

FEBRUARY 2016

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KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER

FAMILY DAY SKATING PARTY

FEBRUARY 15

12-3PM

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INFORMATION AT**

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OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a 97% *satisfaction* rating last year.

CUPE

Calgary's city employees

**Making your city
work for you**

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers 5-20% more!

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
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KINCORA

Mailing Address:
61 Kincora Landing N.W., Calgary, AB T3R 1L1
www.kincora.org • kincora.info@gmail.com

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**Editorial
Content
DEADLINE**
7th
of each month
for the next
month's
issue

KINCORA

Do You Get Community Emails?

We currently communicate with you through our website, www.kincora.org. Once you create an account on our site, we have the ability for us to send an email to those that have opted-in to receive emails from us. You **must opt in** to receive any emails about the community. You do not have to purchase a community association membership to get emails. Registering for an account is free!

Here's how to do that:

1. Visit www.kincora.org
2. Login to your account using the login & password that was provided to you via email if we created your account for you. (It is likely login=last name, password=membership number). Or this is a login & password you created yourself after you registered on the website.
3. Go to Members >>> Profile >>> Email Options
4. Check off "I want to receive special emails sent to all members from the webmaster."

Emails are only sent when we communicate something that we believe would be of interest to you – typically this is an average of two per month. You can also control if/when you are notified of other website activities, like when news or calendar items have been added.

If you have any questions about your account or email settings, or need help finding out your login or password, please email kca.member@gmail.com.



SAFETY SYNC
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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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safetysync.com
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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.



Kincora Community Association

Mailing Address:
61 Kincora Landing N.W., Calgary, AB T3R 1L1
www.kincora.org • kincora.info@gmail.com

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Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.



NITANISAK DISTRICT

Here is some of what we were up to in December, and some upcoming events. Many units are already planning their spring camps.

Sparks

Sparks will have the opportunity to participate in upcoming Calgary Area events such as STEM (Science, Technology, Engineering and Math) day run jointly by the Calgary Area Girl Guides and the University of Calgary. Sparklefest is also fast approaching, a day-long event run at Camp Jubilee.

Brownies

Brownies will also have a STEM day in January. Then in February they can learn basic camping skills at Brownie Camp Academy, where they learn basic first aid, camp cooking, how light a match/fire, wood chopping and axe safety plus much more.

Guides

The 25th guides sang Christmas carols at the Harvest Hills Bethany Care Centre in December. We also made coasters for them. Then we went to Tim Hortons for hot chocolate.

Pathfinders

The 91st Pathfinders had a Christmas party with the 60th Rangers that the girls planned, with cookie decorating, mini stick hockey, and outdoor snow activities. As a service project the girls planned, baked

and delivered "doggy Christmas cookies" to the Alberta Animal Rescue Crew Society (AARCS).

Guiding Mosaic 2016

In July of 2016, the province of Alberta will be host to over 1,800 Guiding members from across the country and over 100 guests from around the world at the Guiding Mosaic 2016 camp, to be held in Sylvan Lake, Alberta. This exciting camping experience will celebrate the heritage and diversity of Canada while providing an opportunity for international campers to showcase their nationalities and culture to Canadian Guiding. It is an exciting opportunity for our girls to experience fun and challenges while sharing the beauty and heritage of Alberta and learning about other provinces and countries through new friendships. Girls will also be participating in community service projects as a part of their camp program. Nitanisak District, composed of girls from Hidden Valley and neighbouring communities in north west Calgary, will be sending 29 girls, ages 12-18, and eight Guiders to participate in this event. We have been fundraising throughout the year with our Girl Guide cookie sales and bottle drives in order to attend this camp. We would like to thank all of the community members who have supported our ongoing fundraising efforts by buying cookies and donating to our recent bottle drive in Hidden Valley on January 2nd!

