

FEBRUARY 2016

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tw TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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www.adjustedforlife.com

Nose Creek Softball & Tim Hortons Learn to Play Softball

Spring Softball/Fastpitch Registration for Youth
Nose Creek Softball offers a community based program for young athletes to learn new skills, make new friends and have fun!

PROGRAMS OFFERED:
Girls Teams from U10 to U19
Mixed Teams for Tim Hortons Learn to Play

All of our athletes have the opportunity to:

- Age appropriate skill development
- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

Indoor Drop-In Clinics on Now!
Spring Session runs from mid-April to end of June
Online Registration is Now Open!

For more information or to Register: www.nosecreeksoftball.ca
Male athletes U10 and up can register for the 'Calgary Boys Fastpitch' softball program at www.calgaryboysfastpitch.com



Triwood Community Association
2244 Chicoutimi Dr. NW
Calgary, AB - T2L 0W1
Phone: 403.282.2677
Fax: 403.282.7031
triwoodca@shaw.ca | www.triwoodcommunity.com

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NEWSLETTER AD SALES



Great News Publishing Ltd.
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING TRIWOOD FOR 9 YEARS!



Executive		Triwood Staff	
President	<i>Toni Pilkey</i>	Executive Director	<i>Rick Lundy</i>
Vice President	<i>Mark Whiteman</i>	Events Coordinator	<i>Kristen Friedrichs</i>
Treasurer	<i>Jim Pilling</i>	Accountant	<i>Randy Dalgleish</i>
		Building Maintenance	<i>Robert Catton</i>
		Programs/Events Coordinator	<i>Lynsey Farrell</i>
Directors		Arena Manager	<i>Dave Hurren</i>
Community Relations	<i>Sandra Rhead</i>	Sports Registrar	<i>Lynsey Farrell</i>
Members at Large			
Member at Large	<i>Jim Heck</i>		
Member at Large	<i>David Fong</i>		
Member at Large	<i>Mark Whiteman</i>		
Member at Large	<i>Chris Cole</i>		
Committee Representatives			
Soccer	<i>Carrie Killam</i>	Nose Hill Park (Community)	<i>Deborah Sanderson</i>
Planning Committee	<i>Joel Mayer</i>	Performance Arts	<i>Jim Heck</i>
Squirts Hockey	<i>Nelson Van Waes</i>	Grey Eagle Bingo Coordinator	<i>Jade Westlake</i>
Westwood Hockey	<i>Christine Lilge</i>	Police Liason Officer	<i>John Kastomonitis</i>
Ringette (Sports)	<i>Lauri Scotvold</i>	City Parks and Rec	<i>Virginia Clark</i>
Scouts (Programs)	<i>David Fong</i>		
	<i>Mark Whiteman</i>		
Cubs/Beavers (Programs)	<i>Margaret Porter</i>		

OFFICE HOURS
 Monday-Thursday
 9:00 am – 4:00pm
 Friday
 9:00am – 3:00pm
 Closed Saturday and Sunday

A MESSAGE FROM THE EXECUTIVE DIRECTOR



With Christmas now behind us, we are getting close to soccer registration which commences on Feb 1st 2016 at 9:00am .Please visit our website for all the information required to register your child. We have all ages available. This is a great way for your kid to meet other children in the area and stay healthy and active during the summer months. The cost of soccer is so much more reasonable compared to other sports and we encourage you to give this some consideration. Also we will be facilitating several day camps this year, once they are confirmed we will have registration up on our website. We will ensure that the cost for these day camps are reasonable, there will be plenty of learning for the registrants and most importantly tonnes of fun for the children.

Just a reminder, Triwood community association caters to newer types of events, if you or somebody you know is looking to book a wedding or business meeting please contact Kristin as we have some amazing space to cater to your event.

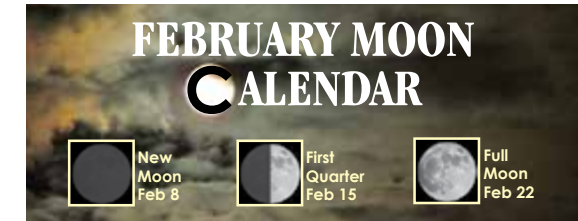
As discussed in the previous newsletter we have had a few car break-ins within our community and we encourage everybody to ensure to lock your doors and do not leave valuables inside. We want Triwood to be the safest community possible.

