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THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



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pupartgrooming@gmail.com  Pup Art Grooming

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

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RENFREW COMMUNITY ASSOCIATION

811 Radford Road NE, Calgary, AB T2E 0R7
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www.renfrewcommunity.ca

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All editorial content must be submitted by the 15th of the month for the following month's publication.

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

Great News Publishing and Renfrew Community Association does 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 | |
| Weather Information | 511 |
| Gamblers Anonymous | 403-237-0654 |

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MESSAGE FROM THE BOARD

Happy New Year Renfrew! Hopefully you had a wonderful and restful holiday season with your family. We want to extend a THANK YOU to all our volunteers who put on great festivities and events during December at the hall. We have some exciting things happening in the new year, including breaking ground on our community garden (thanks Lisa and Heike!) and some assorted garden events in the spring. The Tiny Tots Playgroup is back in swing for the new year, and they are still looking for new volunteers. If you can share a couple of hours a month (or less or more), visit www.renfrewtinytots.com for more details. The board is currently working on refreshing and modernizing the community association bylaws. Later this spring we'll be looking to the AGM, so make sure your membership is up to date!

Best wishes to you in 2017!
Board of Directors, Renfrew Community Association

Upcoming Events @ Renfrew Community Association!

Jelly Bean and Candy Rave Dances: Friday, January 13, evening

Karaoke Pub Night: Friday January 27, 7:00 pm (adults only)

| RENFREW COMMUNITY ASSOCIATION | |
|-------------------------------|---|
| EXECUTIVE OFFICERS | |
| President | Lynne Engelman |
| First VP | Allan Garrett |
| Second VP | Peter Holt |
| Secretary | Corianne Jenner |
| Treasurer | Linda Holt |
| Past President | Ron Powers |
| DIRECTORS | |
| Communications | Sabrina Grover newsletter@renfrewcommunity.ca |
| Membership & Volunteers | Russ Weinenger rcamemberships@mail.com |
| Planning | Adam Smith planning@renfrewcommunity.ca |
| Traffic | Dennis Laird renfrew.traffic@gmail.com |
| Events | Mikki Dergousoff mikki.rca@outlook.com |
| Directors at Large | Paul Grover and Peter Goemans |
| COMMITTEE CHAIRS | |
| RCA Bingo | Linda Holt 403-277-3626 |
| Family Pub Night | Candice Eidse |
| Community Garden | Lisa M. rcacommunitygarden@gmail.com |
| Jelly Bean Dances | Patty R. patty_bernies@live.com |
| Tiny Tots Co-op Playgroup | Candice Eidse and Cherie Maceachern rca-tinytots@hotmail.com |
| HALL RENTALS | |
| Peter Holt | hallrentals@renfrewcommunity.ca or (403) 277-3626 or (403) 230-7055 |



Renfrew Community Garden Update

by: Heike Pauli and Lisa Mulder, Garden co-Chairs

It's harvest time – not in the literal sense as it is -20C outside on this December Sunday – but in the metaphorical sense of us reaping rewards for putting in hard work and lots of hours into grant writing (Thank you for taking this on, Lisa!) We are excited to share that Renfrew Community Association is the recent recipient of the 2016 Reducing Barriers to Wellness Seed Grant \$2,000 awarded by Alberta Recreation and Parks Association (ARPA)'s Communities ChooseWell program. Communities ChooseWell is a provincial initiative that promotes and supports the development of programs, policies, and partnerships that foster community wellness through healthy eating and physical activity. Funding from Communities ChooseWell will go towards the Renfrew Community Garden to help building garden beds. Thank you ARPA, for putting your

trust in us and for getting us closer to establishing our community garden!

As we are planning to build the garden bed and prepare the site in spring of 2017, our committee will now be meeting every 2 weeks come January. Lots of work ahead of us, from researching raised garden bed building, organizing work parties, taking inventory of recent wood donation, administrative duties to more grant writing etc. If you have time and are eager to help out, we always welcome more helping hands. Please email us at rcacommunitygarden@gmail.com for more information, or come to one of our meetings. For a meeting schedule, please check on our blog at www.renfrewcommunitygarden.wordpress.com

Community Bottle Drop

Drop your bottles off at the Hall Parking lot the last Saturday of every month and support RCA events as well as the Calgary Drop-In Centre. The Calgary Police Service has put out a warning to Renfrew residents suggesting that we not leave bottles in our alleys (or in blue carts). Let's work together to limit bottle picking and make Refrew a safer and more comfortable community.

