

JANUARY 2018

DELIVERED MONTHLY TO 4,800 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

**BEDDINGTON'S
GREAT OUTDOORS:
WHERE NEIGHBOURS CONNECT**



www.beddingtoncommunity.ca • www.calgaryarea.com/NW/Beddington

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca

Fastest Flyers
 uncomplicated print marketing.

**Experts in
 design, print,
 & targeted delivery**



**CALL NOW FOR
 YOUR FREE QUOTE
 403-243-7518**

ACHILLES FOOT CLINIC | Work, Play, Live
 Pain FREE!

Heel Pain • Ingrown Toenails • Plantar Fasciitis
 Foot/Achilles Injuries • Fungal Nails
 Custom Orthotics • Foot Surgery • Diabetics

North Clinics: #606 - 1701 Centre St. NW • 403-277-9476
 Oasis Medical at Deerfoot City • 403-910-4576
 South Clinic: #203 6707 Elbow Dr. SW • 403-777-0085

www.achillesfootclinic.com

**NO REFERRAL NEEDED
 Saturday hours available**



Bottle Depot

**BEDDINGTON HEIGHTS
 BOTTLE DEPOT**

#111, 20 Country Hills Landing NW
 Calgary, Alberta T3K 5P4
403-274-2122

www.bottledepotcalgary.ca

**Newly renovated with the latest technology
 to serve you better and faster!**

It matters – and it pays \$\$

Mon - Fri: 8:45am - 6:00pm
 Sat: 8:30am - 5:00pm
 Sun: 10:00am - 4:00pm

**Computerized • Accurate
 Fast & Friendly Service**



SAFETYSYNC

Manage Your Workplace Safety

safetysync.com



Lorli J.S. Dukart
 Lawyer & Notary

Serving your community for over 21 years

**REAL ESTATE • WILLS • ESTATES
 ENDURING POWER OF ATTORNEY
 PERSONAL DIRECTIVES**

Tel: 403-216-6837 • Fax: 403-282-8595
www.dukartlaw.com
Cambrian Professional Centre
 #21, 41 Chelsea Street NW

CENTRAL ORTHODONTICS

**Dr. Leo Lou
 DENTAL BRACES SPECIALIST**

- No referral necessary
- Free child and adult exams
- Flexible payment plan
- Extended business hours
- Two Saturdays per month
- Fluent in Chinese and English

Beddington Towne Center
 8120 Beddington Blvd NW

Call or email today for free consultation!
403-984-9194
info@CentralOrthodontics.ca
www.CentralOrthodontics.ca




RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?
 Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES

MICHAEL MARTIN, MBA, CFA, CFP
 Investment Advisor
 403-266-9655
 michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca

RBC Wealth Management
 Dominion Securities

There's Wealth in Our Approach.™

CIRCUS • GYMNASTICS • STUNT TRAINING • NINJA WARRIOR • PARKOUR



flip FACTORY

**EXPERIENCE THE EXCEPTIONAL
 EXCEPTIONAL PROGRAMS AT AFFORDABLE PRICES**

Easy monthly payments as low as \$63.25/month
www.flip-factory.com 403.265.2656

Flip Factory @Flip_Factory Flip_FactoryYYC



BEDDINGTON COMMUNITY ASSOCIATION

375 Bermuda Dr. NW Calgary, AB – T3K 2J5
 Phone: 403.295.8837 • Fax: 888.371.4991
 banner@beddingtoncommunity.ca
www.beddingtoncommunity.ca

Delivered monthly to 4,800 households and businesses for 10 years!

Editorial Submissions

banner@beddingtoncommunity.ca
 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.

Published by Great News Publishing

Serving Calgary communities for 29 years
 87 newsletters reaching over 391,000 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 Great News Publishing and Beddington Community Association.

