# 出HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION

TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY CENTRE - READ THE HONKER!





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Dr. Huda Jergeas

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# Core Values

- Gentle care
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- Quality work

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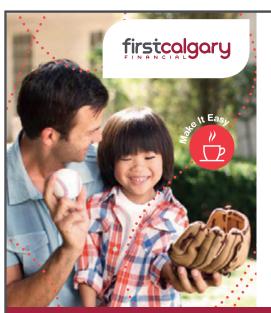
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# WELCOME TO YOUR COMMUNITY CLINIC



Experience our beautiful and friendly new location, offering state-of-the-art Ultrasound, Mammography, Bone Mineral Densitometry and X-ray (walk-in).

Located at Coventry Hills Centre, just east of the Superstore (457, 130 Country Village Road NE). All our services are covered by Alberta Health Care. We're open Monday to Friday 8 a.m. to 4 p.m.

**APPOINTMENTS:** 403.777.3000 or requestappointment@radiology.ca

MEDICAL IMAGING REIMAGINED

radiology.ca





# **Xmas Volunteers**

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

# **Huntington Hills Community Centre**

520 – 78 Avenue NW, Calgary www.huntingtonhillscalgary.com HELPFUL • CARING • ACCESSIBLE

# **EXECUTIVE BOARD MEMBERS**

President	Vacant
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### **BOARD OF DIRECTORS** Purvin Shah Director Daisy Dai Director Karen Williams Director Molly McDonald Director Moe Sinotte Director Director (VIVO Rep) Tim Hungate Director Arthur Cleroux Lilita Jeanes Director Director Vacant

Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at

# www. huntingtonhillscalgary. com/



# Adventures in Learning Preschool



# Registration is now open. Registration fee:

\$75.00 NON REFUNDABLE. Three classes weekly (Mon, Wed, and Fri) 9:00-11:30 am \$160.00 per month. Two classes weekly (Tue. & Thurs) AM \$ 135.00

### Class times

• Morning hours 9: 00-11:30 Your child must be at least 3 years old age to enter and be fully toilet trained.

Subsidy is available through the Government of Alberta.

# Huntington Hills Community Adventures in Learn Preschool

520 – 78<sup>th</sup> Avenue NW Calgary, Alberta T2K 0S2 403-275-6666 ext 231 or 234 | 403-512-5732



Meets at the Triwood Community Hall on the second and fourth Tuesday of each month.

Serving Northwest Calgary, open to all men and women of legal age.

For more info call: John Wilson 403-932-6043



# Huntington Hills Community Association

520-78 Ave. NW Calgary, AB – T2K 0S2 Phone: 403.275.6666 | Fax: 403.295.2248 www.huntingtonhillscalgary.com

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# **NEWSLETTER AD SALES**



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING HUNTINGTON HILLS FOR 1 YEAR!





403-275-6666 ext 229 hhcurls@shaw.ca

www.huntingtonhillscurlingclub.com Barb Dickson – Curling Coordinator/Instructor

The curling season is underway at Huntington Hills. Welcome to all of the returning curlers, and to our new recruits. We have openings still for our Friday Night Open League at 9:00 pm and the Saturday Open League at 7:00pm. If you are interested in curling either of these nights contact the curling club at 403-275-6666 ext 229. The ice is GREAT, and the people are FANTASTIC.

The 55+ Drop In League on Wednesday and Friday mornings at 9:00 is up and playing. The cost is \$6.00 each time. Drop in, curl, and have fun!

Junior curling and the two Little Rock classes are full and are having plenty of fun on the ice.

The curling ice will be closed over the Christmas holidays so the ice crew can complete their maintenance and prepare the ice for the new year.

# **Up-Coming Events**

**Mixed/Open Spiel** – December 3 & 4 – contact Barb at the club to register

**Noel Junior Spiel** – December 10 - \$100.00 Per Team Entry Fee Contact Barb Dickson at hhcurls@shaw.ca or 403-275-6666 ext 229. This fun "one day" Spiel is for children aged 5 – 16 who are experiencing the sport of curling. This event showcases their abilities, sportsmanship and enjoyment of curling.

