

JANUARY 2018

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





Dr. Christine Lilge Dr. Lauren Vredenburg Dr. Jennifer Maguire

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MATARIKI

The Maori people of New Zealand traditionally celebrated new year after the rising of the Pleiades star cluster. This usually occurs in late May or early June. The Maori name for both the new year and the cluster of stars is Matariki.

RBC Dominion Securities Inc.

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 michael.t.martin@rbc.com

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- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

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BRAIN GAMES SUDOKU

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PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7
403-283-5767
office@parkdalecommunity.com
www.parkdalecommunity.com

Delivered monthly to 1,700 households and businesses for 3 years!

Editorial Submissions
communications@parkdalecommunity.com
All editorial content must be submitted by the 5th of the month for the following month's publication.

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

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	1-855-222-5542



Elder Abuse – Know the Signs

Prepared by the "Coordinated Community Response to Elder Abuse" Action Team

Every older adult has the right to be treated with respect and dignity, the right to participate fully in our society, and the right to live free of abuse. Elder abuse is hidden and affects people's lives, regardless of gender, race, culture and socio-economic status. Any kind of abuse is unacceptable. Individuals, families, organizations, businesses, our communities and governments need to work together to prevent elder abuse.

Learn the signs and break the silence.

Financial Abuse

Has someone tried to control your money or force you to sign papers against your will? Or has this happened to an older adult you know?

Psychological Abuse

Has someone made you feel unsafe or tried to control you? Has someone made you feel bad about yourself or spoken to you in a disrespectful way? Has someone isolated you from regular social activities? Or has this happened to an older adult you know?

Medication Abuse

Has someone tried to give you too much or less medication than you need? Has someone taken your medication without your permission or against your wishes? Or has this happened to an older adult you know?

Physical and Sexual Abuse

Has someone hurt you physically? Has someone touched you in ways that you did not want? Or has this happened to an older adult you know?

Religious/Spiritual Abuse

Has someone tried to prevent or force you to attend any faith-based practices or activities? Or has this happened to an older adult you know?

Neglect

Has someone denied you food, clothing, medication, medical care or proper shelter? Or has this happened to an older adult you know?

Ask for help if you are concerned about yourself or someone you know. In case of immediate danger, call 9-1-1. To report a suspected case of elder abuse or for information, call the Elder Abuse Resource Line at 403-705-3250.

Help and support is available.

IDIOMATIC 慣用句

NYELVI 관용적인 IDIOMATIQUE

IDIOMÁTICO IDIOMATISCH

אידיומטי IDIOMATYCZNY

МОНДРЕТ

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

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

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



PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7 • 403-283-5767 • office@parkdalecommunity.com • www.parkdalecommunity.com

The PCA Office is usually open 7:30 a.m. to 3:00 p.m. Monday to Friday.

Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

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ABOUT YOUR PARKDALE POST

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If you would like to get your community article printed in next month's issue of your Parkdale Post, please submit it to communications@parkdalecommunity.com by the 10th of the month prior to publication. For details and a copy of the PCA Style and Editorial Guide, visit <http://parkdalecommunity.com/news/styleguide/>

FOLLOW US ON SOCIAL MEDIA

TWITTER

[@ParkdaleYYC](https://twitter.com/ParkdaleYYC)
[@ParkdaleMarket](https://twitter.com/ParkdaleMarket)

FACEBOOK

<https://www.facebook.com/parkdalecommunity>
<https://www.facebook.com/pcggs>



PARKDALE COMMUNITY ASSOCIATION (PCA)

3512 - 5th Avenue NW, Calgary AB, T2N 0V7

Tel: (403) 283-5767 E-mail: office@parkdalecommunity.com

TIME BLOCK RENTALS AND BASE RENTAL RATES (2017)

