

FEBRUARY 2017

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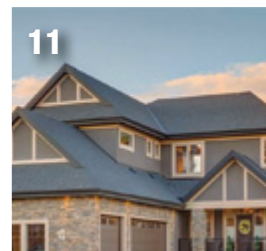
Calgary's city employees

Making your city work for you

\* According to the 2016 RBC Canadian Water Attitudes Survey

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## CALLING LOCAL PHOTOGRAPHERS

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Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

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Photo by Sue Hughes, from the Mormon Temple parking lot



Photo by Les Hamilton



Photo by Stephanie Begin, Glenbow Ranch Provincial Park

Photo by Stephanie Begin, Glenbow Ranch Provincial Park

# PHOTO GALLERY







## YOUR ROYAL OAK/ROCKY RIDGE

Box 91009, RPO Royal Oak N.W.  
 Calgary, AB T3G 5W6  
 Phone: 403-879-2820  
<http://rrroca.org/en/contact-us/>

## ELECTED OFFICIALS



**Councillor Ward Sutherland**  
**Ward 1 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2445 • Fax: 403-268-8091  
 Email: ward01@calgary.ca  
 Web: www.calgary.ca/ward1



**MLA Sandra Jansen**  
**Calgary-North West**  
 Suite 7223, 8650 - 112th Avenue NW  
 Calgary, AB T3G 0E2  
 Phone: (403) 297-7104 • Fax: (403) 297-7121  
 Email: calgary.northwest@assembly.ab.ca



**Councillor Joe Magliocca**  
**Ward 2 Office**  
 P.O. Box 2100, Station M  
 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		
Gamblers Anonymous	403-237-0654	

# Volunteer Links

For full descriptions go to the website  
<http://calgaryarea.com/index.php?p=volunteer>

**Alberta Cancer Foundations Events Office**  
 Suite 120, 707 7th Ave SW  
 Calgary, AB  
 T2P3 H6  
 403.775.4676

**Alberta Health Services**  
 Calgary, AB  
 403.943.4702

**Calgary Immigrant Educational Society (C.I.E.S.)**  
 Calgary, AB  
 403.291.0002

**Calgary Opera**  
 1315 7 Street SW  
 Calgary, AB  
 T2R 1A5  
 403.262.7286

**Calgary Public Library**  
 616 Macleod Trail SE  
 Calgary, AB  
 T2G 2M2  
 403.260.2600

**Calgary Reads**  
 105, 105 12 Ave SE  
 Calgary, AB  
 T2G 1A1  
 403.777.8254

**Canadian Mental Health Association Calgary**  
 400, 105 12 Ave SE  
 Calgary, AB  
 T2G 1A1  
 403.297.1700

**Canadian Progress Club**  
 Calgary, AB  
 myraskerrett@shaw.ca  
<http://www.progressclub.ca/calgary-city-centre>

**Cerebral Palsy Association In Alberta**  
 12001 44 Street SE  
 Calgary, AB  
 T2Z 4G9  
 403.543.1161

**CNIB Alberta and Northwest Territories**  
 15 Colonel Baker Place NE  
 Calgary, AB  
 T2E 4Z3  
 403.261.7225

**CNS volunteer opportunities. City of Calgary**  
 800 Macleod Trail SE  
 Calgary, AB  
 T2P 2M5  
 403.476.7224

**CUPS. Health Education Housing**  
 1001 10 Ave SW  
 Calgary, AB  
 T2R 1M4  
 403.221.8780

**Habitat For Humanity**  
 210, 805 Manning Road NE  
 Calgary, AB  
 T2E 7M8  
 403.253.9331

**Immigrant Services Calgary**  
 1200, 910 7th Avenue SW  
 Calgary, AB  
 T2P 3N8  
 403.261.1120

**Mary's Meals**  
 PO Box 76144, Millrise RPO  
 Calgary, AB  
 T2Y 2Z0  
 1.855.702.0330

**Meals on Wheels**  
 5759 80 Avenue SE  
 Calgary, AB  
 T2C 4S6  
 403.243.2834



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 print@crowfootsure.com  
 240, 20 Crowfoot Cres NW  
[www.CrowfootSurePrint.com](http://www.CrowfootSurePrint.com)



Name	Age	Contact	Course
Caitlin	12	403-827-9228	Yes
Erica	12	587-349-2484	Yes
Farnaz	13	403-714-2075	Yes
Chloe	13	403-471-5899	Yes
Amber	14	587-349-4855	Yes
Kalyn	14	403-473-7907	No
Allysa	14	403-614-1937	Yes
Teagan	14	403-400-3438	No
Kiera	15	403-816-1822	Yes
Nana	15	403-918-4652	Yes
Gabriella	17	403-208-1698	Yes
Opey	21	403-975-2600	Yes
Angela	30	403-869-8453	No
Cecile	48	402-827-2782	No

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



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403.668.6402

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.



## Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a toddler:

1. Eye contact with all conversations. This will mean that you will have to get down to their level and talk to them.
2. Have routines that are predictable for your toddler.
3. Always let them know that they matter to you.
4. Be positive when they try something new. It doesn't matter if they succeed or not.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [necemap@weconnectyou.ca](mailto:necemap@weconnectyou.ca).



# The Common Redpoll A Winter Migrant to Alberta

Article by J.G.Turner  
Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

### Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scarce when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up,

then find a sheltered and safe spot to shell and eat the seeds at their leisure.

- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

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Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)



## Ask Charles

***I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?***

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). 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](mailto:askcharles@reca.ca).*



# Succulents & Cacti

Barbara Shorrock

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word “succulent” comes from the Latin word “sucus”, meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as *Schlumbergera*/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *Sedum Morganianum*, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *Sempervivum*, among others. The “hen” is the main parent plant, and the “chicks” are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climates, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willow stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When re-potting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?

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

**First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre**

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

**Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre**

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at [www.storybooktheatre.org](http://www.storybooktheatre.org)

**Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre**

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at [www.pumphousetheatre.ca](http://www.pumphousetheatre.ca)

**Mar. 16, Hodgetwins at the Laugh Shop**

These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at [www.thelaughshopcalgary.com](http://www.thelaughshopcalgary.com)

**Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre**

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

**Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome**

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at [www.scotiabank.saddledomecalgary.com](http://www.scotiabank.saddledomecalgary.com)

**MAR. 3 – 12**

**THE BIG TASTE FOODIE FESTIVAL**

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at [www.calgarydowntown.com/the-big-taste](http://www.calgarydowntown.com/the-big-taste)



**MAR. 7**

**AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL**

Playing tracks from their newest offering titled *Kings And Kings*, the album features some of the band's best “guy” friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at [www.artsccommons.ca/WhatsOn/](http://www.artsccommons.ca/WhatsOn/)



**MAR. 23**

**GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN**

Poppy Innovations is thrilled to launch their ‘cooking from scratch’ series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at [www.poppyinnovations.ca](http://www.poppyinnovations.ca)







# Take Control Of Your Heart Health

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your health-care team can help you figure out what risk factors you should focus on first and set goals that you can reach.

### Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

### Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

### Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes, cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

### Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.

### Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

### Control alcohol consumption

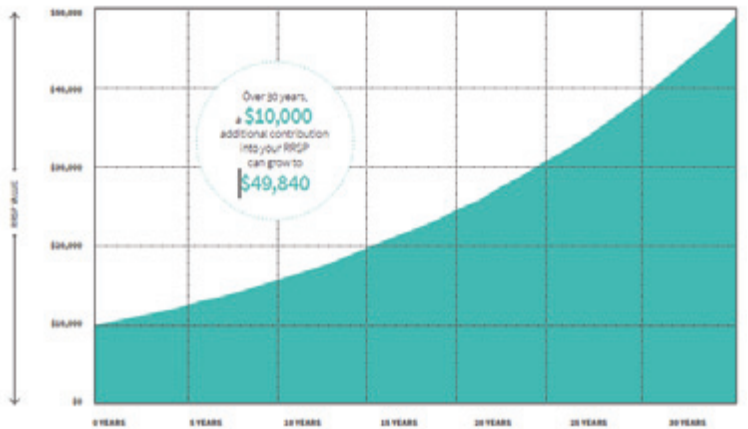
How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your health-care provider.

Find more information, resources, and health etools at [heartandstroke.ca](http://heartandstroke.ca)

# The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.




The RRSP investment assumptions - \$10,000 investment purchased on January 1, at a gross rate of return of 5.0% over a 30 year period. The rate of return shown is used only to illustrate the effects of the compound growth rate and is not intended to reflect future values or returns on investment.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.


INVEST SMART > INVEST REGULARLY > CONSIDER AN RRSP LOAN

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## Alberta




**Mountain Goat**




**Grizzly Bear**

**Who Am I?**

**Eyes down, ready to fight,  
High in the Rocky Mountains.  
Head to head, like charging knights,  
We crash in the towering mountains.**



**Bighorn Sheep**



**White-tailed Deer**

**Curled horns, sprightly legs,  
Scaling the rugged mountains.  
A battering ram is what I am,  
At home in the Rocky Mountains!**

**Turn Page Upside-down for Answer**

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Compliments of the Friends of the Bowmont Natural Environment Park Area



# BUSINESS CLASSIFIEDS

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

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT - Big Sky Ventures. Call: 587-228-9371, or e-mail: braabis@shaw.ca. Home reno's re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service.

**BODNARUK LAW OFFICE:** Divorce and Family Law: Agreements, Child and Spousal Support, Parenting Issues and Property Division. Wills, Enduring Powers of Attorney and Personal Directives. Telephone: 403 - 288 - 0009 Email: mbodnaruk@nwcalgarylaw.com #408, 4625 Varsity Drive NW, T3A 0Z9. Website: www.calgarynlawyer.com.

**ORGANIC MAID SERVICE:** We offer organic and eco-friendly cleaning service at affordable rates. Mention this ad and receive a discounted rate on weekly and biweekly cleaning services. Call or visit our website for a free estimate. Clean Conscience. 403-253-2648, calgary-eco-cleaning.com. Clean police clearance, licensed, insured.

