

JANUARY 2017

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THE OFFICIAL SANDSTONE & MAC^EEWAN COMMUNITY NEWSLETTER





Love
DENTAL

Dr. Philip Love
Dr. Michele Spooner
Dr. Huda Jergeas
Dr. Tanya Chacko

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- Your comfort
- Cost effective treatment plans
- Quality work

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intervention

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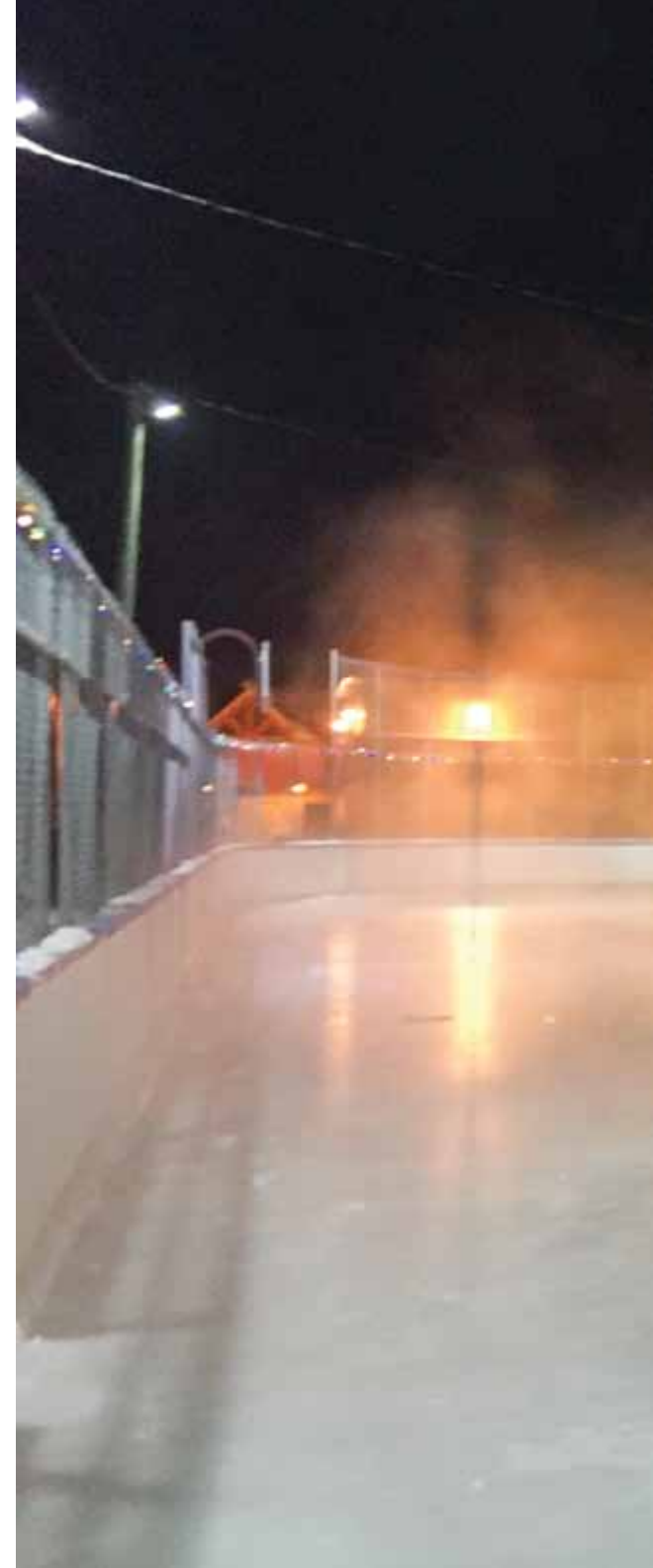
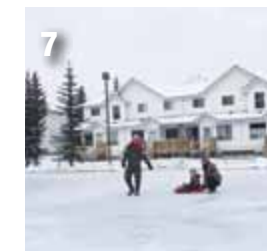
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smeagherbromley@gmail.com

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Sandstone-M^{AC}Ewan Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	

PRESIDENT'S MESSAGE

Happy New Year! I hope you had a festive (and restful) Christmas break. As of now the kids should be back in school and out of your hair. Did you get a chance to get out to one of our rinks for a skate? How about sitting on the new bench the City of Calgary installed at the request of the SMCA board?

