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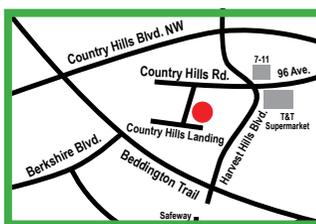
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dialogue)))



Learn About the Future Use of Learning Space at Area I & II Schools

Join us as we present the proposed changes for the future use of learning space at some Area I & II schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 17, 2017
time | 5:00 – 8:00 p.m.
location | Senator Patrick Burns School
2155 Chilcotin Road N.W.

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

 **Calgary Board of Education**

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"For thousands of homeowners, polybutylene plumbing has become a recurring nightmare."

- Ed Bradley, CBS-60 Minutes

Polybutylene (also known as PB or Poly-B) pipe is a flexible, grey pipe that was used in several million homes built from 1970 to the mid-1990s. Due to problems with leaks, Poly-B water pipes are no longer accepted by United States or Canadian building codes and have been the subject of class action lawsuits in both countries. Poly-B fails without warning because it breaks down from the inside of the pipe over time, which can result in sudden catastrophic damage or severe structural damage including mold if a pipe has been leaking for some time without detection. The older the pipe, the more likely it is to fail. Not replacing Poly-B in a home has a 60% probability of failure within 20 years, which further increases over time.

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AREA SCHOOLS

Monsignor Neville Anderson Elementary K-6	
Year Round School Option	403-500-2094
Simons Valley Elementary K-6	403-777-6660
Simon Fraser Junior High	403-777-7290
St. Joseph (Yr. Round Jr. High)	403-500-2009
St. Margaret (K-9 Spanish program)	403-500-2025
Notre Dame High School	403-242-1801
École Terre des Jeunes (K-6 French)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(K-12 French)	403-240-2007
École de la Rose sauvage (7-12 French)	403-230-3112
St Dominic Fine Arts Elementary	403-500-2058
Queen Elizabeth High	403-777-6789
John G. Diefenbaker	403-274-2240
Hidden Valley Elementary (K-3 French)	403-777-7236
Dalhousie School (K-5 Spanish Bilingual)	403-777-6030
Valley Creek Middle School (4-9 French)	403-777-7995
Senator Patrick Burns School (6-9 Spanish Bilingual)	403-777-7400
William Aberhart High School (10-12 French Immersion/Spanish Bilingual)	403-289-2551



Playground/School zones

Please note that in Calgary Playground zones are from 7:30 a.m. to 9 p.m., all year around with a speed limit of 30km/h.

SMCA has fielded numerous complaints about speeding thru our Playground/School zones, please slow down to make our community safe for everyone!

To report an ongoing traffic concern, such as speeding issues, please submit a Traffic Service Request at:

<http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>

-Sarah Meagher-Bromley

SANDSTONE MACEWAN COMMUNITY ASSOCIATION

222 Sandarac Dr. NW, Calgary, AB – T3K 3T8

General Inquiries: macsand@macsand.ca • www.macsand.ca

EXECUTIVE DIRECTORS

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Calgary Police	Const. Bawal	bbawal@calgarypolice.ca
Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Block Watch	Darren Way	macsand@macsand.ca
Community Partnerships	Amanda Turvey	amanda.turvey@calgary.ca

Sandstone/MacEwan Community Association Meetings

are held the 3rd Tuesday of the month at 7:00PM at the Berkshire Citadel-Sandarac Drive, NW
Everyone is welcome to attend.

3rd Tuesday of Every Month



PRESIDENT'S MESSAGE

Typically by this time in December we all know friends and family who have their houses decorated, presents bought and wrapped and the baking safely hidden in the freezer. Then, there are the rest of us who are still in the “planning stage” and think we still have lots of time to get everything done. After we are worn down and crazed from fighting traffic at the malls, not to mention the gift we planned to buy is out of stock, we vow never to leave things this long again.....until the next year when we do it all over again. As organized you are (or not), please take time to support those who are not as fortunate as you may be. The level of unemployment in Calgary is at an unprecedented rate and many families are dealing with the stress of not having enough money to pay the bills. A plate of Christmas baking to a neighbor or adding more food to your food bank contribution goes a long way.