Renfrew Pub Nights

Renfrew Pub is open in the Social Room downstairs in the hall every Friday evening from 7pm to close. Friendly bartenders, free pool, darts, foosball and shuffleboard. See you there!

YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

THE WOMEN'S CENTRE SCHEDULE

EVENTS:

Environmental Issues Discussion – Gender and Climate Change

WEDNESDAY, JANUARY 18 (5:30 PM – 8:00 PM)

We are launching a new environmental issues discussion series at the Women's Centre, and we are kicking things off with a discussion about gender, climate change, and the connections between the two. We'll hear from Pembina Institute speaker Julia-Maria Becker about climate change and its impacts here in Southern Alberta, and we'll explore what it means to apply a gender lens to environmental issues. Join us for a meet, greet and snacks at 5:30 pm, discussion starts at 6:00 pm. To RSVP or for more info, email krystal@womenscentrecalgary.org



BINGO!

SATURDAY & MONDAY EVENINGS

Nickle Games: 6:10 pm
Regular Games: 6:50 pm
Satellite: 8:45 pm

50 Cents/Regular Card
\$1/Gold Card

we have snacks too!

Renfrew Community Hall
811 Radford Road NE

WORKSHOPS:

Creative Circle | MONDAYS, JANUARY 16 & 30 (3:00 PM - 5:00 PM)

Creative Circle is a drop-in free-time group for any woman to join. This is your chance to explore your creative side with other women! Work on anything you can think of, from colouring, drawing, knitting, embroidery, or more. Bring something you've been working on or use some supplies provided by the Centre.

PROGRAMS:

Girl Power After School | TUESDAYS AND THURSDAYS, (4:00 - 5:30)

Girl Power After school for girls age 10-12 runs every Tuesday and Thursday at the Women's Centre. Doors open at 3:30, programming from 4-5:30. This program is free! Registration is open year-round, all girls are welcome.

Girl Up Program Launch | TUESDAYS (6:00 - 7:30)

Girl Up is our NEW leadership and activism volunteer program for 14-17 year old girls. Starting on January 10, girls will meet every Tuesday from 6:00-7:30pm, and will be supported in uncovering their own leadership potential. Contact Sarah at 403-264-1155 or email sarah@womenscentrecalgary.org for more information or to sign up!

Child Minding Program | MONDAYS, JANUARY 9, 16, 23, & 30

We now offer FREE Child Minding so that women can attend workshops and services at the Women's Centre. This program is for children ages 19 months – 12 years.

Practice English | MONDAYS (1-3 PM) TUESDAYS (9:45-11:45 AM) WEDNESDAYS (9:45-11:45 AM)

This is a conversational group where women have an opportunity to practice English for daily situations. Drop-in basis; no sign-up required.

For questions and to register call: 403-264-1155

Email: rsvp@womenscentrecalgary.org or Visit: <http://www.womenscentrecalgary.org/calendar/>
All workshops are free and supplies are provided.
No children in these workshops at this time.
Workshops take place at 39 - 4 St NE

HAPPENING AROUND TOWN

Girls Program at the Women's Centre

Did you know that the Women's Centre has ongoing programs for girls who want to change the world? Girl Power After School and Girl Up are FREE opportunities for girls to build community, discover their existing strengths, and build upon their leadership skills all while doing fun activities and social action projects. All snacks, supplies and bus tickets are provided.

Girl Power After School is for 10-12 year old girls, and is currently in its second year. Girls get to explore issues that they've identified as important to them such as body image, relationships, and identity. Activities like crafts, games, dancing, and theatre give girls a chance to talk about and take action on serious issues in their lives in fun and creative ways. Girls hang out together on Tuesdays and Thursdays. Doors open at 3:30pm, and programming runs 4-5:30pm. The program is drop-in and sign up will be ongoing. For more information about the program or for details on how to register, please contact Alexe at 403-264-1155 or alexe@womenscentrecalgary.org.

Girl Up is our NEW leadership and activism volunteer program for 14-17 year old girls. Starting on January 10, girls will meet every Tuesday from 6:00-7:30pm, and will be supported in uncovering their own leadership potential. By volunteering, girls will have the chance to figure out what they are passionate about, and take on projects together in response. Through this process, girls have the potential to develop confidence, a sense of identity, problem-solving and collaboration skills, and other abilities of their choosing. For example, if they require media or public speaking training for their projects, we will support girls to develop these skills by providing workshops and connections to experts in the community. A three month commitment is required. Interested? Contact Sarah at 403-264-1155 or email sarah@womenscentrecalgary.org for more information or to sign up!