2016 MARK YOUR CALENDAR

February 15	Family Day Skating Party, 12-3pm - hot dogs and hot chocolate. No sticks/pucks please.
March 12	Easter Egg Hunt, 2-4pm – kick off Spring Break with our annual event
April 13	Annual General Meeting for the community, 7pm
May 28	Parade of Garage Sales 9am – 4pm
June 4	Community Cleanup at Ren Depot, 9am – 1pm
TBA	Calgary Public Library Mobile Book Truck

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
AvenueCalgary.com/survey

avenue
 magazine

OPEN FRIDAY,
 SATURDAY
 & SUNDAY
 YEAR ROUND



SWEET TREATS

Visit our website for special event details.

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Sassy Strawberries

This Valentines, make your sweetheart a special treat for sharing. Here is an easy recipe for fresh and delicious chocolate dipped strawberries.

Ingredients:

- ½ cup dark chocolate, broken into small pieces
- 3 tablespoons 33-35% whipping cream
- 12 large strawberries (with stems)

Process:

Rinse and thoroughly dry strawberries with paper towel (let them air dry for at least ½ an hour as any water on the berries will cause discolouration or seizing of the chocolate).

Slowly melt the chocolate in a microwave (15 seconds at a time) on low to medium heat, then stir and repeat until the chocolate is almost melted. Add warmed whipping cream and stir thoroughly.

If you're feeling adventurous, add two or three tablespoons of your favourite liqueur. Amaretto, brandy, cognac, dark rum or Kahlua will add a nice kick.

Dip each strawberry in the mixture, then twist the strawberry so the remaining chocolate wraps around the strawberry. Place each on a sheet pan lined with parchment or waxed paper and refrigerate for 10 minutes before serving.

Enjoy!

Recipe provided by Wicked Chocolate

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



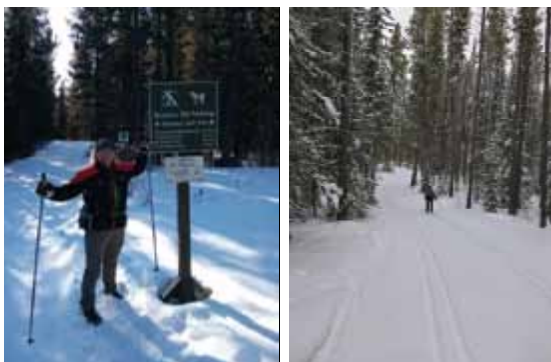
MARCH

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Not a snowbird?

Try fair weather skiing on Waxless cross country skis!

A great way to enjoy Alberta's sunshine and long winters is to be outdoors! If you don't like the cold and don't want to fuss with waxes, waxless skis are a great alternative. They work the best in temperatures of -6 to +3 degrees C. On warm Chinook days, or for spring skiing, they are perfect! You don't have to learn to apply the day to day sticky wax on the base of your ski, but waxless skis do require glide wax on the tips and tails as well as the scales. This protects your ski base and ensures you glide across the snow!



Haven't been out skiing for a while? There are many places to take a cross country ski lesson. It is a great way to get back to skiing or, to start out on the right foot for the first time! No line ups, no crowds, no lift fees, cross country skiing is a great way to enjoy the sun, fresh air and gentle exercise. What could be better than a day outside with friends skiing in West Bragg Creek, Ribbon Creek or other parts of Kananaskis country! There are two websites for checking trail conditions; Skierbob and on the Alberta Parks website. There are groomed and track-set ski trails as far west as Banff National Park and as far east as Shaganappi golf course, when we have enough snow in Calgary. I think of cross country skiing as a cross between trail biking and walking, it is smooth and heavenly, with a little good technique. So get out of the city and get signed up for safe, gentle outdoor fun!

Julie Walker is a Cross Country Ski instructor and Outdoor Educator.

