

JANUARY 2017

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tw TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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highwoodcommunityplayschool.com

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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Editorial Submissions

triwoodca@shaw.ca
 All editorial content must be submitted by the 15th of the month for the following month's publication.

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403-263-3044 | sales@great-news.ca
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 T2C 2K2

Check out our website:
 www.great-news.ca



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

Great News Publishing and Triwood Community Association does 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.

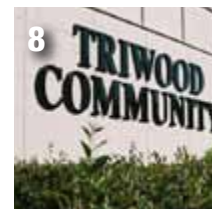
IMPORTANT NUMBERS

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

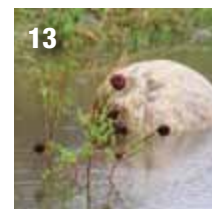
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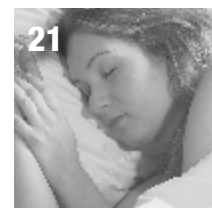
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REPORT



TRIWOOD HALL SCHEDULE 2017

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 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Kartate 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 4th Tues of 7-10pm (2nd & 4th Tues of month)	Triliters 1-4pm JT's Pub Night 5pm-9pm			

TRIWOOD HALL RENTERS

ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Franklin Capada	triwood@adventures-sac.com	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.ca	
Karate	Ken Noda	mastermoda@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	

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/DPHRJQR

Upcoming Events at Triwood

Yoga for Moms

DROP IN OPTION - \$15.00
 Mondays – 10am – 11am
 Nov 28th 2017 – January 30th 2017
 February 13th – April 3rd 2017

Hatha Yoga

DROP IN OPTION - \$12.00
 Mondays – 7:30pm – 8:30pm
 January 9th – February 27th 2017
 March 13th – May 1st

Yoga Exposure

DROP IN OPTION - \$12.00
 Thursdays – 6:00pm - 7:00pm
 January 5th – February 23rd 2017

Valentine's Day Italian Dinner

February 14th, 2017
 6:00pm-10pm

St. Patrick's Day Celebration

March 17th, 2017
 8:00pm-12:00am
 FREE COMMUNITY EVENT

Spring Craft Market

March 25th, 2017
 10am-3pm
 FREE COMMUNITY EVENT

Spring Dance Camp

March 27th-31st, 2017
 Registration Opens January 9th at 9am

Check out our website for more information on programs and events.

VOLUNTEERING
is good for the soul

AGM UPDATE FOR NOSE HILL NATURAL AREA PARK

We are very fortunate in Triwood to have this special park in our neighbourhood. I encourage the residents to take advantage of the proximity of this nature preserve for exploring throughout the year. I also encourage all of you to appreciate the sensitivity of the grasslands environment on the hill and to help maintain the health of this ecosystem by staying on designated pathways and trails and keeping dogs on leash on the escarpment.

Designated Primary and Secondary Trail Work

This past year was a continuation of Calgary Parks work on trail improvements along with closures and rehabilitation of informal trails on the slopes (escarpment) leading up to the plateau. Parks are implementing the Nose Hill Park Trail and Pathway Plan (2005) and focussing on one of the four zones at a time in completing their work.

The zones represent each of the four quadrants of the escarpment; north, east, south and west. The fifth zone is the multi-use zone at the top of the hill that is delineated by the gravel or asphalt pathway circumnavigating the plateau. It is the only off-leash zone on the hill.

Closure of informal trails has been ongoing for several years with limited success. Reasons for closing informal or undesignated trails is to preserve the native grassland ecosystem by reducing the influx of invasive species, limit disruption to nesting birds and reduce tramping of vegetation and ultimately the erosion and/or compaction of topsoil. In order to preserve this environment for future generations, undisturbed areas must be of a large enough size to remain viable (Calgary Parks, pers. comm. 2016).

Updates on the trail work are not provided on the Parks website. And it is apparent that further work is needed on educating the public on the reasons for designating trails and closing others; along with keeping dogs on leash to reduce wildlife encounters, invasive weed spreading and disease through dog feces. With better communication along with bylaw enforcement, Parks hopes to achieve co-operation.

