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**HOMEOWNERS
ASSOCIATION
AGM**
JANUARY 24
7:00-9:00PM

HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

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



HOW CAN YOU HELP?



JOIN TEAM DIABETES

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



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.

CONTENTS

	5	AGM NOTICE
	7	REAL ESTATE UPDATE
	8	AT A GLANCE
	9	CALGARY LIBRARY
	10	5 WINTER DRIVING FUEL-EFFICIENCY TIPS
	11	CALGARY WILDLIFE: THE SNOWY OWL
	12	CALGARY HUMANE SOCIETY: HAPPY HOLIDAYS!
	13	ASK CHARLES: REAL ESTATE COLUMN
	14	MY BABYSITTER LIST
	14	CALGARY FOOD BANK: HELP THOSE IN NEED THIS HOLIDAY SEASON
	16	DOES YOUR PUPPY HAVE A GOOD BITE?



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IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!



THE CASCADES IN ROYAL OAK, HOMEOWNERS ASSOCIATION

AGM NOTICE

TUESDAY, JANUARY 24, 2017

7:00 P.M. – 9:00 P.M.

At Royal Oak Victory Church
450 Royal Oak Drive NW

Coffee will be served

For further information: contact@cascadesroyalok.com



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ELECTED OFFICIALS



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 Calgary, AB, Canada T2P 2M5
 Phone: 403-268-2430 • Fax: 403-268-3823
 Email: ward02@calgary.ca
 Web: www.calgary.ca/ward2



MP Pat Kelly
Calgary Rocky Ridge
 202, 400 Crowfoot Crescent NW
 Calgary, Alberta T3G 5H6
 Tel: 403-282-7980 Fax: 403-282-3587
 Email: pat.kelly@parl.gc.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



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Last 12 Months ROYAL OAK MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
November 2016	\$589,900.00	\$584,950.00
October 2016	\$498,500.00	\$487,500.00
September 2016	\$565,000.00	\$548,000.00
August 2016	\$494,450.00	\$487,500.00
July 2016	\$567,400.00	\$550,000.00
June 2016	\$589,900.00	\$576,000.00
May 2016	\$592,350.00	\$580,500.00
April 2016	\$549,900.00	\$540,000.00
March 2016	\$567,400.00	\$551,500.00
February 2016	\$488,900.00	\$468,250.00
January 2016	\$569,900.00	\$550,000.00
December 2015	\$474,900.00	\$463,000.00

Last 12 Months ROCKY RIDGE MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
November 2016	\$566,412.50	\$556,500.00
October 2016	\$529,900.00	\$530,050.00
September 2016	\$599,900.00	\$580,000.00
August 2016	\$619,900.00	\$600,000.00
July 2016	\$549,900.00	\$560,000.00
June 2016	\$895,000.00	\$740,000.00
May 2016	\$684,900.00	\$665,000.00
April 2016	\$659,950.00	\$655,000.00
March 2016	\$584,900.00	\$566,250.00
February 2016	\$699,999.00	\$675,000.00
January 2016	\$462,500.00	\$455,000.00
December 2015	\$475,000.00	\$466,500.00

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

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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.

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

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



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

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



JANUARY

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

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

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

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

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



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

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

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



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

5

Winter Driving Fuel-Efficiency Tips

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

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

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

helps you avoid any gas-guzzling jams.

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

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

CALGARY



WILDLIFE

Snow White: The Snowy Owl

Article by Cheryl Bowman
Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.
- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered'

(whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.

HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



Trivia

Happy Holidays!



provide protection for your tree and presents.

4. **Holiday baking? Yes please!** Looking for a great way to amuse younger houseguests AND include your pet on

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

5. **Put Santa's cookies on the mantle, not the floor!**

To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better yet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.

6. **Spend some quality time together!** Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.

7. **Give your pet a space of their own.** When houseguests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.

8. **Spread some holiday cheer!** Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

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

Happy Holidays from Calgary Humane Society!

