

JANUARY 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

RUNDLE RUMBLES

THE OFFICIAL RUNDLE COMMUNITY 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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RUNDLE COMMUNITY ASSOCIATION

2409-50 St NE Calgary, AB | T1Y 1Z5
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Delivered monthly to 4,200 households and businesses!

Editorial Submissions

rumbles@shaw.ca
All editorial content must be submitted by the 10th 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.

Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



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 Rundle 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 Rundle Community Association and Great News Publishing 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 hope you all had a fantastic Christmas and have fun with family and friends.

I want to remind everyone of a few activities that are coming up.

Mixed media will be happening on Friday January 27th and Friday February 24th from 7 – 9 with Deb in the pub. Cost is 25.00/person. This gets you all your art supplies and 1 complimentary beverage. Please let me know by the Wednesday prior if you are coming or not. Check the Rundle Facebook page for past event pictures.

In December the City of Calgary held two open houses to gather ideas from Rundle residents regarding the Rundle Station Master plan. They are aiming for late January for the next events. These will more involved in terms of soliciting input that will inform the Master Plan. Project updates will be made available on the website Calgary.ca/rundle.

On February 20th we will be holding our annual Family Day Skate. The event goes from 11:00 am – 2:00 pm. It is a free event with hot dogs, hot chocolate, bon fire and lots of skating for all the family. Hockey will not be allowed on the rink between 11 – 2.

The Board meeting for January will be the 8th at 7:00 pm in the Board room. All are welcome.

Respectfully submitted
Sue Holt
President
Rundle Community Association

EDITOR’S MESSAGE

Happy New Year Rundle residents!

It’s now onto remembering to add the 7... how many weeks does it take you?


In January, we seem to just huddle in the comfort of our home, searching the databases for hotels and flight information for a winter getaway – wouldn’t that be nice?

Our little community is quiet during January, but that doesn’t mean there is nothing going on! The regular activities at the Summit Pub have started back up ... Tuesdays, there is ‘drop in’ cribbage - (anyone can play) – Wednesdays is Wing Night; Thursdays drop in for Euchre; Fridays’ there often karaoke; Saturday is busy too - drop in Darts during the afternoon and then there’s free Texas Holdem poker in the evening.. Have you had any of the meals at the Summit? It’s delicious and reasonably priced so bring your whole family!

How are you liking our new newsletter format? If you have any ideas or queries or pats on the back, please bring it to our attention! rumbles@shaw.ca.

Kathy Collinson





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.

RUNDLE Community Association



2409-50 St NE
Calgary, AB | T1Y 1Z5
Phone:403.280.4752
www.rundlecommunity.ca
rundlecommunity@shaw.ca

EXECUTIVE		
President	Sue Holt	403-852-3952
Past President	Larry Yasman	403-285-6682
Vice President	Andrew Gearey	
Secretary	Kate Johnson	403-285-1613
Treasurer	John Peartree	403-285-4843
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Hall Rentals	Wendy Scales	403-280-4752
Summit Pub	Daniel Young	403-285-5785
Building Operations	Daniel Young	403-280-4752
Bingo/CCSBA	Mary Pelland	403-280-3976
Newsletter	Kathy Collinson	403-285-4642
Membership	Marilette	403-285-8498
Casino	Alex Biletski	
Social	Sue Holt	403-852-3952
DIRECTORS - AT - LARGE		
	Helen Powers, Sabrina Fulmer, Jeff Trudeau, Maggie Branton, Bruce Hardardt, Richard McAlpine	
REPRESENTATIVES TO THE BOARD		
Blockwatch	Maggie Branton	403-293-3732
Before/After School	Margaret Olu	403-275-4098
Girl Guides	Karma Lanneville	403-651-0038
Beavers/Cubs/Scouts	Jacky Yasman	403-285-6682
Community Resources	Joylynn Matheson	403-476-7157
Bronco's Football		
Police-District 5		403-268-6500
MLA	Ricardo Miranda	403-280-4022
MP	Davinder Shorey	403-291-0018
Ward Councillor	Ray Jones	403-268-2430

HALL RENTALS

We offer a bright and clean facility, whether it is for a wedding, anniversary, reception or meetings, etc., let us help you plan your event. The hall has the capacity for 225 persons, but can always be sectioned off to accommodate any size of gathering.

Rental of the hall is \$550.00, with a \$550.00 damage deposit. Please call us for further information – leave me a detailed message and your contact information. You may also message us on Facebook. Contact Wendy 403-280-4752.



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 16

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.



Community Membership Application

Family membership is only \$10 per year
Please make your cheque out to:Rundle Community Association
and mail to: 2409 – 50 St. NE Calgary, Ab T1Y 1Z5

Last Name _____ First Name _____

Spouse/Family Members Names _____

Address _____ Postal Code _____

Phone # _____ Email _____

Consent requested. You request permission to receive emails from the Rundle Community Assoc.

YES _____ NO _____

You may withdraw your consent anytime by emailing rundlecommunity@shaw.ca and placing
"Please unsubscribe me" in the subject line.

IN & AROUND CALGARY



Women's English and Social Group

Meet your neighbours & practice English!

The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community.

Registration is FREE and there are no minimal English requirements. Groups meet once a week for 2 hours to practice English, make new friends and have fun! Free childcare is also provided (6 months – 6 years). JOIN ANYTIME!