Kincora mybabysitterlist

Name	Age	Contact	Course
Kaiya	12	403-805-1446	Yes
Mikaela	12	403-710-7006	Yes
Justin	12	403-456-0712	Yes
Emma	12	403-240-0169	Yes
Maxine	13	403-455-8427	Yes
Madison	13	403-850-6001	Yes
Anabelle	13	403-462-9281	Yes
Katherine	13	403-590-9075	Yes
Zoe	13	403-272-7841	Yes
Alexandra	13	403-288-0695	Yes
Breanna	13	587-435-0519	Yes
Ty	14	403-295-6065	Yes
Angela	14	403-288-3410	Yes
Faris	14	403-402-0950	Yes
Janessa	14	587-830-6585	Yes
Jared	14	403-209-2447	Yes
Maude	15	587-890-2828	Yes
Julia	15	403-618-0842	Yes
Taylor	15	403-874-9691	Yes
Solit	15	587-700-7406	Yes
Shy-Lynn	15	587-899-2766	Yes
Neha	15	403-273-4395	No
Aisha	16	587-700-7406	Yes
Aurora	17	587-999-3843	Yes
Eugene	18	403-703-4488	Yes
Maddy	18	587-888-7298	Yes
Makenzie	18	403-796-7733	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.

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Expires March 31, 2016

AVEDA
THE ART AND SCIENCE OF PURE ESSENCE AND PLANT ESSENCE

Nose Creek Softball & Tim Hortons Learn to Play Softball

Spring Softball/Fastpitch Registration for Youth

Nose Creek Softball offers a community based program for young athletes to learn new skills, make new friends and have fun!

PROGRAMS OFFERED:

- Girls Teams from U10 to U19
- Mixed Teams for Tim Hortons Learn to Play

All of our athletes have the opportunity to:

- Age appropriate skill development
- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

Indoor Drop-In Clinics on Now!

Spring Session runs from mid-April to end of June

Online Registration is Now Open!

For more information or to Register: www.nosecreeksoftball.ca

Male athletes U10 and up can register for the 'Calgary Boys Fastpitch' softball program at www.calgaryboysfastpitch.com



ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does ones budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.



Symons Valley United Church

An affirming congregation of the United Church of Canada.

Your church at the centre of the community. Welcome Home!

Services – Sundays at 10:30 am. Sunday School and Youth Group meet during the worship service.

Please see our website for up-to-date schedules, events and activities, including the dates for our Star Wars movie series www.symonsvalleyuc.com.

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FIND SOLUTION ON PAGE 18



Kincora Real Estate Update

Last 12 Months Kincora MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$609,000	\$592,500
November 2015	\$624,933	\$610,833
October 2015	\$570,400	\$551,250
September 2015	\$511,942	\$502,771
August 2015	\$522,566	\$518,333
July 2015	\$549,800	\$539,060
June 2015	\$578,414	\$564,928
May 2015	\$550,665	\$540,670
April 2015	\$537,642	\$530,500
March 2015	\$539,775	\$530,312
February 2015	\$511,920	\$503,200
January 2015	\$0	\$0

Last 12 Months Kincora MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	1	1
November 2015	5	6
October 2015	5	4
September 2015	7	7
August 2015	8	3
July 2015	8	10
June 2015	13	7
May 2015	12	15
April 2015	13	7
March 2015	8	8
February 2015	8	5
January 2015	10	0
Total	98	73

To view the specific SOLD Listings that comprise the above MLS averages please visit kincora.great-news.ca

How is my money affected by changes to the Alberta Income Tax Structure this year?

With tax season approaching, you are probably wondering how our provincial NDP budget will impact your household. October 2015, our taxation structure changed here in Alberta. Now take a deep breath because in Wild Rose Country we will continue to enjoy the highest spousal and basic personal amount tax deductions in Canada.

You've heard the term 'tax bracket'? Once you hit a certain amount, the rate increases in the next 'bracket'. In 2016 you'll pay more in the next tax bracket, but **only** on the additional income. There is a bracket system on federal income taxes, but the Alberta system doesn't match the federal. Confused yet? Read on fellow taxpayer.

Okay, so you can earn up to \$125,000 before you are bumped to the next tax bracket. There's no personal income tax on the first \$18,214 of taxable income. The Government of Alberta reports almost 93% of Alberta taxpayers will continue to pay at the existing 10% tax rate. That's because their taxable income is between \$18,214 to \$125,000.