If you are a senior, our Triwood Triliters are a group of senior ladies 50+ and meet three times a week at the community association. They would love to get to know you and help connect you with other ladies within the community. They do fun activities such as Tai Chi , cards and the occasional banquet. If you are a senior male, the Triwoodsmen is a social group for senior men and they meet once a week, they would like to encourage all senior men to come and join them for coffee, cards and plenty of great conversations.

The Triwood pub will be opening in February; we will be serving a few appetizers and some alcoholic drinks for a reasonable price. We encourage all the residents of this community to meet with your friends in our pub as this will be a great way to connect in a relaxing atmosphere. Stay tuned for more details in the Trumpet.

We are looking for volunteers to assist us in doing needs assessment for this community. We will be talking to numerous residents to get their thoughts on how they perceive there community association to be as well as how they would like to see us grow over the next few years. Help us build a strong and healthy community association for the future. If this interests you please call Ireland at 403-282-2677.

Happy Birthday to Rusty Ogle who is turning 98 on behalf of all your friends in the community we hope you have a joyful birthday with all you friends and family, you deserve it. We wish to celebrate more birthdays with some of the seniors in the neighbourhood. If you know of anybody who has an important birthday coming up please let us know.



Back in Calgary after 10 years!

Dr. Lauren Vredenburg is back after studying at UBC, McGill and UCLA. We are delighted that she has joined Dr. Jennifer Maguire, her mother, and Dr. Christine Lilge at Calgary Fine Dentistry. **Dr. Lauren Vredenburg is taking new patients!**

calgaryfinedentistry.com
 206, 1910 - 20th Ave NW | 403-284-3061

TRIWOOD HALL SCHEDULE 2016

Hall (and arena) at 2244 Chicoutimi Dr. NW

Phone 403-282-2677 - Office

Triwood Halls available to rent. Check website for availability.

www.triwoodcommunity.com



Location in Main Building	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Charleswood	Yoga for Moms 10am - 11am Zumba Fitness 6:45pm - 7:45pm		Zumba Fitness 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Karate 5pm - 6pm			
Collingwood	Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
Upstairs Annex (Meeting Room)		Beavers 6-8:30pm					
Adventurers Room	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm		
Foothills	Triliters Tai Chi 10-11am Karate 6-8pm	Foxy 6-8:30pm	Triliters Tai Chi 10-11am Foxy 6:30-7:30pm	Painters 9:30am-3pm Foxy 6-8:30pm	Karate 6-8pm		
JT's	Triliters 10am-12pm Book Club 1-4pm (1st Monday of month)	Triwoodsmen 1-4pm Lion's Club 7-10pm (2nd & 4th Tues of month) 7-10pm (2nd & 4th Tues of month)	Triliters 10am-12pm	Triliters 1-4pm			

TRIWOOD HALL RENTERS

ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Diane McKean	adveninc@shaw.ca	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.ca	
Karate	Ken Noda	masternoda@mac.com	403-804-6789
Zumba Fitness	Michelle Neufeldt	fitforchange@shaw.ca	403-804-6951
Yoga	Lynsey Farrell	triwoodpc@shaw.ca	403-282-2677
Scouts	David Fong	www.fourthtriwood.com	
Cubs / Beavers	Margaret		
Lions Club	Margaret Young	youngmargaret@shaw.ca	

It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

CUPE
Calgary's city employees

Making your city
work for you

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



Parent and Tot Learn to Skate

Ages 2 – 5 years
Fridays 9:30am – 10:15am
6weeks - \$65.00

Triwood Members receive a 10% discount

Newsletter Submission DEADLINE

15th

of each month for the next month's issue

Please have your submissions in on time to ensure publication in the next month's issue. You can fax, mail or drop off your material at the Triwood Community Association office during office hours, or email to triwoodca@shaw.ca



SUM R CUTS.ca

Lawn care & Snow Removal

- Residential & Small Commercial
- Weekly Lawn Care
- Curb Appeal
- Spring & Fall Clean Ups
- Sod preparation & installation
- Snow Removal

Dick Ridley
403-918-0447



Triwood Community Association MEMBERSHIP

(Charleswood, Collingwood and Foothill Estates)

Please support your Community Association by purchasing a membership!