**Men's Spiel** - January 5,6, 7, 8 - 2017 This Spiel is a popular event so register early.

**MERRYCHRISTMAS!** 





# Huntington Hills Real Estate Update Last 12 Months Huntington Hills MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price	
October 2016	\$409,900.00	\$405,000.00	
September 2016	\$428,950.00	\$412,500.00	
August 2016	\$434,900.00	\$426,000.00	
July 2016	\$449,900.00	\$435,000.00	
June 2016	\$399,900.00	\$382,750.00	
May 2016	\$348,750.00	\$338,500.00	
April 2016	\$409,900.00	\$400,000.00	
March 2016	\$444,900.00	\$426,500.00	
February 2016	\$459,300.00	\$455,500.00	
January 2016	16 \$439,900.00 \$445,000.00		
December 2015	\$339,900.00 \$324,000.00		
November 2015	\$374,950.00	\$359,500.00	

# Last 12 Months Huntington Hills MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold	
October 2016	12	9	
September 2016	9	8	
August 2016	11	9	
July 2016	10	9	
June 2016	5	8	
May 2016	15	6	
April 2016	10	9	
March 2016	7	8	
February 2016	10	2	
January 2016	3	1	
December 2015	3	5	
November 2015	5	6	

To view the specific SOLD Listings that comprise the above MLS averages please visit **huntington\_hills.great-news.ca** 



A club for adults 50 years and older, retired or semi-retired.

Located in the lower level of the Huntington Hills Community Association

520 78th Avenue NW T2K 0S2

Phone: 403-275-4294 • Fax: 403-275-5227

www.huntingtonpioneers.com E-Mail: pioneers50@telus.net

The Huntington Pioneers Association is a group of people participating in a variety of activities.

### Some of the activities include:

Bridge, snooker, whist, shuffle boarding, art classes, craft classes, outings, movies, volunteer activities, social events and more!

We have regular monthly activities and we invite anyone meeting our membership requirements to join us:

Pot luck supper: last Monday of each month, starts at 5:30pm

Movie Night: 3rd Friday of every month 7pm, Silver collection for popcorn and pop.

**Art classes**: Every Tuesday 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching.

Games Night: every Tuesday from 6pm - 9pm.

Soup and Bun Day: The 2<sup>nd</sup> Thursday of every month, starting at 12pm. Cost set by Board.

Club Cost and hours: \$33 for membership Tuesdays and Thursdays from 10am – 4pm

Call 403-275-4294 for more information; registration and costs, program start times, and more.

**Huntington Hills Community** 

- Bussing to 5 local schools:
- St. Henry, St. Hubert, Dr. JK Mulloy, Alex Munro, Huntington Hills School
- · Government Subsidy Available
- Affordable
- · Qualified and energetic staff
- · Third year accredited
- · Fully licensed
- . Sibling Discounts

# Located:

520 78th AVE NW

Call us @ 403-275-6666 ex.233



- Ice Skating
- · Curling Ice
- . A bus to take us on fieldtrips!
- · A projector to watch our monthly movie on
- · Delicious kid friendly snacks
- A lizard AND a gecko!
- · Crafts and Science experiments
- Baking
- · On-site park
- · Large grassy hills and fields
- A new gym coming in Fall 2016
- · PD days included in monthly fee
- Winter/ Spring/ Summer Camps available too!



**Care Programs** 

Offering Morning and

Afternoon Kindergarten

spots at ALL 5 schools!

# **Huntington Hills** my babysitter list

	Name	Age	Contact	Course
	Andrea	31	587-437-2048	Yes
	Anna	33	403-607-7464	Yes
	Benjamin	14	587-284-6324	Yes
	Brooklyn	16	403-990-6176	Yes
	Dayelle	33	587-755-1878	No
	Emilie	27	403-923-3816	No
	Emily	15	587-581-3684	Yes
	Hazel	15	587-890-9559	Yes
	Keira	14	403-809-9020	Yes
	Paige	23	780-305-1381	No
	Rachelle	18	403-971-8870	Yes
	Saml	14	403-463-8264	Yes
	Shawna	29	403-968-5764	Yes
	Tammy	30	587-968-1638	Yes
	Tegan	12	403-203-8163	Yes
	Teresa	44	403-478-3749	Yes

# Calling All BABYSITTERS Calling All PARENTS

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

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

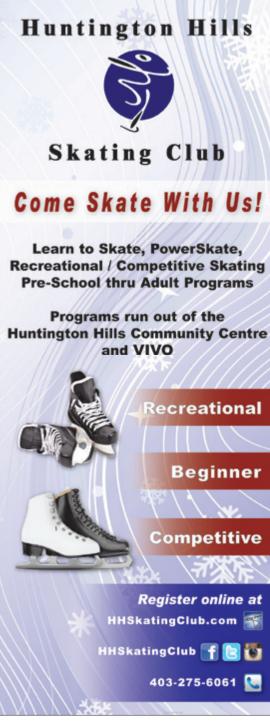
Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



# **Public Skating**

Public skating is ongoing.