For 2016 tax year here's what it will look for those folks who make more than \$125,000. The tax rate is 10% between \$18,214 to \$125,000. For taxable income up to \$150,000, you'll pay 10% on your first \$125,000 and 12% on the next \$25,000. If you pull in between \$150,000-\$200,000, you'll pay 10% on \$125,000, 12% for \$25,000 and then 13% on that extra \$50k. The rate goes up to 14% for income over \$200,000 and it jumps again to

15% for those earning \$300,000+. And to make it even more complicated, these rates are effective 1 October, 2015. So the old rate (10% flat rate) and the new rates are prorated.

Whew! It's a little more complicated this year so here is a chart and some very basic tips:

Taxable Income	2016 Tax Rates	2015 Tax Rates
first \$125,000	10%	10.00%
over \$125,000 up to \$150,000	12%	10.50%
over \$150,000 up to \$200,000	13%	10.75%
over \$200,000 up to \$300,000	14%	11.00%
over \$300,000	15%	11.25%

Prepare that you might see additional taxes owing on your 2015 tax return. Why? Typically employers withhold money off your paycheque and submits the funds to pay your taxes. Remember that change that came into effect October 1, 2015? If your employer didn't implement the new tax rates to adjust your pay, then you might need to brace yourself for a little adjustment on your return.

Don't forget to add your Universal Child Care Benefit to your income. That was the cheque you received in 2015 if you have children. If you didn't realize before then I am sorry to bear the news. That money is considered taxable and so you'll be paying some bucks back on that amount.

Find someone who can inform or guide you. If you are still unsure about what these changes mean to your family's finances, rest assured...you are doing the right thing taking the time to inform yourself. Keep researching, reading and collecting the information you'll need to complete your income taxes effectively. Ask questions of folks in the know, post questions to discussion boards, hire a trusted professional, research the news and/or check out the Government of Alberta webpage for more details.

Richard Presland, CMA, MBA



IN & AROUND CALGARY

Citizen Dashboard in the works to give Calgarians insight into City performance and Calgary's quality of life

The City of Calgary is building a Citizen Dashboard, an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

"The Citizen Dashboard is just getting started, but it's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore our new tool."

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays select performance measures for 311; Roads Maintenance: Summer; Calgary Transit Access; and Building Regulations. Additional performance measures will be added to these services as the Citizen Dashboard evolves and feedback is collected.

The following services will be added over the coming months:

- Roads Maintenance: Snow and Ice Control and Spring Clean-up
- Transit: Safety and Security, CTrain and Bus
- Water Resources
- Water Services
- Waste & Recycling Services
- Recreation
- Fire

Calgarians can check out the new tool and provide feedback at calgary.ca/citizendashboard.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

• Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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I would like to take this opportunity to thank all those who worked hard to get the new portion of Sarcee Trail open from 128th Avenue NW to 144th Avenue. Many thanks to United, Walton Development and Management, Volker Stevin and the City of Calgary for getting this road open. This important stretch of road is now open to traffic providing better accessibility to 144th Avenue. It is also helping to reduce heavy truck congestion on Country Hills Boulevard, 112th Avenue and Shaganappi Trail.

I encourage Ward 2 residents to visit my new updated website at joemagliocca.ca for information on civic issues, transportation projects, my blog and other articles of interest for Ward 2. Additionally, for up to the minute Ward 2 information, please follow me on Twitter @Joe_Magliocca or Facebook at www.facebook.com/joe.magliocca.calgary.

The City's civic census is conducted annually and is currently recruiting census takers. The City needs nearly 1,000 flexible workers to help with the door-to-door physical Census collection and data recording in April. Census takers need to be able to walk in seasonable weather conditions and easily operate a tablet computer. Census takers are provided with essential training, to be completed at home online and must be available for an in-person session in March. Applications can be downloaded online and are accepted in person, at The City of Calgary Election and Information Services office, 1103 55 Ave NE, between 8:30 a.m. – 4 p.m. Monday to Friday. For more information please visit www.calgary.ca/census

Joe's Tip
 When it snows, make sure to give yourself extra time to reach your destination and leave extra distance between you and the car ahead of you. Calgary.ca/snow is a one-stop shop for winter driving tips, the road conditions map, FAQs, updates and more.