Signage

In addition to the entrance maps and signage, map signage has been provided at key locations throughout the park for locating the designated trails and pathways relative to current position. This helps park users to better visualize the layout of the park trails and shows different routes for returning to a starting point. Interpretive signs have been added at key viewpoints.

Low to the ground trail markers are being placed at trail entrance and exit points to help with designated trail identification.

Prepared by Deborah Sanderson



Triwood Outdoor Rink

Do your kids use the outdoor Rink?

We need volunteers to help maintain the rink through the winter.

Without volunteers, the rink will not continue next year.

You only need to commit to 3-5 hours of flooding and/or shovelling.

No experience required!

Please contact Glen Scott at scott5ofus@gmail.com

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 23



Volunteers Needed at 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!



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 Family Names: \$ 50.00

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Brass Plaque Samples can be seen at Triwood Community Association. Contact John Landry at (403)-689-2685.



Write the message you would like printed on the Brass Plaque in the blank frame above. Mail in or drop off at Triwood Community Association, 2244 Chicoutimi Drive NW T2L 0W1. Make your cheque payable to Triwood Community Association



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 ex-

isting 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.

Triwood's
SPRING CRAFT Market
 SATURDAY MARCH 25TH 10AM - 3PM
CHARLESWOOD HALL
 KID'S GARDEN CRAFTS - MUSIC - FOOD & BEVERAGES

BUSINESS CLASSIFIEDS

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

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.

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IN & AROUND CALGARY



Women's English and Social Group

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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.

TRIWOODSMEN



SENIOR MEN'S SOCIAL CLUB

Jack is back!! That's right. Jack Thomson of the Triwood Triwoodsmen is back from open heart surgery and is looking for more new and "used" members. Now is the time to join and renew as Jack is refreshed and hot to trot looking forward to a lot of activities this summer.

If you are not aware, the Triwood Triwoodsmen are a senior men's group who meet every Tuesday between 1pm and 4pm. We have a short "get up to date" then move on to playing pool, a dime game, shuffle board, and cards. For those so inclined, we also just sit around and shoot the breeze while solving any and all problems of the world.

Four times a year we get together with our wives, girlfriends and the ladies from the Triwood Tri-lighters for a dinner at Halloween, Christmas, Valentine's Day and Easter. From what we have been told everyone has a good time and they look forward to the next get together.

For more information, please contact: Jack Thomson - 403-282-3595

Bert Lamb - 403-282-1987

Triwood Community Association

Movin' N Groovin'

March 27th - 31st
9am - 2pm
Before/After Care Available
7-12 year olds

YOGA, BALLET, JAZZ, HIPHOP!

