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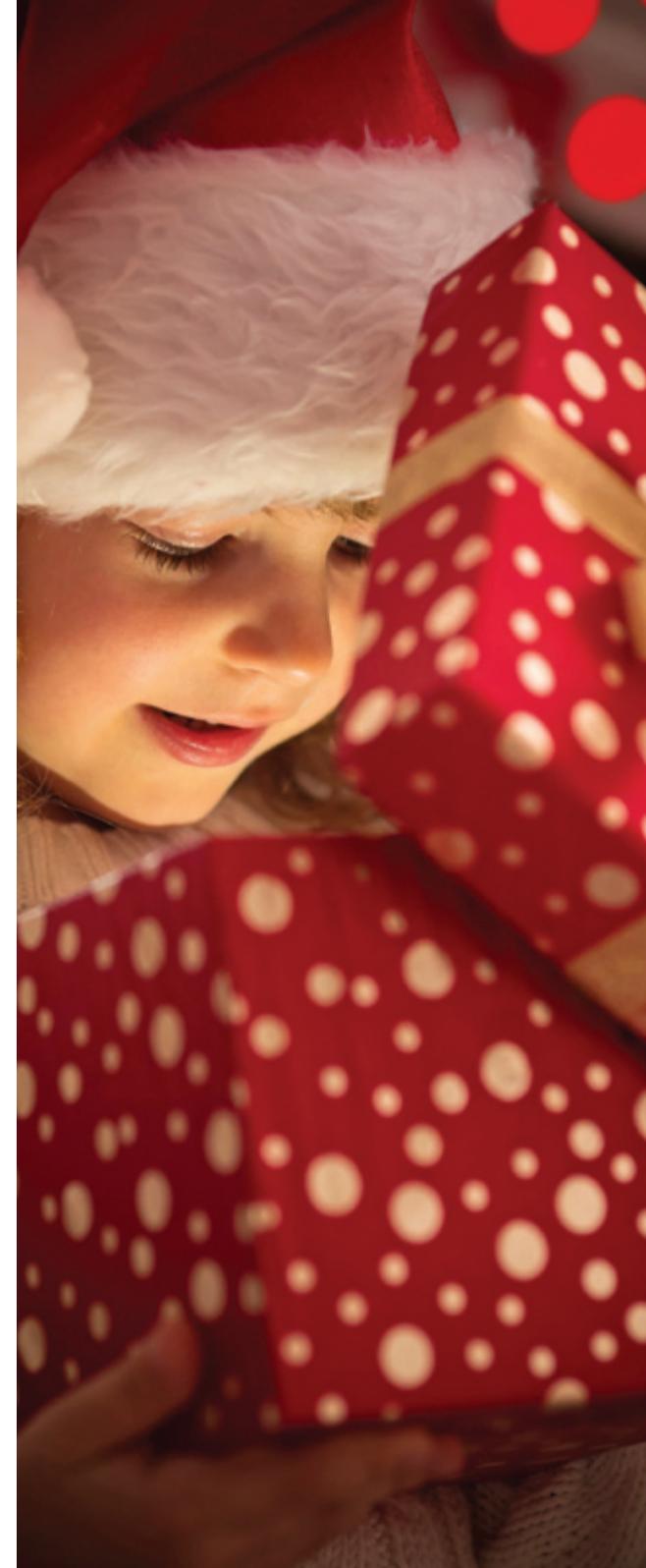
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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

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PRESIDENT'S MESSAGE

Merry Christmas!

November came in like a lion with centimeters of snow and cold weather that lasted for some time. The rink volunteers took advantage of this weather and both the hockey and pleasure rinks were flooded in record time. Stop by and thank these individuals if you see them out flooding, I know they would appreciate it. Check out the flooding schedules on our website.

Just a reminder there are rules that must be followed, including no pucks on the hockey rink until 4:00pm during school days to ensure the safety of the kids walking back and forth. The pleasure rink on 99 Sandstone Drive is meant for recreational skating so please keep sticks off the rink.

