

DECEMBER 2016

DELIVERED MONTHLY TO 3,750 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

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.



Mount Pleasant Community Association

602-22 Ave NW Calgary, AB - T2M 1N7

Phone: 403.282.1314 • www.mpca.ca • info@mpca.ca

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HOW CAN YOU HELP?



JOIN TEAM DIABETES

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



GIVE TO CLOTHESLINE®

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



HOLD A FUNDRAISING EVENT

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



VOLUNTEER

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



BECOME AN ADVOCATE

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



DONATE

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



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MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 E-Mail info@mpca.ca Website www.mpca.ca
 Facebook <https://www.facebook.com/MountPleasantCommunity>
 Twitter <https://twitter.com/MountPleasantCA>

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Xmas mince pies

Mince pies - a traditional holiday meal from the UK - were originally filled with meat, such as lamb, rather than a dried fruit mix as they are today. They were also first made in an oval shape to represent the manger that baby Jesus slept in, with the top representing his swaddling clothes.



Mount Pleasant Board meetings

are on the **third Tuesday** of the month at 7pm Upper Hall. Any community member with a current community membership is welcome to attend.

Deadline for submissions is **10th** of the month for the next month's issue.

If you would like to write an article for the Pulse please email your MS Word doc submission to publicity@mpca.ca. Any photos for the cover would be greatly appreciated (greater than 1-3 MB for the cover). Deadline for submissions is the 10th of the month for the next month's issue.

ACTIVITIES AND EVENTS



December 2016 - January 2017

- Dec 10 MPCA Community Christmas Party 9:30-11:30 am Upper Hall
- Dec 14 Boomers & Zoomers Lunch 11:30 Upper Hall
- Jan 17 Board Meeting 7pm Upper Hall
- Jan 24 Book Club 7pm Lower Hall - The Pearl That Broke Its Shell by Nadia Hashimi
- Jan 25 Boomers & Zoomers Lunch 11:30 Upper Hall
- Mondays-Fridays Playgroup 9-11am Lower Hall to register www.mpca.ca
- Mondays Zumba 5:30pm Upper Hall
- Wednesdays Active Wednesdays for Seniors and Limited Mobility 11am Upper Hall
- Wednesdays Games 1:15pm Upper Hall - Adults Only
- Wednesdays Zumba 5:30pm Upper Hall
- Fridays Fly Right Swing Friday Night Hop 8:30 pm Upper Hall
- Yoga Fall Session is Full

For more details visit www.mpca.ca

HOW CALGARIAN



Calgary sits at 1,048 meters (3,438 feet) above sea level and the sun shines on average of 2,300 hours a year. It's Canada's sunniest major city, so the temperature reaches 20C or better 85 days of the year on average.



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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.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 16

PRESIDENT'S MESSAGE

The timing of writing this report is good as we received the first copy of the Great News Publishing of the Pulse today. I think you will agree with me that it is a very nice quality of a news letter and you get a Sudoku to boot, what else could you ask for.

We had a very successful AGM on October. 18th, which was very well attended by the community membership. I am pleased to announce for the first time in my recent history of the community that we came away with a full slate of Board Members. Jason Iverson was confirmed as Vice President; Kristen Phillips is our new Treasurer; Chris Best is the Director of PTLU; Bri Verstraten is the Director of Membership; Cory Costanzo is the Director of Soccer; and Isla Ferrier was confirmed as the Director of the Play Group. I wish to thank all of them for joining our team. To outgoing Board Members : Michael Back; Sandra Jackson; Brendan Smith; Brittney Stahl; and Brandy Hasselbach a very big thank you for all your hard work making MP a better place to live. I have enjoyed working with you all.