TYPES OF MEMBERSHIP

Triwood Residents (must reside within the boundaries of Triwood):

- General Membership: Family/Individual – Includes sports registration and voting privileges - \$30
- Senior Membership: Individuals over 65 yrs – Includes voting privileges but no sports registration - \$10

Non-Triwood Residents:

Associate Membership: Family/Individual – Includes sports registration but no voting privileges - \$30

Senior Associate Membership: Individuals over 65 yrs – No sports registration and no voting privileges - \$10

Note: Our membership year runs from September 1st – August 31st

To purchase a membership, please visit the Triwood Community Association office or visit our website at www.triwoodcommunity.com. We are open Mon – Thurs from 9:00 a.m. – 4:00 p.m. and Fridays from 9:00 am to 3:00 pm. We are located at 2244 Chicoutimi Drive NW.

Stay connected with Triwood!

Like us on Facebook

TRIWOOD COMMUNITY ASSOCIATION

Follow us on Twitter

@TriwoodC

Check out our website

www.triwoodcommunity.com

Fill out our survey!

<http://www.surveymonkey.com/s/DPHILQIR>

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*Not intended to solicit property already listed.

Upcoming Events at Triwood

Yoga for Moms February 22 – April 11, 2016
Mondays: 10-11am (8 weeks) \$2 babysitting available
DROP IN OPTION - \$15

Yoga for Exposure February 25 – April 14, 2016
DROP IN OPTION - \$12
Thursdays: 6-7pm (8 weeks)

Hatha Yoga February 22 – April 18, 2016
DROP IN OPTION - \$12
Thursdays: 7:15-8:30pm (6 weeks)

Triwood Soccer

Registration will open on February 1
Games will commence in April and last until June.
Please register online or call Lynsey on 403-282-2677 and she will be happy to do it for you.

St Patrick's Day

March 13, 2016 – Live music by **De Dannan** – Irish Folk music group, Irish dancers and lots more. More information provided closer to the date.

Easter Extravaganza

March 26, 2016 come join us at Triwood for our annual Easter egg hunt with the Easter bunny himself, lots of fun for all the family.

Summer Camps

July and August 2016 – Mad Science Camp, Kids in the Kitchen Camp, Arts & Crafts Camp, Sports Camp, Turf & Surf Camp and more. Lots more information on Summer Camps to come in the New Year.

Check out our online calendar for a list of class times, new session dates and cancellations:

<http://www.triwoodcommunity.com/fitness-classes/>



Volunteers Needed @ Triwood Community Association

- Are you in high school looking to complete community service hours?
- Are you in college or university hoping to add experience to your resume?
- Are you an adult looking to get involved within your community?
- Are you a senior searching for something fun and rewarding to do in your spare time?

Volunteering is a gratifying experience at any age! If you answered yes to any of these, then the Triwood Community Association has the perfect opportunity for you. We are currently looking for volunteers to assist with upcoming community programs and events. Volunteers will lend a hand with a wide variety of recreation programs and special events, and will have a chance to work with people of all ages. This is a great way to meet new people, get involved in your community, and have some fun!

Volunteers must be at least 13 years of age. If you are over the age of 18 we will require a Security Clearance check (free for volunteers).

Please contact Lynsey TODAY to join our volunteer team! She'd love to hear from you: triwoodpc@shaw.ca or 403-282-2677.

Thank you!

**CALGARY MOUNTAINVIEW
LIONS CLUB**

Help us help others.
Join Calgary Mountainview Lions Club
Make new friends while making the world a better place.
Meetings 2nd and 4th Tuesdays each month
Phone Sandra Rowe at 403-226-1435



Have peace of mind in knowing that your wedding will be in the best hands, at Triwood Halls. We can accommodate:

Charleswood Hall :

180 people Banquet Style

225 Theater Style

Collingwood Hall:

130 Banquet Style

150 Theater Style



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(403) 282-2677



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What does your community mean to you?