Register Online
www.triwoodcommunity.com

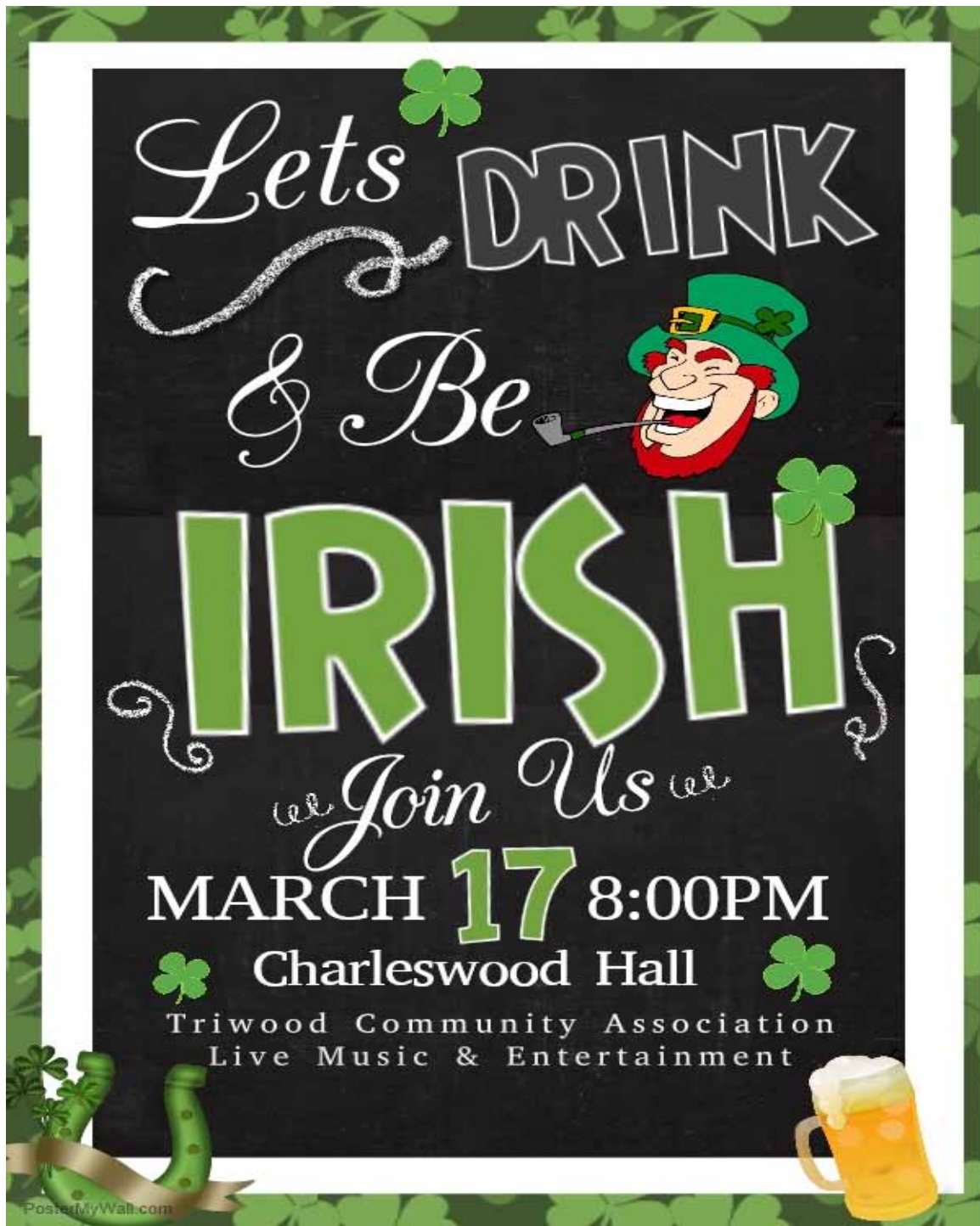
YOGA CLASS

Triwood Community Association

Yoga for Moms - Monday - 10am-11am - Drop in \$15.00
February 13th - April 3rd
April 17th - June 12th (No Class May 22th)
September 11th - November 6th (No Class October 9th)
November 20th - January 22nd (No Class December 25th/January 1st)
8 week class - \$ 96.00 / 4 week class - \$ 48.00

Hatha Yoga - Monday - 7:30-8:30pm - Drop in \$12.00
January 9th - February 27th
March 13th - May 1st
May 15th - July 10th (No Class May 22nd)
July 24th - September 25th (No Class August 7th/September 4th)
October 16th - December 11th (No Class October 30th)
8 week class - \$ 80.00 / 4 week class - \$ 40.00

Yoga Exposure - Thursday - 6:00-7:00pm - Drop in \$12.00
January 5th - February 23rd
March 9th - April 27th
May 11th - June 29th
July 13th - August 31st
September 14th - November 2nd
November 16th - December 21st
8 week class - \$ 80.00 / 4 week class - \$ 40.00



Ask Charles

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

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

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

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

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

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

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

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

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

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

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.