Our hockey rink is extremely popular with 18- to 24-year-olds and few are from our communities. We are happy people are out getting exercise, but they need to make room for younger kids, especially on weekends and into the evening hours. The SMCA Board does not have the manpower to police this but have found these individuals to be good at sharing the ice. Our goal is to encourage families to come out and enjoy their community rinks. If you witness behaviour that is threatening or inappropriate, please contact the Calgary Police Service. We encourage their presence as a reminder to everyone that we are a law-abiding community and do not tolerate anything less.

The McKnight Hockey Association is the hockey club that supports Sandstone and MacEwan communities. We allow team practices on occasion however; teams must contact the SMCA board for permission and demonstrate they have community memberships. This allows the younger ones the opportunity to use the rink and get more comfortable going on their own. If you have time to help out at the rinks, and in particular during the holiday break please send us an email at info@sandstonemacewan.com.

We hope to organize occasional family fun skates however because of our changing weather conditions there may not be significant notice. Please keep an eye on social media (face book, website and twitter) for events we will be planning this winter.

We are fortunate that Sandstone and MacEwan are very safe communities with low crime rates. However,

the fall months were trying times for the SMCA board as we had to deal with persistent vandalism (graffiti) on our buildings and hockey rink boards. This has been an unexpected cost of thousands of dollars for the SMCA. Please contact the Calgary Police Service if you notice anything that looks suspicious in our neighborhoods and let's keep our communities safe.

I am very pleased to note the light warning system at the intersection of Sandstone Dr. and Sandstone Hill has been operational since the beginning of November. I'm sure the individuals using the bus transportation must feel much safer getting across that intersection now that the warning lights are present.

Don't forget to like us on Face book and follow us on Twitter. Check out the website at sandstonemacewan.com or contact us at info@sandstonemacewan.com.

Sue Coatham
President SMCA
president@sandstonemacewan.com

Attention Community Businesses:

Please contact the SMCA if you would like to support the community association by offering benefits for community membership holders. We will happily drop off a sign that you can display at your place of business.

**SANDSTONE
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Community Association

**Our business is a proud supporter of
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*A Look Back
at
Sand-Mac!*



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

300, 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: info@sandstonemacewan.com
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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	info@sandstonemacewan.com
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



SAFE & SOUND

Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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-Ed Bradley, CBS-60 Minutes

Polubutylene (also know 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 of 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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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 16



Reginald the Blue-Nosed Reindeer

The beloved reindeer Rudolph was originally a marketing invention intended to sell Christmas colouring books in 1939. The names considered for the dissenting deer were Reginald and Rollo, and a blue nose was favoured to begin with because a red nose was considered a sign of alcoholism.



Tips for Handling Holiday Stress

Christmas is a joyous, and stressful, time of year! Not only are the adults stressed, but kids can get stressed as well!

Christmas is busy, loud and full of fun! Routines will change and activities added to take in all the festive sights. We all need a break from the regular routine while also avoiding a rough transition back into routine once the holiday season is over. We have some tips to help you and your family with the festive season.

- It's okay to let your child stay up a little later than usual — but not too late. Limit TV and video games and get out and engage in exercise or play!
- Try to avoid sleeping in more than an hour or so past their usual morning schedule.
- Many children are frustrated by having limited control over their environment, so include them in the planning for the upcoming holiday festivities! Make a calendar together with all the things you plan to do as a family such as Christmas parade, tree lighting, shopping, etc. Sometimes simple is better; don't try to pack each day with something!
- If you are planning on taking special holiday photos, preparation is the key to success. Dress rehearsals are a must, so there isn't a last-minute scramble. You might consider visiting the venue prior to the photo shoot to help ease any anxiety or fears.
- Then, photos with Santa Claus. Remember that your child may be freaked out by the jolly old man in red. They may not yet understand who he is. So, take it easy and not pressure the little ones into sitting with Santa. There are free Santa workshops (only require a food bank donation) and the kids are not pressured into sitting on Santa's knee and they have crafts and other fun activities to partake in as well! Sometimes, these places are quieter and more suitable for younger children or children with special needs (anxiety, autism, etc.)
- Family meal time is important for reconnecting with each other but during Christmas season it's even more important. It's a time to unwind at the end of the day and reconnect with each other.