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

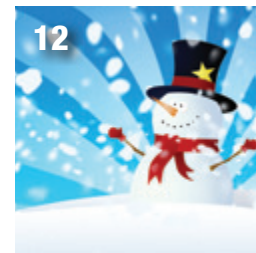
Great News Publishing and Beddington Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
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	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	1-855-222-5542	

CONTENTS

7	MESSAGE FROM THE BOARD
7	BEFORE AND AFTER SCHOOL PROGRAM
8	BHCA EVENTS
9	FRONT ROW CENTRE PRESENTS: CITY OF ANGELS
10	AT A GLANCE
11	STORY BOOK THEATRE
11	WOMEN'S ENGLISH & SOCIAL GROUP
12	WINTER CARNIVAL
14	BEDDINGTON OUTDOOR SKATING RINK
16	REAL ESTATE UPDATE
19	BEDDINGTON BOOK CLUB
19	MY BABYSITTER LIST





BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

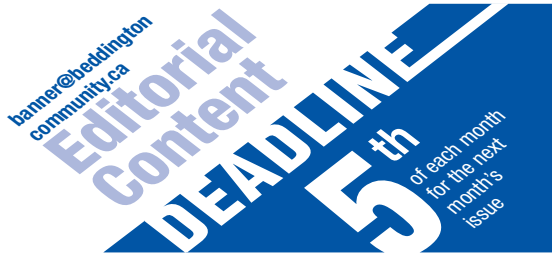
375 Bermuda Drive NW • Phone: 403-295-8837 • Fax: 888-371-4991
 Website: www.beddingtoncommunity.ca | Email: banner@beddingtoncommunity.ca
 Follow Us on Twitter @BeddingtonCA and Facebook

EXECUTIVE DIRECTORS

President	Jessica Martin
Vice President	Ilona Dezentje
Secretary	Mary Urquhart
Treasurer	Esther Karasova
Director at Large	Roy Alexander
Director at Large	Vacant
Director at Large	Michael Leung
Director at Large	Michael Sokolowski
Director at Large	Anne McCauley
Director at Large	VACANT

COMMITTEES

Casino Coordinator	VACANT
Rink Coordinator	Ilona Dezentje



Beddington Heights Community Association Membership Application

Name: _____
 Address: _____
 Postal Code: _____
 Telephone: _____ Email: _____

Family Member's Names / Ages:	Name	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at www.beddingtoncommunity.ca
 Membership: \$20



MESSAGE FROM THE BOARD

Happy New Year from the Beddington Heights Community Association. We hope everyone had a safe and happy holiday.

Although the Board takes a break in December to enjoy the holidays with our friends and family, we have been busy planning for 2018 and working on two projects:

- Our Winter Carnival on January 13, that I hope everyone will come out and enjoy
- Our open space plan

We are lucky in Beddington to have a wealth of green space, open space, parks and playgrounds, but as our community ages so do these spaces. We will be busy over the next year coming up with a plan to reinvigorate and reimagine these spaces. We are really excited about this project and hope we can get lots of input and involvement from the community. Watch for updates on how you can be involved reshaping our community open spaces!



BOARD MEETINGS

**Fourth Tuesday of the month
(except Dec/August)**

7 p.m. start in the upper board room,
 Beddington Theatre Arts Centre.
 Open to all BHCA members and
 the Beddington Community



BEFORE AND AFTER SCHOOL PROGRAM



Happy New Year, everyone!

December sure was a great month for us! We enjoyed some nice winter weather and the children loved the snow and holiday activities. The children enjoyed a few theme days throughout December including Star Wars, Mythology, Imaginarium, and Freedom Friday! We put on a successful Winter Mixer for our families that included fun family activities and crafts as well as delicious home baked goodies from some talented bakers, and a few visual performances from the children.

As we return from our winter break we will continue to focus on acts of kindness. Our Program Council started an initiative where they made muffins and coffee for our parents in the mornings, so they had something nice to take with them to work. The first week of this month will be dedicated to more awesome theme days before the children go back to school, such as Gameshow Day, Choose your Own Adventure, Grimm's Fairy Tales, Marvel vs. DC and Survivor.