What to look forward to at
Triwood 2017

Spring
 St. Patrick's Day Celebration
 Spring Craft Market
 Spring Camp for Kid's
 Easter Egg Hunt
 Community Spring Clean-up

Summer
 Community Garden Launch
 Farmer's Market
 Summer Camps for Kid's
 Stampede Breakfast
 Canada's 150th Birthday Bash

Autumn
 Back to School Bash
 Halloween Haunted House

Winter
 Christmas Craft Market
 Kid's Christmas Party
 Adults Christmas Party

www.triwoodcommunity.com



Triwood Real Estate Update

Last 12 Months Collingwood
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$881,900	\$835,000
October 2016	\$1,068,888	\$1,015,000
September 2016	\$599,900	\$590,000
August 2016	\$475,000	\$460,000
July 2016	\$574,850	\$553,750
June 2016	\$674,850	\$663,500
May 2016	\$471,500	\$466,000
April 2016	\$543,900	\$538,000
March 2016	\$529,900	\$520,000
February 2016	\$498,888	\$467,500
January 2016	\$0	\$0

Last 12 Months Charleswood
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$567,450	\$538,850
October 2016	\$592,450	\$580,000
September 2016	\$599,900	\$580,000
August 2016	\$555,000	\$552,500
July 2016	\$489,900	\$479,000
June 2016	\$620,850	\$599,000
May 2016	\$614,450	\$590,000
April 2016	\$604,950	\$590,000
March 2016	\$622,450	\$616,000
February 2016	\$724,000	\$655,000
January 2016	\$657,450	\$640,353

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



It's a New Year for Healthy Sleep!

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

The Sleep Well Tonight Checklist



4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.

Geography Trivia

The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.



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: ncecmaw@weconnectyou.ca.

Pilates
Triwood Community Association
Every Wednesday 5:30pm-6:30pm
Register online www.triwoodcommunity.com or call 403-282-2677

Drop In Class **\$15.00**
 8 Week Class **\$100.00**
 4 Week Class **\$50.00**
Bring along a yoga mat and wear flexible clothing

2244 Chicoutimi Drive NW · Charleswood Hall · 403-282-2677



Councillor, Ward 7
Druh Farrell
ward07@calgary.ca • www.druhfarrell.ca
 Twitter: @DruhFarrell • Facebook: Druh Farrell

Affordable Housing Part Two - Why, Where, and How

In your October 2016 newsletter, I wrote about how increasing the affordable housing supply is one of Council's priorities. In Part Two, I will share information on why, how, and where the City builds affordable housing.

Council unanimously passed the new Affordable Housing Strategy last year and is working to find homes for over 3000 families on the Calgary Housing Company waitlist. The recently released 2016 Citizen Satisfaction Survey confirmed that Calgarians want increased investment in affordable housing: 95% of Ward 7 residents said affordable housing is very or somewhat important.

A key principle in Calgary's Municipal Development Plan is to provide a mix of housing types and prices in all communities, including affordable housing. The City has learned from experience that building affordable housing that blends into neighbourhoods works best for new residents and for communities. Happily, the days of "social housing ghettos" are behind us.

Alongside the goal of providing safe and affordable housing for Calgarians, the City focuses on designing buildings that fit in with communities. Building quality affordable homes makes these developments indistinguishable from market-priced housing and helps low-income Calgarians integrate quickly into their new neighbourhoods. Many residents are surprised to learn that from Dalhousie to Mount Pleasant to Hillhurst, almost every community in Ward 7 has welcomed affordable housing developments.

The City develops affordable housing units that are built to last over 65 years. Using slightly more expensive materials at the outset reduces long-term maintenance and utility costs. The City seeks LEED Certification and focuses on the Building Durability, Energy-Efficiency, and Tenant Health sections. These features minimize monthly operating costs, allow for maintenance dollars to be set aside in reserve, and ensure Calgarians see maximum value from our investment in affordable housing.

Over the last three years the City has also reduced the cost of affordable housing from \$330,000 per unit to about \$250,000 per unit – and in many cases much lower. Most of the funding comes from the Provincial and Federal governments, with a recent commitment from Ottawa for \$2.3 billion nation-wide.

Ultimately, the City builds quality, durable, and cost-effective homes that provide much-needed housing for low-income Calgarians. Our model ensures those homes integrate well into all neighbourhoods and deliver value to all Calgarians.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. To contact my office, please email Ward07@Calgary.ca.