- Family meal time doesn't include sitting down at your family's favorite fast food restaurant as your own way to rush to the mall to do more Christmas shopping. Consider having everyone help with menu planning during the festive season!
- Help children to learn the real meaning of Christmas and that it's not all about getting, but giving. Our children can become stressed just seeing all the commercials and ads telling them they MUST have a certain item to be "okay". Find ways with your children that your family can give back!
- Hang onto your family traditions or make a new one!
- Find time this Christmas season to relax with your family. Enjoy family game night, watching Christmas classic shows and just being together.
- For parents, make a sensible budget for presents and stay within it. Money stress is the worst at this time of year and affects everyone! A great idea for gift giving for your kids: something they need, something they want, something to wear and something to read! Plus a Santa gift! And bonus points if you make the gift as it will mean more!

Enjoy the festive season!

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: nwecdcoalitions@gmail.com.



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Membership Application

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

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

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News from the Friends of Nose Hill

by Anne Burke

Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on www.fonhs.org.

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of "all available means" to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the "proposed Nose Hill Park".

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the "greater public interest" must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.



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THE 2018 MOTORCYCLE SHOW BMO CENTRE, JANUARY 5 – 7

This event is the Canadian motorcycle and ATV industries' official showcase of all the new 2018 makes and models of motorcycles, ATVs, scooters and side-by-sides. It will feature the latest products, services and accessories direct from the manufacturers, and many additional attractions as well: SHE Rides, an extreme MX Freestyle Show, the Yamaha Riding Academy for kids ages 6 through 12, a large number of retailers, riding clubs and associations, informational displays, charity rides, celebrity racers and prize giveaways. More info: calgarymotorcycleshow.ca.



INSTRUMENTAL SOCIETY OF CALGARY PRESENTS CANADIAN IMAGES – ST. STEPHEN'S ANGLICAN CHURCH, JANUARY 21

Ensemble Resonance is Calgary's oldest professional chamber ensemble. Specializing in Canadian repertoire, the ensemble is dedicated to performing works which integrate acoustic and electroacoustic music with multimedia elements. The group recently performed the programme in New York's famed Carnegie Hall and it features works with a local connection including Roberta Stephen's Pisk and Allan Gordon Bell's A Great Arch Softening the Mountains. More info: instrumentalsociety.ca.



VIEW FROM ABOVE WITH ASTRONAUT TERRY VIRTS. JACK SINGER CONCERT HALL, JANUARY 21 & 22

Sometimes, a little distance is all you need to see things in a brand-new way. For astronaut Terry Virts, his newfound perspective was from the International Space Station (ISS), where he installed the Cupola module, granting an unprecedented 360-degree view from the station. When he later became the commander of the ISS, he made good use of the Cupola, taking more photographs than any astronaut who came before him. Learn about Virts' time in the cosmos from the man himself, and the perspective on earth that this experience provided him. More info: artscommons.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Functional English Conversation Classes – Genesis Centre, Jan 3

The Functional English Conversation Classes Project addresses the basic language needs of newcomers in navigating the Canadian society. These free classes focus on listening and speaking and help newcomers practice English conversation in an informal setting, as well as focussing on practical life skills and tools required to successfully integrate in Canada. Open to 18+ permanent residents only. More info, call Sonia Sehgal at 403-999-9642.

Training for Increased Performance, Bow Cycle Seminars – Bow Cycle & Sports, Jan. 11

Training for endurance sports seems easy enough—ride more, swim more or run more. Concepts such as crash training, polarized training, block periodization, fast-ing sessions and nutritional periodization have been researched as new methods for endurance athletes and coaches to integrate into their programs for stimulating adaptations and breaking training monotony. Learn more about these advances in training methods at this free event. The speaker is Jack VanDyk, MKIN, 3433 Sport Performance. More info: bowcycle.com.

I Am Light, Youth Justice Conference – Encompass Partnerships, Jan. 13

CHILL is hosting a one-day youth conference to educate, equip, and empower students in grades 7 to 12 on the topic of injustice, with a special focus on sexual exploitation. Come and meet new friends, learn about the subject and about how Calgary is working to support those being impacted, and how you can be involved in stopping injustice in your city. More info: eventbrite.ca/e/i-am-light-youth-justice-conference-tickets-35792966727.

