

JANUARY 2017

DELIVERED MONTHLY TO 4,700 HOUSEHOLDS

your **EVANSTON**



THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER



Photo by Remember When Photography



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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





EVANSTON COMMUNITY ASSOCIATION

Box 47059, #20, 12192 Symons Valley Rd. NW
 Calgary, AB – T3P 0B9
 Phone: 403.538.2599
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president@eccacalgary.com
 All editorial content must be submitted by the 10th of the month for the following month's publication.

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403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

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

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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 Evanston 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	511
Weather Information	511
Gamblers Anonymous	403-237-0654



EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside | ECCA
 Community Association



Please check out our website at <http://www.eccacalgary.com> or find us on Facebook!

PO Box 47059 20 – 12192 Symons Valley Road NW,
 Calgary, Alberta T3P 0B9 eccacalgary.com



BOARD OF DIRECTORS

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Memberships	Vacant	memberships@eccacalgary.com
Community Safety	Doug Lamb	safety@eccacalgary.com
Planning and Development	Robbie Morton	planning@eccacalgary.com
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IT Development	Moez Tharani	it@eccacalgary.com

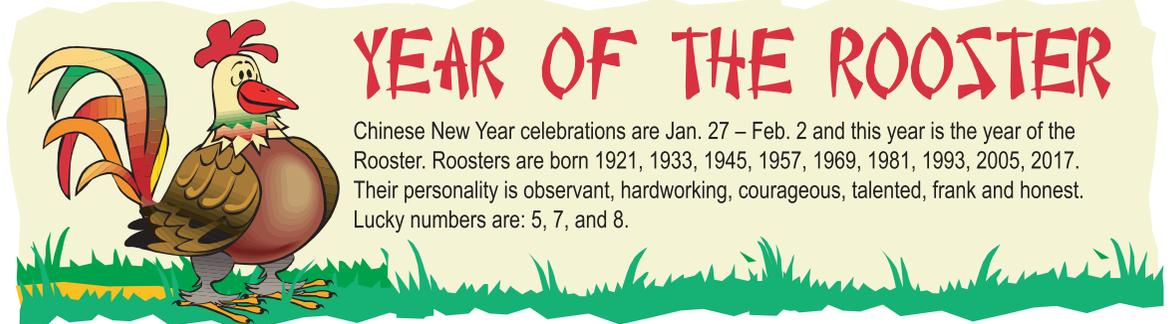
ELECTED OFFICIALS

Ward 2 Councillor:	Joe Magliocca	(403) 268-3280
MP Calgary Rocky-Ridge	Pat Kelly, P.C.	(403) 282-7980 pat.kelly@parl.gc.ca
MLA	Karen McPherson	(403) 215-7710 calgary.mackay.nosehill@assembly.ab.ca

Evanston Board Meetings

are held the first Tuesday of every month.

All community members are welcome and encouraged to contribute.



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.

LETTER FROM THE PRESIDENT

"Be always at War with your vices, at peace with your neighbours, and let each New Year find you, a better person."

Benjamin Franklin

Happy New Year Evanston! 2017 reckons to be a significant year for us, as we observe the 150th Anniversary of Confederation. We anticipate that there will likely be several opportunities for you and your families, to take advantage of events to celebrate this auspicious occasion. I encourage you to seek out these across our Country, our City and our Community. We have commenced working to plan a joint Symons Valley Canada Day celebration in an effort to draw upon the diversity and inclusiveness of all of our communities, thus reflecting the best of what makes us Canadian.

The Board continues our staunch commitment and advocacy to addressing your concerns. In particular, we would like to thank you for your continued vigilance surrounding matters of safety and crime. We ask that you continue to report these suspicious activities to CPS. Likewise, we thank you all for championing the Symons Valley Parkway and Evanspark Blvd junction. Your voices have been heard and the community will see the addition of high visibility pedestrian crosswalk lights added to this dangerous intersection.

Finally, as the deep freeze descends upon us and the roads become somewhat polished and greasy, we ask that you exercise caution. Plan ahead and allot yourselves ample of time to get to where you are going. Likewise, our CPS partners encourage you to use caution when deciding to warm our cars. Although arrests have been made in recent vehicle thefts, unattended and unobserved warming vehicles make attractive targets.

