ 403-268-1380

Hello, Ward 6!

Census 2019

Complete your census online beginning April 1, 2019! Watch the mail for your access code and visit calgary.ca/census. The information you provide is used to plan important City services such as fire and police protection, transit, roads and utilities. School boards, businesses and researchers also use this important data for decisions that impact your community. If you are unable to complete your census online, contact 311 for assistance or door-to-door census collection will begin April 22, 2019.

Engagement Opportunity - Next20: Making life better for more people

We're checking in on our long-range land use and transportation plans to see what's working well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

In our first phase of engagement, you told us what's important to you and what will make Calgary even better. Over the next few months, we want your ideas on what it will take to get to our vision of Calgary in the next 20 years, and how we balance the needs and desires of all Calgarians.

Visit calgary.ca/Next20 to learn more and have your say.

Save the Dates – April Town Hall and Open House in May

I will be hosting a Town Hall on April 23 from 7:00-8:30 pm at Strathcona, Christie Aspen Community Association (277 Strathcona Drive SW). I look forward to hearing your questions and concerns.

Save the date! On May 23rd, from 6:30-9:00 PM I will be hosting our Annual Ward 6 Open House at the Glendale/Glendale Meadows Community Association Hall (4500 25 Ave SW) Ward 6 Office Staff and I will be on hand to address any questions or concerns that you may have. Other attendees include representatives from Calgary Transportation, Parks, Neighbourhoods, and the Calgary Police Service. We look forward to seeing you!



Willow Park School

Students at the Calgary Board of Education's Willow Park School, a school that offers an Arts-Centred Learning Program, have been going non-stop!

The second annual Family Games Night was in February. Staff from Imaginary Wars facilitated a large-scale miniature game of Lord of the Rings; a highlight of the evening.

Our drama department completed their yearly production at Lord Beaverbrook High School Theatre. *A Village of Idiots* performances on March 12th and 13th were very well attended.

Grade nine students will host the second annual Empathy Data Day on April 9th. Students get to interview various experts and community members directly connected to areas of social and economic inequality. Through Math and Humanities projects, students will generate data-driven infographics and write letters to relevant levels of government.

The grade seven Silent Film Festival will be on May 15th to showcase their original creations. These movies share Canadian stories and experiences of World War II, Winnipeg General Strike, the FLQ Crisis and more. All are welcome to attend.

Our first student created art show and sale will happen May 23rd from 6-8PM. Everyone is welcome and all proceeds will help fund the Arts Centred Learning program. Student artwork continues to be displayed at Willow Park Starbucks, showcasing our students in the community.

Learning the Alberta Program of Studies IN and THROUGH the arts offers students many opportunities to reach beyond basic curricular expectation. Our program uniquely focuses on core studies while using the arts as a way to relate to the world around us. This deeper exploration establishes solid critical thinking and learning skills that benefit students through all levels of education.

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SPRINGBANK HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Feb 2019	8	3	\$ 1,297,450	\$ 1,237,500
Jan 2019	16	3	\$ 644,450	\$ 630,000
Dec 2018	6	2	\$ 1,692,000	\$ 1,670,000
Nov 2018	5	5	\$ 814,900	\$ 780,000
Oct 2018	11	10	\$ 899,900	\$ 874,200
Sep 2018	13	7	\$ 657,000	\$ 644,750
Aug 2018	18	6	\$ 715,000	\$ 714,900
Jul 2018	15	13	\$ 1,262,500	\$ 1,202,500
Jun 2018	13	10	\$ 719,900	\$ 700,000
May 2018	24	17	\$ 814,900	\$ 799,000
Apr 2018	18	13	\$ 767,900	\$ 750,000
Mar 2018	11	10	\$ 845,000	\$ 830,000

To view more detailed information that comprises the above MLS averages please visit sph.mycalgary.com

SIGNAL HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Feb 2019	17	8	\$ 589,900	\$ 570,000
Jan 2019	12	2	\$ 497,000	\$ 485,250
Dec 2018	2	4	\$ 715,000	\$ 692,500
Nov 2018	10	11	\$ 724,500	\$ 702,500
Oct 2018	7	10	\$ 729,900	\$ 703,880
Sep 2018	15	4	\$ 565,000	\$ 552,000
Aug 2018	12	11	\$ 812,000	\$ 782,500
Jul 2018	17	10	\$ 619,900	\$ 601,000
Jun 2018	13	15	\$ 674,950	\$ 652,500
May 2018	31	11	\$ 609,750	\$ 600,000
Apr 2018	17	9	\$ 834,000	\$ 801,500
Mar 2018	6	6	\$ 659,900	\$ 625,000

To view more detailed information that comprises the above MLS averages please visit sig.mycalgary.com

*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.



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