

JANUARY 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

MARLBOROUGH

— MESSENGER —

THE OFFICIAL CALGARY MARLBOROUGH COMMUNITY ASSOCIATION NEWSLETTER





Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today
Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



Brought to you by



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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 5th 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 1st of the month for the following month's publication.

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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

PRESIDENT'S MESSAGE

I always like to go back to our slogan CMCA is a “community on the Move” This statement tells what we all strive for, our focus and what we envision for the community and the programs we showcase throughout the year. We have a number of events and programs on a regular basis.

To continue to move our programs forward we require constant support from our volunteers. We would like to create new regular scheduled events but we need people to help organize and run these events. To host a successful event we need more than just one person driving the event – We need all the help we can get. New Years, Monthly events, and ongoing programs need your help! We can't grow without you!

I invite everyone to check the rest of the newsletter and website for more information on our upcoming events. We've had a couple of great events with our Paint Night

and Craft Fair, jelly bean dance, Lunch with Santa. These events were well attended and so much fun. Look for pictures and the stories in the newsletter.

Focus for 2017 will be the ongoing growth our memberships with local businesses bring special discounts when you show your CMCA membership card.

I would like to ask any community leaders within our community who would like to be involved with the CMCA please feel free to contact me via email or call the hall. We are all one community, I welcome all folks from different cultures to join our board. I would like to wish all our Marlborough residents a happy and safe holidays. See you at the next event.

Regards
Steve Hurley
CMCA President

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.....	Katie Thorpe.....	403-366-3957
City Information		311
City Police, Fire, Ambulance Emergency		911
Bylaw Enforcement (animals, unsightly property, weeds, abandoned vehicles, unshovelled walks)		311
Parking Control (illegally parked cars, unlicensed/expired licenses)		403-537-7100
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

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 February 5th at 7:00PM.

UPCOMING EVENTS

January 8th – Board Meeting – Upstairs Activity Room
January 18th – Drugs in Calgary FCC/CPS – Main Gym
January 28th – Open Stage Night – Upstairs Lounge
February 5th – Board Meeting – Upstairs Activity Room
February 25th – Open Stage Night – Upstairs Lounge
March 5th – Board Meeting – Upstairs Activity Room
March 10th – Jelly Bean Dance – Main Gym
March 17th – St. Patrick's Day Game Night – Upstairs
March 25th – Open Stage Nights – Upstairs Lounge



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.



Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



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.net

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

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
Editorial Content DEADLINE 5th
 of each month for the next month's issue

Please send newsletter information to the following email address news@marlboroughca.com.

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



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



Weekly Hall Programs

Monday

Yoga – Fireside Lounge – 7:30 – 9:00 PM

Tuesday

Seniors Social walking – main hall – 8:30 – 10:30 am (Drop-in)

Wednesday

Drop In Sports Night – Main Hall – See newsletter for age groups and times.

Thursday

Seniors Social walking – main hall – 8:30 – 10:30am (Drop-in)

The 50+ Club – 1:00 p.m. The Alpine Loft (New lift available!)

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

Yoga – Fireside Lounge – 1:30 – 3:00 p.m.

Friday

Be Fit & Age Well Exercise class – main hall – 9:00 – 10:00 am

Saturday

Fireside Lounge open **last Saturday** of the month at 7:00 pm

Open Stage and Euchre everyone welcome.

SENIORS IN ACTION

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 8th, 2016. We would like to thank all of the local business sponsors for their donations. It was much appreciated!

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.

Winter Safety

When travelling on snowy roads, try driving outside of the previous tire tracks to give you some extra traction.

Signal well in advance of turning to give other motorists time to anticipate and react to your actions.

You have a legal obligation to drive according to road conditions, and you can be charged for driving too fast even when driving below the posted speed limit if road conditions are not ideal.

Christmas Craft Sale

Thank you to the vendors, volunteers and shoppers that helped make the Christmas Craft Sale a success



Thank You

A Big Thank You to the McKenzies for graciously donating their grill to our community for future use for our yearly Stampede Breakfast.

Wednesday Community Night

Warm Up with Wednesday Sports Night!

The winter is getting you cold? Warm up at your community gym every Wednesday Night. Don't forget to bring your community membership and ID.

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.marlbroughca.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.

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.

Geography Trivia

The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.