The SMCA elections were in October and November our executive and board are as follows: Sue Coatham-President, Darren Way-Past President, Trevor Bacon-Vice-president, Phil Nantais- 2nd Vice-president, Willa Wu-Secretary and Gabe Bakos-Treasurer. The following are Directors: Gary Milan (General), Carolyn Gomez (Memberships), Sarah Meagher-Bromley (Newsletter), Pinky Nantais (Casino), Shayne Chidlaw (Asset Management), Darren Way (Community Safety), Trevor Bacon (Sandstock, Airport Liaison) and Phil Nantais (Vivo Liaison). We have been busy developing our goals and priorities for 2017 and we are very proud to say we donated a combined amount of \$10,000.00 to both the Ascension Parish as well as the Berkshire Citadel Church towards hampers for residents in Sandstone and MacEwan Communities. Other clubs and agencies in our communities that have benefitted from our donations are Vivo, Berkshire Citadel Church, 224 Scouts, and McKnight Hockey. In return for our donations, we ask these clubs and agencies to provide volunteers for the various activities we host throughout the year and they do not disappoint.

I'm pleased to say we have formed a partnership with the Berkshire Citadel Church to support activities for our community members throughout the coming year. We are hoping this relationship will eventually provide resources and activities for all age groups and become a regular base for community members. For example, the Play Café for moms and tots every Tuesday morning from 0930-1130 is an activity the SMCA board is co-sponsoring and this program has become extremely popular with families in our neighborhoods. In the coming weeks, you will see more information on programs including the Community Cooks program, Kids club and sports/crafts drop in nights.

One area the board has agreed to focus on this year is the pleasure rink. As I mentioned in the previous news-

letter, this rink area has been neglected for some time aside from the rink itself. The SMCA board has also voted to upgrade our very tired looking website. Look forward to a new and improved website that will be going live in the upcoming months. Other exciting activities to look forward to this upcoming year will be the mobile skate park as well as the SMCA board being involved in "Ride Your Bike to School".

Please consider your neighbors when shoveling your sidewalks especially if they are unable to shovel their walks themselves. One small act of kindness is very gratifying.

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.

Sue Coatham

President

Celebrating 30 years of SMCA

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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

300, 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: macsand@macsand.ca • www.macsand.ca

EXECUTIVE DIRECTORS

President	Sue Coatham
Past President	Darren Way
Vice President	Trevor Bacon
2nd Vice President	Phil Nantais
Secretary	Willia Wu
Treasurer	Gabe Bakos

DIRECTORS

General	Gary Milan
Memberships	Carolyn Gomez
Newsletter	Sarah Meagher-Bromley
Casino	Pinky Nantais
Asset Management	Shayne Chidlaw
Community Safety	Darren Way
Sandstock, Airport Liaison	Trevor Bacon
Vivo Liaison	Phil Nantais

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

Editorial Content DEADLINE 10th of each month for the next month's issue
Sarah Meagher-Bromley
smeagherbromley@gmail.com



our neighbourhood





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.



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THE INTERNATIONAL TERMINAL AT YYC
Environmental Sustainability

YYC is committed to being an environmental leader within the community. The new International Terminal was designed with sustainable features which will reduce YYC's energy footprint, including:



660 km of **in-floor radiant heating tubing**.



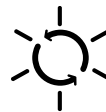
581 **geothermal wells** to provide winter heating needs and summer cooling needs.



A roof designed to harvest more than **800,000 litres of rainwater**, reducing water consumption.



The use of **co-generation heating** to save approximately 26 000 tonnes of CO² each year.



The terminal is designed to **maximize the capture of natural light** and reduce the need for artificial light and consumption of energy.

Visit yyc.com to see learn more about sustainability at YYC.