Empire of the Son – Alberta Theatre Projects, Jan. 16 – 28
Presented as part of the High Performance Rodeo, Empire of the Son is a funny and poignant autobiographical one-man show by former CBC broadcaster Tetsuro Shigematsu about his rocky relationship with his emotionally reserved father. Through visually striking live, cinematic vignettes, Shigematsu re-enacts moments from his father's incredible personal history, from the ashes of Hiroshima to swinging 1960's London. More info: atplive.com/whats-on/empire-of-the-son/.



Calgary Nose Hill
Hon. Michelle Rempel, MP
201-1318 Centre Street NE,
Calgary, AB, T2E 2R7
403-216-7777
michelle.rempel@parl.gc.ca
www.michellerempel.ca

At the end of October, the federal Finance Minister Bill Morneau presented the Fall Economic Statement to the House of Commons. This update confirmed that the government is borrowing large amounts of money to pay for their spending. The update shows that the federal government has borrowed \$20 billion this year. I am deeply concerned about the level of deficit spending we are seeing in Ottawa and I am also troubled by the government's desire to raise taxes on Canadians.

Early in January, I will be conducting my annual pre-budget consultation with our community. I encourage you to contact me with your thoughts and feedback about the next budget. I will be submitting the views of our community directly to the Minister of Finance.

I will continue to work hard for you in Ottawa and ensure that this government is answering the tough questions of how they will help our community with their economic policies.

I would also like to extend to you and your family my best wishes for a wonderful New Year, a Merry Christmas and Happy Holidays.



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Visit the new Sandstone MacEwan
Community website at:
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WE COME TO YOU: Repairs to snow blowers, generators, lawn and gardening small engines. Blade sharpening for axes, chainsaws etc. Call or text Chris at 587-700-5555. For details visit www.MobileRepairs.info and sign up for free newsletter on how to store and care for your equipment. Free blade sharpening with your engine service call in December.

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.

Sandstone-MacEwan mybabysitterlist

Name	Age	Contact	Course
Chantelle	28	587-703-0334	Yes
Jacqueline	17	587-582-9973	Yes
Jordan	14	403-274-6910	Yes
Laikyn	14	403-702-5316	Yes
Leticia	20	403-275-5679	Yes
Nicole	22	403-808-9215	Yes
Peyton	14	403-969-1854	Yes
Sam	16	403-719-9866	Yes
Seth	16	403-274-6910	Yes
Ying	34	403-512-9675	No

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



BRAIN GAMES SUDOKU

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

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TAKE ON WELLNESS



The Decibel Dilemma – Protecting Playtime

Children experience sound in their environment every day. Normally, these sounds are at safe levels and won't damage their hearing. However, it's not unusual for toys to be noisy enough to risk your child's hearing health. One of the most common causes of noise-induced hearing loss is repeated and extended exposure to loud noises. Safe and harmful sound levels are highly dependent on *how long* and *how often* your child is exposed to noises.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Eighty-five decibels is like loud traffic. Eighty decibels is like an alarm clock or garbage disposal. Remember, the decibel scale is logarithmic, so seemingly small changes, are actually a large change in the amount of sound you are exposed to.

The consequences of hearing loss can be particularly devastating for children. The Center for Disease Control and Prevention report that even a small degree of hearing loss can affect a child's speech and language comprehension. According to The American Speech-Language-Hearing Association (ASHA), "children with hearing loss have difficulty with all areas of academic achievement, especially reading and mathematical concepts. Children with mild to moderate hearing losses, on average, achieve one to four grade levels lower than their peers with normal hearing."

In Canada, the Canadian Consumer Product Safety Act states that a toy, "must not make or emit noise of more

than 100 dB when measured at the distance that the toy would ordinarily be from the ear of the child who is using it". This is equivalent to a motorcycle or lawnmower. Unfortunately, small children don't always play with toys in their intended manner. When a toy is brought close to the ears, the danger is even greater, as the decibel level can increase to 120dB, versus 100dB, which is equivalent to the sound of a jet engine on take-off.