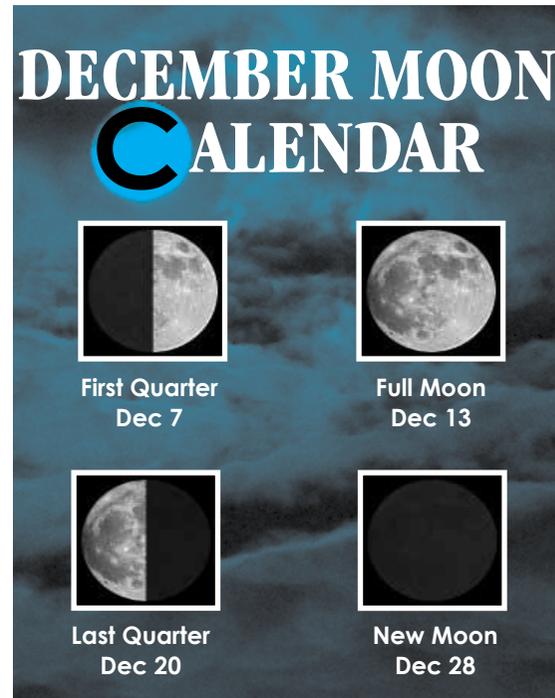
We approved some bylaw changes at the meeting as well as approving the Visioning Report. A motion was also passed that would limit zoning changes to RC-G and MC-G to be allowed on 20th Ave., 10 St., and 4th St. NW. This motion has been passed along to the City of Calgary to inform them that MPCA does not want Row Housing throughout all of our community. I would like to thank all of the PTLU Committee and especially Jillian Hagman and Brenden Smith for putting the report together. A copy of the report can be seen on our web site. To all of the membership who took the time to participate in the Visioning Exercise and attend the AGM and wine and cheese social your attendance was appreciated.

New PTLU Director Chris Best and I attended a sod turning for Trico Homes new Mixed Use and Condo being built on 17 Ave and 8th St NW. It has a combination of Accessible and Obtainable housing which we need in the community. We hope that this is a start to new construction on both 16th and 17th Avenues, as the economy downturn has stalled any action for the past year or so. 16th especially needs to be over hauled with some new buildings that are not Pawn Shops.

I had the pleasure of joining Pool Director Jamie Reid and Roger Leach at a meeting to discuss a new COSPA / City of Calgary swimming pool agreement. COSPA is an association that runs the seven outdoor pools for the City in conjunction with the CA's. A better financial agreement with the City is needed to upgrade badly needed improvements to all these Community Gems. It should be noted that MPCA member Shannon Olafson is the volunteer Chair and Roger Leach is the Treasurer of COSPA. We take it for granted that the swimming pool will be open for our summer use but it takes a lot of work by dedicated volunteers to keep them running. I am proud to say that our pool leadership appears to be the best in the city, so when you see Jamie, Roger and Shannon say a big thank you for their long time investment in our pool.

This issue is a joint December and January edition so on behalf of Diane and myself I would like to wish you all a Very Merry Christmas and a Healthy, Wealthy New Year. I am pleased to say the ongoing renovations are nearly over and we have a new kitchen just in time for Christmas. All the best until next time.

Murray Anderson, President



Have fun on Family Literacy Day - January 27th

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

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

Enjoy a Neighbourhood Scavenger Hunt to celebrate Family Literacy Day

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

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

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

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

Adapted from ABC Life Literacy Canada

Boomers Zoomers

Next Lunch Wednesday, December 14th and
January 25th

Middle Age: When you begin to exchange your emotions
for symptoms - Georges Clemenceau

We had a delicious meal of Shepherd's Pie and salad at our October lunch, followed by the best rhubarb crisp I've had in a long time. Thanks to **Yvette** for donating our dessert. After lunch, **Jenny Li** of **trutherapeutics** gave us some tips for staying pain free and flexible. She also showed us some exercises we can practice at home and reminded us to be aware of our posture, not sit for too long, maintain a healthy weight, get some exercise, drink water to stay hydrated, get enough sleep, and break up large tasks rather than trying to accomplish everything in one go. All good ideas for everyone, regardless of age; we just need to keep them in mind.

At our November lunch, we'll be enjoying another good meal from Emerald Garden courtesy of Brian Hanson and Rhonda Anderson of **Rhonda's Cleaning Services Inc.** Rhonda has been in business in Calgary for 11 years, specializing in residential and light commercial cleaning services. Brian and Rhonda want to show their respect and appreciation for our community and seniors through this kind donation.

If you're age 60 or over, join us in the Upper Hall on the 4th Wednesday of each month (2nd Wednesday in December) for a delicious hot meal followed by entertainment that varies each month (speaker, conversation, movie, games, etc.). Our doors open at 11:30, lunch is served around noon, and the entertainment follows. We can arrange rides to and from each lunch for people who have difficulty getting out. We want to meet you and would be happy to provide this opportunity for you to socialize with your neighbours.

If you would like to be on our invitation list, please call Linda at (403) 289-8390 or email lohanlon@telus.net. You can also take part if you're approaching age 60, if you wish to volunteer, or if you are accompanying a senior. Please pass this information on to anyone in the community who might enjoy the chance to get out for an adults-only social gathering.