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
Weekday Time Blocks			
Mon; Tue; Wed; and/or Thur.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 11:30 pm*)		\$350	
All day (8:00 am to 1:00 am*)		\$700	
* Extra late charges of \$70 per hour apply beyond these closing hours			
Weekend Time Blocks:			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$500	
Afternoon (1 pm to 5 pm)		\$500	
Evening (6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$950	
* Extra late charges of \$70 per hour apply beyond these rental hours			
EXTRA SERVICES			
Kitchen Use: -For Storage Only		\$100	
-Full Use of Kitchen		\$175	
PCA to Set Up - (Tables and Chairs, etc)		\$150	
PCA to Take Down (Tables and Chairs, etc)		\$150	
PCA to Open and/or Lock Up (Fee also charged if PCA responds to alarm)		\$100	
Sound Equipment		\$150	
Rehearsal Hall A or B		\$60/hr	
SOCAN Music Fee (any function playing music)		\$20	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$33.00/hr	
Cleaning Fee (If Rentee hires PCA to clean)		\$250	
Total			
5% GST – Reg# 10781 4949			
TOTAL FEES FOR RENTAL			\$ XXX
Damage Deposit		\$950.00	XXX
TOTAL INCLUDING DAMAGE DEPOSIT			XXX



PARKDALE COMMUNITY ASSOCIATION

3512 - 5th Avenue NW, Calgary AB, T2N 0V7
Tel: (403) 283-5767 E-mail: parkdale@telusplanet.net

MEMBERSHIP APPLICATION FORM

Date Purchased:		Membership No.	
		Expiry Date:	
Full Name of Member(s):			
Residential Home Address, including postal code:			
Phone:		E-Mail:	
Home		Work	
		Cell	
Membership Category and Cost Per Year			
Resident Associate		Non-Resident (No Voting Privileges)	
<input type="checkbox"/> Family \$26.25		<input type="checkbox"/> Family \$26.25	
<input type="checkbox"/> Individual \$21.00		<input type="checkbox"/> Individual \$21.00	
<input type="checkbox"/> Senior \$5.25 (per member)			
• Memberships run for one year from February 1 to January 31 of the following year.			
• Please allow up to 3 weeks for your membership card to arrive by mail (or you can pick up).			
Volunteers			
The Parkdale Community needs volunteers to continue to grow and thrive, and to enrich the community for everyone. Please indicate (✓) areas you would be interested in volunteering:			
General Services		Special Subgroup Services	
Community Events & Socials (CE) <input type="checkbox"/> AGM and Town Halls (A) <input type="checkbox"/> Children's Activities (CA) <input type="checkbox"/> Holiday Parties (HP) <input type="checkbox"/> Garage Sales (GS) <input type="checkbox"/> Special Events (SE) <input type="checkbox"/> Other (OT) _____ <input type="checkbox"/> Farmers Market (FM) _____ <input type="checkbox"/> Arts and Crafts Fair (AC) <input type="checkbox"/> Other (OT) _____		<input type="checkbox"/> Planning & Development (PD) and/or its Subcommittees: <input type="checkbox"/> Escarpment (ES) <input type="checkbox"/> Heritage (H) <input type="checkbox"/> Playground (PG) <input type="checkbox"/> Parkdale School (PS) <input type="checkbox"/> Seniors Affordable Housing (SH) <input type="checkbox"/> SSADS/SSAPG (SS) <input type="checkbox"/> Traffic and Parking (TP) <input type="checkbox"/> Tree Huggers (TH) Service Enablers <input type="checkbox"/> Casino and/or Fundraisers (C) <input type="checkbox"/> Grants and Donations (GR) <input type="checkbox"/> Facilities Rentals (FR) <input type="checkbox"/> Marketing & Website (MW)	
PCA Newsletter <input type="checkbox"/> Editorial Panel (NE) <input type="checkbox"/> Delivery Routes (ND)		<input type="checkbox"/> PCA Members' Assistance (MA) Other: <input type="checkbox"/> General Volunteering (GV) <input type="checkbox"/> Other Skills or Talents (Z) Please list on back: PCA Governance & Admin <input type="checkbox"/> Board of Directors (D) <input type="checkbox"/> Memberships (MB)	

The Parkdale Community Association respects the privacy of its members and shall not disclose, distribute or rent its email subscriber news list to any third party, not shall it permit anyone else to do so. Members will only be contacted for providing community-related information or volunteer opportunities they have indicated on this form.

☐ I agree that my contact information may be used for the sole purposes of community information provision or volunteer opportunities.



Please visit our website to register or book a trial class!



Sportball is proud to offer multi-sport programs in partnership with **Parkdale Community Association**

An annual PCA membership is required and can be purchased from Parkdale CA.