Village Square Library 2623 56th Street NE
Thursdays 10:00am -12:00pm

Debra Colley, Program Coordinator
Calgary Immigrant Women's Association
Email: debrac@ciwa-online.com
Phone: 403-444-1752
Website: www.ciwa-online.com



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.

Suggestion Box

We are always open to suggestions and improvements that are helpful, and if you just want to give our staff/management any praise, we're open to that too. Let us know how we are doing!

Summit Pub

Open Tuesday to Saturday from 4pm – 10pm (sometimes later)

Monday - Closed
Tuesday - Crib Night - everyone welcome
Wednesday - Wing Night
Thursdays - Euchre - bring a partner
Friday - every 2nd is karaoke night
Saturday - sometimes there's a movie!
Sunday - Closed



Bingo and Fundraising

If you can volunteer for this fund-raising event, please call Mary at 403-280-3976. If you have never 'done bingo' before, no worry! Training is provided – just show up 10 minutes early. Refreshments are provided for workers.

Volunteering your time can help you pay for school and youth activities, as they provide you with a VOUCHER you can use to offset these fees. A few hours can make a HUGE difference!

Yoga

Monday Nights at Rundle Community Hall 2409 – 50 St NE
Thursday Nights at Prince of Faith church - 2523 – 56 St NE
Contact Val - 403-809-2170 email perizad3@gmail.com

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**.



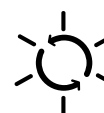
581 **geothermal wells** to provide winter heating needs and summer cooling needs.



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



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



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





Have fun on Family Literacy Day – January 27th

Family Literacy Day is celebrated annually as a time to inspire families to learn together. Keep in mind:

- ☺ It's never too early or too late to talk, sing and read with your children.
- ☺ Songs and storytelling create a rich environment for language development.
- ☺ Children learn through rhythm, rhyme and repetition.
- ☺ Talk with your child rather than at them.
- ☺ As you read together, try the 3Ts: Tune in to your child's interests, Talk more about the book, Take turns reading or asking questions.
- ☺ By reading, talking, drawing and writing with children, you are helping them develop skills they will use forever.

Enjoy a Neighbourhood Scavenger Hunt to celebrate Family Literacy Day

Today, family life is busy! We spend a lot of time traveling—in cars, on buses and on foot. Take your literacy fun with you! Make a game card for each player in your family. (Note: If you are driving, you do not get a card!) Hand out crayons. Check off the correct box when you find the item. The first person to find the most wins!

STOP sign <input type="checkbox"/> ✓		Tree <input type="checkbox"/> ✓	
Dog <input type="checkbox"/> ✓		Bike <input type="checkbox"/> ✓	
Bus <input type="checkbox"/> ✓		Person walking <input type="checkbox"/> ✓	
Traffic light <input type="checkbox"/> ✓		Playground <input type="checkbox"/> ✓	

You can make other game cards up too; perhaps one for the grocery store, the pet shop or the doctor's office. Remember to take 15 minutes every day to play, read and learn together as a family!

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

Adapted from ABC Life Literacy Canada

Everyone Needs Somewhere To Belong! Your Whole Family Is Invited

To worship God, hear what the Bible says and share life with us.

email: pastor@cornerstonecalgary.com www.cornerstonecalgary.com

2640 Rundelawn Road NE Calgary AB T1Y 5X3

King of Glory and Cornerstone Christian Assembly

Two churches coming together in one name ... JESUS!

403-561-6936

COFFEE &
CONVERSATION
EVERY TUESDAY
2:00 pm to 4:00 pm
Best of all ... it's free!

Sunday
Service
10:30 a.m.

SHOP & SOUP
SATURDAY
EVERY SATURDAY
11:00 am to 1:00 pm
Free clothing & small household goods
Stay for a free bowl of soup and a bun!



School Age Care Monday to Friday

6:30 am to 6:00 pm

On-going Registrations

Subsidies are available (for both School Age Care and Preschool)

Preschool Classes

On-going Registrations

2640 Rundelawn Road NE

403-285-4855

email: info@kingskidsfoundation.ca

www.kingskidsfoundation.ca



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



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



It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

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.

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

The Sleep Well Tonight Checklist



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.

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.



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.

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 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.



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.



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 arise.

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.



Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

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

1. Reliable recall – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.

2. Serene sitting – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Working together for our students

A locally accountable Board of Trustees is important. We are elected by the citizens of Calgary and we work hard to ensure parents, students and community members have a voice at the CBE. We advocate with all levels of government for public education and what is in the best interest of CBE students.

We listen and respond to the concerns and aspirations of parents, students, employees, public and government. Trustees provide this information to Administration, who in turn respond to and/or action this feedback. We have monitoring systems in place to ensure that once we identify priorities, they are carried out by our system.

As Trustees, we are active in our school communities. We listen and seek to understand more about what is important to our community. Recently, we've had conversations with parents about transportation, about the need for space for schools close to where our students live, funding for modernizing the existing schools in our system, and about the need for resources to support our diverse and complex system and all of our students in their learning. Even though we advocate for a large system, each student is unique and deserves the best public education experience we can provide.

We work hard to be strong advocates for our students and advocate for what is in the best interest of the CBE and public education.

The Board of Trustees believes in strong partnerships: with parents, students, staff, communities and all levels of government. By working together, we can make a difference for our students today and for our future.

If you would like to invite your Trustee to join you for your school council meeting or are interested in having a conversation with your Trustee, please contact us at boardoftrustees@cbe.ab.ca

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

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TO DO THIS:

Change the case of the letters
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Format all letters as capitals
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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.

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