Would you like to share your talent with us? We're looking for some good but cheap (read "free") entertainment to follow our December 14th lunch. Enjoy a delicious turkey dinner with the group then dazzle us with your special gift. If you're interested in participating, please contact Linda at lohanlon@telus.net or (403) 289-8390.

Don't forget to save the 4th Wednesday of each month on your calendars now so you don't miss any lunches. Be sure to register in advance to ensure there's a seat available and we order enough food.

MPCA Book Club

As usual, we don't have a book discussion in December. We'll head to Emerald Garden instead for an evening of good conversation and food.

Our January 24th book will be *The Pearl That Broke Its Shell* by Nadia Hashimi. Afghan-American Nadia Hashimi's literary debut novel is a searing tale of powerlessness, fate, and the freedom to control one's own fate that combines the cultural flavour and emotional resonance of the works of Khaled Hosseini, Jhumpa Lahiri, and Lisa See. In Kabul, 2007, with a drug-addicted father and no brothers, Rahima and her sisters can only sporadically attend school, and can rarely leave the house. Their only hope lies in the ancient custom of *bacha posh*, which allows young Rahima to dress and be treated as a boy until she is of marriageable age. As a son, she can attend school, go to the market, and chaperone her older sisters. Rahima is not the first in her family to adopt this unusual custom. A century earlier, her great-great grandmother, Shekiba, left orphaned by an epidemic, saved herself and built a new life the same way. Crisscrossing in time, *The Pearl That Broke Its Shell* interweaves the tales of these two women separated by a century who share similar destinies. But what will happen once Rahima is of marriageable age? Will Shekiba always live as a man? And if Rahima cannot adapt to life as a bride, how will she survive?

We meet from 7:00 to 9:00 p.m. on the fourth Tuesday of each month in the Lower Hall, 602 22 Ave NW. Everyone is welcome to attend to enjoy discussing books (and snacks!) with those with similar interests in a fun, casual atmosphere. One exception in our schedule is December; we meet earlier in the month at a restaurant for conversation, laughs, and maybe a note or two on good books we've read recently.

MOUNT PLEASANT PLAYGROUP

We are a volunteer-run parent program offering a low cost parent - tot playtime in a fun - child friendly environment

with lots of new **toys**, an **indoor play structure**, a **snack/craft area** and a number of **parties** during the year! Kids can play, make crafts, paint, use play dough or have a snack while parents relax and chat with neighbours.



mpca.ca ▶ **Our Community** ▶ **Playgroup**



Monday to Friday
9:00 - 11:00 am
Lower Hall

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FOR OUR**

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Which includes:



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Inspections, Dealer Maintenance Programs,
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We are a AMA Approved Shop and for our neighbours in the area we are
**OFFERING A 20% DISCOUNT FOR YOUR FIRST TIME
VISIT AS WELL AS FOR AMA MEMBERS.**

Active Wednesdays

We have a full complement of people improving their physical well-being this session and are now looking forward to the January to April period. This exercise program benefits not only seniors but anyone with limited mobility or a lower fitness level. If you're interested in joining us, please contact Linda at lohanlon@telus.net or (403) 289-8390 to check if space is available. The cost, subsidized by MPCA, is just \$105 for 15 classes. There are drop-in spots available for a fee of \$12.00 per class.

Our Wednesday afternoon games session have also re-started. If you enjoy a few casual games of bridge, Scrabble, cribbage, euchre, even indoor badminton, or whatever game you wish to share with the group, please join us in the Upper Hall at 1:15 each Wednesday, whether or not you take part in the exercise program.

If you'd like to come for games, please contact Linda at (403) 289-8390 or lohanlon@telus.net.



Playgroup

As the weather cools, we keep our little ones warm and busy at playgroup. We play, climb, slide, paint, craft and snack every morning. Parents enjoy an affordable easy outing to chat with friends and neighbours while our kids run off some steam.

With the snow and the cold comes one of our favourite events of the year. The Mount Pleasant Community Christmas Party! And this year we want to host an extra special party to celebrate 35 years of playgroup.

Come celebrate with us on December 10 from 9:30-11:30 am. We'll have delicious food, crafts, face painting, a music man, a visit from Santa and much more. This is an event open to everyone so tell your friends and neighbours to join us for some jolly fun.

Wednesday Games Adult Only

Our Wednesday afternoon games session have also re-started. If you enjoy a few casual games of bridge, Scrabble, cribbage, euchre, even indoor badminton, or whatever game you wish to share with the group, please join us in the Upper Hall at 1:15 each Wednesday.