Did you notice the work being done at the pleasure rink last month? We had the surface re-graded and berms built up to allow for better flooding, not to mention the added bonus of saving on water. We had many families skating at the rink last year and hope there will be even more this year. Additionally, you may have noticed the trees on the island were either trimmed or removed. Sadly this area has been neglected for some time, however we will continue to work to have it all cleaned up. Finally, the trees on the island should be lit up with strands of Christmas lights. We want to make this area as festive as we can over the holidays and are hoping to plan a family skate, so stay tuned for details.



We also put Christmas lights around the hockey rink again and encourage families young and old to use the rink as much as they can. The rink volunteers dedicate hours to maintaining the rinks and their greatest pay back is seeing them being used.

As I am writing this note we are enjoying record-breaking temperatures. However, it is safe to assume that this did not last and colder temperatures and snow have arrived. Please consider your neighbors when shoveling your sidewalks if they are unable to shovel their walks themselves. One small act of kindness is very gratifying.

The Board has been busy reviewing our goals for 2016-17 and we all look forward to an exciting 2017 as Canada celebrates their 150th year of confederation!

Please remember to nominate your neighbor whose efforts deserve recognition by sending us an email to macsand@macsand.ca.

Like us on Facebook and follow us on Twitter. Check out the website at www.macsand.ca or contact us at macsand@macsand.ca.

The Sandstone MacEwan Community Association Board wishes you a very Merry Christmas and a prosperous New Year.

Sue Coatham
President
Celebrating 30 years of SMCA





SCOUTS BOTTLE DRIVE

#224 Sandstone Valley Scout Troop would like to say **thank you** for the generous donations during our Autumn Bottle Drive in October. All the proceeds go directly to running a quality program for the youth in your area. Our group will be knocking on doors again January 7th and April 22nd, 2017. For convenience, or if you were missed, a volunteer can pick up your donation anytime for by contacting us at 224SandstoneScouts@gmail.com.

IN & AROUND CALGARY

City launches online street light outage application

The City of Calgary has launched an online application that will allow citizens to easily report street light outages in their community.

The application allows people to locate the street light on a map and report it instantly to The City of Calgary. This process avoids duplicate reports, reduces the number 311 calls, and provides more detailed and more accurate updates to citizens about each light service request.

The City of Calgary is committed to providing a higher level of service and better customer service to its citizens.

Under the service agreement with Enmax, it can take up to 30 days to repair street light outages. In the event of damages or something more complex like underground wire faults, repairs could take much longer. Citizens are asked to call 311 to report damaged street lights.

Please visit calgary.ca/streetlights to report an outage near you.

YYC INTERNATIONAL TERMINAL 101

Holidays at YYC

If you are traveling internationally this holiday season, arrive early and give yourself some extra time to enjoy our state of the art new facility. Here are some tips to help with the hustle and bustle of your holiday travels:



Flying within Canada? Park in **P1**. Going to a U.S. or an international destination? Park in **P2**.



Relax and enjoy the new International Terminal amenities while you wait for your boarding gate assignment - part of North America's first **'call to gate' system**.



Grab any last-minute gifts or a bite to eat at one of the **new 50 shopping and food options**, which offer an array of global names and local favourites.



View the winning images from the **'Capture Alberta Through Your Lens' photo contest**, located in the pedestrian passageway linking P2 to the International terminal.



Enjoy the rhythms of the landscape of Southern Alberta represented by the different **Themeworks sculptures and paintings** located throughout the new terminal.

Stay tuned to yyc.com to see what holiday programming is available on your day of travel.



YYC CALGARY INTERNATIONAL AIRPORT



Sandstone MacEwan Real Estate Update

Last 12 Months SANDSTONE VALLEY MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$482,350.00	\$474,000.00
September 2016	\$320,000.00	\$315,000.00
August 2016	\$0.00	\$0.00
July 2016	\$409,500.00	\$415,323.00
June 2016	\$464,450.00	\$458,900.00
May 2016	\$399,500.00	\$413,000.00
April 2016	\$459,900.00	\$459,500.00
March 2016	\$455,000.00	\$448,900.00
February 2016	\$470,000.00	\$453,000.00
January 2016	\$369,900.00	\$366,000.00
December 2015	\$439,900.00	\$416,500.00
November 2015	\$459,900.00	\$451,000.00

Last 12 Months MacEWAN GLEN MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$424,900.00	\$413,500.00
September 2016	\$385,000.00	\$373,000.00
August 2016	\$482,450.00	\$475,000.00
July 2016	\$431,450.00	\$424,500.00
June 2016	\$436,950.00	\$443,500.00
May 2016	\$399,000.00	\$390,500.00
April 2016	\$464,900.00	\$453,000.00
March 2016	\$404,850.00	\$387,500.00
February 2016	\$463,350.00	\$452,500.00
January 2016	\$539,900.00	\$535,000.00
December 2015	\$409,900.00	\$400,000.00
November 2015	\$429,999.00	\$423,500.00

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

Ice Makers Required
We need some dedicated volunteers to spend about 1-2 hours a week flooding our outdoor rink from late November through February.