We will soon be getting busy with Teachers Convention, Spring Break, and then Summer Camp registration.

If you are interested in being put on our waitlist for the next school year, please contact us at bhca.basp@shaw.ca or by calling 403-295-8837.

Stay warm and enjoy the season!



FIND YOUR SKATES! BHCA EVENTS JANUARY/FEBRUARY

Your **Beddington Heights Community Association** invites you to enjoy its great outdoors in 2018, starting with our Winter Carnival. Explore our parks, playgrounds, pathways, fields and other open spaces this winter. Join our project team, in partnership with the City of Calgary, to reimagine and transform these spaces for future: Contact bhca@beddingtoncommunity.ca



Winter Carnival
Jan 13

Book Club
Jan 16
Feb 20

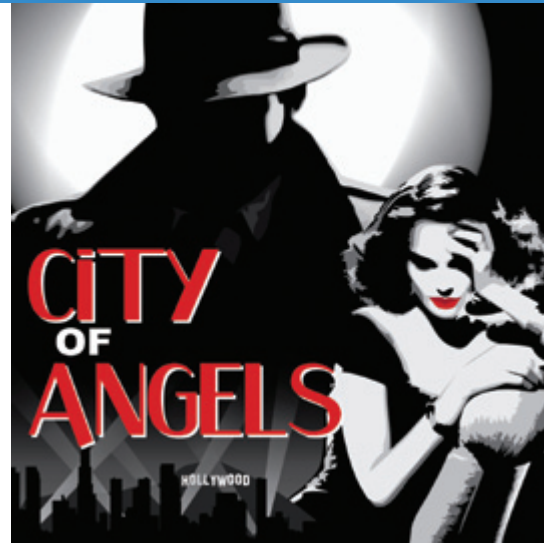
Board Meeting
Jan 23
Feb 27

BHCA

Website:
beddingtoncommunity.ca

Photo
by Terry Matthews on
Unsplash.com

FRONT ROW CENTRE PRESENTS



Join us for FRC's 2nd show of the 2017/2018 season with *City of Angels* – Tickets go on sale November 17th!

“Three million people in the City of Angels according to the last census, easily half of them up to something they don't want the other half to know.”

It's 1940s Los Angeles. A moody, gritty time for private investigator Stone. Or so it is in the imagination of New York novelist Stine. When Hollywood offers him the opportunity to adapt his books into film, he packs up and moves to Los Angeles himself to work on a screenplay for movie producer/director Buddy Fidler, much to the disgust of his wife Gabby.

All too soon the parallels between the fictional world of Stone and that of Stine navigating the real Hollywood of film studios and flimsy negligees becomes clear and the borders between the two worlds blur as well. It is a tale of decadence and homicide with a liberal sprinkling of *femmes fatales*.

In its original Broadway incarnation, *City of Angels* won 6 Tony Awards including Best Musical, Best Book and Best Score. On the West End it won Best Musical both as a new musical in 1994 production and for the 2015 Revival.

“What you don't know about women is fright'ning and you don't know nothin' about me.”

City of Angels runs January 12th - 27th, 2018 at the Beddington Theatre Arts Centre, and tickets can be purchased at frontrowcentre.ca.



Ornamental

landscape maintainers

Full Service Landscape Company specializing in:

- Tree pruning
- Shaping
- Trimming
- Tree removal
- Tree Health Assessments



Don MacDonald, Arborist
Over 45 years' experience



One of Calgary's most respected professional Arborists & Journeyman Landscape Gardeners
Graduated of Horticulture - Dalhousie University

Onsite ISA Certified Arborists at every job
TOP QUALITY EXPERT SERVICE

403-273-7957 | 403-371-7847
www.ornamentallandscape.ca



2018

HAPPY NEW YEAR

Wishing you and your family happiness, prosperity, and health in the New Year ahead.

