

FEBRUARY 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

# MARLBOROUGH

## — MESSENGER —

THE OFFICIAL CALGARY MARLBOROUGH COMMUNITY ASSOCIATION NEWSLETTER







"The heart and /icon, "Heart&Stroke" and "Life. We don't want you to miss it" are trademarks of the Heart and Stroke Foundation of Canada.

Life.

We don't want you to miss it.™

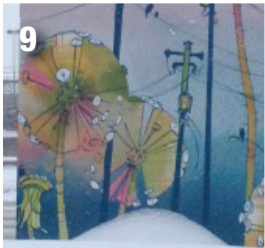


Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)

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## CALGARY MARLBOROUGH COMMUNITY ASSOCIATION

636 Marlborough Way NE • Calgary AB | T2A 2V9  
Phone: 403-273-5894

www.marlboroughca.com • calmarca@telus.net

Delivered monthly to 4,200 households and businesses!

### Editorial Submissions

news@marlboroughca.com

All editorial content must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca

All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years

91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Calgary, AB  
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Check out our website:

www.great-news.ca

**GREAT NEWS**  
PUBLISHING **28** YEARS

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Calgary Marlborough Community Association and Great News Publishing.*

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

*The Calgary Marlborough Community Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

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

## Calgary Marlborough Community Association Board Of Directors

www.marlboroughca.com

President	Steve Hurley
Vice President	Donna O'Connor
Secretary	Celia Long
Treasurer	Heather Carling

### DIRECTORS

Bingo	Margaret Berger
Newsletter Reporter	HELP WANTED
Social Media	HELP WANTED
Casino	Cathy Ashton
Membership	Dawn Svenningsen
Children's Events	Susan Cook
Community Pride	Carlos Arceabrego
Lounge / Event	Laura Greenwood
Newsletter Coordinator	Alex Penney
Elder Resource Liaison	Richard Crowe
Sports	HELP WANTED
Directors @ Large	Dora Loucks (Snow and mow)

### LIAISONS

Scholarship Coordinator	Diana Tokalic
Chris Akkerman	Celia Long
St Mark's	Susan Cook
Marlborough Elementary	Cindy Cavanagh
Bob Edwards Jr High	HELP WANTED
Neighbourhood Services	Brenda Jay
Calgary Police Service	Cst. Chris Langham
50 plus club	Marilyn Hackett
Special Events Coordinator	TBA

*Always looking for people interested in joining the board.*

*Please contact the office.*

**Office** 403-273-5894 (Tom Campbell – Hall Manager)

**Fax number** 403-248-1366

**Hall Rental Rates:** Call: 273-5894 for information & booking  
E-Mail – calmarca@telus.

Main Hall capacity 400 Upper Hall capacity 60 Lounge capacity 80  
Activity Room capacity 35 Meeting Room capacity 20  
Main and Upper hall comes with kitchen facilities

## Mark Your Calendar

**COMMUNITY MEETINGS** are held the **FIRST SUNDAY** of the month at 7:00 p.m. at 636 Marlborough Way N.E. (Upstairs in The Activity Room). Everyone is welcome! Still some vacancies on the Board – get involved! Our next meeting will be on March 5<sup>th</sup> at 7:00PM.

### UPCOMING EVENTS

**February 5** Board Meeting - Upstairs Activity Room

**February 25** Open Stage Night - Upstairs Lounge

**March 5** Board Meeting - Upstairs Activity Room

**March 10** Jelly Bean Dance - Main Gym

**March 17** St. Patrick's Day Game Night - Upstairs

**March 25** Open Stage Nights - Upstairs Lounge

**April 2** Board Meeting - Upstairs Activity Room

**April 21** Jelly Bean Dance - Main Gym

**April 22** Volunteer Appreciation Night - Upstairs

**April 29** Open Stage Nights - Upstairs Lounge



**dance**  
THROUGH LIFE  
Adult Dance and Fitness Studio

**FITNESS CAN BE FUN!**  
Check out Calgary's most warm and welcoming adult dance studio **DANCE THROUGH LIFE**

**ADULT CLASSES BEGINNER TO ADVANCED WORKSHOPS**  
Ballet · Zumba · Tap  
Hip Hop and More!  
Private & Corporate parties

**403-921-9757**  
[www.dancethroughlife.ca](http://www.dancethroughlife.ca)

Visit us at Evergreen Community Spaces  
**1709 8th Ave NE**

RBC Dominion Securities Inc.