Day	Time	Age	Program Type	Dates	No Run	Wks	Price
Sun	9:00-9:45am 9:50-10:35am 10:45-11:45am	1.5-2 yrs. 2-3 yrs. 3-6 yrs.	Parent & Child Parent & Child Drop-Off	Jan. 7 – Feb. 25	Feb. 18	7	\$133
Mon	9:30–10:15am 10:15-11:15am	1.5-3 yrs. 3-5 yrs.	Parent & Child Drop-Off	Jan. 8 – Feb. 26	Feb. 19	7	\$129.50
Mon	3:30-4:30pm 4:30-5:30pm 4:45-5:30pm	3-5 yrs. 5-7 yrs. 1.5-3 yrs.	Drop-Off Drop-Off Parent & Child	Jan. 8 – Feb. 26	Feb. 19	7	\$129.50
Tue	1:00-2:00pm	3-5 yrs.	Drop-Off	Jan. 9 – Feb. 27	n/a	8	\$148

Prices and schedules are subject to change. Applicable taxes will be applied.

Soccer | Hockey | Football | Volleyball | Baseball | Basketball | Tennis | Golf

1-877-678-5437 | brant@sportball.ca | fb.com/SportballCalgary

www.sportball.ca/Calgary

LOOKING FOR A NEW SOCCER DIRECTOR!

Traci Nayeri, PCA Soccer Director

I have greatly enjoyed my time as volunteer Director of the Parkdale Youth Soccer Program for the past five years but my children's sports focuses have changed to another sport, so I am not able to be as involved with our local soccer program as I have in the past. I look forward to shadowing another person this 2017/2018 season, to take over this rewarding position. My children grew up getting their shin pads grass stained on our local fields, creating some of their fondest community memories out there! They continue to wear their vast collection of Parkdale Soccer Jerseys from years past and look back at their impressive array of soccer photos, outlining the evolution of their many hair styles over the years!

As volunteer Director of the Parkdale Youth Soccer Program you have the opportunity to oversee, grow and improve the youth soccer program in Parkdale. This is a key community program, with over 200+ youth enrolled each year. As Director of Soccer, you coordinate with other inner-city communities and communicate the various components of our program to our community and players, which are largely outlined in a Procedures Timeline that will be shared with you for guidance.

Over the past 5+ years, a key focus has been understanding the various needs of this soccer program and breaking down the program into core volunteer sub-groups. This has led to an even more successful & balanced soccer program, where the Director over-see the various elements that come together, creating a program that flows smoothly and leads to an even more positive experience for our players and their parents.

The Soccer Director over-see and manages various other community-based volunteers/core volunteer sub-groups, to ensure important components are fulfilled, like:

- Referee Coordinator
- Coaches & Team Managers
- Field Coordinator
- Field Chalk Manager & Assistant
- Equipment Manager & Coordinator
- Volunteer Coordinator
- Registration/Team Formation Coordinator
- Communications Coordinator
- Awards Coordinator
- Photography Coordinator

You will become a member of the Parkdale Community Association Board and:

- attend monthly meetings [as you can]
- work with the Board and the community to ensure a successful soccer year.
- develop and track annual budget and expenses
- communicate with volunteers, coaches and parents as needed
- meet with other local soccer communities and groups to setup various rules and agreeable start/end dates to the soccer season,
- support on-line registration starting in January
- hosting Coaches & Managers [+ equipment] Evening in March/April
- be available and present as the season starts on the soccer fields for first nights
- support the season-end Family Fun Day by organizing Photos and Medal presentations
- support, if needed, the setup and co-running of Equipment distribution and collection evenings.
- Get to have tons of fun interacting with so many fantastic Parkdale parents and children! The smiles on everyone's face is the best reward possible!



Important News:



**Parkdale
Community
Association**

SOCCER REGISTRATION OPENS SOON!