From all of us at Great News Publishing

WINTER CARNIVAL

Saturday, January 13, 2018

11 a.m.—2 p.m.

Beddington Outdoor Rink

375 Bermuda Drive
(behind the building)

**Hot dogs, treats and
warm drinks!**

**Fun games and activities
Skating on the outdoor rink!**

No skates, no problem!
We'll have some FREE skates
& helmets to use!



For more information or to find out
how to volunteer, visit
beddingtoncommunity.ca
or follow us on:



10 Important Behaviours All Dogs Should Know!

Happy New Year!

We hope you had a wonderful holiday season with friends and family! With the holiday season wrapping up and winter in full swing many pet owners have been contacting the shelter looking for ways to keep Fido entertained when the weather is too cold for outdoor fun. Winter is a great time for dog training! A calm, indoor environment is a great place to begin training skills before heading out into more challenging, distracting, outdoor location. To help you get a start on winter training we've put together a list of ten skills every dog should know!

Loose leash walking – Loose leash walking not only makes the afternoon stroll more relaxing, but safer for both humans and animals.

"Leave it!" – Leaving an item alone is a vital skill. Whether it is a dropped piece of medication or an abandoned food container on a walk, a well-learned "leave it" command can help prevent Fido from gobbling up a dangerous snack.

Recall – Coming when called, first time and every time, has rescued many a dog from a dangerous situation. Recall commands can call dogs away from traffic, prevent them from approaching unfriendly dogs or create distance between your dog and other potential hazards.

Sit – Sitting is a classic skill that serves as a foundation to build other skills.

Drop it – Sometimes, despite our best efforts, Fido gets ahold of something dangerous or inappropriate. Teaching a "drop it" skill provides you with a safe way to retrieve an item from your dog.

Focus or "watch me" – Teaching your dog name attention and focus will help them respond better to other commands.

Stay – The "stay" command can also help to keep a dog a way from dangerous situations or can buy you extra time to evaluate a situation before acting.

Wait – Knowing that your dog will "wait" in the back seat instead of bolting out the car door brings peace of mind as well as safety.

Release – Teaching your dog a set release cue gives you

a way to end a stay, sit or wait.

Polite Greetings – Teaching your dog to greet other people and animals with "four on the floor" prevents accidental scratches and falls from excitable jumping and pawing, particularly if children visit often.

How can I teach my dog these skills?

A structured behaviour class is a great way to help you and your dog build an even better relationship while you both learn important skills. Calgary Humane Society offers a wide variety of behaviour classes for Fido. We also have many free training resources on our website at [blog at www.calgaryhumane.ca](http://blog.atwww.calgaryhumane.ca).

Looking for more information? Wondering if a class is the right fit for your dog? Need extra tips on how to brush up Fido's manners? Call Calgary Humane Society's FREE behaviour helpline at 403-723-6019 to speak with one of our incredible behaviour counselors!

BRAIN GAMES SUDOKU

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



VOLUNTEERS NEEDED BEDDINGTON OUTDOOR SKATING RINK

Recruitment of outdoor rink operators and volunteers for the 2017-2018 season.

As soon as it's cold enough we will start flooding!

IF YOU OR ANYONE YOU KNOW IS INTERESTED IN VOLUNTEERING
PLEASE CONTACT
BHCA@BEDDINGTONCOMMUNITY.CA

Make a
difference in
your community!

Volunteer a few
hours a week to
assist with
flooding and
maintaining our
community rink.

Volunteering is
fun!

It provides a
great
opportunity to
meet new
people and to
socialize with
friends and
neighbours.



Safety First: Tobogganing and Sledding

Building Safe Communities Program

Winter is a great season to get outdoors, especially the thrill of tobogganing and/or sledding. Here are some helpful reminders if you decide to partake in this fun winter activity:

1. Inspect your ride

Inspect all your equipment for any cracks or broken parts, this includes toboggan or sled, helmet and ensure that you can keep your equipment under control.