We are one month into 2016 and already we are seeing lots of activity at the community association! What we would love to hear about is ideas from the community members for an improved Association. What can we do to make Triwood accessible for everyone of all ages? Triwood invites you to share your aspirations, ideas and stories. We want to hear from you and what you want from your community association.

Drop on by to the office to talk to any member of staff, submit a letter to triwoodpc@shaw.ca or call the office on 403-282-2677. We look forward to hearing from you.



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 for 4-18 year olds

Registration for 2016 Season On-Line
www.foothillslittleleague.org
 or
 Email: **info@foothillslittleleague.org**
 for more information



TRIWOOD YOGA EXPOSURE

beginner yoga
 Thursdays 6:00PM-7:00PM
 in the Triwood Community Hall
 Six week class or
 January 7th-February 11th 2016
 Register - 6 Classes \$60
 Drop in - Per Class \$12
 Triwood Members receive 10% discount

Register online today!
NEXT SESSION: March 3rd-April 7th 2016
 Or call 403-282-2677 and speak with Lynsey




De Danann was formed in 1975 in Galway and released its debut album the same year. It has recorded more than a dozen others since then, many of which have achieved gold and platinum status. The group became one of the most influential bands in traditional Irish music before going their separate ways in 2003 and then reforming in 2009. Famous for its cross-cultural experiments, the band has recorded Irish versions of music from The Beatles to Handel, and from Klezmer to American Gospel. The group's distinctive approach to the tradition both musically and vocally has been a cornerstone of Irish music for decades.

Triwood Entertainment Series presents **De Danann**

Get ready for St. Patrick's Day by joining De Danann for its concert at Triwood!


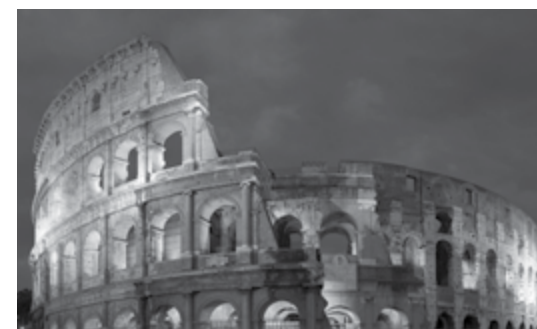
Date: Sunday March 13, 2016
 Refreshments: 5:45 p.m.
 Dinner: 6:30 p.m.
 Performance: 8:00 p.m.

Tickets: \$60 - including dinner
 \$30 - show only

Available from Triwood (online at www.triwoodcommunity.com/dinner-theatre/; office at 2244 Chicoutimi Drive N.W. Mon.-Fri. 9:00 a.m. to 4:00 p.m.; 403-282-2677) or Jim (403-289-0127), Dorothea (403-282-6201), Pat (403-284-1259).

Location: Triwood Community Hall
 2244 Chicoutimi Drive N.W.

Presented with financial assistance from The Alberta Foundation for the Arts.

Interesting ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built. This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.

TRIWOOD COMMUNITY SOCCER

ONLINE SOCCER REGISTRATION
Recreational Soccer for ages 3-18
years old.

Online Registration will open
on February 1st at 9:00am.
After which, late registrations
will be accepted if there is
room in the programme and a
late fee will apply.

Visit www.triwoodcommunity.com or call Lynsey
on 403-282-2677 for more info.



TRIWOOD yoga for moms

8 WEEKS OF YOGA FOR MOMS!

Stay active and healthy with your little ones!

yoga for moms

Mondays 10:00 - 11:00 am

Tri wood Charleswood Hal

February 22nd-April 11th 2016

Childcare available for \$2/child

Registered - 8 Classes \$96.00



Tri wood Members receive 10% discount on full registration

4-class bundle: \$48.00

Drop in - Per Class \$15

Register online today!