**Registration for the 2018 Parkdale
soccer season opens January 5th, 2018!**

**For more details or to register, go to:
www.parkdalecommunity.com/soccer**

**REGISTRATION RUNS
JANUARY 4TH - 31ST, 2018**

**Late fees will apply to all registrations after
January 31st, so get yours in early!**



Calgary Hairstylist/Owner Awarded the Best in Alberta at National Contessa Competition

On Saturday November 12, over 1,000 Canadian beauty professionals, including representatives from the top names in the industry, gathered in the grand ballroom at the Sheraton Centre in downtown Toronto for the 29rd Annual Contessa Awards. For those unfamiliar with the salon industry, a Contessa award is the highest accolade a beauty professional can achieve in Canada. Amongst the fashion forward crowd from across the country were Beverly Robertson and her team located in Calgary. Nominated for Alberta Stylist of the Year—a prestigious award—Bev was in high hopes attending the Contessa Awards for her second time. This year's sold-out award show and star-studded celebration was a night that won't soon be forgotten by Beverly Robertson. Up against talented stylists from across Alberta, Bev took home the award she was nominated for, Alberta Hairstylist of the Year a career changing moment for the Calgary native. Bev and her team at Meraki Hair Studio in Parkdale Calgary, L'Oreal Professionnel, and Pureology are so proud of her industry accomplishment. A prestigious awards honouring her talent, creativity and drive as a salon professional.

Sunday Afternoons with Auntie Rhonda

CALLING ALL GAY YOUTH
For a free and SAFE place to meet!

Express your VOICE

Share Concerns

Time for eats

Library available

Guest speakers from time to time

"If we are one... we have won!"
Auntie Rhonda

For Place, Time & Date
Contact Auntie Rhonda by Email
roneberly@shaw.ca

For Grapes, the Bells Toll

It is a Spanish tradition to eat twelve grapes on the last day of the year. The custom is to eat one grape at each strike of the bell at midnight on December 31st. It is said that following this tradition will lead to a year of prosperity.

YOUR CITY OF CALGARY

Let Calgary Recreation Help You Keep Your New Year's Resolutions

Tired of the same old fitness routine or trying to keep those New Year's resolutions? The City of Calgary offers a wide variety of fitness programs for all ages, interests, and skill levels. Registered programs range from traditional fitness classes, such as yoga, bootcamp and aqua-size to leisure activities such as skating, swimming and dance, as well as new programs like aqua conditioning for youth and pickleball for older adults. With dozens of facilities located throughout the city, there are many convenient locations for people to take part in a variety of recreational programs, all at very affordable rates. In addition, programs are led by certified, professional instructors ensuring you get a high level of expertise with your workout. With hundreds of programs to choose from, there is something for everyone. For more information, visit Calgary.ca/recreation.

BRAIN GAMES

SUDOKU

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

CALGARY PUBLIC LIBRARY

Discover Your Next Great Read

Our annual reading guide is now available, and it's full of book recommendations for everyone. Inside, you'll find a wide variety of Librarian-approved selections for babies, toddlers, preschoolers, kids, teens, and adults. Download a copy of *Great Reads 2018* today at calgarylibrary.ca or pick up the guide at your local library.

There's a New Way to Watch Free Movies

Calling all movie buffs! Access more than 30,000 films for free with Kanopy, a new resource in our E-Library. All you need to use the on-demand video streaming service is your free library card. Kanopy's collection includes award-winning documentaries, rare and hard-to-find titles, Canadian cinema selections, and an array of foreign language films.

Make a Difference in Someone's Life

Looking for a New Year's resolution? Resolve to volunteer at the Library. We are always looking for skilled volunteers to join our team. Available opportunities include sharing early literacy practices with families, helping students discover the magic of reading or a passion for math, supporting teens learning coding skills, and providing career coaching or one-on-one computer help to patrons. Apply online at calgarylibrary.ca/volunteer or pick up an application at your library.

Play at Our New Early Learning Centres

Over the past four months, we've opened Calgary Foundation Early Learning Centres at four libraries! Discover a bird's eye view at Crowfoot Library, be a builder and create at Signal Hill Library, take a journey up, up, and away at Saddleowne Library, and explore energy and motion at Forest Lawn Library. Learn more at calgarylibrary.ca/early-learning-centres.

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

CNS U13 BOYS ARE WORKING WITH VALUE VILLAGE:

To collect clothing, books, toys, bedding to raise money for some tournaments and extra gym time. You can contact us by email at chelseyshawn@msn.com, or our Facebook page: U13 Tier 1 Boys Soccer Clothing Drive.

STRENGTH TRAINING FOR ENDURANCE ATHLETES – BOW CYCLE & SPORTS, FEB. 1

Strength training has become an accepted training modality for cyclists and endurance athletes to complement their training programs. The intent of this seminar is to provide an overview of what the research says specific to cyclists and endurance athletes and provide some considerations and guidelines for incorporating strength training into one's training plan. More info: bowcycle.com.