2. Be cautious

Slide during the day time and in well-lit areas, be aware of potential hazards like holes, fences, trees and signs.


3. Ready, Set, Slide

Ensure the path is clear, keep control and kneeling or sitting feet first face is the safest method to ride.

4. Maintained hills

Did you know that the Parks and Bylaw prohibit toboggan or sledding downhill in a city-maintained park? However there are 20+ hills across the city that has been maintained for your safety. To find which hills are maintained for public use check the city website at calgary.ca





Heritage
CHRISTIAN ACADEMY

2003 McKnight Blvd. NE Calgary, AB T2E 6L2
403.219.3201 ibelong@hccalgary.com
www.hccalgary.com

believe... belong... become...

INFORMATION NIGHT - Tuesday, February 6, 2018
Presentation at 6:00 pm, followed by guided school tours

Equipping students for life through quality Christian Education that inspires commitment to Jesus Christ, and excellence in academics, moral character and service to others.

- award-winning music and athletics programs
- strong sense of mission
- excellent student learning achievements
- committed to Christian discipleship
- financial assistance is available

APPLY NOW ONLINE! Kindergarten - Grade 12
Heritage Christian Academy is an alternative public school operated in partnership with Palliser Regional Schools.



Compost Your Real Christmas Tree

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart or drop your real tree off at one of our 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged. Visit Calgary.ca/christmastree for more information.

Did you know?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.

Get Active and Creative This Winter with The City of Calgary

Become more active and creative this winter by taking part in City of Calgary recreational programs and classes. The Winter Recreation Program Guide is now available. Offering fun, affordable programs for Calgarians of all ages, programs are led by certified, professional instructors at convenient locations throughout the city. With hundreds of programs to choose from, there is something for everyone. For more information and to register, visit calgary.ca/recreation.



Calgary Nose Hill
Hon. Michelle Rempel, MP
 #115 – 70 Country Hills Landing N.W.
 Calgary, AB, T3K5P3
 ☎ 403-216-7777
 ✉ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

As 2018 begins, my focus remains on policy that creates jobs and ensures economic growth here at home. With that in mind, I invite you to contact me with your thoughts about the upcoming federal budget.

As a part of my annual pre-budget consultation, I would like to hear from small businesses, non-profit groups, industry organizations, community groups and individuals in our community. Your feedback on what you would like to see included in the upcoming federal budget will be the basis for my submission to the Minister of Finance.

You can submit your comments to me directly by writing michelle.rempel@parl.gc.ca or by sending me a postage free letter to my Calgary office.

Thank you in advance for your feedback and comments.



Beddington Real Estate Update

Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2017	\$399,900	\$379,888
October 2017	\$421,950	\$409,000
September 2017	\$398,800	\$386,000
August 2017	\$368,900	\$345,000
July 2017	\$384,450	\$374,575
June 2017	\$377,400	\$370,000
May 2017	\$379,800	\$375,000
April 2017	\$389,900	\$382,000
March 2017	\$379,900	\$371,000
February 2017	\$354,950	\$355,525
January 2017	\$374,450	\$366,500
December 2016	\$370,000	\$346,000

Last 12 Months Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2017	6	7
October 2017	12	6
September 2017	10	11
August 2017	19	9
July 2017	15	14
June 2017	25	22
May 2017	27	17
April 2017	15	12
March 2017	16	11
February 2017	9	4
January 2017	4	6
December 2016	2	7

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



Outdoor Play for Winter

nwecccoalitions@gmail.com

Winter outdoor play is so much fun! All ages can get into the groove of doing some physical activity everyday! Just remember to dress for the weather (hat, mitts, boots, snow pants, jacket, scarf). Watch the forecast and even if the weather is extremely cold, a little fresh air (10 minutes) can help keep us happy and healthy. It also fights off the winter blues!