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

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- Group retirement savings plans
- Comprehensive and discounted banking solutions

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**RBC Wealth Management**  
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There's Wealth in Our Approach.™

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## PRESIDENT'S MESSAGE

On behalf of the entire community board, we hope that your New Year has started well and will continue to offer all the best in 2017. The community is continuing to host a variety of new and memorable events, such as wrestling, city workshops and children events. We still have availability in our building for groups or individuals looking to host an event or regularly occurring meeting. For information on hall/ room rentals please contact the office.

In 2017 we want to focus on the work of our directors and volunteer. We will be doing this by featuring a different director who will update you on what the community means to them and an update on what is going on in the community. This will replace the traditional President's report, so keep an eye on the newsletter for exciting updates!

I look forward to seeing you at community events throughout the year and to getting to know more of my neighbours in our Community on the Move.

## Lunch with Santa

December 11, 2016

This annual event is gaining popularity each year...with over 115 people in attendance. Face painting, games, crafts, karaoke, and lunch kept everyone occupied while they waited their turn with Santa. Our professional photographer captured some fantastic memories and our community liaison officer, Constable Chris Langham, made a special appearance to spend some quality time playing with the kids.

## LOUNGE EVENTS

The Fireside Lounge is currently open the last Saturday of the month 7:00 pm for open stage night and drop-in euchre. All community members, residents and their guests are invited to join us for the evening. Lounge facilities include HDTV, fireplace, dart boards, pool table and shuffleboard. All the games are free! Note that while the lounge is open for families until 9:00 pm, we do ask that the kids be supervised, and they are only allowed to play the games with an adult in attendance.

The Fireside Lounge is also available for rent for private parties (call the office at 273-5894 for more information)

[news@marlboroughca.com](mailto:news@marlboroughca.com)

**Editorial Content DEADLINE 5<sup>th</sup>**

of each month for the next month's issue

Please send newsletter information to the following email address [news@marlboroughca.com](mailto:news@marlboroughca.com).

Deadlines for submissions is the 5<sup>th</sup> of every month with the exception of the Sept. newsletter deadline is Aug. 1.



Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Weekly Hall Programs</h2>				
<p><b>Monday</b> Yoga -- Fireside Lounge - 7:30 – 9:00 PM</p>	<p><b>Tuesday</b> Seniors Social walking – main hall-8:30 – 10:30 am (Drop-in)</p>	<p><b>Wednesday</b> Drop In Sports Night – Main Hall – See newsletter for age groups and times.</p>	<p><b>Thursday</b> Seniors Social walking – main hall - 8:30 - 10:30am (Drop-in)</p> <p>The 50+ Club - 1:00 p.m.The Alpine Loft (New lift available!)</p> <p>Whist and Bridge are every Thursday at 1:00 p.m. in the Alpine Loft (second level). Elevator is available. New Members always welcome. Pot-luck lunch every third Thursday</p> <p>Yoga - Fireside Lounge- 1:30 – 3:00 p.m.</p>	<p><b>Friday</b> Be Fit &amp; Age Well Exercise class – main hall - 9:00 -10:00 am</p>
<p><b>Saturday</b> Fireside Lounge open <b>last Saturday</b> of the month at 7:00 pm Open Stage and Euchre everyone welcome.</p>				

## Help Wanted Bingo at the Barn

We are always looking for amazing volunteers to participate in Bingo at the Barn.