Mondays – 2:00 - 3:30pm Wednesdays - 2:00 - 3:30pm Fridavs -1:15 - 2:15pm



# **GENERAL MANAGER**

Wow- Winter is quickly approaching. Most of our programs and services are in full swing now, and it is safe to say we are all busy here at the Community Centre. Our big renovation project is almost done, and we can't wait to be in using the new spaces. I would like to give you a little bit of back ground on and update you all on the changes taking place.

In 1972 the residents of Huntington came together to build a small community building to meet the social and recreational needs of the neighborhood. In 1978 the initial effort was expanded to include a larger complex containing a Hockey rink, curling club, meeting rooms, and a senior's area. Since then nothing "Major" has been done to the facility. For many years the converting of the Social Hall into a Gymnasium had been discussed. This would allow us to meet a broader variety of user group needs, as well as providing social events. Approximately five years ago, under the direction of the Board of Directors and senior staff, the first steps were taken to make our dream of a gymnasium a reality.

In order to fund the project an application was submitted and approved by the Government for assistance, and the Community Association made a commitment to invest a significant portion of its reserves into the project as well. We have also applied for and received support and funding from "The Community Facility Enhancement Program" with the Provincial government, City of Calgary "Capital Conservation Fund Grant" and finally a much appreciated contribution from the "Parks Foundation of Calgary". These funds allowed the center to move forward with the project, but are still in need of more funds. We are hoping to receive support from the Federal Government's "Infrastructure Program". We also recently conducted a fund raising raffle to raise funds towards the \$650,000.00 that the centre has committed to the project.

We at Huntington Hills Community Centre are very excited about the completion of this project, and can't wait to have a grand opening where you can all come see what we have worked so hard for.

Jim Murphy – General Manager - HHCA



# **Happy Holidays**

Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

# **Free Presents!**

Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

# The 2017 Reading Guide

The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.



# DISCLAIMER

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# The North Central **Family Support Program**

The North Central Family Support Program is thrilled to announce our new partnership with BowWest Community Resource Centre. Outreach Advocates from BowWest will be at Huntington Hills office on Wednesdays and at the Northern Hills Community Offices in Vivo on Tuesday evenings to provide outreach, information and basic needs referrals for singles, seniors and families experiencing economic challenges. Please call Victoria at 403-703-0140 for more information or to book an appointment.

\*There will be no Good food box in December, it will return in January.

The North Central Family Support Program is accepting holiday gift donations for families and children who need our support this year.

Some wish list ideas include:

Stocking stuffers: Small candies, small toys such as little cars, balls, cards, school supplies (pencils, erasers, glue sticks, rulers, pens, lip gloss, hats, mitts, scarves, kids socks, water bottles.

Child gifts: Craft kits for all ages, art supplies, toy cars/ trucks, building toys (Duplo, Lego), Playdoh, puzzles (ages toddler and up), gift cards to Chapters, Toys"R"us, Walmart

Teens: Gift cards (Sephora, Chapters, Market Mall, Amazon) socks, shower gel/bubble bath, gloves, travel mug with hot chocolate packages, school supplies, head phone/ear buds, movie passes, leisure center/pool passes

Parents: Adult coloring books, gift card for Chapters, candles, chocolate, bubble bath/bath bombs, hand lotion, Men's and Lady's gloves and mitts, men's and lady's socks, coffee/travel mugs, key chain, picture frames, tea, coffee, board games, family recreation passes.

Give Gift

The North Central Family Support Program is accepting holiday gift donations for families and children.

From: Oct 24 - Dec 7

You may drop them off at the North Central Family Support Program Office (located in the lower level of Huntington Hills Community Association).

Winter Clothing & Accessories | Toys | Puzzles | Art Supplies Gift Cards | Hygiene Products | Household items



Thank you for all your support

403-275-6668 ext. 232 // www.weconnectyou.cg // 520 - 78 Ave NW

Food Hampers: Gift cards, (Walmart, Superstore, Safeway and Co-op are close), Peanut butter, canned meat, gravy mix, holiday treats and snacks, baking items (flour, chocolate chips, condensed milk, white and brown sugar, baking powder), storage containers, \*cooking oil, \*rice, rolled oats, honey, jam, condiments (BBQ sauce, ketchup, mayonnaise, salsa), juice, \*children's lunch items.