Different types of free activities include:

- make a snowman
- make snow angels in the snow
- build a snow fort
- have a snowball fight (safety first of course)
- go on a walk in the neighbourhood
- sleigh rides
- snow painting (food colouring and water in a squeeze bottle and make designs on the snow)
- use those summer toys (shovels and buckets) and make snow castles
- blow ice bubbles (use regular bubbles and watch them freeze)
- sledding/tobogganing (remember to use proper head-gear for this activity)
- be a snow detective (chill dark coloured fabric in the freezer for 10 minutes and then bring it outdoors to catch snowflakes. The cold fabric will give your kids more time to examine their specimens before they melt)
- make bird feeders and hang them outside
- animal track discovery (look in the backyard at the various tracks and try to figure out what animal made them)
- winter photography (go for a walk and take pictures of the interesting parts of the winter)
- make a snow-obstacle course with tunnels, steps, and jumps

Ideas that may take you away on a trip:

- skiing and snowboarding
- winter hiking
- winter camping
- snowshoeing
- ice fishing
- cross country skiing
- attend a dog sled race

Enjoy the crispness and freshness of the winter season!

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 Beddington Heights. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showing you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Beddington area with quality work happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

HD PROPERTY CARE: 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

OFFICIAL PLUMBING & HEATING: Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.



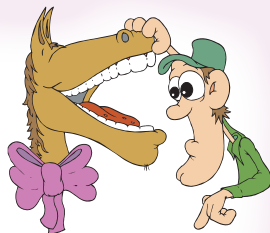
Sunday Service at
11am-12pm

The Pathway Church
 375 Bermuda Drive NW - Beddington Heights Community Arts Ctr.
 ☎ 587-581-1858 • www.thepathwaychurch.ca

IDIOMATIC 慣用句

관용적인 IDIOMATIQUE
 IDIOMÁTICO IDIOMATISCH
 אִדְיוֹמָטִי IDIOMATYCZNY
 ХЭЛЛЭГ MUNDRET
 ΙΔΙΩΜΑΤΙΚΟΣ THÀNH NGỮ

“Don't look a gift horse in the mouth”



Meaning: don't be unappreciative of a good thing.

This phrase refers to the fact that the age, and hence value and usefulness, of a horse can be determined by examining its teeth. The expression predates English and can be traced back to Latin text in AD 400.



MLA Calgary-Mackay-Nose Hill
Karen McPherson
 Current Member
 #106, 8220 Centre Street NE
 ☎ 403-215-7710 ✉ calgary.mackay.nosehill@assembly.ab.ca



Councillor, Ward 4
Sean Chu
 ☎ 403-268-3727
 ✉ ward04@calgary.ca
 🌐 www.calgary.ca/ward4
 🌐 www.seanchu.ca

Happy New Year! My best wishes for 2018 to each of you.

Over the holiday season I had the opportunity to visit a number of seniors' communities in the Calgary Mackay Nose Hill riding and had a lot of fun of meeting with people at our skating party at the Huntington Hills Community Association. I really enjoyed the opportunity to connect with everyone and share in the festive spirit.

Before Christmas, I was pleased to present grant funds from the Community Initiatives Program (CIP) to two amazing organizations in the constituency. Rotary Challenger Park is a place where people of all abilities can play and learn. They were awarded a \$125,000 grant that will help them with upgrades to the park including solar panels, painting, and accessible washrooms on the lower level of the main building. Pacekids' programs are family focused and strive for excellence in the therapy, education, and family empowerment of children with special needs. Pacekids Society received \$60,000 for equipment and resources for one of their facilities. Congratulations to both of these incredible organizations. They are very worthy of these grants and I look forward to seeing their continuing success.

During the fall session, I have had the opportunity to ask a number of questions of the government during Question Period. QP is broadcast online every day and I'd encourage you to watch the proceedings to find out what is happening in the Legislature when we sit again in the Spring. You can follow online at <http://assemblyonline.assembly.ab.ca/Harmony/>

Your feedback is always welcome. The office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (closed for lunch from 12:00pm-1:00pm). We are open until 7 p.m. on Thursdays for those who aren't able to drop in during the day and you can always email us at calgary.mackay.nosehill@assembly.ab.ca, call us at 403-215-7710, or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

Greetings Ward 4 Residents,

Compost your real Christmas tree

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart **or** drop your real tree off at one of our 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged. Visit Calgary.ca/christmastree for more information.