Triwood Real Estate Update

Last 12 Months Collingwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$695,000	\$659,000
November 2015	\$529,900	\$510,000
October 2015	\$509,933	\$465,333
September 2015	\$0	\$0
August 2015	\$879,000	\$869,000
July 2015	\$1,141,562	\$1,110,333
June 2015	\$722,966	\$712,000
May 2015	\$588,299	\$602,666
April 2015	\$572,933	\$557,833
March 2015	\$536,400	\$547,500
February 2015	\$0	\$0
January 2015	\$0	\$0

Last 12 Months Charleswood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$0	\$0
November 2015	\$631,266	\$614,333
October 2015	\$661,600	\$634,333
September 2015	\$544,500	\$529,750
August 2015	\$835,000	\$815,000
July 2015	\$519,950	\$503,500
June 2015	\$619,560	\$610,900
May 2015	\$545,560	\$538,800
April 2015	\$653,650	\$622,625
March 2015	\$582,900	\$568,772
February 2015	\$664,933	\$661,966
January 2015	\$0	\$0

To view the specific SOLD Listings that comprise the above
MLS averages please visit collingwood.great-news.ca or
charleswood.great-news.ca

The Older Than Dirt Band

Playing upstairs in the Charleswood Hall
Saturday February 6, 2016
8:30 pm until 'round midnight

Beverages
available, no
cover
Classic rock
plus ...



TRIWOOD TRI-LIGHTERS 50+ SENIOR LADIES' GROUP

Senior Ladies, we meet every
Monday and Wednesday
mornings for Tai Chi at
10:00am. Thursday afternoon
we have a small but friendly
group that meets at 1:30 pm
for conversation, cards and
refreshments.

For more information please
call Betsy 403-289-9082 or
Joyce 403-289-6972.



Satha Yoga

Upcoming Session: February 22nd-April 18th 2016
Drop In Option: \$12
Mondays: 7:15pm-8:30pm (8 weeks)

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Gareth Morris
 Brentwood Resident / Brentwood Realtor

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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 21

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

- Know the signs of a heart attack**
 (Any or all of these signs & symptoms may occur)
- Chest pain described as crushing, squeezing, pressure or chest heaviness;
 - Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
 - Shortness of breath, sweating or nausea and vomiting.

- Reduce your risk**
- Heart attack risk factors include:
 - Obesity*
 - Sedentary lifestyle*
 - Smoking*
 - High cholesterol*
 - Age / Gender
 - Family history
- Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

- What to do when seconds count**
- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
 - Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
 - Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
 - During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
 - Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



News from the Friends of Nose Hill

by Anne Burke

We can preserve nature and foster biodiversity for future generations, by staying on designated pathways and trails in our parks, in addition to respecting wildlife habitat and their migration patterns. The long-range plans are to monitor and manage invasive species (weeds); reduce habitat fragmentation; and link important habitat areas in the city and region.

The city-wide Biodiversity committee has met and a website with agenda and minutes is in the works. In the meantime, digital versions of the 10-year strategic plan can be found on the City's biodiversity page at: www.calgary.ca/biodiversity.

Many of Calgary's existing open space sites, such as Nose Hill, Union Cemetery, Reader Rock Garden, Riley Park, Fort Calgary, and Inglewood Bird Sanctuary are in the category of Cultural landscapes. A major challenge is determining which method is most appropriate for the resource, with a view toward protection, preservation or conservation, and restoration.

- Cultural resource projects may include some or all of the following:
- Protection: measures needed to guard against further damage or deterioration;
 - Preservation: ongoing maintenance activities that preserve the historic appearance or features of the landscape;
 - Restoration: the removal of later additions and the re-creation of missing elements

Of the 800 kms of city-wide pathways, City Council approved snow clearing for up to 350 kms. Generally, City Parks crews are to clear snow on pathways within 24 hours and on sidewalks adjacent to parks within 72 hours. Re: concerns about pathways in natural parks not being cleared, some trails/pathways are best used only in non-winter months. Due to the steepness of the slope or site conditions, there may be safety concerns for potential pathway users and crews.

Environmentally Significant Areas (ESAs) are land with conservation value.

