

JANUARY 2017

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HOMEOWNERS ASSOCIATION AGM

JANUARY 24
7:00-9:00PM





Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



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The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



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@cascadesroyaloak.com

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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	
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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
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Weather Information	
Gamblers Anonymous	403-237-0654

Coyote

Wolf

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British Columbia

Who Am I?

Tracks in the snow, but where can I be?
 I'm watching from behind a tree!
 Silently I hunt for prey,
 Hungry on this wintry day.

I've fur that's short and tawny-red,
 While on my chest it's white instead.
 My tail helps to balance me,
 When creeping, leaping stealthily.

My head is small with whiskers white,
 My nose is pink, my eyes are light.
 But don't forget when tracking me,
 I might be watching silently!

Mink

Cougar

Turn Page Upside-down for Answer

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Open Eyes and Minds for Healthy Pets

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

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I

also never dismiss alternative medical modalities. My mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandoutdoorshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY FEBRUARY FEBRUARY



Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

1. Reliable recall – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.

2. Serene sitting – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

Gardening by the phases of the moon

January 5 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 12 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

January 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 27 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.

REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer *or* the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"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. 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.



Name	Age	Contact	Course
Allysa	14	403-614-1937	Yes
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

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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.



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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
or rocky_ridge.great-news.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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



Peak Earnings At Last! The Pluses and Pitfalls

by Suzanne Smith-Demers – Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:

Pay off unwanted debt Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

Identify your priorities Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

Prepare your kids It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

Support your parents As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

Plan to retire How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheck means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

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.vocalitudes.org.

BRAIN GAMES SUDOKU

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



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Happy New Year, and welcome to 2017! I have good news to share with you from The City of Calgary. As Vice-Chair of the Finance Committee, I'm pleased to announce that there will be no **property tax increases** for 2017. On November 21, 2016, City Council unanimously passed budget adjustments for the New Year, resulting in a 0% property tax increase. This freeze is made possible by a one time \$18-million rebate via The City's "rainy day" fund.

The City has done much cost cutting and found numerous new efficiencies; however, these cuts can only go so deep. Saying "no" to spending is actually the easiest thing to do, yet at times it can be the *worst* decision ever. For example, you may cut spending and realize a savings in the short run, and end up having to spend double to catch up later. There are times where we have made decisions in Council to *spend* money in order to *save* quadruple and sometimes more over a long period of time. I would like to thank City Manager Jeff Fielding and his team for finding millions in savings in City spending - the City has managed to find \$183.3 million in savings overall.

I have no doubt 2017 is going to be a challenging year for us all. However, we are Calgarians, and being natural entrepreneurs is just part of who we are. We will adjust, and we will prosper.

All the best for 2017, thank you for the opportunity to serve and advocate for you.

To follow future updates on municipal news, sign up for my e-newsletter at www.WardSutherland.com

Happy New Year! I know for many residents of Ward 2, the past year has been very difficult. I am pleased to report that prior to the New Year, City Council unanimously approved Adjustments to the 2017 Budget which includes relief in taxes and fees to support Calgary home owners and businesses. This includes:

- Property tax freeze for 2017;
- Elimination of the Green Cart program fees for 2017; and
- A sliding scale for Calgary Transit's Low Income Monthly Pass based on income which will be implemented in the second quarter of 2017.

City Council also set aside \$15 million from the Fiscal Stability Reserve to assist Calgary businesses facing challenges due to the economic downturn. Administration will report back to Council early in the New Year with options for Council to consider around utilizing the funds.

Over 11,000 Calgarians provided feedback on the proposed changes to the Community Standards Bylaw, of which City Council has approved. The bylaw regulates neighbourhood nuisances, safety and liveability issues. The approved amendments address citizen concerns related to outdoor concert bass sound levels, wood-burning fire pits, upkeep of properties and delivery of unwanted items.

Council has also given approval of amendments to the Livery Transport Bylaw. These amendments will provide Calgarians with more transportation choices while maintaining public safety.

I'm very glad to see that 144th Avenue NW was opened to traffic between 14th Street NW and Centre Street. Although this is not the final alignment, I am really pleased to see that this section is open as it provides another exit out of Evanston.

Joe's Tip

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

TRY JOEY'S NEW DAILY SPECIALS

MONDAYS ARE FOR SENIORS

SAVE
\$14

Two can dine for \$20! Two 1 Piece Fish & Chips, 2 non-alcoholic Beverages, and a shared Dessert. \$11 if you're flying solo. Upgrade your fish to Haddock or Cod for \$3/person, Halibut for \$9/person.

\$5 Craft Beer by the Bottle.

\$2 TUESDAYS & ALL YOU CAN EAT

\$2 Joey's Fish, \$2 Fries, and \$2 Pop or All You Can Eat Joey's Fish & Chips Wild Alaska Pollock \$15, Wild North Pacific Cod \$19.

NEW!

\$4 Domestic Beer by the Bottle.

SHARE WITH FRIENDS WEDNESDAYS

\$1 Off single Share (Appetizer), 3 for \$13, 5 for \$21.

\$5 Craft Beer by the Bottle.

\$4 TACO THURSDAYS

Fish, Chicken or Shrimp Tacos for \$4 each. Dine-In or Take-Out.

Bottles of Corona or Margaritas (1 oz.) for \$4 / ea.

CELEBRATE SEAFOOD ON FRIDAYS & SATURDAYS

Every weekend we are putting on the Ritz and giving you a variety of luxury seafood choices. Come in and try our delicious Grilled Cuban Lobster Tail and premium Halibut features!

Any glass of wine for \$5 / 6 oz.

FAMILY MEAL SUNDAYS

SAVE
\$13

Feed your family for \$49. You can choose one shared appetizer, two adult entrées with non-alcoholic drinks, two kids meals, and one shared dessert for just \$49!

For more details on item choices, please view our related Feature Sheet.

Joey's Shrimp Caesars (1 oz.) for \$5.

See the full menu at joeys.ca/nm



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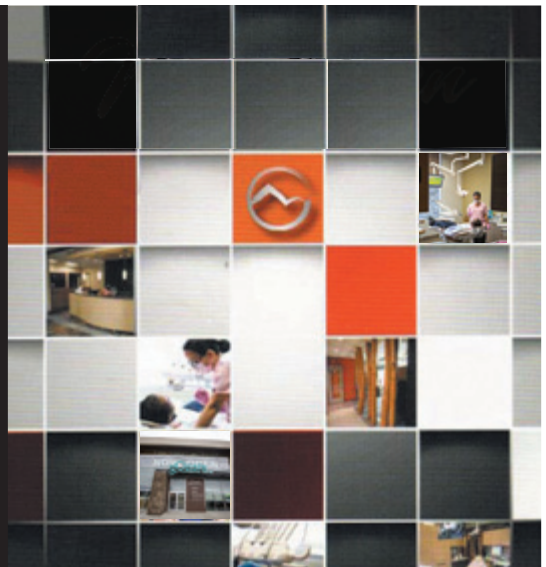
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