If you would like to help, email macsand@macsand.ca



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Membership Application

Family Name: _____
Address: _____ Postal Code: _____
Phone: _____ Email: _____
Number of Residents: _____ Children's Ages: _____
Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$20 per household per year, or \$50 for a 3 year membership

Make cheques payable to

Sandstone/MacEwan Community Association

Mail or deliver to:

1100 Berkshire Boulevard NW,
Calgary, Alberta T3K 3M3

**Memberships can be purchased
online at macsand.ca**

For Office Use Only

Date Received: _____ Reg/Assoc
Card # Issued: _____ New/Renewal
Init: _____ Cash/Cheque
Source: _____ Rectified if Assoc:



Calgary Firefighters Message

Christmas Trees

Many Calgarians put up Christmas trees to celebrate the holidays. To prevent a fire in your home, remember to:

- Get a freshly cut tree. When a tree is green and well watered, it is less likely to catch on fire.
- Get a tree that is moist and green. You can tell if a tree is moist because very few needles fall off when the butt of the tree is tapped on the ground, needles bend instead of break, and the tree stump is sticky with resin.
- Use a tree stand with a broad base for good balance and a large water reservoir to ensure that the tree is ALWAYS in water.
- Do not set your tree up near a heat source such as a radiator, television, fireplace or heating register.
- Ensure when selecting a tree location that it does not block exits, doors or windows.
- Never use lit candles on your tree.
- Always choose flame-resistant or flame-retardant and

non-combustible decorations for your tree and elsewhere in your home.

- After the holidays, properly dispose of trees as soon as possible using the city of Calgary's Christmas tree recycling program.

Candles

Just like indoor and outdoor holiday lights, we use candles during the holidays to make our homes beautiful and celebrate the season. To help prevent a fire started by a candle;

- Keep candles away from curtains, paper, furniture or anything that can easily catch fire.
- Adults should always supervise when a candle is being lit. Children should never be left alone to light a candle or use matches.
- Keep candles in sturdy, stable holders and place them on stable surfaces away from drafts, children or pets.
- LED candles are safe alternative to burning candles

Kitchen fires

During the holidays, we often celebrate by inviting friends and family over to enjoy a meal. Cooking fires are the leading cause of house fires and fire injuries. Learning how to prevent cooking fires is important during the holidays and all year. Remember to NEVER leave cooking unattended.

Home escape plans and holiday visitors

If you have family, friends or guests staying with you over the holidays, be sure to share your home escape plan with them when they arrive.

DID YOU KNOW: Since 1967 your Calgary firefighters union has been hosting an annual Christmas party with gifts in the corral for over 1800 financially challenged families.



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News from the Friends of Nose Hill

by Anne Burke

This summer some residents had concerns about pet rabbits released into the wild. Would this problem be part of the City's jurisdiction, as it was in Canmore? The General Manager of Community Services reported to City Council that most of the rabbits in communities are jack rabbits, which are feral (wild) animals.

The City does have authority over pet rabbits, under the Community Standards Bylaw, for example. Feral animals are up to the province's Animal and Wildlife Services. The Community Services Department at the City will work with Council to provide information on how to direct residents and ensure that their concerns are properly addressed.

At a council committee on Community & Protective Services, a motion was passed to propose bylaw changes in order to use livestock grazing as a land management and weed control tool on City lands in 2017.

Natural areas provide multiple ecosystem services, which are of value to city residents. For example, there is computer

software to measure the urban forest in at least 3 environmental services: cleansing the air; storing carbon; and reducing storm water in the City.

So far, it was found that the average benefit per tree in Edmonton's urban forest was US \$74.73 (\$97.96 Canadian). The cost for caring for each tree is US \$18.38 (\$24.09 Canadian), resulting in a net benefit of US \$56.35 (\$73.87 Canadian).