This applies to the river valley system, the urban forest, and natural environment parks. The land includes escarpments, natural grasslands, woodlots, and native pasture but also pertains to wetlands, natural bodies of water, and riparian corridors (along the river margins and banks).

There is an update on Open Space policy for recreational and environmental park spaces. Stakeholder consultation meetings with City Parks staff and industry began in February 2015. A final draft form of impact assessment for ESAs was debated by Council in early 2016. Planning and mapping guidelines are expected and a work program completed by March 2016.

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Triwood mybabysitterlist

Name	Age	Contact	Course
Kaiya	12	403-805-1446	Yes
Hanna	12	587-580-5733	Yes
Olivia	12	403-289-2232	Yes
Alexandra	13	403-288-0695	Yes
Zoe	13	403-272-7841	Yes
Madison	13	403-850-6001	Yes
Maxine	13	403-455-8427	Yes
Claire	13	403-830-0060	Yes
Kiera	13	403-922-6067	Yes
Michael	13	403-801-2848	No
Miya	13	403-276-1712	Yes
Faris	14	403-402-0950	Yes
Megan	14	403-265-5166	Yes
Jared	14	403-209-2447	Yes
Janessa	14	587-830-6585	Yes
Samantha	14	587-349-1138	Yes
Maya	14	403-276-1015	Yes
Angela	14	403-288-3410	Yes
Emily	14	587-581-3684	Yes
Miriam	14	403-774-8880	No
Maude	15	587-890-2828	Yes
Robyn	15	403-651-8085	No
Grace	15	403-282-8823	Yes
Sarah	15	587-223-3339	Yes
Sebastian	15	403-971-1986	Yes
Alissa	15	587-439-7592	Yes
Shy-Lynn	15	587-899-2766	Yes
Brooklyn	15	403-990-6176	Yes
Nicole	15	403-279-2765	Yes
Angelica	16	587-223-0215	Yes
Anna	16	587-969-5335	Yes
Kiona	16	403-248-4588	Yes
Sandy	16	403-617-1516	Yes
Ariel	17	587-968-3526	No
Cecilia	17	587-223-1330	Yes
Ruby	17	403-289-3232	No
Tamara	18	403-978-2776	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Teaghan	18	403-560-0238	No
Eugene	18	403-703-4488	Yes
Makenzie	18	403-796-7733	Yes
Elise	19	403-993-6152	Yes
Amy	19	403-969-6057	Yes
Taryn	19	403-999-1777	Yes

Rachel	19	403-862-3026	Yes
Maia	21	403-804-7834	Yes
Maggie	21	403-605-8598	Yes
Tory	21	403-971-1061	Yes
Carol	21	403-472-9002	Yes
Paméla	21	819-531-2543	No
Siobhan	22	403-923-9499	No
Andrea	23	403-465-0933	No
Blaise	24	587-223-8583	Yes
Sydney	24	403-993-5441	Yes
Megan	24	403-861-3718	Yes
Alison	24	587-999-1278	Yes
Josefa	25	587-437-1252	Yes
Jordan	25	403-969-0165	No
Genevieve	25	581-307-6165	Yes
Jordan	25	403-966-1647	No
Chantelle	27	403-354-7370	Yes
Camila	27	403-680-0942	No
Heather	29	403-966-5233	Yes
Lindsay	29	403-383-1474	No
Andrea	30	587-437-2048	Yes
Amber	30	587-438-4789	Yes
Dayelle	32	587-755-1878	No
Alexandra	33	587-432-7977	Yes
Saima (Sam)	33	403-798-6690	Yes
Chantelle	33	403-510-7474	Yes
Rowena	41	587-894-0713	Yes
Todd	44	403-585-8463	Yes
Maria	45	403-818-0560	No
Iffat Noreen	57	587-353-9949	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.



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

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ACCESSIBILITY SOLUTIONS FOR SENIORS: Alberta's RAMP program may assist you with the cost of modifying your home to be more accessible. We are a small, local company that specializes in unique solutions to mobility challenges. Free in-home consultation. Call Darrel at 403-861-9709 or email dperlau@shaw.ca.