Warmest Regards,

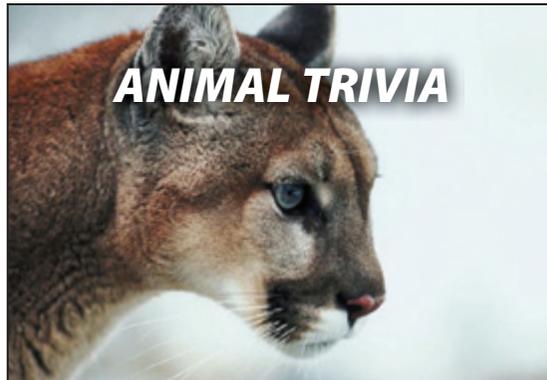
- Jason Yardley

JANUARY MOON CALENDAR

- First Quarter Jan 5
- Full Moon Jan 12
- Last Quarter Jan 19
- New Moon Jan 27

Membership Director Needed

The ECCA is seeking a volunteer to join the Board Executive. As a member of the ECCA Board of Directors, the Membership Director will be responsible for overseeing memberships for the ECCA. An expected time commitment is a few hours a month, with attendance at Board meetings once a month, but largely working from the comfort of your home. If interested, please email Jason at president@eccacalgary.com or board@eccacalgary.com.



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.

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.

The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythronera)

Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronera (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



Evanston Real Estate Update

Last 12 Months Evanston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$448,800	\$437,000
October 2016	\$489,450	\$484,950
September 2016	\$539,900	\$537,000
August 2016	\$457,400	\$450,000
July 2016	\$529,900	\$530,500
June 2016	\$494,500	\$490,000
May 2016	\$464,900	\$451,000
April 2016	\$469,350	\$456,000
March 2016	\$484,900	\$468,000
February 2016	\$429,900	\$425,600
January 2016	\$479,394	\$473,000
December 2015	\$509,900	\$495,000

Last 12 Months Evanston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	25	17
October 2016	33	20
September 2016	40	21
August 2016	31	20
July 2016	24	23
June 2016	35	31
May 2016	25	25
April 2016	39	38
March 2016	34	26
February 2016	32	15
January 2016	28	14
December 2015	24	15

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

Canada 150 Committee

Canada 150 wishes to bring people and places together as we dream big about our communities and our country. It is a chance to encourage all Canadians to contribute to their communities in a way that will foster a greater sense of belonging, support meaningful reconciliation and leave a lasting legacy now and for future generations.

The Evanston-Creekside Community Association, in partnership with our neighbouring communities is looking for volunteers to get actively involved and show your spirit in 2017. We are forming a committee that will help coordinate, plan, fundraise and execute activities surrounding the Symons Valley Canada Day celebrations. If you are interested in being a part of this team, please send us an email at board@eccacalgary.com.

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

KALEIDOSCOPE KIDS PRESCHOOL



OPEN HOUSE JAN 28

2017-2018 REGISTRATION

CHECK WEBSITE FOR DATES AND TIMES

3 GREAT LOCATIONS! TUSCANY, NOLAN HILL & EDGEMONT

WWW.KALEIDOSCOPEKIDSPRESCHOOL.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

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to EVT@great-news.ca

STEP INTO WINTER



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

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

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

By completing the 3 questionnaires you will receive:

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

To participate contact Research Coordinator:
perryr@ucalgary.ca

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





Hudson Family Finds a Home in Evanston

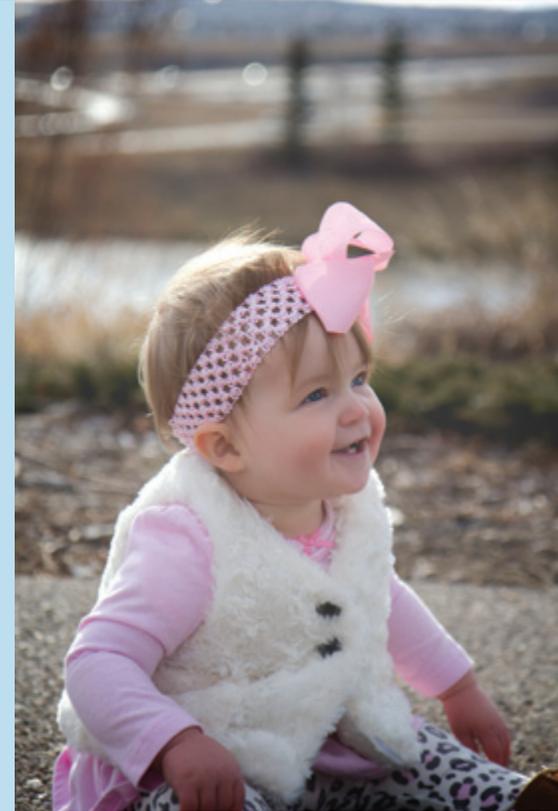
Photos by Remember When Photography

Kevin and Lara Hudson moved to Evanston in May of 2009 because the area offered more house for less money; the lots were larger than in many neighbouring communities and the promise of the ring road sealed the deal for them. Since then, they have come to love everything about Evanston and welcomed their daughter, Harper, to their beloved community last fall. This family of three plans on living in Evanston for the foreseeable future and can't imagine living anywhere else.