Other necessities: Dish soap, laundry soap, cleaning supplies, shampoo/conditioner, toothbrushes, toothpaste, soap, dental floss, mouth wash.

Please drop off items by December 7 to the North Central Family Support Program Office (located in the lower level of Huntington Hills Community Association). Call 403-275-6666 ext 232 for more information.

Thank you for giving the gift of joy to families in our community this year!

# **Family Connections Parent Link Centre**

The Parent Link Centre is open from 9-5PM Monday-Friday & Thursday we are open 9- 7:30PM and We offer free programs for parents with children 0-6. For more information on hours and programs please stop by & visit us to pick up a calendar or call Tracey at 403-275-6666 ext 276.

### PARENT LINK STAFF

Cassandra: Manager ext 274

**Tracey:** Administrative Assistant - ext 276

Sue: Parent Coach - ext 235

Paula: Child Development Facilitator – ext 237 **Vivian:** ESL Program Facilitator – ext 242 Michele: Program Facilitator – ext 241

www.weconnectyou.ca

All of the Parent Link Programs are free of charge!

The Family Connections Parent Link Centre will be closed Monday December 26 and Tuesday December 27, as well as January 2, 2017. We will NOT run programs from December 22 – January 3. See Calendar for more information.

### **PROGRAMS**

ESL Program coming soon, Contact Vivian at 403-275-6666 ext. 242 for more information.

Playtime Fun: Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

Kids' Corner: Tuesday afternoons, 1:30-3:00; Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth - 5). Our afternoon program is a little guieter and is another option parents with children under 12 months come to.

Play & Songs: Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. Exposing your child to these

song times is great for developing their attention span. There are no toys available during the song time.

Baby and Me (under 12 months): Thursday afternoons, 1:30-3:00; stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests e.g. Library, AHS nutrition or Speech & Language speakers.

\*Christmas Babies event on December 15.

Come Play with Me (drop in program at Vivo): Thursday mornings, 10:00-11:30, Program will return in February. Check our website or calendar for information on registered programs at Vivo for December and January.

\*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

### **Just for Mom's**

No program in December. Will return January 28, 2017.

### Me and my Dad

No program in December. Program will return January 28, 2017.

# **Parenting Programs: Special events:**

You MUST be a current Parent Link Family who has attended programs in the past 6 months.

Santa Claus is Coming to Town: Tuesday, December 20, 10:00-11:30; Come enjoy a morning of Christmas activities and a surprise visit with Santa Claus. Santa will be here between 10 and 11 am. Bring your camera. This program is for families who have attended programs through the centre in the past 6 months, and is best suited for families with children un-der the age of 6. This is a registered event (must sign up) between December 1 and December 15. (There is limited space) Call Tracey at 403-275-6666 ext. 276.

Christmas Songs and Crafts: Please join us as we celebrate the Christmas Season with Songs, Fingerplays and Crafts. We will begin with a 30min. family song and rhyme time followed by a couple of Christmas Crafts for your child to



take home and enjoy for the holiday. Registration for this program will start November 21. Call Tracey at 403-275-6666 ext. 276 for more information, or to register to

Please choose one of the following times: December 13 1:30-2:30 OR December 21st 10:00-

\*You may only register in one of the programs Craft activities best suited for 2+ but anyone is welcome.

# AT THE HSCA...





# **Building Strong Lone Parent Families**

The Building Strong Families offers individual and group support.

Individual Support: providing information, resources, referrals and parenting resources.

Group Support: Workshops are offered though out the year. Topics include: living on a budget, fun family activities, parenting on your own, resources, and self-care. Child care provided.

Contact: Lesley at 403-275-6668 ext. 222 or singleparent@weconnectyou.ca



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**SORRY YOUR HOUSE IS NOT HERE** 

# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.oyr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 – January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 – February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www. hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package – Including prizes from all of the sponsors. More info www.bridalfantasy.com

# NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



# EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers.

Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



# JANUARY 6 – JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca



# HHCA Out of School Care Have school aged children? Join our Out of School Care for Winter Break!!

# December 19, 2016 to January 9, 2017

Hours: 7:00 am – 6:00 pm Monday to Friday
December 23, 2016 Closed at 4pm
Center is closed on December 26 and 27, 2016
December 30, 2016 Closed at 4pm
Closed on January 2, 2017

Day rate: Full time enrolled children an extra \$10/ day
Part time enrolled children an extra \$20/day
Non- enrolled children are \$30/ day

- \* Child Interest Based Activities
- \* Qualified, Friendly Staff
- \* Field trips
- \* Themed Days
- \* Crafts, games and so much more!!