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

**COMPUTER AND SMARTPHONE HELP:** Windows PC problems, repairs, setup, upgrades, internet security, backups, data recovery, virus removal, printers, wireless, questions, training. Computer purchasing advice, setup, data transfer. Email sync Smartphones and Tablets. In-home and small business on-site service (daytime or evening appointments). 30 years' experience. Seniors' discount. Contact Dave at 587-323-7304, PCHelp. Service17@outlook.com.

**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.

**ALOE VERA BOTANICAL SKIN CARE:** Look younger longer. Independent Consultant for 35 years with GRACE ALOE VERA SKIN CARE. Product contains no water, beeswax, mineral oil, lanolin, alcohol, perfume or chemicals. Try before you buy. Phone Alice at 403-282-5411 or email aliceearl@shaw.ca.

**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.

**INCOME TAX SERVICES:** Do you need assistance in preparing your personal income tax return? I can assist you in preparing your T1 income tax return to get your refunds as soon as possible and keep you in good standing with the CRA. For information, please contact me at (403) 863-6994, e-mail: gpet@shaw.ca or www.petcalbookkeepingservices.com.



If music be  
the  
food of love,  
play on.

- William Shakespeare



Councillor, Ward 1

Ward Sutherland

P.O. Box 2100, Station M Calgary, AB, Canada  
T2P 2M5

Phone: (403) 268-2430 • Fax: 403-268-8091

Email: ward01@calgary.ca

Web: www.calgary.ca/ward1

My office has received inquiries from seniors struggling with household cleaning and snow shoveling. I would like to inform residents about Fair Entry, programs and services for low income Calgarians. Fair Entry is an application process for City-subsidized programs and services. This process will assess your income eligibility for five City programs with one application.

The City funds a program called Seniors Services Home Maintenance (SSHM). SSHM helps low income seniors to live safely and securely in their own homes. The program provides these clients with basic yard care, snow removal, house cleaning, interior & exterior painting and minor repairs.

#### Who is eligible?

Seniors (65+) who:

- Are unable to do basic house or yard work
- Do not own other property
- Have no person living in the home who could perform basic housecleaning, yard work or snow shovelling
- Are without family, community or other home maintenance service supports
- Meet one of Fair Entry's eight ways to qualify for this and several other City subsidized programs and services. Find out if you qualify and apply online at Fair Entry.

Older adults who meet the eligibility criteria are placed on a wait list for service. An assessment of need based on the considerations noted below, determines priority for service as high, moderate or low. In most cases, those with high and moderate needs will be served first, and those with low needs referred to other support services where available. To meet operational needs, service may be provided based on proximity to current clients or geographic zone availability, regardless of priority rating.

To find out about other City of Calgary programs and services that are offered, visit <https://faireentry.calgary.ca>

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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.vocalatitudes.org](http://www.vocalatitudes.org).

### 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](mailto:RO@great-news.ca)





## Royal Oak • Rocky Ridge

Box 91009, RPO Royal Oak N.W. • Calgary, AB T3G 5W6

Phone: 403.271.8979

www.rrroca.org • info@rrroca.org

### Last 12 Months ROYAL OAK MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$499,900.00	\$495,000.00
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

### Last 12 Months ROCKY RIDGE MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$515,950.00	\$503,500.00
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

To view more detailed information that comprise the above  
MLS averages please visit [royal\\_oak.great-news.ca](http://royal_oak.great-news.ca)  
or [rocky\\_ridge.great-news.ca](http://rocky_ridge.great-news.ca)

### COMMUNITY NEWSLETTER AD SALES



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Councillor, Ward 2  
**Joe Magliocca**  
403-268-2430  
Joe.Magliocca@calgary.ca  
Calgary.ca/ward2  
Facebook: Joe Magliocca  
Twitter: @Joe\_Magliocca

At the start of 2017, all Calgary City Councillors took a 2.49% wage roll back. I am very supportive of this decision as I believe that The City needs to be responsible with spending so that we can prevent taxes and fees from increasing.

The City's snow removal crews have been busy this winter ensuring our roads are in a safe and reasonable winter driving condition. One method that they use on residential streets is "flat-blading," which flattens the snow to a hard pack so that it's easier to drive on. One result of flat-blading is the build-up of snow along the side of a roadway, also known as windrow. Plow operators make every attempt to keep driveways clear, or keep windrows as small as possible, but any snow buildup on driveways that does occur is the responsibility of the adjacent property owner to remove, much like sidewalk shovelling.

The Calgary Awards is one of the largest citizen recognition programs in our city which recognizes outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards). Nominations close on Wednesday, March 1, 2017.

#### Joe's Tip:

Stay informed about parking bans this winter by subscribing to email alerts at [Calgary.ca/snow](http://Calgary.ca/snow), following @yyctransport on Twitter, calling 311 and listening to the automated message, and watching local news or listening to the radio.

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