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



MLA Calgary-Varsity
Stephanie Mclean
 #101, 5403 Crowchild Trail NW
 Calgary, AB, Canada T3B 4Z1
 Phone: (403) 216-5436 • Fax: (403) 216-5438
 calgary.varsity@assembly.ab.ca

Friends,

December was, of course, incredibly busy for us all. Organizing holiday plans with friends & family, making travel arrangements, and hoping the weather cooperates! December, wrapped up a productive 2016 legislative session in Edmonton. I had the honour of presenting the Vital Statistics and Life Events Modernization Act. The Act is transformative legislation that responds to Albertans' expectations for modern service delivery and an inclusive, compassionate approach to major life events, such as

births, marriages, legal changes of name, and deaths.

As of January 1, 2017 we have banned a variety of door to door energy sales. You will no longer receive solicitation of energy products or services including furnace sales at your door. The misleading practices often employed in door to door sales in this area took advantage of many seniors, employed high pressure tactics, and is something I am proud we took strong action on!

In Calgary-Varsity I attended numerous community and holiday events throughout the month. I enjoyed the music and hot chocolate at the Triwood Christmas Market. I attended the Triwood community Christmas party and celebrated the season with friends and neighbours. Banff Trail community association hosted its annual Christmas party in December, giving many of us the opportunity to gather in warmth and community. I also visited many of Varsity's seniors throughout the constituency to deliver holiday cheer and greetings. To top off our full month, our office went to the Mustard Seed to help pack hampers full of gifts and necessities for Calgarians in need.

In January we look forward to the new year of 2017, and perhaps a little rest from all the holiday fun.

Throughout the winter my office will be attending Community Association meetings, AGMs, and Community programs throughout Calgary-Varsity to ensure I'm always informed about how best to represent local issues at the provincial level. We will also be at the Brentwood play group on Wednesday mornings from 9:30-11am. We hope to see you there!

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you, or to find out where we might be out-and-about in the community!



Name	Age	Contact	Course
Alissa	16	587-439-7592	Yes
Hanna	13	587-580-5733	Yes
Juliette	17	587-999-0783	Yes
Kate	14	403-828-9868	Yes
Maia	21	403-804-7834	Yes
Michael	14	403-801-2848	No
Miriam	15	403-774-8880	No
Miya	14	403-276-1712	Yes
Naomi	19	403-903-6793	Yes
Ruby	18	403-289-3232	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.



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 403-220-0888
 len.webber@parl.gc.ca

Make Sure You're Heard

As your Member of Parliament for Calgary Confederation, it is my job to represent you in Ottawa.

To effectively represent you I use a variety of methods to gauge your input on a number of issues.

I read your letters, your emails and canvass homes in the riding by going door-to-door.

These interactions allow me to know what issues you feel are the most important, how you want to be represented and get critical feedback on issues of the day.

Another way I get input from all residents is to send mailings to your home. I use these mailings as a way to inform you of critical information as well as getting your feedback on issues before Parliament.

For example, while I supported making our national anthem gender-neutral, the response I receive via my community mailings was clear. When asked, 82% of constituents favoured keeping the existing lyrics for our national anthem. As a result, I voted in favour of keeping the existing wording as it is my job to represent you.

If you don't respond to my mailings, you may not be represented on issues before Parliament in the way you want to be. I can't encourage you enough to participate in these surveys to ensure you are heard.

Recent issues I have focused on in my mailings are unemployment, electoral reform, organ donation, seniors, carbon taxes and voting rules.

Each month, thousands of constituents are kept regularly informed through my timely email newsletter.

While thousands receive this free email, there continues to be thousands who do not because I don't have your email address. Please go to my website at www.lenwebber.ca to sign up.

If you decide later that you wish to unsubscribe from my newsletter, I can remove your email at any time. In the meantime, you may be quite surprised at the useful and interesting information I pass along.

Included in that email newsletter is a poll that has proven to be one of the most popular features. Again, I would like to have your opinions on these issues.

A healthy democracy requires a good dialogue between citizens and their elected representatives. Those who do not participate in their democracy are destined to be represented by those that do. Please consider getting more involved and ensure you are heard.

Now Open!
TAIL BLAZERS
NORTH HAVEN
4400 - 14TH ST NW
 (north of John Laurie Blvd. across from the Winter Club)



Grand Opening
Celebration

Sat, Jan 21, 2017 Ask in-store for details!