Cities and local governments play a crucial role in the pursuit of a greener existence through efficiently integrating urban development and biodiversity management at the local level. With rapid human development and expansion, biodiversity is being lost, but there are some new urban biodiversity guidelines.

In the fall of 2016, the Mayor signed the [Durban Commitment](#). Calgary is the 3rd Canadian city, after Edmonton and Montreal, to formally join an international program directed by [Local Action for Biodiversity](#), for local governments from across the world to improve biodiversity planning and management. It is estimated that 90% of the world's population will live in urban areas by 2100.

By 2025, Calgary will:

- Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors.
- Restore 20% of Calgary's current open space to increase biodiversity.
- Identify invasive species in Calgary's open space and complete strategies for their management.

WELCOME TO YOUR COMMUNITY CLINIC

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COVENTRY HILLS

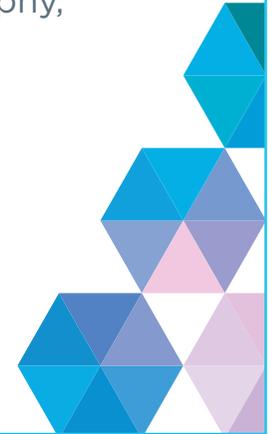
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Name	Age	Contact	Course
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Laikyn	13	403-702-5316	Yes
Abigail	14	403-295-7464	Yes
Joe	14	403-454-2801	Yes
Emma	15	403-275-0968	Yes
Charlise	15	403-275-2129	Yes
Sam	15	403-719-9866	Yes
Seth	15	403-274-6910	Yes
Afnan	16	403-471-5141	Yes
Leticia	19	403-275-5679	Yes
Nicole	21	403-808-9215	Yes
Lauren	23	587-893-8008	Yes
Chantelle	27	587-703-0334	Yes

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.

Xmas mince pies

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



IN & AROUND CALGARY

Crowchild Trail Study Mark your calendar for upcoming events!

Thanks Calgary for helping us review the draft recommendations for the study area. We used your input to refine and finalize the draft recommendations.

We invite you to join us at one of the open houses in November and December to view the final recommendations and provide your feedback on the engagement process. We'll be asking for your feedback on the engagement process. These events are part of **Phase 6: Reporting and Completion** of the study process.

Open House #1: Tuesday, November 29, 2016

(No RSVP required)

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Open House #2: Saturday, December 3, 2016

(No RSVP required)

Time: 10 a.m. to 1 p.m.

Location: Sunalta School, Main Gym – 536 Sonora Ave. S.W.

We anticipate presenting the final recommendations to Council in early 2017.

If you're unable to attend one of the open houses, there will be an opportunity to provide your input online. For a complete list of engagement opportunities, go to calgary.ca/crowchild

Source: *The City of Calgary*

HOW CALGARIAN



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



MLA CALGARY-MACKAY-NOSE HILL
KAREN MCPHERSON

Current Member

(403) 215-7710

calgary.mackay.nosehill@assembly.ab.ca

Merry Christmas and happy holidays, Calgary Mackay Nose Hill!

It has been a busy fall season in the House and I am proud to be bringing your voice in the legislature. Earlier this fall I was proud to join many of my colleagues at the State of the Province Address in Calgary to hear Premier Notely speak to our government's challenges and commitments. The Premier addressed many new initiatives that the government will be setting in motion in the New Year.

The Carbon Levy Rebate will start to roll out to families in January of 2017. These rebates are automatically available to you, if you have submitted your 2015 income tax return. If you want more information about what the carbon levy visit alberta.ca/climate-carbon-pricing.aspx.

For small business owners and investors, the Alberta Investor Tax Credit and the Capital Investment Tax Credit are two new tax credits which will be available starting in January of 2017 to support small- and medium-sized businesses. The tax credits will be awarded on a first-come first-served basis to eligible applicants.

I have heard from constituents across the riding last month and attended some wonderful events - I really enjoy all of the opportunities to connect with you. I was lucky enough to be invited to do a presentation on the Alberta Government to the grade 6 classes at Simons Valley School and I had a great time introducing them in the Legislature when they visited in November.