COMPUTER HELP: New or old Windows PC questions, problems or upgrades. Sync email with smart phones and tablets. Help with internet security, virus protection, backups, on-line banking or other programs (Word, Excel, Genealogy). 30 years experience. Seniors discount offered. Contact Dave at PCHelpYYC@outlook.com or 403-239-1230.

SUNSET CHICKADEES: Brentwood home built artificial tree snag "bird house" for sale \$45. The house is designed to resemble standing decomposing dead wood. Attracts nesting Chickadees and Nuthatches. Add an internal infrared camera to watch the babies grow. Installation available. www.sunsetchickadees.com, YouTube channel "Sunset Chickadees" seasonal only phone Norman 403-797-2468

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When the snowflakes start flying, the City and Calgarians come together to make the season safe, productive and enjoyable for all.

The City's Roads department works hard to plow, salt and sand roadways on a seven day priority schedule. The Parks department quickly clears designated multi-use pathways within 24 hours. Teams often work overnight to keep the greatest number of Calgarians moving safely. Keeping our roads safe for everyone is also a joint effort between the City and Calgarians. When it snows, make sure to give yourself more time to reach your destination, and leave a greater distance between yourself and the vehicle ahead of you. Please also be extra mindful of people walking and cycling, who may struggle more in difficult conditions. Calgary.ca/snow is the one-stop shop for winter travel tips, the road conditions map, frequently asked questions, updates, and more.

Sidewalks are the responsibilities of adjacent property owners and must be cleared within 24 hours. Unfortunately, not everyone is able to clear her or his sidewalk. Keeping sidewalks clear of snow and ice can be challenging or impossible for seniors and others with limited mobility. Please consider becoming a Snow Angel and helping those who are less able. All you need to do is adopt someone's sidewalk and clear it as you would your own. Watch for neighbours who could use help removing snow and lend them a hand. Visit Calgary.ca/snowangels for more information.

If you have questions on snow clearing, need to report sidewalks, pathways, or roads that are not cleared, or want to recognise the work of a Snow Angel, please call 3-1-1.

For more information, and to sign-up for the Ward 7 e-newsletter, please visit www.druhfarrell.ca.

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calgary.varsity@assembly.ab.ca

Friends,

January provided our office with the opportunity to further connect with our constituents. Our office was closed at the end of December and part of the first week of January, so that our staff could enjoy the holiday season with friends and family, and we hope you had the opportunity to do the same.

Throughout January, we were able to engage more closely with some of our community associations within the Varsity constituency. We had the opportunity to meet with members of the Dalhousie Community Association, and the Brentwood Community Association. Over the next few years I look forward to every opportunity to engage more fully and frequently with our Community Associations, as they are the heart of community building and organization. We also had the opportunity to attend the University Heights Annual General Meeting. We find our Community Association AGM's very informative, as our office continues to build our knowledge of local community programming and services.

As we head into February we are all getting prepared to brave some of the coldest days of the year. This time of year can bring out the "blahs" in many folks, as we long for Alberta's sunny summer months. If any of you find yourself in need of a little extra support for your well being at this time of year I encourage you to reach out. Calgary has many fantastic resources such as the Distress Centre. As always, our office is happy to connect you with a variety of community resources, and can point you to free services and events to help you beat the winter "blahs".

As you may know, I will be welcoming a new member to my family as my husband and I expect our first son at the beginning of February. I want to take this opportunity to assure my constituents that my office and I will continue to serve the community throughout February and thereafter. I am looking forward to introducing each of you to my son when he arrives!

Stephanie McLean, J.D., M.L.A.