Did you know?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.

Recreation Activities

• **Meeting your fitness goals is closer than you think**
 With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. Visit Calgary.ca/recreation or call 311 to find a facility near you.

• **Free public swimming**
 Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at calgary.ca/pools. Not available at our Leisure Centres. Various locations Age: All Ages Free Drop-in.

• **Free public skate**
 Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at calgary.ca/arenas. Various locations Age: All Ages Free Drop-in

• **Saturday and Sunday Splash Swim – \$1 for kids**
 Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search calgary.ca/pools.



Name	Age	Contact	Course
Alexandra	35	587-716-3894	Yes
Angeline	15	403-275-0344	Yes
Bella	17	403-969-2072	Yes
Brittney	20	403-464-0213	Yes
Cameron	14	403-455-0142	Yes
Jordan	16	403-836-7590	Yes
Julie	34	403-688-7783	Yes
Kassandra	28	403-483-1788	Yes
May	56	587-968-0782	Yes
Michelle	12	403-263-2149	Yes
Morgan	13	403-619-7444	Yes
Nikkita	26	403-826-8917	Yes
Rebecca	15	587-223-6730	Yes
Sabrina	18	403-512-3171	Yes
Stephanie	20	587-969-3320	No
Winner	19	587-893-2935	Yes
Zara	25	587-703-9212	Yes

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.

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

BOOK CLUB



New year, new schedule and new location!

Please join us between 7:00 and 9:00 pm on the **3rd Tuesday** of each month in the **Boardroom** at the Beddington Theatre Arts Centre.

Our January 16th book will be **Once We Were Brothers** by Ronald H. Balson:

Elliot Rosenzweig is attending a fundraiser when he is suddenly accosted and accused of being a former Nazi SS officer named Otto Piatek. Although the charges are denounced as preposterous, his accuser is convinced he is right and engages attorney Catherine Lockhart to bring Rosenzweig to justice. Solomon persuades Lockhart to take his case, revealing that the true Piatek was abandoned as a child and raised by Solomon's own family only to betray them during the Nazi occupation. But has Solomon accused the right man? (Adapted from Goodreads.com.)

Our February 20th book will be **Three Cups of Tea** by Greg Mortenson:

The inspiring account of one man's campaign to build schools in the most dangerous, remote, and anti-American reaches of Asia. (Adapted from Goodreads.com.)

Our March 20th book will be **419** by Will Ferguson.

Cindy W.
cwiebe2000@yahoo.com

NEW YEAR, NEW YOU, NEW DEPOT!

SAGE HILL BOTTLE DEPOT

OPEN 7 DAYS A WEEK!

LOCATED AT 70 SAGE HILL PLAZA NW (ACROSS FROM WAL-MART)

(403) 275-7003 www.sagehillbottledepot.ca Like us on Facebook! 🍷

New Patients Welcome!



Sandstone Dental

Perfecting One Smile at a Time

The Clear Alternative to Braces



Get the confidence
of a great smile



220-66 Sandarac Drive NW
Calgary, Alberta T3K 4L2

Mon	7:30-5:00
Tues	7:30-8:00
Wed	7:30-8:00
Thurs	7:30-5:00
Fri	8:00-4:30
Sat/Sun	Closed

Same Day
Emergencies!



General & Cosmetic Dentistry
Children's Dentistry
Professional Teeth Whitening
Dental Implants
Full Denture Services
Sedation Dentistry

All services performed by a General Dentist

Dr. Peter Manzer

Dr. Niromi Fernando

Dr. Bozena Reszka

Call Today for your Free Consultation 403-275-3131
Visit us online at www.sandstonedental.ca