New Owner
Marlene

Triwood Community
Association



VALENTINE'S DINNER

Tuesday February 14th
6pm

Free Community Event

Register Online

Live Entertainment

SOCCER

TRIWOOD COMMUNITY ASSOCIATION



Registration Opens
February 1st Online
@ 9am

Ages : U4 - U19

Please visit www.triwoodcommunity.com or
call (403)-282-2677



TRIWOOD TINY DANCER'S SPRING CAMP

Triwood Community Association

5 - 6 year olds
March 27th - 31st
9am - 2pm
Before/After Care Available

40GA BALLET JAZZ HIPHOP



PRE-KINDERGARTEN EDUCATIONAL SERVICES

PRE-REGISTRATION FOR FALL 2017-2018: JAN. 10-20, 2017
For: Current families, past families, wait list, & families of the host location.
Registration information is available from our staff, website, or by email.

Marion Carson School - 5315 Varsity Drive, NW
Open House - Feb. 6th 6:15-7:15 pm / Registration - March 1st 6:30-7:30 pm
Kindergarten Enhancement - ½ day program combines with Kindergarten
Kindergarten Out of School Care - Before and After Care Program
4 year old Pre-Kindergarten - must turn 4 by March 1, 2018

Hope Lutheran Church - 3527 Boulton Road NW
Open House and Registration - Feb. 7 from 5:30 - 6:30 pm
Pre-Kindergarten ages 3-5 years - 2,3 or 5 half days (2.5 hr. program)

Captain John Palliser School - 1484 Northmount Drive NW
Open House and Registration - March 2nd 5:00-6:00 pm
Kindergarten Enhancement - ½ day program combines with Kindergarten
Out of School Care - Grades K-6

WINTER SESSION NEWS

We will play and learn with themes of "Winter Wonderland", "Valentine's Day", "Dinosaurs", and enhance our early literacy journey with a study of "Famous Authors". We will also have special visitors: "Mad Science" with their presentation "Bubbling Potions", Miss Tune-Ah, and Yoga Playground. **Space still available for this year. Email: RegisterPreK@gmail.com**

Registrar's Contact: RegisterPreK@gmail.com
Please visit our website: www.Pre-KindergartenEd.com



**“Professionals
DO get results!”**

**DANNY
WAI**



Visit my website www.dannywai.com for all my listings with photos anytime!

SOLD ! SOLD ! SOLD !

DALHOUSIE -- DALARNA BAY.....SOLD for 97% of asking price in 64 days

ON THE MARKET

24 CHEYENNE CRESCENT NW (CHARLESWOOD)

4 level split with great curb appeal on 58' x 100' lot size. Original owner. Total of 3 bedrooms. 2 full bathrooms. Update items...windows, patio door, furnace. Asking \$524,900

2723 CANNON ROAD NW (CHARLESWOOD)

Bi-Level on a pie shaped lot. Facing to the private Park. 3 bedrooms, 1.5 bathrooms. Single attached Garage. Close to all amenities. Asking \$529,900

511, 1540 – 29 STREET NW (ST ANDREW HEIGHTS)

Three bedrooms townhouse. Just one block from the U of C Medical School. Recently renovated...flooring, bathroom and window. Asking \$308,800

106B, 5601 DALTON DRIVE NW (DALHOUSIE)

Main floor one bedroom unit. Laminate flooring in living & dining rooms. New flooring in kitchen. In-suite laundry. Asking \$164,000

4304 BRENTWOOD GREEN NW (BRENTWOOD)

Bi-level, facing green space. Over 1,070 sq.ft. Total of 5 bedrooms. 2 full bathrooms. Close to all amenities. Upgraded....kitchen, bathrooms and more. Asking \$519,800

Free Home Evaluations Anytime

No Cost or Obligation

**Call Danny Wai
at 403-247-5171**

and Start Packing!

Not intended to solicit currently listed properties.



Re/Max Real Estate

Mountain View

222, 4625 Varsity Drive NW

Calgary AB T3A 0Z9

Fax: 403-247-4200

E-mail: dannywai678@gmail.com

www.dannywai.com