ALICE'S ADVENTURES IN WONDERLAND – MAMDANI OPERA CENTRE, FEB. 22

The hit family opera from the UK comes to Canada. Ignoring everything she was told about Stranger Danger, Alice follows a talking rabbit into Wonderland and ends up on a zany adventure. All the classic characters come to life in a fun-filled musical journey. Performed in London annually, Cowtown Opera is delighted to bring you the Canadian premiere.



EXPAND HERITAGE PARK PHOTOGRAPHIC WORKSHOP – HERITAGE PARK, FEB. 25

Come join two of Alberta's most dedicated and passionate heritage photographers for a rare opportunity to EXPAND your photography at Heritage Park during a time that it is normally closed to the public. As one of a small group of photographers, you will have complete access to photograph the wonderful heritage buildings in the park. This is your opportunity to create unique photos of these buildings in a winter setting. More info: expandphoto.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Harm Reduction Saved My Life: Overdose & Safe-works Update – Sheldon M. Chumir Health Centre, Feb. 5

Join Safeworks staff to review the principles of harm reduction and how to practice them in any setting. Learn about overdose prevention, recognition, and response, how to obtain a Naloxone Kit, and how to register as a Take Home Naloxone kit dispensing site. Professional perspectives will be shared, as well as the personal impact of addiction, drug use and harm reduction. Public event. More info: albertahealthservices.ca.

Alberta Student Energy Conference – University of Calgary, Feb. 8 & 9

The Alberta Student Energy Conference (ASEC) is a two-day learning and networking opportunity for students and industry professionals from all over Canada to come and share the future of Canada's energy. Hear from leading professionals in the energy industry about trending topics from engineering, business, geoscience, computer science, and more through a variety of different workshops and sessions. More info: asec.ca.

52nd Annual World of Wheels – BMO Centre, Feb. 23, 24, 25

America's love affair with the automobile is legendary. In fact, for over fifty-seven years, custom car shows have paid tribute to the innovative workmanship that continuously re-invents and improves the vehicles of yesterday and today. This show will feature awards, vendors, special days for students and seniors, guest appearances and, of course, lots of cars! More info: autorama.com.

Constellations – Martha Cohen Theatre, Feb. 27 – Mar. 17

An international hit on Broadway and in London's West End, Constellations is a spellbinding love story about an unlikely romance between Roland, a beekeeper, and Marianne, a physicist. After a chance encounter at a barbeque brings them together the possibility of a spark seems unlikely, but what happens next defies the limits of our understanding of time and space. More info: atlive.com.

TAKE ON WELLNESS

Have You Made a New Year's Resolution and Want To Make It a Habit?



You're not alone. Every year, people set goals wanting to change their lifestyle. To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal. Deciding to lose weight is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

A SMART goal is:

- Specific** Decide what you are going to do and how to do it.
- Measurable** Keep track of how you are doing.
- Attainable** Pick something you think you can do.
- Rewarding** Think of how good you will feel when you make small changes.
- Timely** Give yourself a time limit.

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing a lunch that includes vegetables at least three days of the week.

Once you've set your goals, think about what might prevent you from achieving your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your weeknights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegetables on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal.

Remember to reward yourself and to monitor your progress. Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

No matter how committed you are to reaching your goals, attempting too many changes all at once is not realistic. Set goals that you know you can achieve; achieving those goals can give you the confidence to set new ones. Wishing you a happy, healthy 2017!

For a SMART goal setting worksheet visit www.ahs.ca and search Setting SMART Goals.



Beethoven's Ninth

Beethoven's Ninth Symphony was first introduced to Japan by the German prisoners-of-war they kept during World War I, and became popular during World War II. Now because of its influence on the culture, the symphony is strongly associated with New Year's and is frequently played across the country during that time.

About Wine



by Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines—made from grapes or blends, regions or countries—that may not be common or well known. About a wine, or winemaker, with a story to tell; of place, process or style. Highlighting artisanal producers making unique, reasonably priced (under \$50 retail) wines, all-the-while offering careful earth stewardship.