Lara grew up in Armstrong and Vernon, British Columbia. Growing up in B.C. meant a lot of outdoor fun for the Gilbertson family; Lara was an avid skier, thanks to living at the bottom of Silver Star Mountain, a world class ski resort, and her summers were spent on Okanagan Lake at her family's cabin. For many of her younger years, she enjoyed horseback riding, but as she got older, she spent more time at the dance studio than at the stables. Lara was a competitive dancer throughout high school and studied Jazz, Ballet, Tap, Hip Hop and Lyrical dancing. Her father passed away suddenly when she was 12 years old so that left just she and her mom with a menagerie of pets in the house until she graduated from high school. Her stepfather has been in her life for about 14 years now and she feels she could not have picked a better surrogate father!

Kevin spent the first eight years of his life in Burlington, Ontario, at which point his father was transferred to Calgary, and so the whole family moved out west. Kevin is the middle brother of three boys and the tallest by at least a head! The family lived in the Mount Royal neighbourhood and always had a kitty or two as pets. Life with two brothers was busy, to say the least. Each boy participated in various sports and played classical instruments, occasionally as a trio! The family always summered in Muskoka and still have a cottage on Hudson Point, an area originally settled by Kevin's great grandfather.

Lara has a Bachelor of Arts in Political Science from the University of Calgary. After graduating from university, Lara planned on taking a year off before writing the LSAT and going to law school. She applied for various administrative jobs to make some money in the interim and ended up at a company that offered software and training for schedulers. Little did she know that this job would alter her career path when she ended up working her way up to a Project Controls Specialist. Lara's most recent Project Controls role was at Cenovus Energy where she worked until she had her daughter in the fall of 2015. About half way through her maternity leave, it became apparent to Lara that she wasn't ready to go back to the Oil and Gas grind any time soon. While pregnant, she realized how expensive baby and children's fashion is, so in the summer of 2016, she launched Stinky Bunny (www.Stinky-Bunny.ca), an online store that aims to help families raise fash-





www.rememberwhenphotography.ca

ionistas without breaking the bank. Stinky Bunny offers headbands, hair clips, bandana bibs, soft-soled shoes, leg warmers, clothing, and other accessories, as well as handmade tutus. Lara handpicks every item and selects every colour and combination. She does all of the website photography, social media updates, marketing, and product write-ups. To say Stinky Bunny is a labour of love would be an understatement! She loves that her customers get so enthusiastic about her products and even more excited about the low prices. Added to that, she gets to stay home with her daughter, so nothing could be better!

Kevin has a Bachelor of Arts in Psychology from Athabasca University. He has been in sales for over eight years and recently joined Manulift as the Territory Manager – Agricultural Specialist. Manulift has had an office in Langdon, A.B. for a few years now, but the company, whose head office is in Montreal, is hoping to gain a greater presence in Western Canada and Kevin is one of the first team members brought on to do just that. The job has him out on the road meeting farmers every day and he loves it! Kevin hopes to grow his career with Manulift and help take the company to the next level

out here in Alberta. He is supported by a management team that he admires and respects, so he hopes for a long, successful future with them.

Lara and Kevin met in December of 2003 at the, now defunct, Coyotes Nightclub. By chance, their respective best friends had met in Kelowna the summer prior, so when their paths crossed again, Lara seized the opportunity to introduce herself to Kevin and the rest is history. Much to Lara's dismay, it took Kevin just over six years to propose, but she was well prepared to plan the wedding in short order! Within eight months, they were married at Swan-e-Set Country Club in Pitt Meadows, B.C. in front of over 100 friends and family from across Canada. They welcomed their first child 5 years later.

Once Harper was born, she became the centre of attention for both Lara and Kevin. They're so busy being parents to a baby that they don't even know what spare time is anymore! When they're not busy entertaining Harper, the couple enjoys working out, hanging out with their best friends (who conveniently also live in Evanston), and binge watching Netflix (when they should be sleeping). They also enjoy travelling and loved both Paris and

Cancun. They make a point of going to Mexico annually, and it was on their 2015 trip that they found out they were expecting. The arrival of Harper in November 2015 put a cramp in their international travel plans for 2016 but they are eager to travel as a family in the New Year.