# IN & AROUND SCHOOLS

# News from Dr. J. K. Mulloy School

The plants in our new naturalization areas are now mostly asleep for the winter. Our students had a great time collecting seeds from the flowers they planted before summer and then planted bulbs so that we will get a jump on having some spring blooms! Thank you to those community members who joined us on November 15 to see the detailed plans for the new amphitheatre/outside classroom. It will be a wonderful place for children to learn and also for the community to enjoy as a place for picnics, gathering and for performing if there are any groups who would like to take advantage of the space when children are not in school.

Our children were very excited to be part of Alberta Opera's presentation of Hansel and Gretel. Some students actually had small parts and others were part of the stage crew. Our Grade Threes and Fours are busy preparing for the school's Winter Music Celebration. Thanks to the parent run Program Enhancement Society and their fundraising efforts, we have been able to upgrade our sound system, so our Music teacher and everyone else involved are looking forward to how much better our performances will sound.

Have a great holiday season from all at Dr. J.K. Mulloy School!

403 777 6400 7440 10St NW, Calgary, AB T2K 1H6



Redeem this coupon at either the **Chocolaterie Bernard Callebaut® Crowfoot Square or Dalhousie Station** location for 1 complimentary 56 g solid chocolate bar when one is purchased.

No cash value. Limit one per customer. Cannot be combined with other offers.

This coupon must be redeemed by Dec. 24, 2016



11 Calgary locations including Crowfoot Square and Dalhousie Station



# **Green Line LRT**

2016 Year in Review

2016 has been a big year for the Green Line LRT project. We've had great conversations with thousands of Calgarians, continued to refine alignment options, and have even begun some preliminary infrastructure improvements in the southeast.

# A few of the highlights from this year include:

- On October 4, 2016, City Council approved a fully tunneled LRT route in Calgary's downtown core.
- The Beltline alignment options have recently undergone an extensive evaluation. The results of the evaluation, which includes stakeholder and public input, indicate that 12 Avenue S is the preferred corridor. The Green Line project team will carry two options forward for further evaluation: 12 Avenue S Surface and 12 Avenue S Surface + Tunnel.
- The Green Line team met with and spoke to Calgarians along the corridor from north to south and everywhere in between. We've sought input from the public that informed the project team's recommendations to Council, and we conducted transit oriented development workshops in several communities on the north segment of the line.

# What's Next

There are some major project milestones coming up in the first half of 2017, including the Beltline alignment recommendation to City Council (March 2017), and the final, full alignment recommendation to City Council (June 2017). As we explore and refine the details of the project, we will back in the community seeking input and sharing our progress.

### Get Involved

Follow the Green Linestory and stay up-to-date on the latest news and opportunities to get involved at Calgary.ca/Green Line and #Green Line YYC.

Thanks for your collaboration, Calgary, and we'll see you in 2017.

#GreenLineYYC | @yyctransport calgary.ca/greenline | contact 311



Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

- 1. Distract Fido with special treats! Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!
- 2. Choose "Fluffy friendly" wrapping and decorations! Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.
- 3. **Secure the tree!** If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

Holiday baking? Yes please! Looking for a great way to amuse younger housequests AND include your pet on

the fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

- 5. Put Santa's cookies on the mantle, not the floor! To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better vet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.
- 6. Spend some quality time together! Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.
- 7. Give your pet a space of their own. When houseguests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.
- 8. **Spread some holiday cheer!** Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

From all of us at Calgary Humane Society, have a safe and happy holiday season!





New location at the Oasis Medical Clinic at Deerfoot Mall

- Diabetic Foot Care
- Ingrown Toenails
- Bunion Pain
- Custom Orthotics
- Fungal Toenail Treatment
- Heel Pain



**Accepting new patients** No referral needed

Call us today 403-910-4576 Find us at AchillesFootClinic.com



With its cold winds, long nights, and merciless snows, winter can be an ordeal for both you and your car. But beyond all the extra windshield washer fluid and maintenance your ride will need, your fuel budget will likely see the biggest bump — gas use can spike by over 25 percent, adding more to an already-too-large chunk of your budget.

This is because the cold winter air puts more aerodynamic drag on your vehicle and your engine has to work harder to plow through all that snow and slush. But you can fight back with a few surprisingly simple tricks:

- Chill out and go easy. Aggressive driving uses much more gas than you'd expect. Speeding up and slowing down suddenly makes your engine work harder than it should, so take it smooth and steady behind the wheel to see some savings.
- 2. Plan ahead. Beyond driving more gently in general, you can cut down on gas use with some simple planning. By keeping a careful eye on traffic ahead and keeping your speed down, you can save yourself the painful start-stopping that drives up your gas use, and still arrive on time. Working to curb those bad habits can save you time at the pump and aggravation on the road. And whenever possible, plan your route ahead of time using radio traffic alerts or a smartphone app that

helps you avoid any gas-guzzling jams.