We are also available to do community or school based presentations to chat with girls and parents about our programs. Get in touch with Alexe or Sarah for details!

Girl Guides Calgary

Welcome 2017! As one year closes another year opens. Your local Girl Guides are so excited because the year of their BIG trip is finally here. The 71st Guides are travelling to St. Johns Newfoundland with 27 girls aged 9-11 in July 2017.

It's BOTTLE DRIVE TIME!!!!

The 71st Guides are busy fundraising to make this dream trip a reality. We will be in your community each Saturday during the month of **January**. Watch your mailbox for a blue slip giving more details. If you are not available, would like a different date then a Saturday for pick up or have a large bottle donation please do not hesitate to contact us. We appreciate your support and will do whatever we can to make your donations possible.

Contact: Meribeth Barclay at 71stgirlguides@gmail.com or 403-874-7297

On behalf of the girls and leaders in the 71st Guide unit; thank you for making a difference in the lives of our youth.



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

December 2, 2016

Announcement of 2016 Communities ChooseWell Grant Recipient

Calgary, AB – Renfrew Community Association

Recipient of the 2016 Communities ChooseWell Funding

Renfrew is the recent recipient of the 2016 Reducing Barriers to Wellness Seed Grant awarded by Alberta Recreation and Parks Association (ARPA)'s Communities ChooseWell program. Communities ChooseWell is a provincial initiative that promotes and supports the development of programs, policies, and partnerships that foster community wellness through healthy eating and physical activity.

Funding from Communities ChooseWell will go towards the Renfrew Community Garden to help build garden beds for residents to rent and use. Our community plans to support relationships with our neighbours, physical fitness, healthy eating and active living through the Renfrew Community Garden.

The Alberta Recreation and Parks Association (ARPA) is a provincial, not-for-profit, charitable organization made up of volunteers committed to building healthy citizens, communities, and environments in Alberta through recreation and parks. Serving Albertans since 1951, ARPA members include municipal and public recreation agencies, educators, corporate, elected members, volunteers, and student members.

<http://arpaonline.ca/program/choosewell/>

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**.



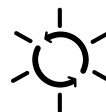
581 **geothermal wells** to provide winter heating needs and summer cooling needs.



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



It's a New Year for Healthy Sleep!

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

The Sleep Well Tonight Checklist



Tips for today and tonight: stop caffeine by 2 PM, make sure you get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.
4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

IN & AROUND CALGARY



Free ESL Classes

Develop essential vocabulary, pronunciation and conversation skills with native English-speaking volunteers. Weekly 1.5 hour classes on Wednesday mornings, Thursday evenings and Sunday evenings. Adults +18, school-aged children if accompanied by adult. Register at calgaryesl.ca.



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.



BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 15



Renfrew Real Estate Update

Last 12 Months Renfrew
MLS Real Estate Sale Price Stats

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| November 2016 | \$1,145,000 | \$1,070,000 |
| October 2016 | \$547,000 | \$537,500 |
| September 2016 | \$1,525,000 | \$1,425,000 |
| August 2016 | \$427,400 | \$416,550 |
| July 2016 | \$469,900 | \$452,500 |
| June 2016 | \$544,900 | \$521,750 |
| May 2016 | \$499,000 | \$482,500 |
| April 2016 | \$530,000 | \$515,000 |
| March 2016 | \$535,000 | \$530,000 |
| February 2016 | \$637,400 | \$622,500 |
| January 2016 | \$464,900 | \$447,000 |

Last 12 Months Renfrew
MLS Real Estate Number of Listings Stats

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| November 2016 | 12 | 1 |
| October 2016 | 4 | 2 |
| September 2016 | 3 | 3 |
| August 2016 | 5 | 4 |
| July 2016 | 3 | 1 |
| June 2016 | 3 | 6 |
| May 2016 | 6 | 9 |
| April 2016 | 4 | 5 |
| March 2016 | 10 | 6 |
| February 2016 | 9 | 4 |
| January 2016 | 3 | 1 |

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



Express Your Innate Power

By Dr. Alma Nenshi, Family Chiropractor

The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore

the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!



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.

BUSINESS CLASSIFIEDS

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 Renfrew. 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."

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.