In 2006, the Canadian Association of Speech-Language Pathologists and Audiologists lobbied members of Parliament and Health Canada to decrease the 100dB limit, however guidelines have not changed. Here are some tips to help keep your kids safe:

- The Sight & Hearing Association releases an "Annual Noisy Toys List" which is available on-line.
- Listen to a toy before you purchase it. If it sounds loud at arm's length, it will be louder at close range in your child's hands.
- There are free apps to download on your phone that measure decibels – search for "decibel meter."
- Look for toys with volume controls and on/off switches.
- Supervise your child when they are playing with a loud toy. Move the toy further away as doubling the distance will significantly lower the decibels. Teach them to keep it away from their ears and face.
- Limit the amount of time allowed with the toy.

The key to keeping your child hearing healthy is knowing how much loud sound they're exposed to. A 'noise diet' can protect their hearing from future problems.



**Councillor, Ward 4
Sean Chu**
 ☎ 403-268-3727
 ✉ ward04@calgary.ca
 🌐 www.calgary.ca/ward4

Be a Snow Angel!
 “Lucky and proud.”

That’s how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it’s a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You’ll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, résumé assistance, industry-training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

Calgary AfterSchool

Never again hear the phrase “I’m bored”.

Calgary AfterSchool offers, fun, safe, free and low-cost after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit calgary.ca/AfterSchool



**MLA Calgary-Mackay-Nose Hill
Karen McPherson**
 Current Member
 #106, 8220 Centre Street NE
 ☎ 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 your voice in the Legislature.

In October, I announced my decision to sit as an independent member in the Legislature and leave the NDP Caucus. It was a very difficult decision as I have appreciated learning with and from my colleagues. Alberta is changing quickly, and I believe our political processes need to reflect these shifts. Continuing to do politics the way it is done will lead to further polarization. We are missing the middle where we have more in common than we are different, and it is with this in mind that I have chosen to join the Alberta Party. I have been taking time to talk with my constituents about your priorities at bus stops and community events and have developed a survey to get your feedback. I understand that you may have concerns about this move and if you haven’t had the chance to fill out a survey, I encourage you to: <https://goo.gl/5zyvTM>. As always, your feedback at the office is important as well.

Many people in our community enjoy the great facilities and programs at Vivo, which is close by in Country Hills. It’s a great organization, run by a non-profit foundation and offers us all the opportunity to stay healthy and active. I’m pleased to let you know about some of their programs.

Family Play Pass: Vivo has opened up more time for your family from Monday to Sunday. You can build your pass to fit your family. Get moving together with drop-in fitness classes, open gym, public swim, rock climbing, the fitness centre, and public skate.

Everybody Plays: It takes a village to raise healthier generations. Help raise money for Everybody Plays, a program that supports 150 children, families, and adults every single month. \$119 per month gives an entire family the chance to get active together. Last summer 62 kids discovered summer camp through Everybody Plays. Change a life and help others to join Gen H through Everybody Plays. For more information visit www.vivo.ca and hit the ‘make a donation’ button.

We’re always happy to hear from you at the office: by email at calgary.mackay.nosehill@assembly.ab.ca or by phone at 403-215-7710, and you can drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

SHIBLEY & COMPANY

MAKING A WILL

It is a good idea for everyone to have a Will, people often have more assets than they think. An important part of estate planning is having a Will, advance medical and financial directives such as an Enduring Power of Attorney (EPA) and a Personal Directive (PD).

To prepare a Will you need to decide who your Executor(s) will be, name a Guardian for your children if they are under the age of 18, and where the residue of your estate will go.

You can make a Will at any time and existing Wills should be updated especially if there are major changes in your life, such as marriage, starting a family, death of a family member, or divorce.

We make this process easy and help put your mind at ease. Call us or go online to book your appointment today.

Shibley & Company has been serving clients in northwest Calgary for over 25 years, and takes pride in excellent service to our clients. For more information, please visit our website www.shibleyandcompany.com or call us at 403.275.3230.

Book an appointment with Valerie Shibley before February 15, 2018 and receive 15% off a Will package.

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Valerie R. Shibley
 Barrister & Solicitor

Vilma Mydliar
 Barrister & Solicitor

New Patients Welcome!



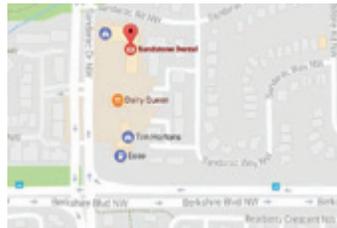
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