- 3. Don't idle to start up. Are you using a remote starter or starting your engine then running back inside to let your vehicle warm up? Don't fall for the driveway-idle trap not only does it suck up gas and increase emissions, idling for more than 30 seconds doesn't give any extra benefit. All you need to do to warm up your car is to drive it gently for a few minutes. You'll be warmed up and on your way in no time.
- 4. Keep an eye on your tires. Tire pressure changes with air temperature, so check your tires at least once a month to make sure they're inflated correctly. Driving on tires that are under-inflated by as little as 8 psi can cut their life by more than 10,000 km and drive up your gas use to boot.
- 5. Use a block heater. Block heaters warm up your car's engine before you start and can cut down on gas use dramatically by eliminating the need for you to warm up the engine at all. Use a timer on the block heater for added convenience; just set it to turn on about 2 hours before you need to drive, and you're off to the races with a pre-warmed engine, gas in your tank, and money in your pocket.

Find more information online at vehicles.gc.ca. www.newscanada.com

# IN & AROUND CALGARY

# **EMS: Cold Weather Safety**

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

### Frostnir

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully rewarmed:
- Call 9-1-1- or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);</li>
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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\*some conditions may apply

# Christmas At Highwood Lutheran Church 419 Northmount Drive NW Calgary

You are invited to join us

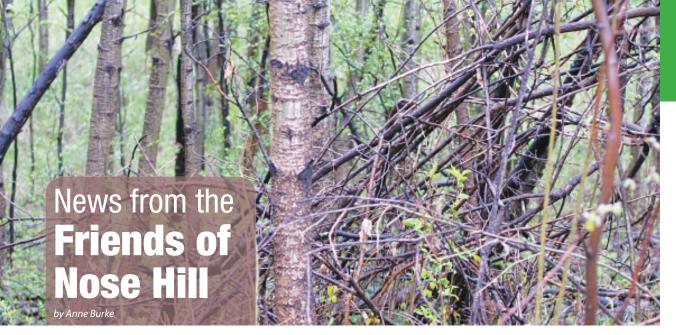
December 24, Christmas Eve 5:00 PM Candlelight Service 9:00 PM Compline Service

December 25, Christmas Day 10:30 AM Communion Service

Need more information?

Call 403-289-8206

Check us out on Facebook
or visit www.highwoodlutheran.com



This summer some residents had concerns about pet rabbits released into the wild. Would this problem be part of the City's jurisdiction, as it was in Canmore? The General Manager of Community Services reported to City Council that most of the rabbits in communities are jack rabbits, which are feral (wild) animals.

The City does have authority over pet rabbits, under the Community Standards Bylaw, for example. Feral animals are up to the province's Animal and Wildlife Services. The Community Services Department at the City will work with Council to provide information on how to direct residents and ensure that their concerns are properly addressed.

At a council committee on Community & Protective Services, a motion was passed to propose bylaw changes in order to use livestock grazing as a land management and weed control tool on City lands in 2017.

Natural areas provide multiple ecosystem services, which are of value to city residents. For example, there is computer

software to measure the urban forest in at least 3 environmental services: cleansing the air; storing carbon; and reducing storm water in the City.

So far, it was found that the average benefit per tree in Edmonton's urban forest was US \$74.73 (\$97.96 Canadian). The cost for caring for each tree is US \$18.38 (\$24.09 Canadian), resulting in a net benefit of US \$56.35 (\$73.87 Canadian).

Cities and local governments play a crucial role in the pursuit of a greener existence through efficiently integrating urban development and biodiversity management at the local level. With rapid human development and expansion, biodiversity is being lost, but there are some new urban biodiversity guidelines.

In the fall of 2016, the Mayor signed the Durban Commitment. Calgary is the 3rd Canadian city, after Edmonton and Montreal, to formally join an international program directed by Local Action for Biodiversity, for local governments from across the world to improve biodiversity planning and management. It is estimated that 90% of the world's population will live in urban areas by 2100.

By 2025, Calgary will:

- Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors.
- Restore 20% of Calgary's current open space to increase biodiversity.
- · Identify invasive species in Calgary's open space and complete strategies for their management.