To volunteer call Marg at 403-273-7952 or email [margaretberger@shaw.ca](mailto:margaretberger@shaw.ca)



## MAR. 3 – 12 THE BIG TASTE FOODIE FESTIVAL

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at [www.calgarydowntown.com/the-big-taste](http://www.calgarydowntown.com/the-big-taste)



## MAR. 7 AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at [www.artsccommons.ca/WhatsOn/](http://www.artsccommons.ca/WhatsOn/)



## MAR. 23 GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. More info at [www.poppyinnovations.ca](http://www.poppyinnovations.ca)



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

### First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/mini-build-registration>

### Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at [www.storybooktheatre.org](http://www.storybooktheatre.org)

### Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at [www.pumphousetheatre.ca](http://www.pumphousetheatre.ca)

### Mar. 16, Hodgetwins at the Laugh Shop

These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at [www.thelaughshopcalgary.com](http://www.thelaughshopcalgary.com)

### Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

### Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at [www.scotiabank.saddledomecalgary.com](http://www.scotiabank.saddledomecalgary.com)

## COMMUNITY PRIDE

### Out to Lunch with Donna and Laura

Today we had the pleasure of eating lunch at Pho Xuan, a Vietnamese restaurant located at #128, 920-36 Street NE. This restaurant has been serving Vietnamese food from this location for the past 17 years. The prices are reasonable with a large and varied menu and the staff are very friendly and informative. Judging from the lunch crowd this is a very popular place to eat in Marlborough!



### Utility Boxes

Have you noticed our new artwork on 36 st? Here is one of five utility boxes done by the talented artist Mary Haasdyk.



### Did you know?

You are responsible for the complete removal of snow and ice from all sidewalks adjacent to your property within 24 hours of when the snow stops falling.

Did you know that sand de-icing mixture is available for free at many Fire stations?

Parking is not allowed in alleys that are less than 6.1 meters wide, and you cannot park within 1.5 meters of, or directly across from a driveway or garage entrance in an alley.

## Marlborough mybabysitterlist

Name	Age	Contact	Course
Emilee	14	403-827-9334	No
Kimberly	49	403-512-2628	Yes

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

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

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

## Jelly Bean Dance

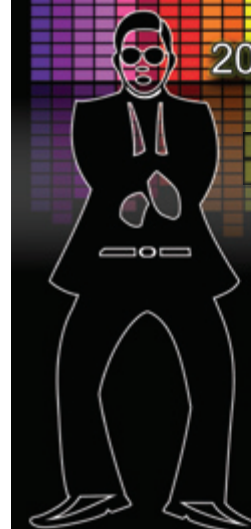
**CMCA**  
Calgary Marlborough Community Association  
636 Marlborough Way NE

\$3 / Child (Age 12 + Under)  
- Chaperones are FREE  
- Canteen and Prizes

**6:30 pm - 9:30 pm**

**2016/17 Schedule**

**January 20**  
**March 10**  
**April 21**  
**June 9**



**PLEASE NOTE:**  
Children must be signed in  
AND out of the JB Dance!!!

Remember children must be signed in and out of the Jelly Bean Dance.

Keep an eye in the newsletter for updates on our next Jelly Bean Dance.

If you would like to volunteer for future Jelly Bean Dances please call Susan at 403-614-7858

## Volunteers Wanted For The Mow And Snow Program NO EXPERIENCE NEEDED

Let me introduce myself, my name is Dora Loucks, I am the Coordinator of the Mow and Snow Program for Calgary Marlborough. The community needs your assistance. If you are able to give of your valuable time for yard clean up, odd jobs and snow shoveling, please call or text me at 403-554-3679. My email address is dloucks@shaw.ca. In return for your hard work and selfless contributions to the community that we all live in, you will receive heartwarming satisfaction and a feeling of pride in your neighborhood.

It is truly Neighbor Helping Neighbor!