Interesting
ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built. This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.


BUSINESS CLASSIFIEDS

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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.

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Book Trivia



Professor Moriarty was Sherlock Holmes' arch enemy.

RRSP: the Super Seven ways to save and grow

Suzanne Smith-Demers – Consultant

One of the best retirement savings strategies for most Canadians is a Registered Retirement Savings Plan (RRSP). Here is a list of some of the best ways to get the most from your RRSP.

- 1. Beat that deadline** This year's RRSP contribution deadline is February 29, 2016 – don't miss it!
- 2. Maximize** Make your maximum annual contributions to get the most long-term growth. Your contribution room is on your most recent notice of assessment from the Canada Revenue Agency (CRA).
- 3. Catch up** Fill up unused contribution room strategically as your tax bracket changes.
- 4. Rise up** To have more money in retirement, raise your RRSP contributions as your income rises.
- 5. Borrow to save** An RRSP loan can be a good option for maximizing this year's contribution or catching up on past contributions – but only if you pay it back as quickly as possible. Do that by using your RRSP tax savings to help pay off the loan.
- 6. Diversify for growth** Your maximum RRSP contributions are capped by the government – so be sure to invest in a Tax-Free Savings Account (TFSA) and a well-balanced non-registered portfolio to get the additional income to enjoy the retirement of your dreams.
- 7. Designate** Choose a beneficiary for your RRSP. Generally, RRSP assets with a beneficiary designation do not form part of your estate and do not attract probate fees. If your beneficiary is your spouse/partner or a disabled child/grandchild, your RRSP can be transferred tax-deferred to your beneficiary's registered plan.

Saving for retirement is an absolute necessity – and an RRSP is a great way to do just that when it's part of an overall financial plan tailored to achieve your retirement dreams. Talk to your professional advisor.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

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

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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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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KINCORA 2015 STATS	# OF SALES	AVERAGE PRICE
Bungalow	4	\$552,125
Two Storey/Two Storey Split	69	\$539,936
Townhouse	15	\$362,593
Condo	9	\$248,444
TOTAL	97	
Average days on Market	46 days	

TEXT T855813 TO 85377



\$499,900

465 Evanston View NW

- NuVista 3 bedroom+den two storey
- oak kitchen, bonus rm w/vaulted ceilings
- hardwood, close to future schools

TEXT T831696 TO 85377



\$259,900

3207, 10 Country Village Pa NE

- Lighthouse Landing 2 bedroom condo
- U/G parking, 2 full baths, maple kitchen
- insuite laundry, balcony, lake views

TEXT T829951 TO 85377



\$419,900

426 Evansdale Way NW

- Broadview Homes 3 bedroom+den+loft
- maple kitchen, 9ft ceilings, 2 car garage
- fenced yard, steps to playground & park

TEXT T888795 TO 85377



\$669,000

103 Hamptons Square NW

- CalBridge 3 bedroom+den two storey
- built-ins, hardwood & tile, maple kitchen
- South backyard, skylights, tile roof

TEXT T831082 TO 85377



\$649,900

7031 - 61 Avenue NW

- renovated Nu-West bungalow 4 bedrooms
- quartz counters, fully finished, 2 car garage
- big backyard, upgrades, walk to schools

TEXT T862767 TO 85377



\$475,000

90 Royal Elm Road NW

- Excel 3 bedroom+loft two storey walkout
- country kitchen, great room w/fireplace
- bright & sunny, finished basement, big yard

TEXT T882926 TO 85377



\$649,900

328 MacEwan Park View NW

- updated 4 bedroom+den two storey
- new roof & exterior, finished walkout
- granite, hardwood, backs on Nose Hill Park

TEXT T882876 TO 85377



\$379,900

49, 5400 Dalhousie Drive NW

- lovely 2 bedroom/1.5 bath townhome
- laminate floors, fully finished, 1 car garage
- walk to Dalhousie Station LRT, fenced yard



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