# **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 jour**neymen plumbers/gasfitters, very experienced in Huntington Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Huntington Hills 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.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

CONCRETE CUTTING FOR BASEMENT WINDOWS, **DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

LOOKING FOR A LOCAL, PROFESSIONAL ELECTRI-CIAN? FCC Electric is well established, insured, certified and willing to assist with all your Residential or Commercial projects. FCC Electric offers free estimates, inspections, kitchen/basement/garage renovations, repairs/troubleshooting, panel/service changes, service work and retail development. Home renovations as well as deck construction. 65+ discounts 403-462-8801.

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

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

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric. com or call Clayton at 403-970-5441.

PRINTING SERVICES: Christmas cards, calendars, newsletters, bulletins, letterheads, envelopes, sell sheets, flyers, posters, banners, stickers/labels, colour copies, business cards, sandwich boards, notebooks, signs. Bring your family pictures for custom calendars. 1,000 doublesided business cards \$99; 5,000 flyers \$299; colour copies 25cents (min. 500). Contact Yinka - olaconsult@shaw. ca or 403-880-6692 for all your printing needs.





# COUNCILLOR, WARD 4 SEAN CHIL

403-268-3727 • ward04@calgary.ca www.calgary.ca/ward4 • www.seanchu.ca

Greetings Residents,

### City launches online street light outage application

The City of Calgary has launched an online application that will allow citizens to easily report street light outages in their community.

The application allows people to locate the street light on a map and report it instantly to The City of Calgary. This process avoids duplicate reports, reduces the number 311 calls, and provides more detailed and more accurate updates to citizens about each light service request.

The City of Calgary is committed to providing a higher level of service and better customer service to its citizens.

Under the service agreement with Enmax, it can take up to 30 days to repair street light outages. In the event of damages or something more complex like underground wire faults, repairs could take much longer. Citizens are asked to call 311 to report damaged street lights.

Please visit calgary.ca/streetlights to report an outage near you.

### Be prepared for snowfall to keep everyone moving safely

When snow is forecasted in Calgary, crews are available 24/7 to respond and keep our roads safe. That means apply anti-icing solution to our roads before the snow falls, and plowing and sanding after the snow starts falling. Crews focus on high-volume roads first in order to keep the highest number of Calgarians moving safely.

You can help us keep the roads and sidewalks safe this winter, too. Here's a few ways to keep everyone moving safely:

- Slow down and drive or cycle defensively during winter driving conditions.
- Keep a safe distance help our crews do their jobs by staying three car lengths behind sanders and plows.
- No sudden moves (braking, lane changes, etc.)
- Provide enough distance between you and the vehicle in front of you.
- Ensure you have appropriate tires and footwear.
- Keep your sidewalk clear of snow and ice within 24 hours after the snow has stopped falling.

For information on winter driving, safe shovelling, and more, visit calgary.ca/snow.

### **Fall/Winter Programs**

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.



# MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON

Current Member (403) 215-7710 calgary.mackay.nosehill@assembly.ab.ca

Merry Christmas and happy holidays, Calgary Mackay Nose Hill!

It has been a busy fall season in the House and I am proud to be bringing your voice in the legislature. Earlier this fall I was proud to join many of my colleagues at the State of the Province Address in Calgary to hear Premier Notely speak to our government's challenges and commitments. The Premier addressed many new initiatives that the government will be setting in motion in the New Year.

The Carbon Levy Rebate will start to roll out to families in January of 2017. These rebates are automatically available to you, if you have submitted your 2015 income tax return. If you want more information about what the carbon levy visit alberta.ca/climate-carbon-pricing.aspx.

For small business owners and investors, the Alberta Investor Tax Credit and the Capital Investment Tax Credit are two new tax credits which will be available starting in January of 2017 to support small- and medium-sized businesses. The tax credits will be awarded on a first-come first-served basis to eligible applicants.

I have heard from constituents across the riding last month and attended some wonderful events - I really enjoy all of the opportunities to connect with you. I was lucky enough to be invited to do a presentation on the Alberta Government to the grade 6 classes at Simons Valley School and I had a great time introducing them in the Legislature when they visited in November.