### Senior Safety Tips When Walking

Walk in well-lit areas located away from bushes and doorways;

Keep your wallet in your front pocket;

Avoid walking in alleys;

Be aware of subtle pedestrian hazards such as skateboarders and runners; and if you think you are being followed, cross the street and walk in the opposite direction or walk to the nearest public place.

## Marlborough 50+ Club

Whist and Bridge every Thursday at 1:00 on the second level - elevator available - new members always welcome.

Potluck lunch every third Thursday of the month.

For further information contact me (Elaine Card) at spiritquest@shaw.ca or phone # 403-275-1128.

### Befit & Age Well Exercise Class

Be Fit & Age Well will be running classes on Fridays from 9 - 10 am. Cost is \$10 for 10 classes plus a community membership. This program is run by a certified Alberta fitness leader specializing in arthritis and aging well exercises. Call 403-273-5894 for more info

**Certified Alberta Fitness Leader specializing in  
Arthritis & aging well exercises**



### Yoga Classes

Yoga classes will run until the end of July. Monday evenings from 7:30 – 9:00PM or Thursday afternoons from 1:30 – 3:00PM. For more information contact Marg at 403-273-7952.

### Walking Program

Tues. & Thurs. mornings starting at 8:30 Call 403-273-5894 for more info.

### Senior's Resources

Calgary Seniors' Resource Society provides programs & services that help seniors remain living independently in their own homes as long as possible. In addition to assisting with critical needs like housing, pension & benefit applications, CSRS also provides transportation to medical appointments and, companionship and social support through programs like Escorted Transportation and Friendly Visiting.

To access CSRS programs and services, you simply need to call our office at **(403) 266-6200** and speak with our receptionist. Eligibility criteria and wait times will vary between programs. If for some reason we are not able to help you, we will do our best to find out who can and connect you with them.

If you suspect a senior is at risk, please call the 24/7 Seniors Help Line (run in partnership with the Distress Centre) at **(403) 264-7700**. Trained volunteers are standing by to answer your call and will ensure your personal information remains confidential. Your concerns will be forwarded to the CSRS Senior Connect Outreach Social Worker, who meets with seniors and helps connect them to the community support services they need.

### Senior Connect

Free education sessions teach groups, businesses and individuals to recognize the signs and symptoms that a senior may be at risk and how to report their concerns via a 24 hour seniors help line. The Senior Connect Outreach Worker, who is a registered social worker, then follows up with the senior and connects them to community resources. To book a Senior Connect training session or for additional information, please contact CSRS at **(403) 266-6200**.

### Thank you sponsors!

**Marlborough 50+ Seniors Club had their Christmas dinner on December 8<sup>th</sup>, 2016. We would like to thank all of the local business sponsors for their donations. It was much appreciated!**

## Snow Angels Needed!

Be a Snow Angel and a good neighbor by clearing the snow from the sidewalk beside yours; most neighbors will return the favor in time.

Also, remember that keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. If you are aware of someone in your block with this description, be a snow angel and give him or her a hand. Be proud of your neighborhood!

## Wednesday Community Night

Our community kids are enjoying the Wednesday Sports Nights, but we need volunteers to keep the whole night going. If you are at least 18 and a desire to help our youngsters keep fit and healthy, call us to volunteer for these nights, and get some work out as well!

## Airplane Noise!

The Calgary Airport will start releasing quarterly reports on their noise monitoring station located at our community. Currently, the report shows the average daily aircrafts over the noise monitor and the average daily noise events with a level of at least 70 dBA. It is being proposed that aircraft and wind direction, runway utilization, and the number of concerns received be added to the report as well as the activities being engaged to reduce the noise impact on our community. What other information or data format would be relevant for you to be added? Let us know what you thoughts.

# Marlborough Community Association Membership



### What is the purpose of a Community Association?

A Community Association is a volunteer organization that represents the interests and meets the needs of the residents within the Community. Join Now, Be Represented!