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
Kerby Centre for the 55 plus	403-265-0661
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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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

BRAIN GAMES

SUDOKU

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

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calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

I've spoken to many in the riding that are concerned about the effects low global oil prices are having on Alberta's businesses, workers, and families. Our reliance on a single commodity, the price over which we have no control, contributes substantially to the problem. While Alberta is and will be an energy province for years to come, our government is taking important steps to diversify our economy to increase its resiliency when faced with volatile changes in the price of our energy exports. Some of these steps include:

- **The creation of the Ministry of Economic Development and Trade**, led by Hon. Deron Bilous. This ministry leads economic development efforts and provides one-stop access to information and support for businesses and investors.
- **Working with other provincial leaders to advance Alberta's economic and trade interests.** Premier Notley met with New Brunswick Premier Brian Gallant to confirm their mutual support for the Energy East pipeline. Premier Notley also met with the Prime Minister while participating in a First Ministers' meeting and discussed how our country can best tackle climate change.
- **Funding for Student Temporary Employment Program (STEP)**, which will provide 3,000 students with valuable work experience, as well as help small businesses and non-profits connect with a talented and motivated workforce.
- **Introduced the Job Creation Incentive Program**, which supports employers who create net new employment through the provision of grants.

Albertans want stable public services that are there for them when times are tough. In times like these, we need to strengthen health care, education, and social services, because taking care of each other is the Alberta way. Several steps we've taken to stabilize public services include:

- **Freezing post-secondary tuition** for the next two years and **re-investing funding for post-secondary schools** to ensure higher education is accessible and affordable for families.
- **Investing in our students** by hiring more teachers

and support staff, as well as lowering the burden of school fees on families.

- **Investing in stable, long-term funding for our public health care system**, including \$120 million over two years for new long-term care spaces, \$90 million over two years to expand public home care, and \$10 million annually for mental health services and resources.

Lastly, our government has proudly set an example when it comes to diverse representation: there is gender parity in Cabinet, a near gender parity in caucus, as well as representation from the LGBTQ community by three MLAs. Our aim is to ensure Albertans from all walks of life have access to the public services they need, and to that effect we've:

- Invested \$15 million in women's shelters.
- Launched a legal aid review to ensure fair access to justice.
- Prohibited discrimination on the basis of gender identity and expression.
- Protected those affected by domestic violence.
- Enhanced safety standards for paid farm and ranch workers.
- Offered ongoing support for Syrian refugees coming to our province.

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5674 BRENNER CRESCENT NW (BRENTWOOD)..Bi-Level, 1,300 sq.ft. Total of 4 bedrooms,
2 full bathrooms. Gleaming hardwood floors throughout. Double attached garage. Asking \$541,900

1702, 650-10 STREET SW (DOWNTOWN WEST END) Excellent location. West end of Downtown.
Two bedrooms, two bathrooms with views of bow river. One underground parking. Asking \$389,000

4211 BRISEBOIS DRIVE NW (BRENTWOOD) Bungalow with over 1,250 sq.ft. Total of 4 bedrooms.
2 full bathrooms. Double detached garage and Single carport. Tons of renovation in 2007 Asking \$579,900

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BRENTWOOD (BRIGHTON DRIVE) Sold for 98% of asking price in 20 days
 BRENTWOOD (BUTTE PLACE) Sold for 95% of asking price in 31 days
 BRENTWOOD (NORTHMOUNT DRIVE) Sold for 98% of asking price in 25 days
 BRENTWOOD (BRENTWOOD BLVD.)..... Sold for 97% of asking price in 13 days
 BRENTWOOD (BREEN CRESCENT)..... Sold for 97% of asking price in 41 days
 BRENTWOOD (BRISEBOIS DRIVE) Sold for 100% of asking price in 5 days
 BRENTWOOD (BAKER CRESCENT) Sold for 97.2% of asking price in 53 days
 BRENTWOOD (BEAVER ROAD) Sold for 99% of asking price in 58 days
 CHARLESWOOD (CHIPPEWA ROAD) Sold for 90% of asking price in 20 days
 BRENTWOOD (BAINES ROAD) Sold for 98% of asking price in 15 days
 BRENTWOOD (BAKER CRESCENT) Listed & Sold for 97% of asking price in 6 days
 BRENTWOOD (BAKER CRESCENT) Listed & Sold for 99% of asking price in 19 days
 COLLINGWOOD (CULVER ROAD)..... Sold for 99% of asking price in 47 days
 CHARLESWOOD (CHICOUTIMI DRIVE) Sold for 99% of asking price in 18 days
 BRENTWOOD (BURGEES DRIVE) Sold for 99% of asking price in 19 days

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