2014, Alta Alella (AA), PRIVAT Rosé Reserva – Brut Nature (www.altaalella.wine/en/)

About the Region: Located in the agricultural section of the Serralada Natural Park of Catalonia, the Alella region was designated Spain's smallest D.O. in 1953 for its unique soil, slope and climate (a.k.a. terroir).

About the Maker: Founded in 1991 as a hobby vineyard by Josep Busquet and wife Cristina, the Busquets planted vines and laid-out an earth-friendly vision for their 25-hectare estate. Ten years later, in 2001, the family delivered its first wine production. A second generation of Busquets, daughters Mireia and Georgina manage the winery today.

About the Estate: Located 15km east of Barcelona and 2km from the Mediterranean, the estate is the closest winery to the city of Barcelona. AA sits on slopes of varied aspect, between 100 and 250 m.a.s.l. Here the sandy/acidic soils offer unique characteristics to the grapes growing above.

About the Blend: The blend of Xarel-lo, Parallada, Macabeo, and Chardonnay results in a wine that is naturally brut (dry).

About Tasting: An appealing rosé colour, the bubbles are fine and persistent. Light bodied and easy, fresh flavours of tart strawberry combine with notes of golden delicious apple. Acidic and cleansing, PRIVAT makes for an inexpensive and uncomplicated fun wine.

About Pairing: Aperitifs, New Year's Eve and holiday celebrations.

About Sustainability: EU certified organic.

About Availability: Check liquorconnect.com (call the listed store confirming availability too). CSPC #787907

About Price: \$23

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SCHOOL SHOUT-OUTS

Queen Elizabeth High School

Happy New Year! The staff at Queen Elizabeth would like to wish you all the best for 2018!

School will reconvene on January 8. High School students will have just a few days in the classroom before the exam period starts on January 11. The high school exam schedule (including Diploma exam dates and times) are posted on our website. Copies of the exam schedule are also posted in individual classrooms and throughout the school.

This month a Grade 9 Science class will be heading to Telus Spark to see the "Spectacular Reactions" exhibition.

Our high school basketball teams have only a few home games in January. Please come to support your Senior Girls on January 9 at 5:30pm, and both the Junior Boys (5:30pm) and Senior Boys (7:30pm) on January 16.

The Cinderella Gown Project provides the opportunity for young grade 12 women in our school to be treated to a Cinderella experience of choosing a beautiful gown and accessories for their graduation ceremony. This project started within the Calgary Board of Education many years ago. The Cinderella Project was created to allow students in financial need to be able to experience their graduation banquet with style and dignity where they would be otherwise unable to do so.

If you would like to donate dresses, shoes, jewellery, and so on you are most welcome to. Please drop off items to the front office at Queen Elizabeth High School.



Sticky Situation

The traditional Japanese New Year's food, mochi, is made from pounded rice and has different fillings made with beans or sesame. However, because the dessert is so sticky, it can be a serious choking hazard, especially for the elderly. The Japanese authorities issue warnings every year of the dangers of eating mochi improperly to prevent injury caused by the tasty treat.



News from the Friends of Nose Hill

by Anne Burke

Thank you to all those who attended our general meeting and enjoyed our guest speaker from the Calgary Wildlife Rehabilitation Society. She answered many questions about wildlife on Nose Hill. The winners of the photo contest were announced, and their photos have been published on our website at www.fonhs.org. Some prizes were from the Councillors for Wards 2, 4, and 7 respectively.

Nose Hill parking lots present a risk to wildlife, such as porcupines drawn to vehicles due to road salt. Please be mindful and check your car before and after parking near Nose Hill. Off-Leash dogs are “quilled” and require veterinary treatment; but the porcupine will, at the least, need to re-grow its quills, be seriously injured, or worse.

There is a lack of support for coyotes when managed as nuisance animals instead of an integral part of the eco-life-cycle in nature. Without a balance in the food chain, prey animals abound, and, in general, there is already pressure from the loss of green space, in our development-focused urban environment.

There are concerns about the light pollution effect on humans and animals in the natural environment. Migratory birds that fly at night head directly into tall buildings, but when lights are turned off, such collisions decrease. This advice is from the Chair of the Light Abatement Committee of the Royal Astronomical Society of Canada.

An Urban Star Park is an area in which artificial lighting is strictly controlled and active measures are in place to educate and promote the reduction of light pollution to the public and nearby. Sky glow from beyond the borders may be visible to observers within the area, but the skies are still usable for astronomy.