Out for Lunch

Each month we will be eating out at a local Marlborough business to inform our residents what is offered in their community. Our first lunch we visited the Roti Hut on 36 St NE where they have been serving up Trinidad & Tobago cuisine for 26 years. They offer a wide variety of homemade dishes on their menu with daily specials. We thoroughly enjoyed our jerk chicken and chicken roti and will definitely be going back. If you haven't had the pleasure of eating there it should go on your bucket list!

Promoting local businesses one lunch at a time! Laura & Donna



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.

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

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.

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!

Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds



THE INTERNATIONAL TERMINAL AT YYC

Environmental Sustainability

YYC is committed to being an environmental leader within the community. The new International Terminal was designed with sustainable features which will reduce YYC's energy footprint, including:



660 km of **in-floor radiant heating tubing**.



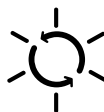
581 **geothermal wells** to provide winter heating needs and summer cooling needs.



A roof designed to harvest more than **800,000 litres of rainwater**, reducing water consumption.



The use of **co-generation heating** to save approximately 26 000 tonnes of CO² each year.



The terminal is designed to **maximize the capture of natural light** and reduce the need for artificial light and consumption of energy.

Visit yyc.com to see learn more about sustainability at YYC.



YYC CALGARY
INTERNATIONAL
AIRPORT

IN & AROUND SCHOOLS

Message from Marlborough Elementary

As a community school, we value the power of community partnerships. We share sidewalks, crosswalks, fences and parking spots on the street. We teach our students that the school community reaches beyond our walls into the neighbourhood and, as such, we need to treat our community members like family.

We know that parking has been an issue across from the school. We regularly remind our staff and area office guests to use the paved and gravel parking lots and to only use the street parking as a last resort. Please understand that we cannot control the use of public parking on the street but will be diligent with our reminders. We strive to be great neighbours and appreciate your support and patience!

We are very excited to work closely with our feeder school Bob Edwards and the Marlborough Community Association to gather around the children in the Marlborough area. We plan to engage in many activities that bring our groups together to build an even stronger sense of community!

As the winter break approaches, please help us take care of one another, be safe on the snow and ice, and say hello to your neighbours!

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. ~ Margaret Mead

Aubrey Fletcher
Principal, Marlborough School

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT +F3

Format all letters as capitals
CTRL+SHIFT+A

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer *or* the seller – they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"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. 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.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY FEBRUARY FEBRUARY

The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

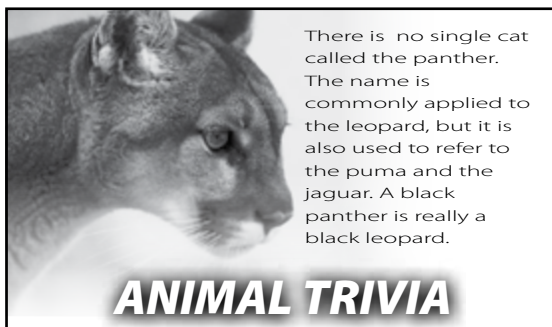
Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
 - it hides food in the fall;
 - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
 - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

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



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

IN & AROUND CALGARY



Top 4 New Year's Resolutions for a Better Neighbourhood

A message from the Federation of Calgary Communities Building Safe Communities Program

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at www.calgarycommunities.com under the Building Safe Communities tab.

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Marlborough. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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CALGARY JAZZ DANCE: Kids winter session on Mondays! Acro/Jazz Combo: 4-6 yrs 5:30-6:15 p.m. and 7-10 yrs 6:15-7:00 p.m. Certified and professional instruction, located in Mayland Heights at the Evergreen Community Spaces. Arlene 403-835-4535 calgaryjazzdance.com

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

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

LOVE THE LATEST LOOKS WITH MARY KAY: At Mary Kay you will find the latest on-trend colours that can be coordinated for you with easy to apply tips. Ask me how you can get the hottest looks of the season. Shop 24/7 at www.marykay.ca/dmaier 403-830-7485 or debbie.maier@gmail.com.

COMMUNITY ANNOUNCEMENTS

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalaltitudes.org.



Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café*! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm



Marlborough Real Estate Update

Last 12 Months Marlborough MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2015	\$351,500.00	\$344,500.00

Last 12 Months Marlborough MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	8	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
December 2015	5	4

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

STEP INTO WINTER

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



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