**Membership cost - Family Memberships - \$20/year, Single Memberships - \$10/year.**

Become a part of your Community! Be heard! Enjoy new programs and make new friends!

### Reasons to join the Community Association

The Community Association is your voice in planning decisions, environmental issues and recreational issues that affect YOUR Community! The Community Centre is a place where you and your children can spend quality time in a safe environment. Your Community is what you make it. Your membership can make a difference!

### Your Community Association membership

Carries the benefit to you and your family by providing programs, activities and events on a weekly or monthly basis at a small cost or no cost. Members may use certain volunteer hours towards the cost of yoga, sports, and other programs. Volunteer and make new friends! Calgary Marlborough Community Association - also offers an active 50+ group, youth activities, lounge with a big screen TV, pool table, shuffleboard, darts & sports facilities and rental facilities available for booking by residents. **Residents who have been members for 60 days prior to booking are given a 10% discount on a room rental.**

Memberships are now available on-line! Go to [www.marlboroughhca.com](http://www.marlboroughhca.com) and click on the membership tab or call the office at 403-273-5894

Memberships can also be purchased at the office – open Monday to Friday from 8:00am to 4:00 pm.



VOLUNTEER OPPORTUNITIES

Help Wanted (Volunteers Needed)  
Limited hours per month required!



Volunteer Coordinator

- Coordinate volunteers for different events and programs



Social Media Director

- Work with our event coordinators and board members to promote the hall and events through various social media outlets. Facebook, Twitter, Instagram etc.



School Liaisons

- Communicate news and activities between the community association and the local school.
- Looking to fill position for Bob Edwards Jr High.



**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)

**safetysync.com**  
**403.668.6402**

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

Calgary Community Events

Are you looking for other events going on throughout the city? Take a look at the <http://calgaryarea.com/index.php?p=communitylist> for all upcoming events at different communities around the city.

Safety Tip!

There is nothing like taking a nice walk in winter to appreciate the beauty of the season, but a bad fall can have serious consequences, especially if you are a senior. To enjoy your winter walk take some precautions:

- Choose a good pair of winter shoes
- Use a cane, or even a pair of ski poles or walking sticks to help with balance
- Wear a hip protector
- Wear bright colors or clothing with reflective material
- Wear a warm hat, scarf, and mittens or gloves
- Dress in layers
- Report hazards on sidewalks or pathways to the City
- Carry a small bag of grit, sand or cat litter in your jacket to sprinkle on icy surfaces
- And above, slow down and enjoy your walk.

Safety Update

December 2016

Break and Enter – residential; 2  
Break and Enter – commercial; 1  
Break and Enter – other (sheds/detached garages); 1  
Thefts (general property); 6  
Theft of Motor vehicle; 20  
\*\*most incidents involved keys left in the ignition, running and unlocked\*\*  
Theft from motor vehicles; 12  
Vandalism/Mischief; 3

The Calgary Joint Graffiti Investigative Team has put together a presentation pertaining to graffiti awareness and abatement within the communities. This is a free and open presentation to the members of the community designed to provide a better understanding of the effects of graffiti vandalism on homeowners, businesses and the overall community.

Learn how, and when, to report graffiti appropriately when an incident does occur and then see some insight into how graffiti is dealt with by the City. The presentation will be held in the early months of spring, so this will be posted once everything is finalized.

Airplane Noise!

Noise reports from the Calgary Airport will be released in the next newsletter, stay tune and let us know what you would like to see in them.