Kevin and Lara are owned by four dogs and often have geriatric foster cats joining the pack, even if only temporarily. Their house always seems to have new paws coming and going as they have worked with a variety of rescue groups over the last seven years. They have fostered various dogs and cats and Lara always seems to be talking Kevin into helping the latest sad story. If she had her way, they'd live on an acreage just outside of the city surrounded by animals of all shapes and sizes. The current pack includes: Rock the rescued American Staffordshire Terrier X, Elektra a rescued Pit Bull out of California, Fiona the Pomeranian, and Goldie the long-haired Chihuahua—whose personality is larger than the other three combined! It sounds like a motley crew, but it's proven to be a harmonious mix that works remarkably well together. Nobody knew what would happen once a two-legged baby was added to the group, but all of the dogs embraced their human sister immediately. The love and patience was evident from day one and Harper is sure to grow up an animal lover just like her mother.

Evanston has grown substantially since Kevin and Lara moved in and now they are thrilled to have so many amenities nearby. The addition of schools, restaurants, pathways, and stores has solidified their love for the area. They feel very fortunate to be surrounded by friendly and helpful neighbours. They are in an extremely family-oriented block, so there are always children out playing and parents out socializing. Not long after the Hudsons moved to Evanston, their best friends began house hunting and bought in the area as well! Now they live only a couple blocks from each other and are able to spend much more time together. Though the country calls to Lara, the couple often finds it hard to imagine actually living away from all of the conveniences that Evanston has to offer and all of the friends that they have in the area.

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please email us at EVT@great-news.ca.



25% OFF JANUARY FAMILY SESSIONS.
WWW.REMEMBERWHENPHOTOGRAPHY.CA
 403-805-1318

your COMMUNITY BUSINESS OF THE MONTH



Photos by Remember When Photography

Grey Matter Montessori A School Built Around COMMUNITY

When the founders of Grey Matter Montessori (Reshma Moledina and Shirin Rayani) envisioned their Montessori (preschool/kindergarten) they knew they wanted to create an intimate environment where the students could flourish academically and socially.

In order to set a standard of excellence, Grey Matter Montessori partnered with the International Preschool Curriculum (IPC) becoming the first school in Alberta to be accredited. The IPC was established to harmonize early childhood education standards, and schools must adhere to stringent accreditation criteria that is reflective of best practices. They spent 2 years creating and developing a rich academic program before opening their doors in the great community of Evanston in October 2015. Grey Matter Montessori offers morning and afternoon programs for children aged 3-6. Being parents themselves, Reshma and Shirin understand that picking the right school for your child is one of the most important decisions any parent makes in regards to their children.

With over 20 years of experience working with children, the founders understand that school is more than just an academic program. If you want students to thrive, you need to incorporate physical activities and give them opportunities to use their imagination. Throughout the entire year, Grey Matter Montessori engages

members and businesses from the community to provide value added programs to the school at no additional cost. Some of which include dance, yoga, martial arts, music, and many more.

Another unique aspect of our Montessori is its focus on giving back to the community! This is done through food drives, visits, and performances at the nearby seniors care facility and adopt a senior program during the winter season! These types of activities help nurture and instill the value of giving back to our community at an early age.

Grey Matter Montessori is excited to announce a new partnership with Arashi-Do Martial Arts in 2016/2017. As part of this program, children will be learning the basic techniques of Brazillian Jiu Jitsu (BJJ); one of the safest forms of marital arts! Through this new program, children will build self-confidence, practice teamwork, learn the importance of courtesy and politeness, and form great discipline within themselves. Importantly, students will get some physical exercise and have fun doing it!

In 2017 Grey Matter Montessori will be introducing their summer camp program. The camps will run weekly from July 3rd to July 21st from 9 am to 1 pm. The summer camps will be interactive and involve outdoor activities, dance, yoga, music, arts and crafts, and so much more!

Grey Matter Montessori is currently taking registrations for the upcoming January 2017 semester as well as the

upcoming school year (starts in August 2017). We welcome children from all communities aged 3-6 years for either our morning or afternoon classes. Please visit www.greymattermontessori.ca or call (587) 707GREY (4739) for more information.

GREY MATTER MONTESSORI
Evanston Towne Centre

Year-round Preschool and Kindergarten (3 to 6 years)

Only IPC and Montessori Program in Alberta!