Trivia
Wrigley's
Chewing Gum



Wrigley's promoted their new spearmint flavored chewing gum in 1915 by mailing 4 sample sticks to each of the 1.5 million names listed in the US telephone books

COMMUNITY ANNOUNCEMENTS

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

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

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.vocallatitudes.org.

VOLUNTEERING is good for the soul

BRAIN GAMES SUDOKU

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



Renfrew Community Association

Candy Rave

January 13, 2017


8 pm to 10 pm

\$5 per person

Grades 6 to 9 only

Prizes
Live DJ
Concession

renfrewcandyrave@gmail.com



CALGARY PUBLIC LIBRARY

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

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT + F3

Format all letters as capitals
CTRL + SHIFT + A

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

You may have read that the Alberta government is currently undergoing an education curriculum review. This involves a comprehensive assessment and renewal to bring the curriculum from kindergarten to Grade 12 up-to-date in six subject areas: Language Arts, Mathematics, Science, Social Studies, Fine Arts and Wellness.

Our Calgary Catholic School District (CCSD) supports and recognizes the need for an updated curriculum. As a district, we have provided teachers to participate in the Expert Working Groups, which are comprised of teachers from across Alberta who are working together to develop curricula in all six subject areas and across grade levels. The Expert Working Groups will continue to develop the learning outcomes and refine the previous work through to 2022.

We also distributed information to our school council chairs, parents, staff and students about participation in a public survey, which ran online until November 18, and provided an opportunity to contribute ideas on what will be taught in Alberta classrooms in the years ahead. The government has indicated that a summary of feedback from the survey will be available online in early 2017. This was the first opportunity to provide input into the updated curriculum. Additional opportunities to be involved will be posted on alberta.ca when available.

We look forward to continuing our work with Alberta Education on this and many other aspects of their Future Ready initiative – which is a new integrated approach to education, skills and training from kindergarten to career. Our district is also participating in the School Nutrition Pilot Program, currently occurring at St. Peter and Holy Family schools. This program grants funds to provide a healthy meal to students every school day and to provide further education on nutrition and healthy eating.

Initiatives such as an updated curriculum and healthy eating in our schools allow our district to continue our focus on Success for All Students, within our Catholic Communities of Caring environments. Our Board of Trustees will also continue to work with organizations, such as the Alberta School Boards Association (ASBA) and the Alberta Catholic School Trustees Association (ACSTA), to support these government initiatives moving forward. And as trustees of a Catholic school district, we continue to be actively involved in advocating for Catholic education in the ongoing development of the curriculum.




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.



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



BRCA
BRIDGELAND RIVERSIDE COMMUNITY ASSOCIATION

LEGO BUILDING COMPETITION

SATURDAY FEB 4, 2017

The following age groups and categories have been set up to encourage Children, Youth & Adults of all ages to CREATE, BUILD & INVITE! Entries are to be prebuilt and brought ready to be judged.

3-6 YEARS 7-9 YEARS 10-12 YEARS 13-17 YEARS 18+ (GROWN UPS)

CATEGORIES FOR ENTRIES ARE:
Buildings & Structures or Cool Scenes
Vehicles and Transportation or Creative Inventions
Adult Entries are by PEOPLE CHOICE

Entry Forms are due by Friday, Feb 3rd, 2016 \$5 entry fee can be paid at entry drop off
Maximum of 3 entries per person

DROP OFF ENTRIES: Saturday Feb 4th between 10 to 11:30
JUDGING: Saturday Feb 4th from 11:30 to 12:30
PUBLIC VIEWING: Saturday Feb 6th 1 to 3
AWARDS: Only First Place winners will receive a prize, Second and Third Place receive only a Ribbon, People Choice Award, and Raffle Prizes will be announced at 2:45 PM
No Entries can be removed before 3 pm

SEE YOU THERE ON MON!
Inquires please contact events@brcacalgary.org



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.



Renfrew Community Association

Jelly Bean Dance

January 13, 2017 6 to 8 pm

\$3 per youth
Grades K to 5

Bring your own water bottle!
get free koolaid

Prizes
Live DJ
Candy Bar

www.jellybeandance.ca



KARAOKE PUB NIGHT

RENFREW PUB
JANUARY 27, 7:00 pm

Come on out with some friends and your best (or worst) singing voice to this community sponsored event. Snacks are provided and food will be available for sale. Adults Only.



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www.calgarycabs.ca

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- Want to know if it is the right time to invest in your dream home, buy your first home or downsize?

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