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

1. **Distract Fido with special treats!** Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!

2. **Choose "Fluffy friendly" wrapping and decorations!** Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.

3. **Secure the tree!** If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

Ask Charles

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those poli-

cies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.

Help Those in Need This Holiday Season with The Calgary Food Bank

Every year Calgary's 150 community associations, the Federation of Calgary Communities, and other community partners across the city join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 40 community associations participated in the event and with their residents helped raise more than \$16,000 in food and funds!

We invite YOU to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

Items on this year's "Holiday Wish List" include canned fish, vegetables and fish, soup, rice, pasta, pasta sauce, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit www.calgaryfoodbank.com for more information on items to donate and drop-off locations.

CALGARY FOOD BANK | Donation Wishlist
Empty calories shouldn't feed empty bellies

FRESH FOOD
These items must be donated directly to the Calgary Food Bank Warehouse, Door #3 to ensure they are distributed in a timely matter while still fresh.

SPECIALTY HAMPERS
We provide items for those with: Celiac Disease, Diabetes, Prenatal considerations and Renal Issues.
Consider donating gluten-free, low sodium, sugar-free:
• Baby food in jars
• Formula with iron
• Bulk-up meals and soups

HOW TO DONATE
1 Drop off non-perishable food in the Calgary Food Bank donation bins at any major grocery store.
2 Drop off fresh or non-perishable donations directly to the Calgary Food Bank Warehouse: 5800-11 Street SE, Food Donations Door #3
3 Hold a Food Drive and have your non-perishable food picked up by our drivers.

Help us meet Canada's Food Guidelines by donating items on our wishlist:

PEANUT BUTTER

PASTA

PASTA SAUCE

BABY FOOD + FORMULA

CANNED FOOD

TOMATOES

FRUIT

SOUP

GREEN VEGGIES

MEAT/PROTEIN

FISH

NOT SURE WHAT TO DONATE?
Our clients are our neighbours. Think about what you and your own family enjoy or use often.

5800-11 Street SE | Phone: 403.253.2299
Charitable # R30 867 349 RR0001 | @CalgaryFoodBank | CalgaryFoodBank

HOURS OF OPERATION

<p>ADMINISTRATION Monday to Thursday — 8 a.m. to 4:30 p.m. Friday — 8 a.m. to 4 p.m. Closed Saturdays, Sundays and public holidays.</p>	<p>WAREHOUSE Monday to Thursday — 8 a.m. to 7 p.m. Friday — 8 a.m. to 3 p.m. Closed Saturdays, Sundays and public holidays.</p>
--	--

Royal Oak / Rocky Ridge
mybabysitterlist

Name	Age	Contact	Course
Amber	14	587-349-4855	Yes
Angela	30	403-869-8453	No
Caitlin	12	403-827-9228	Yes
Cecile	48	402-827-2782	No
Chloe	13	403-471-5899	Yes
Erica	12	587-349-2484	Yes

Farnaz	13	403-714-2075	Yes
Gabriella	17	403-208-1698	Yes
Kalyn	14	403-473-7907	No
Kiera	15	403-816-1822	Yes
Nana	15	403-918-4652	Yes
Opey	21	403-975-2600	Yes
Teagan	14	403-400-3438	No

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.

BUSINESS CLASSIFIEDS

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

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

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.

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BRAIN GAMES
SUDOKU

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

FIND SOLUTION ON PAGE 17

Calling All Neighbours!

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



Does Your Puppy Have A Good Bite?

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the

middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly. This occurs in domestic dogs because we have bred them to exaggerate certain traits, to get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing the pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.

Jennifer L. Scott, B.Sc., D.V.M.

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

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

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.



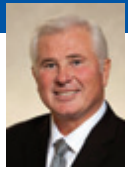
Get Ready For Entertaining Season with a Layered, Luxurious Living Room

Combining new design concepts with vintage artisanal furniture creates living spaces that are simultaneously more functional and luxurious than ever before. With indoor entertaining season around the corner, it's the perfect time for a rejuvenation.