Sandstone MacEwan Real Estate Update

Last 12 Months SANDSTONE VALLEY
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$484,900	\$468,750
October 2016	\$482,350	\$474,000
September 2016	\$320,000	\$315,000
August 2016	\$0	\$0
July 2016	\$409,500	\$415,323
June 2016	\$464,450	\$458,900
May 2016	\$399,500	\$413,000
April 2016	\$459,900	\$459,500
March 2016	\$455,000	\$448,900
February 2016	\$470,000	\$453,000
January 2016	\$369,900	\$366,000
December 2015	\$439,900	\$416,500

Last 12 Months MACEWAN GLEN
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$410,000	\$395,000
October 2016	\$424,900	\$413,500
September 2016	\$385,000	\$373,000
August 2016	\$482,450	\$475,000
July 2016	\$431,450	\$424,500
June 2016	\$436,950	\$443,500
May 2016	\$399,000	\$390,500
April 2016	\$464,900	\$453,000
March 2016	\$404,850	\$387,500
February 2016	\$463,350	\$452,500
January 2016	\$539,900	\$535,000
December 2015	\$409,900	\$400,000

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



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



**SANDSTONE
MACEWAN**
Community Association

SHOW YOUR SUPPORT!
PURCHASE YOUR COMMUNITY
MEMBERSHIP TODAY!

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:

300, 8120 Beddington Blvd. NW
Calgary, AB T3K 2A8

**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:



Learning Opportunities Ahead

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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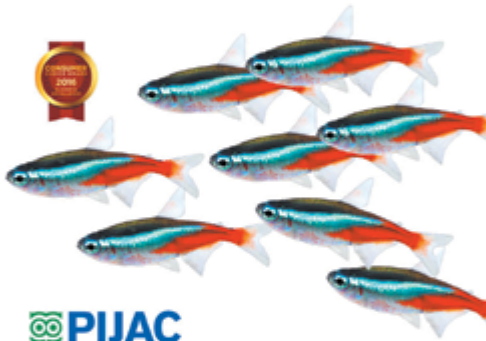
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SM Jan 2017



Helping Your Children with Social and Emotional Skills

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

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

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.
4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

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: ncecmmap@weconnectyou.ca.

Sandstone-MacEwan mybabysitterlist

Name	Age	Contact	Course
Jordan	13	403-274-6910	Yes
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	28	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.

IN & AROUND CALGARY



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

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News from the Friends of Nose Hill

by Anne Burke

For the Nose Hill Trail and Pathway plan (2004) there was a commitment of \$4.5 million from the Enmax Legacy Parks Program of the total \$6.6 million. From 2007-2012, this was for ongoing trail repairs, renewing degraded land, restoring damaged habitat, adding interpretive and orientation signs. Trail work was expected to continue for several more years. The paved pathways were intended to manage use and help protect the prairie grasslands (plants and wildlife).

There was a recent urgent item of business for City Council from a Community Services Committee report which was received for information. An update on City Parks Projects contains more information about capital funding for Nose Hill Park.

Council created the ENMAX Legacy Parks Program in 2003. The purpose was to develop new regional parks and improve existing ones, local community parks, and open spaces. A steering committee is responsible for managing the funds, including an investment plan for infrastructure, in some cases. City Council invested over \$135 million through this program. In addition, Council approved \$75 million for more projects to 2017.

Due to the economy, part of the 2016 ENMAX dividend is no longer available. So, there are shortfalls in funding for future priority projects. Some projects are already in progress and others are on hold, although design work was already done.

There is no shortfall for Nose Hill, because the Legacy-funded portion is complete and the construction in north and south zones is underway and ongoing. The total amount was \$4.4 million from phases 1 and 2; the non-Legacy budget was \$1 million and total project budget is \$5.5 million. The total actual cost to date is \$4.6 million, in addition to about \$54 thousand for existing purchase orders not yet invoiced. The remaining allocations are \$800 thousand.

An action plan for Calgary will enhance the urban forest and landscape, protect the environment by encouraging public awareness, and ensure that we have access to nature. In general, parks support biodiversity: a variety in the number and types of plants and animals in a particular area, such as Nose Hill, or in the world. Our parks network and open spaces offer recreational opportunities and help to offset carbon in urban spaces.

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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.



Top 4 New Year's Resolutions for a Better Neighbourhood

A message from the Federation of Calgary Communities Building Safe Communities Program

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** – Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** – Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** – Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at www.calgarycommunities.com under the Building Safe Communities tab.