OFFERING MORNING/AFTERNOON CLASSES & SUMMER CAMPS

REGISTER NOW



To learn more please call or visit us at: **587-707-GREY (4739)**
greymattermontessori.com



Name	Age	Contact	Course
Adam	14	587-585-8756	No
Aida	53	403-253-6509	Yes
Alessandra	16	587-894-2404	Yes
Alexandra	14	403-288-0695	Yes
Anabelle	14	403-462-9281	Yes
Ann	56	403-569-0237	No
Ann	28	403-869-9780	No
Bhegie	42	403-870-0363	Yes
Camille	15	403-830-9240	No
Carly	15	403-870-3057	No
Cedar	12	587-619-0600	Yes
Coda	16	403-870-7429	No
Divine	15	587-703-6972	Yes
Gloria	44	403-903-0818	No
Kaiya	14	403-860-7198	Yes
Kalika	14	587-435-6111	Yes
Krystyna	21	587-894-4201	Yes
Laura	18	403-909-4021	Yes
Mercedes	54	403-831-6429	Yes
Nachelle Brick	45	403-973-2428	No
Neha	16	403-273-4395	No
Raiyah	17	403-567-0270	Yes
Raiyah	17	403-567-0270	Yes
Sarah	28	403-926-2985	Yes
Sivana	13	403-453-1092	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.



MLA Calgary-Mackay-Nose Hill
Karen McPherson
 Current Member
 (403) 215-7710
 calgary.mackay.nosehill@assembly.ab.ca

Happy New Year! My best wishes for 2017 to each of you.

I want to make sure you are informed about programs that you may be eligible for, like the Carbon Levy Rebate rolling out at the beginning of the month; the rebates are automatically available if you have filed your 2015 income tax return. Most Albertans will receive a rebate that will be exceed than the costs they incur because of the levy. As well, Alberta Child Benefit and Alberta Family Employment Tax Credit are available for parents with a net income of less than \$41,220 per year. For more information on these benefits or on additional programs, please contact my office or visit www.alberta.ca.

Before Christmas, I was fortunate to deliver grant funds from the Community Initiatives Program (CIP) to two amazing organizations in the constituency: the STARS Foundation and the Association for the Advancement of Science and Engineering Education. Both of these incredible organizations are so worthy of these grants. I look forward to seeing their continued successful operations.

Small business owners and entrepreneurs are very important to our province. There are hundreds of small business owners in the constituency and I want to hear from you. To get your feedback, I will be hosting a Small Business Town Hall this month. Please visit my Facebook page (@MLAKarenMcPherson), or connect with my office for details on date and time. I welcome your thoughts and I look forward to sharing some information with you on the supports available for starting, opening and maintaining small businesses.

As of January 2nd, 2017 my office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (we will be closed for lunch from 12:00pm-1:00pm). On Thursday's our hours will be 12:00pm until 7:00pm. Please feel free to contact me by email at calgary.mackay.nosehill@assembly.ab.ca, by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

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 calgariesl.ca.

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

by Dr. Tanja Haley, R.Psych.,
 Certified Gottman Couples Therapist



Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.

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Happy New Year! I know for many residents of Ward 2, the past year has been very difficult. I am pleased to report that prior to the New Year, City Council unanimously approved Adjustments to the 2017 Budget which includes relief in taxes and fees to support Calgary home owners and businesses. This includes:

- Property tax freeze for 2017;
- Elimination of the Green Cart program fees for 2017; and
- A sliding scale for Calgary Transit's Low Income Monthly Pass based on income which will be implemented in the second quarter of 2017.

City Council also set aside \$15 million from the Fiscal Stability Reserve to assist Calgary businesses facing challenges due to the economic downturn. Administration will report back to Council early in the New Year with options for Council to consider around utilizing the funds.

Over 11,000 Calgarians provided feedback on the proposed changes to the Community Standards Bylaw, of which City Council has approved. The bylaw regulates neighbourhood nuisances, safety and liveability issues. The approved amendments address citizen concerns related to outdoor concert bass sound levels, wood-burning fire pits, upkeep of properties and delivery of unwanted items.

Council has also given approval of amendments to the Livery Transport Bylaw. These amendments will provide Calgarians with more transportation choices while maintaining public safety.

I'm very glad to see that 144th Avenue NW was opened to traffic between 14th Street NW and Centre Street. Although this is not the final alignment, I am really pleased to see that this section is open as it provides another exit out of Evanston.

Joe's Tip

Stay informed about parking bans this winter by subscribing to email alerts at Calgary.ca/snow, following @yyctransport on Twitter, calling 311 and watching local news or listening to the radio.



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