If you'd like to come for games, please contact Linda at (403) 289-8390 or lohanlon@telus.net.



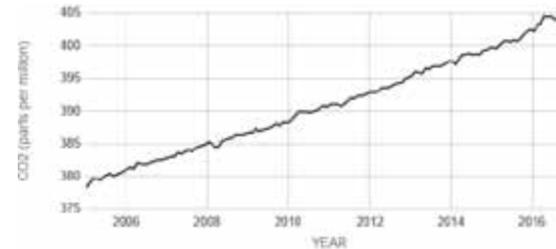
Xmas Volunteers

Tricia

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.

Ratification of the Paris Climate Deal

On October 5, The House of Commons voted to ratify the Paris Climate deal, committing to keep the rise of average global temperatures to 2 degrees Celsius. For Canada this means reducing emissions by 30 percent from 2005 levels by the year 2030. Unfortunately, even with increased awareness of climate change, global carbon emissions continue to rise as seen in this data provided by NASA.



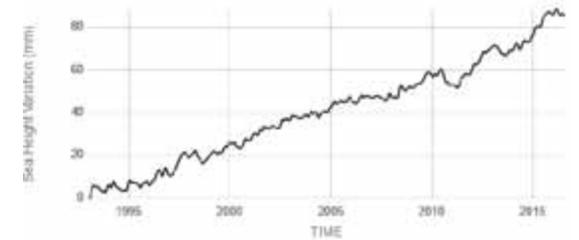
Source: climate.nasa.gov

Urgent action is required of us as Canadians in collaboration with the rest of the world in order to prevent or mitigate the most damaging effects of Climate Change. The United Nations has set Climate Action as one of its 17 sustainable development goals, declaring that climate change presents the single biggest threat to international development. One ongoing concerning effect of climate change is sea level rise caused by melting glaciers and the expansion of ocean waters as they absorb heat from the atmosphere. Within the next 100 years these rising sea levels could displace hundreds of millions of people living in low lying areas.

Matthew Crist
Green Director

Locally the City of Calgary has committed to lowering emissions by 20% by 2020 and 80% by 2050. As well, the Provincial government has developed a strategy to address climate change. The provincial plan consists of four parts, phasing out coal power plants, setting a price on carbon, setting a limit on oil sands emissions and developing a plan to reduce methane emissions.

Some in our community have expressed concern with Alberta's carbon levy, however the cost of the levy is relatively small. For a family with two children, the cost is estimated to be just over \$300 in 2017 and just over



Source: climate.nasa.gov

\$500 in 2018. Rebates will also be provided based on household income; six out of ten households are expected to receive the rebate. The government plans to use the revenue to invest in public transportation, renewable energy, green technology as well as a tax cut for small businesses. These initiatives will help diversify the Alberta economy with new green jobs and reduce our reliance on fossil fuel development as an economic driver.

Although government action on climate change is critical, it is also important to remember that we as individuals should work towards reducing our own emissions. The average person's greatest contribution to carbon output is through transportation. We can reduce this impact by carpooling, taking public transportation, commuting by bike and selecting vehicles with lower carbon emissions. For example if you were to drive 20000 kilometers in a year, a 2017 Ford F150 would emit 5.2 tons of carbon while a 2017 Ford Fusion Hybrid would only emit 2.6 tons. That's 50% less carbon emissions!

CANADIAN, EH?

When Canadians say "North of the 49th" we are referring to Canada - since the Canada-US border runs along the 49th parallel. This is the longest international border in the world.

MPCA Business Membership Form

Please complete and return with \$100 cheque payable to MPCA: 602 22 Ave NW Calgary AB T2M 1N7 or register online: www.mpca.ca

Business Name _____

Address _____

Postal Code _____

Telephone _____

Email _____

Web Site _____

Business Category

Accounting	_____	Automotive	_____	Business Services	_____	Children's Services	_____
Convenience Store	_____	Health or Personal Care	_____	Home Services	_____	Pub/Sports Bar	_____
Restaurant	_____	Retail	_____	Other	_____		_____

Are you interested in supporting MPCA Special Events with prizes, food or volunteers? _____



MPCA Business Memberships

A business membership includes:

- Free listing of your business in MPCA's online business directory
- Free listing of your business in MPCA's monthly newsletter which is delivered to all community households
- The right to attend and speak at MPCA's Annual General Meeting
- The ability to ask that items be added to the agenda at MPCA's monthly Board meetings and to address those items
- One year of FREE web hosting, sponsored by Blue Ocean Interactive Marketing.