Update your space with these tips for creating a cozy, well-designed living room.

1. Blend old with new: Make your blended space look considered and intentional, not chaotic.
2. Break the mould with moulding: Crown moulding always adds architectural interest and a sense of luxury to any room. For an affordable and easy update, consider polyurethane or MDF moulding.
3. Complement with cozy finishes: Vintage accessories, low-pile shag rugs, heaps of hand-sewn pillows in different materials, and old fashioned candle holders will give any living room a warm vibe.

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Web: www.calgary.ca/ward1

Christmas holds a special place in my heart. I cherish the time I get to spend with my family, friends and the community residents in Ward 1. I look forward to my family's annual tradition of the first ice-skate at Bowness Park. This year, we look forward to ending our skate with a visit to the new restaurant on site, Seasons of the Park. If you get the chance, have a bite to eat at the restaurant and take in the amazing view of the frozen lagoon.

I hope to see you at one of the many holiday events in Ward 1. You'll find me at the Silver Springs Christmas Market, Bowness Seniors Centre's Christmas Tea and Bazaar, Tuscany Craft and Bake Sale, Scenic Acres Community Association Craft Sale, Silver Springs Breakfast with Santa, Bowness Lions Annual Craft Sale, and Crestmont's Christmas Market. If you see me, come over and say hi - I'd love to hear what's on your mind.

I know this holiday will be a tough one for many families. With Calgary's current economic situation and high unemployment rates, many people are finding themselves in dire times. There are many wonderful charities working hard to alleviate the stress for Calgarians, but The City of Calgary also needs your help.

If you can spare a morning or afternoon, consider volunteering at the Salvation Army Christmas Program, sorting and tagging toys. For more information, email Lisa at: ChristmasToys@SalvationArmyCalgary.org. If you want to volunteer or donate to the Calgary Food Bank, call (403) 253-2059. Most major grocery stores in Calgary have donation bins, so you can donate while you shop. To view the most needed non-perishable items, visit www.CalgaryFoodBank.com

Thank you for all your support. Together, we will get through these difficult times and be stronger for it. Merry Christmas, have a safe holiday and a Happy New Year!

Never miss another municipal or community update. Sign up to receive the Ward 1 e-newsletter at www.WardSutherland.com.



COUNCILLOR, WARD 2 JOE MAGLIOCCA

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Calgary.ca/ward2
Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

This holiday season let us take time out of our busy schedule to assist those of us who are less fortunate in our community. Many of our city food banks and charities have seen demand for their services increase dramatically over the last year. Let's ensure Calgary remains Canada's most generous city by supporting the many important charitable organizations in our city.

Another way to support our neighbours is to become a snow angel. Keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. Through Snow Angels, you are encouraged to be good neighbours by clearing snow for those who need assistance. For more information, or to recognize your Snow Angel, please contact 311 or visit calgary.ca/SnowAngels. You and the Snow Angel you choose to recognize will each be entered into a draw for a pair of tickets to a Calgary Flames game on February 9, 2016. The draw will take place January 29, 2016 at noon.

I would like to wish Ward 2 and all Calgarians a Merry Christmas, Happy Hanukkah and all the best in the New Year.

Joe's Tip: Joe's Holiday Eggnog

Ingredients:
4 eggs
120 ml sugar
500 ml of milk
½ tsp of vanilla
1 tsp. Rum flavouring
May add optional pinch of nutmeg and cinnamon

Directions:
Put the milk, vanilla, and optional cinnamon and nutmeg in a saucepan, and heat on low setting until mixture is brought to a boil.

In a bowl, combine egg yolks and sugar and thoroughly blend together.

Pour the eggs mixture into the saucepan with the milk mixture. Cook over medium heat, stir in rum flavouring and stir mixture until it reaches desired thickness (3-5 minutes).

Refrigerate until cool.

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