BUSINESS CLASSIFIEDS

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



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



Councillor, Ward 4
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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Sandstone and MacEwan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Sandstone/Macewan area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

Happy New Year! Parliament rose at the end of December and I have enjoyed having an extended opportunity to spend time with constituents working at home in Calgary. I have had the chance to meet with many individuals in our community and hear about the issues important to them. I look forward to the House returning soon so I can continue to work hard on your behalf in Ottawa.

Over the last number of weeks I continue to hear from individuals who are being impacted by unemployment. This continues to be of primary concern to me. I will be holding a 'Alberta Jobs Round Table' meeting on January 12th at 11:45 AM. I want to hear directly from those in our community who are out of work, employers and social assistance service providers (like food banks, etc). If you, or someone you know, would like to attend, please contact my office at 403-216-7777 or email Michelle.Rempel@parl.gc.ca for more details.

Many of you have likely received the government's mail out regarding electoral reform at your home. On October 11, 2016 I submitted the results of my consultations with our community, to the special committee on electoral reform, which found 79% of respondents did not think we needed to change our current system of voting and 91% felt a referendum should be held prior to any changes being made. In fact, the government's own electoral reform committee agreed that a national referendum should be held prior to any changes. However, you will note, that the government's mail out to you with respect to electoral reform makes no mention of a referendum at all. I will continue to advocate for a referendum prior to any changes being made to the electoral system.

There will be many critical issues debated in Parliament in the coming year. As always, I encourage you to contact me at my office on any issue of importance to you.

Greetings Residents,

Sunny side up! New map shows the solar potential of your roof

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's Solar Potential Map to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit maps.calgary.ca/SolarPotential/ to check out the City of Calgary's new Solar Potential Map.

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

"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.

Modern West Plumbing & Heating specializes in the complete turn-key removal of Poly-B in your home by a professional, courteous, and experienced team including a Master Plumber. Replacing this pipe in your home will protect your investment and your personal belongings, save thousands on repairs, and add significant value to your property.

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Happy New Year! My best wishes for 2017 to each of you.

I want to make sure you are informed about programs that you may be eligible for, like the Carbon Levy Rebate rolling out at the beginning of the month; the rebates are automatically available if you have filed your 2015 income tax return. Most Albertans will receive a rebate that will be exceed than the costs they incur because of the levy. As well, Alberta Child Benefit and Alberta Family Employment Tax Credit are available for parents with a net income of less than \$41,220 per year. For more information on these benefits or on additional programs, please contact my office or visit www.alberta.ca.

Before Christmas, I was fortunate to deliver grant funds from the Community Initiatives Program (CIP) to two amazing organizations in the constituency: the STARS Foundation and the Association for the Advancement of Science and Engineering Education. Both of these incredible organizations are so worthy of these grants. I look forward to seeing their continued successful operations.

Small business owners and entrepreneurs are very important to our province. There are hundreds of small business owners in the constituency and I want to hear from you. To get your feedback, I will be hosting a Small Business Town Hall this month. Please visit my Facebook page (@MLAKarenMcPherson), or connect with my office for details on date and time. I welcome your thoughts and I look forward to sharing some information with you on the supports available for starting, opening and maintaining small businesses.

As of January 2nd, 2017 my office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (we will be closed for lunch from 12:00pm-1:00pm). On 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.

SHIBLEY & COMPANY

HOW DO I MAKE A WILL?

Although you don't need a lawyer to draw up your Will there are certainly advantages to having a lawyer do it. They have expertise that you can call upon for matters such as tax consequences, trusts, making suitable arrangements for young children and many other issues.

WHEN SHOULD I CHANGE MY WILL?

You should look at your existing Will at least every few years to make sure it is still up to date. There are two ways to update your Will . You can write up a separate document that only changes part of your Will, which is called a "Codicil". You can also make a completely new Will if there are major changes to be made.

You should not change your Will by marking or crossing out words, as such hand written changes are unlikely to be effective.

WHAT OTHER DOCUMENTS DO I NEED?

An important part of estate planning is having a Will and advance medical and financial directives such as an Enduring Power of Attorney and a Personal Directive.

Enduring Powers of Attorney and Personal Directives come into effect if you become incompetent during your lifetime and are important documents to have in place, together with a Will.

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