Business Membership in Good Standing

Alpine Insurance and Financial
Small Business Legal Centre

mybabysitter.ca

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.



MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association
602 22 Ave NW Calgary, Alberta, T2M 1N7
or Apply Online www.mpca.ca

Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

New Resident or Life Members free _____ Non-Resident \$25/year/family _____

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.
New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

Name _____

Address _____

Postal Code _____

E-Mail _____

Phone _____

Payment Attached: Cheque _____ Cash _____

I wish to subscribe to MPCA email list Yes _____ No _____

Number in Family Adults _____ Children _____

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)
please specify: _____

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

Membership Benefits

For You:

- Supports your community
- Can purchase monthly pass for the outdoor pool
- Free public skating at the Sportsplex
- Discounted ticket prices for community Special Events
- Required for participation in Soccer and Playgroup
- Vote at the annual AGM
- Email notices for Special Events, volunteer opportunities, the AGM and City issues affecting Mount Pleasant

For Your Community:

- Brings our community together with sponsored events – Pamper your Palate and Day in the Park
- Provides a liaison with the City of Calgary
- Provides access to facilities for clubs like MPCA Book Club, Playgroup, Public Skating and Girl Guides.
- Provides Community Visioning Opportunities to direct change

Cost is only \$15/year for a family – apply online www.mpca.ca

Lifetime Membership: Are you 65 or older and been a MPCA member for 10 years? Then you qualify and do not have to pay the annual membership fee and do not need to renew each year. When you fill out your membership form indicate the you are applying for "life membership" If renewing online, chose the 'pay by cheque' option and email membership@mpca.ca to advise you are applying for 'life membership'

New resident to Mount Pleasant: If you have lived in Mount Pleasant for less than a year you qualify for a free year's membership. When you fill out the form, please indicate that you are a 'new resident' and provide the date you moved into Mount Pleasant. If you renew online choose 'pay by cheque' and email membership@mpca.ca to advise you are applying as a new resident and the date you moved into Mount Pleasant.



Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



Mount Pleasant Real Estate Update

Last 12 Months Mount Pleasant
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$700,000.00	\$697,000.00
September 2016	\$557,400.00	\$545,500.00
August 2016	\$924,900.00	\$908,000.00
July 2016	\$475,000.00	\$480,500.00
June 2016	\$599,900.00	\$595,100.00
May 2016	\$649,499.50	\$625,500.00
April 2016	\$490,000.00	\$492,000.00
March 2016	\$559,950.00	\$543,950.00
February 2016	\$528,700.00	\$504,750.00
January 2016	\$0.00	\$0.00
December 2015	\$589,900.00	\$580,000.00
November 2015	\$934,950.00	\$892,500.00

Last 12 Months Mount Pleasant
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2016	8	3
September 2016	9	4
August 2016	2	3
July 2016	7	7
June 2016	10	7
May 2016	11	10
April 2016	14	9
March 2016	6	6
February 2016	7	4
January 2016	9	0
December 2015	2	3
November 2015	7	2

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



MLA CALGARY-KLEIN
CRAIG COOLAHAN

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Calgary, AB, Canada T2E 2T9
Phone: (403) 216-5430 • Fax: (403)216-5432
calgary.klein@assembly.ab.ca

Happy holidays, Calgary-Klein!

As the nights grow long, snow falls, and the lights and music of the holidays surround us, it can be easy to get wrapped up in the stresses and obligations that often come along with the season. Often the pressures and commitments we place on ourselves and those around us can create a great deal of stress.

This kind of stress can sometimes lead us to forget the 'reason for the season.' While there are many traditions that celebrate this time of year in a range of different ways, some common threads unite them: treasuring our loved ones, and caring for and including vulnerable members of our society who find themselves without resources and without a warm and safe place to live.

Several excellent organizations do great work in Calgary to help our most vulnerable:

- The Inn from the Cold Society is an agency that has operated for nearly twenty years, 365 days a year, serving children and families who find themselves, literally, with no place else to go. Inn from the Cold goes far beyond the provision of shelter, food, and clothing: they focus on the many wrap-around support needs that ensure children and their families begin the process of recovering their dignity, their self-worth, their independence, and their hope.
 - o Donations can be made through their website at <http://innfromthecold.org/ways-to-give/>.
- The Calgary Women's Centre helps women struggling with income, housing and food insecurity. During the holidays, the centre operates a toy room, where women can choose gifts to give their children.
 - o Donations of new, unwrapped gifts for 9-12 year olds, for boys and girls, worth between \$25-\$40 can be dropped off at the Women's Centre (39 4th Street NE) from December 5th – December 20th 2016. Call Karen at 403-264-1155 for further information.
- The Calgary Food Bank collects and distributes food to struggling individuals, families, single-parents and homeless people. The majority of people they assist are working-poor Calgarians struggling to make ends meet.
 - o Donations of funds, food, and volunteer time can be made through their website, <http://www.calgaryfood-bank.com/give/>.