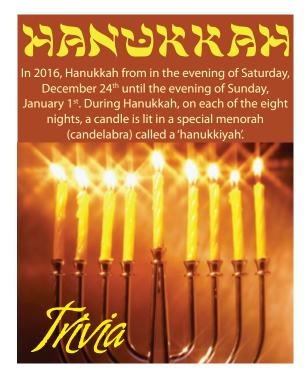
I was pleased to host the Minister of Education, David Eggen for some door knocking in Beddington Heights and a tour of John. G. Diefenbaker High School. Minister Eggen's visit to Calgary Mackay Nose Hill came shortly before the launch of an online survey seeking input on the new provincial Curriculum Development. To have your say, please visit education.alberta.ca

As always, I welcome your input. Starting January 2<sup>nd</sup>, 2016 my office will be open 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (we will be closed for lunch from 12:00pm-1:00pm). 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.

# Parent Link Call for Volunteers:

The Family connections Parent Link program is looking for people interested in volunteering. Volunteers help staff; prepare snack, supervise child doing crafts, prepare crafts, clean and sterilize toys as well as the room itself, and provide childcare for adult only programs. Volunteers work closely with the staff and can work from an hour or two a week, to a few hours a week.

For more information please contact Vivian at 403-275-6666 ext. 242







# MP CALGARY NOSE HILL HON. MICHELLE DEMDEI

201-1318 Centre Street NE, Calgary, AB, T2E 2R7

Phone: 403-216-7777

Email: michelle.rempel@parl.gc.ca Website at www.michellerempel.ca

### Year-end update - December 2016

It's hard to believe that we will soon be saying goodbye to 2016 and ushering in a new year. It has been a busy and productive year, as your Member of Parliament, and I have been working hard on your behalf. There are a few important issues I would like to update you on:

1) The Alberta jobs crisis continues to be a primary focus for me. As you may know, my colleagues and I launched the Alberta Jobs Taskforce this fall. I have been consulting with community members and employers to get their feedback regarding policy solutions and budget requests that we will be presenting to the government. If you, or anyone you know, would like to be involved in the Taskforce's work please contact me at michelle.rempel@parl.gc.ca or visit www.AlbertaJobsTaskforce.ca.



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3) Over 1300 of you provided your input on the issue of electoral reform during my consultations over the course of the year. 91.91% of respondents to the survey indicated that a referendum should be held prior to any changes being made to Canada's electoral system. 79.13% of respondents did not think we need to replace our current system of voting. I have conveyed the feedback received via a letter to the chair of the Special Committee on Electoral Reform. You can also find a copy on my website: www.MichelleRempel.ca. I will continue to keep you informed about this important issue as the committee reports back to Parliament.

I understand that this Christmas season will be challenging for many due to unemployment. There are many important organizations that will be stretched further than most years and I encourage you to take some time to volunteer or donate financially to these organizations. For those that are struggling with the mental and physical challenges associated with unemployment, and the added stress the holidays can present, please reach out to an organization like the Distress Centre. They have 24 hour support and can be reached at their crisis line at 403.266.HELP(4357). I will be hosting a Christmas Open House on December 10th at the Berkshire Citadel (222 Sandarac Drive N.W.) from 2:00 PM -5:00 PM. I will be collecting non-perishable food items for the Calgary Food Bank and chatting with constituents. Please feel free to stop by, drop off you donation, and say hello. And while an RSVP is not required to attend, you may do so at www.MichelleRempel.ca or by calling 403-216-7777. I hope you all have a Merry Christmas, a Happy New Year and a joyous holiday season.



# Dr. Dale Rapske B.Sc. D.D.S.\* **Deerfoot Dental Centre**

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2<sup>nd</sup> Floor 225-971 64 Ave NE ... same building as Original Joe's Restaurant

\*Denotes Prof. Corp.

# dialogue))











# Learn About the Future Use of Learning Space at Area I & II Schools

Join us as we present the proposed changes for the future use of learning space at some Area I & II schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 17, 2017 time | 5:00 – 8:00 p.m.

location | Senator Patrick Burns School 2155 Chilcotin Road N.W.

2133 CHIICOUIT NOAU N.W.



To learn more about what we've heard so far, visit **cbe.ab.ca/dialogue** 



# HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600.000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



# **HOW CAN YOU HELP?**



### **JOIN TEAM DIABETES**

Get active! Run, walk or hike in exciting international and Canadian events.



### **VOLUNTEER**

We couldn't do what we do without the support of our volunteers.



### **GIVE TO CLOTHESLINE®**

Donate your gently used clothing, books, toys, electronics, vehicle and more.



### **BECOME AN ADVOCATE**

Interested in sharing your story and speaking on behalf of those living with diabetes?



# **HOLD A FUNDRAISING EVENT**

Explore the fun and easy ways you can help raise funds for diabetes.



### **DONATE**

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.