Are you sick of the amount of shopping carts left abandon in our parks and back alleys? If so phone 311 and the store owners of the carts and maybe they will get the message! Phone numbers of the stores are under FREQUENTLY REQUESTED NUMBERS

Frequently Requested Phone Numbers

Alderman -Ward 10 Andre Chabot	403-268-5262
Calgary Police Service- Chris Langham	403-428-6400
M.L.A. Robyn Luff	403-216-5450
M.P. Deepak Obhrai	403-207-3030
Neighborhood Services Brenda Jay	403-366-3957.
City Information	311
City Police, Fire, Ambulance Emergency	911
Bylaw Enforcement	311
(animals, unsightly property, weeds, abandoned vehicles, unshovelled walks)	
Parking Control	403-537-7100
(illegally parked cars, unlicensed/expired licenses)	
Development Inspections	403-268-5415
Planning & Development	403-268-5351
Police (party noise)	403-266-1234
Roads Maintenance/Traffic Assessment	403-268-1636
Sewer Backup – 24 hours	403-268-1155
Shopping Cart pick up – Walmart	403-235-2352
Northgate Safeway	403-248-0848
Shopper's Drug Mart	403-248-2166

CALGARY COMMUNITY EVENTS

Are you looking for other events going on throughout the city? Take a look at the <http://calgaryarea.com/index.php?p=communitylist> for all upcoming events at different communities around the city.



# Ask Charles

*I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?*

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).*

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## Valentine Chocolate Trivia

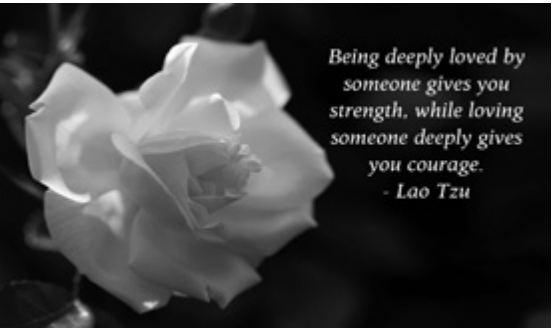
Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

### BRAIN GAMES

### SUDOKU

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

FIND SOLUTION ON PAGE 16



*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.*  
- Lao Tzu





# The Common Redpoll A Winter Migrant to Alberta

Article by J.G.Turner  
Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

### Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up,

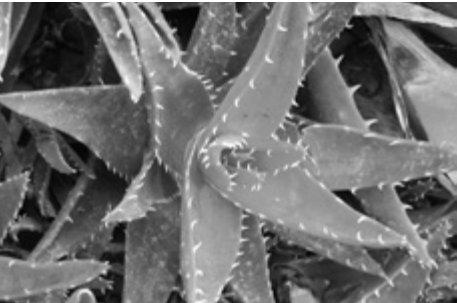
then find a sheltered and safe spot to shell and eat the seeds at their leisure.

- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

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](http://www.calgarywildlife.org) for more information.