I was pleased to host the Minister of Education, David Eggen for some door knocking in Beddington Heights and a tour of John. G. Diefenbaker High School. Minister Eggen's visit to Calgary Mackay Nose Hill came shortly before the launch of an online survey seeking input on the new provincial Curriculum Development. To have your say, please visit education.alberta.ca

As always, I welcome your input. Starting January 2nd, 2016 my office will be open 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (we will be closed for lunch from 12:00pm-1:00pm). Thursday's our hours will be 12:00pm until 7:00pm. Please feel free to contact me by email at calgary.mackay.nosehill@assembly.ab.ca, by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

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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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**MP CALGARY NOSE HILL
HON. MICHELLE
REMPEL**

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Year-end update – December 2016

It's hard to believe that we will soon be saying goodbye to 2016 and ushering in a new year. It has been a busy and productive year, as your Member of Parliament, and I have been working hard on your behalf. There are a few important issues I would like to update you on:

1) The Alberta jobs crisis continues to be a primary focus for me. As you may know, my colleagues and I launched the Alberta Jobs Taskforce this fall. I have been consulting with community members and employers to get their feedback regarding policy solutions and budget requests that we will be presenting to the government. If you, or anyone you know, would like to be involved in the Taskforce's work please contact me at michelle.rempel@parl.gc.ca or visit www.AlbertaJobsTaskforce.ca.

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

3) Over 1300 of you provided your input on the issue of electoral reform during my consultations over the course of the year. 91.91% of respondents to the survey indicated that a referendum should be held prior to any changes being made to Canada's electoral system. 79.13% of respondents did not think we need to replace our current system of voting. I have conveyed the feedback received via a letter to the chair of the Special Committee on Electoral Reform. You can also find a copy on my website: www.MichelleRempel.ca. I will continue to keep you informed about this important issue as the committee reports back to Parliament.

I understand that this Christmas season will be challenging for many due to unemployment. There are many important organizations that will be stretched further than most years and I encourage you to take some time to volunteer or donate financially to these organizations. For those that are struggling with the mental and physical challenges associated with unemployment, and the added stress the holidays can present, please reach out to an organization like the Distress Centre. They have 24 hour support and can be reached at their crisis line at 403.266.HELP(4357). I will be hosting a Christmas Open House on December 10th at the Berkshire Citadel (222 Sandarac Drive N.W.) from 2:00 PM –5:00 PM. I will be collecting non-perishable food items for the Calgary Food Bank and chatting with constituents. Please feel free to stop by, drop off your donation, and say hello. And while an RSVP is not required to attend, you may do so at www.MichelleRempel.ca or by calling 403-216-7777. I hope you all have a Merry Christmas, a Happy New Year and a joyous holiday season.

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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	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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Greetings Residents,

City launches online street light outage application

The City of Calgary has launched an online application that will allow citizens to easily report street light outages in their community.

The application allows people to locate the street light on a map and report it instantly to The City of Calgary. This process avoids duplicate reports, reduces the number 311 calls, and provides more detailed and more accurate updates to citizens about each light service request.

The City of Calgary is committed to providing a higher level of service and better customer service to its citizens.

Under the service agreement with Enmax, it can take up to 30 days to repair street light outages. In the event of damages or something more complex like underground wire faults, repairs could take much longer. Citizens are asked to call 311 to report damaged street lights.

Please visit calgary.ca/streetlights to report an outage near you.

Be prepared for snowfall to keep everyone moving safely

When snow is forecasted in Calgary, crews are available 24/7 to respond and keep our roads safe. That means apply anti-icing solution to our roads before the snow falls, and plowing and sanding after the snow starts falling. Crews focus on high-volume roads first in order to keep the highest number of Calgarians moving safely.

You can help us keep the roads and sidewalks safe this winter, too. Here's a few ways to keep everyone moving safely:

- Slow down and drive or cycle defensively during winter driving conditions.
- Keep a safe distance - help our crews do their jobs by staying three car lengths behind sanders and plows.
- No sudden moves (braking, lane changes, etc.)
- Provide enough distance between you and the vehicle in front of you.
- Ensure you have appropriate tires and footwear.
- Keep your sidewalk clear of snow and ice within 24 hours after the snow has stopped falling.

For information on winter driving, safe shovelling, and more, visit calgary.ca/snow.

Fall/Winter Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

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.

diabetes.ca | 1-800-BANTING (226-8464) | 403-266-0620 (Calgary)

Facebook: AlbertaCDA | Twitter: @DiabetesAssocAB

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