The City replaced 80,000 lights throughout the city with new, energy-efficient LED bulbs, to focus the light straight down, which allows us to see the night sky and stars much more clearly. The change can be viewed from space since 2013, when Calgary enacted its “Bright Skies” bylaw.



Calgary Confederation
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Time to party or time to learn?
Recently I received a letter from Georgina Jolibois, the Member of Parliament for Desnethé—Missinippi—Churchill River, asking me to support her Private Member’s Bill C-369.

Her Bill proposes that National Indigenous Peoples Day, held annually on June 21st, be declared a statutory holiday across Canada. Last year, the day was renamed National Indigenous Peoples Day to promote inclusion of all Indigenous communities.

She points out that, “it is a day for families and communities to gather, celebrate First Nations, Métis and Inuit contributions to Canada. It is also a day to reflect on the many challenges that Indigenous communities still face today. It is a day to honour residential school survivors, their families and their communities.”

Over the years, there have been many calls to have Remembrance Day (November 11th) declared a statutory holiday, but none of these attempts have been adopted. The primary reason many people, including most veterans, oppose this change is because it would make the day more of a holiday rather than a day of learning, reflection and remembrance. I am inclined to oppose Bill C-369 for similar reasons.

All Canadians have much to learn from our history with Canada’s indigenous communities. Recent efforts to foster reconciliation have highlighted the lack of knowledge most Canadians have about our shared history—the good, the bad and the ugly.

There could be no better place for our future generations to be on June 21st than in school learning about this history. The history of our indigenous people is full of things to celebrate, but it is also replete with tragic stories that deserve to be shared and learned from. Like Remembrance Day, on National Indigenous Peoples Day we have lots to learn about, reflect on and remember—and that is more likely to take place in a classroom than at home. What do you think?



Councillor, Ward 7
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Three months since the southeast became the final quadrant to receive Green Carts, Calgarians are now composting city-wide. I am proud of our city for taking this key step toward waste diversion. Over the past 50 years, 40 million tonnes of garbage were thrown into landfills. By converting our food and yard waste to valuable compostable material, we are working toward a more sustainable future. The City of Calgary is reporting that Green Cart is already exceeding expectations.

- Some highlights include:
- Residents composted approximately 29 million kilograms of food and yard waste since the start of the program in mid-July.
 - In the first six weeks of city-wide Green Cart service, Calgarians reduced their black cart garbage by an average of 53 per cent compared to the same period last year.
 - More than 99 per cent of the material received at the composting facility is the correct material—compostable food, yard, and pet waste.

Council set a target of 70 per cent waste diversion for 2025. The City continues to work on city-wide projects to help meet this target. In the meantime, there are more steps we can take in our everyday lives to make an impact.

The amount of single-use plastics we use in food and household purchases is staggering. In the United States alone, it is estimated that 500 million plastic straws are used every day. Sometimes, pushing for change starts with a simple question. With consumer demand driving supply, a request to your local grocer to stock compostable single-use supplies, like cutlery and pet waste bags, will encourage environmentally-friendly products to be more widely available. Some local food businesses have already taken proactive steps by switching out styrofoam containers to compostable containers. The power we hold in our purchasing options can create a market for positive change.

Thank you for taking on the challenge for a better and more sustainable Calgary.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. To learn more about the Green Cart program, visit calgary.ca/greencart.



Parkdale Real Estate Update

Last 12 Months Parkdale MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2017	\$782,400	\$769,950
October 2017	\$925,000	\$863,000
September 2017	\$842,400	\$817,500
August 2017	\$720,000	\$720,000
July 2017	\$729,900	\$699,900
June 2017	\$869,200	\$837,500
May 2017	\$687,450	\$690,000
April 2017	\$699,900	\$680,000
March 2017	\$699,950	\$713,000
February 2017	\$1,127,200	\$1,103,125
January 2017	\$759,900	\$745,000
December 2016	\$774,900	\$763,000

Last 12 Months Parkdale MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2017	4	6
October 2017	4	5
September 2017	4	4
August 2017	6	3
July 2017	3	5
June 2017	6	4
May 2017	11	6
April 2017	7	5
March 2017	9	2
February 2017	1	4
January 2017	2	1
December 2016	2	3

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

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