## BRAIN GAMES SUDOKU

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



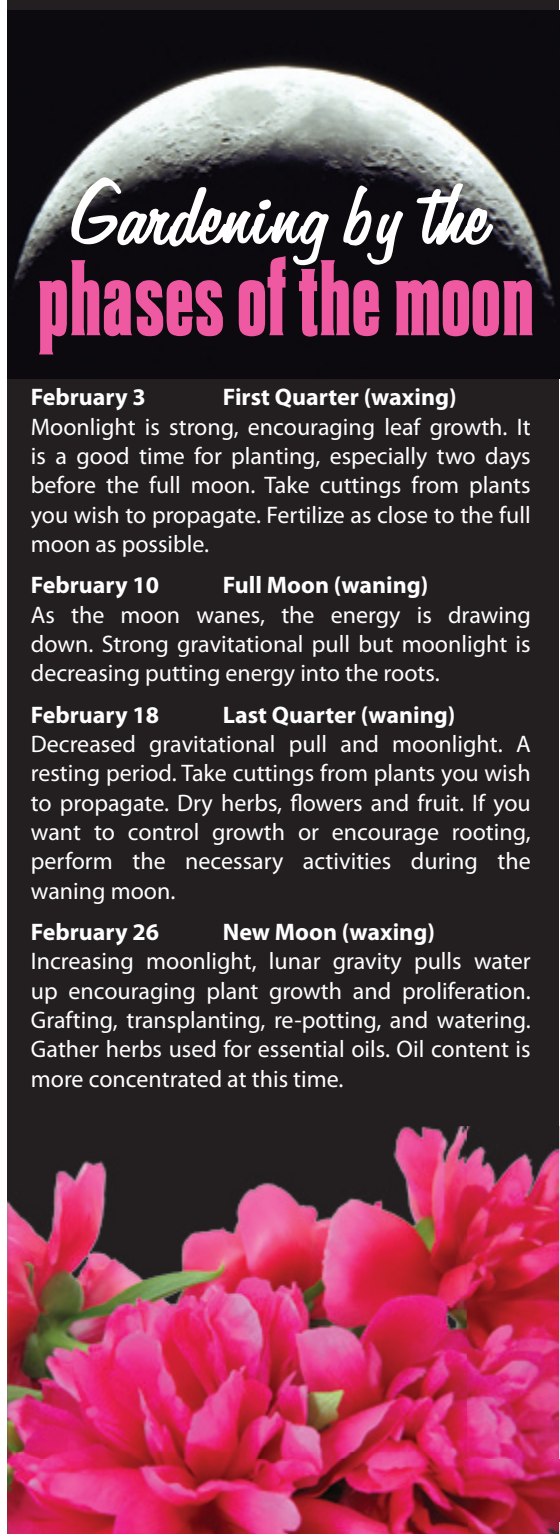
# Succulents & Cacti

Barbara Shorrock

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word "succulent" comes from the Latin word "sucus", meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as *Schlumbergera*/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *Sedum Morganianum*, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *Sempervivum*, among others. The "hen" is the main parent plant, and the "chicks" are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climes, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willowy stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When re-potting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?



# Gardening by the phases of the moon

**February 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.

**February 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.

**February 18 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

**February 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.



## Marlborough Real Estate Update

Last 12 Months Marlborough  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$374,450.00	\$364,000.00
November 2016	\$365,000.00	\$350,000.00
October 2016	\$399,000.00	\$395,000.00
September 2016	\$359,750.00	\$360,000.00
August 2016	\$392,450.00	\$382,500.00
July 2016	\$369,888.00	\$350,500.00
June 2016	\$379,800.00	\$365,000.00
May 2016	\$363,950.00	\$354,500.00
April 2016	\$344,000.00	\$317,500.00
March 2016	\$345,900.00	\$340,000.00
February 2016	\$356,900.00	\$339,975.00
January 2016	\$399,800.00	\$390,000.00

Last 12 Months Marlborough  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	2	2
November 2016	7	3
October 2016	13	7
September 2016	10	7
August 2016	7	6
July 2016	8	9
June 2016	9	7
May 2016	7	4
April 2016	8	4
March 2016	9	13
February 2016	10	6
January 2016	10	5

To view more detailed information that comprise the above  
MLS averages please visit [marlborough.great-news.ca](http://marlborough.great-news.ca)



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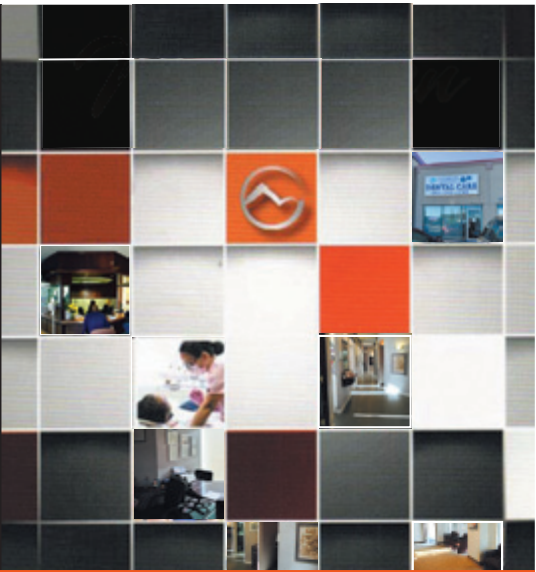
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