I wish you, your families, and your loved ones all the best this holiday season.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

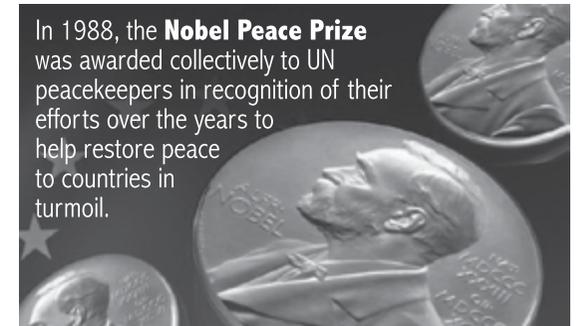
NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Mount Pleasant. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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.

TLC CLEANING: Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

In 1988, the **Nobel Peace Prize** was awarded collectively to UN peacekeepers in recognition of their efforts over the years to help restore peace to countries in turmoil.





MP CALGARY NOSE HILL HON. MICHELLE REMPEL

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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.

2) Earlier this year I presented a motion in Parliament calling on the government to respond to the Yazidi genocide. After months of inaction and enormous pressure, the government finally agreed to support my motion to save Yazidis. I am proud to report that this motion passed unanimously in the House. This is a testament to sexual slavery survivors like Nadia Murad, who was present in Ottawa to witness the vote. I encourage you to visit my website to watch this historic vote and a tribute to Nadia.

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 your 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.

BRAIN GAMES SUDOKU

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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.

Frostnip

- 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 re-warmed;
- 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);
- 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.



How to Create the Ultimate 'Mingling' Experience

Hosting a get-together can sometimes be a challenge when you've invited friends from different groups and a few coworkers. One of the biggest stresses of inviting different groups of people is planning for everyone to interact and deciding how to keep them entertained.

Set up different food stations. Instead of putting down platters of food on one table, mix it up with themed stations. Not only does this show thoughtful planning, but it becomes a great conversation piece for your guests. Whether your guests compliment your arrangement skills or discuss your creativity in including a "seacuterie" board, you can take comfort knowing you've given them some food for thought.

Have your guests highlight their uniqueness. While everyone is enjoying their first cocktail, circle around and have everyone mention something unique about themselves. This is a great way for people to share stories and some good laughs. This icebreaker will keep the conversation going until the late hours of the night.

Make some unexpected twists on classic snacks. We all love our classic appetizers like cheese and crackers or chips and dip. But why not surprise guests with an unexpected take on something you know they already love?

Don't have too many seats. Having a seat for each guest can take up too much room and can also make people inclined to stay in one spot. Minimizing the seating forces your guests to mingle, encouraging them to circulate the room and integrate into different groups.

www.newscanada.com



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It is that time of year when we gather-round the kitchen table to spend time with friends and family. We will reflect on good fortune and happy times, as well as look forward to an even better 2017.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. While many live through difficult circumstances year-round, the holidays are an ideal time for us to share our generosity and kindness. Here are just a few of the ways we can help:

- Call 211 (online at www.ab.211.ca when you see someone in need. Here you can access a wide-variety of social programs and services.
- Make a donation to a non-profit in your community. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.
- Volunteer! The possibilities are endless. From reading to children to visiting seniors' centres, call 211 to connect to volunteer opportunities, or create your own.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty by trying to *Make the Month*. www.makethemonth.ca is an interactive poverty simulation that shows how Canadians living in poverty face choices that will make or break their monthly budgets.

There are also easy ways we can help our neighbours on a regular basis in the winter months. A great example is becoming a Snow Angel. Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. To learn more about being a Snow Angel, or to recognize a neighbour's good deeds, visit www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

To sign up for updates on key community and Ward 7 issues, please visit www.druhfarrell.ca. To contact my office, please email Ward07@Calgary.ca.

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.

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



Calgary Board of Education

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*Merry Christmas
and a very prosperous New Year!*

*Wishing you and your family
all the very best this holiday season,*

and for all your real estate needs in 2017, please call me.

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