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**FEBRUARY 8th
DETAILS INSIDE**



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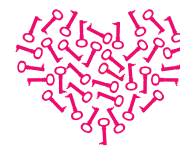


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REGATTA.AUBURNBAY.COM



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CUPE
Calgary's city employees
Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey

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\$16,000	\$8,000	
On the sale of a \$500,000 home	\$ 0 Listing Realtor Fee \$9,500 Buying Realtor Fee	50%
\$19,000	\$9,500	

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.
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www.trusttherock.ca

4 FEBRUARY 2017 | Call 403-263-3044 for advertising opportunities

AUBURN BAY | FEBRUARY 2017 5

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SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to news@great-news.ca.

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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Advertising Opportunities

403-263-3044 | sales@great-news.ca

Editorial Submissions

news@great-news.ca

All advertisements and editorial content must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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

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Jaxon Fard plays in the snow in his Auburn Bay backyard. His dad, Cam, says no matter the temperature it's hard to keep the little guy indoors.
Photo credit: Firewire Photos



AUBURN BAY COMMUNITY ASSOCIATION

c/o Auburn House, 200 Auburn Bay Blvd. S.E.
Calgary, AB T3M 0A4
Phone (403) 390-2554
auburnbayca@gmail.com

ELECTED OFFICIALS



Councillor Shane Keating

Ward 12 Office

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
Web: www.calgary.ca/ward12



MLA Rick Fraser

Calgary-South East

Unit 202, 5126 - 126 Avenue SE
Calgary, AB Canada T2Z 0H2
Phone: (403) 215-8930
Fax: (403) 215-8932
Email: calgary.southeast@assembly.ab.ca



Chaparral
Medical Clinic

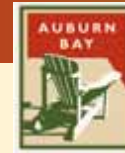
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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



AUBURN BAY RESIDENTS ASSOCIATION

CONTACT INFO

Auburn Bay Residents Association
c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4

Office Tel: (403) 537-2601, Office Fax: (403) 537-2670

E-mail: Administration

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait programs@auburnbay.org

General Manager

Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake & Park Hours

Monday – Sunday 9:00 am – 10:00 pm

Auburn House Regular Office Hours

Monday – Friday 9:00 am – 5:00 pm

Closed for lunch 12:30 pm – 1:00 pm

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to ABM@great-news.ca

EFW Radiology
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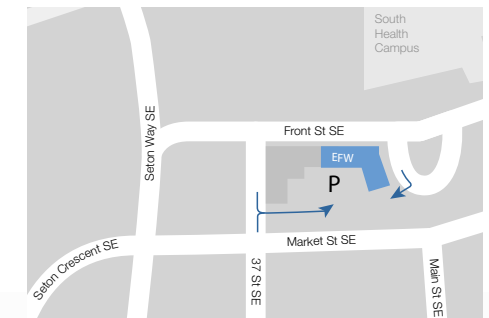
Seton Clinic

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EFW Radiology Seton Clinic provides the following diagnostic imaging services:

- General Ultrasound
- MSK Ultrasound
- Maternal Fetal Medicine
- General X-ray (walk-in)
- Advanced Spinal Care Centre
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Located directly across from the South Health Campus Hospital.



efwrad.com | (403) 541-1200



AUBURN HOUSE RENTAL RATES

Room Size	Room Capacity	Hourly Rate Prime Time	Hourly Rate Non-Prime Time	Weekend Day Rate 9am to 1am	Weekday Day Rate 9am to 4pm	Security Deposit
UPPER LEVEL BANQUET ROOMS						
Grande Hall A & B (1,628 sq ft)	85 - Dinner 100 - Theatre	\$50.00	\$45.00	\$425.00	<i>Not available</i>	\$500.00
A (1,162 sq ft)	60 - Dinner 70 - Theatre	\$40.00	\$35.00	\$325.00	<i>Not available</i>	\$500.00
B (466 sq ft)	25 - Dinner 30 - Theatre	\$30.00	\$25.00	\$225.00	\$150.00	\$500.00
LOWER LEVEL MULTI-PURPOSE ROOMS						
Multipurpose A & B (591 sq ft)	35 - Dinner 45 - Theatre	\$30.00	\$25.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
A (276 sq ft)	15 - Dinner 20 - Theatre	\$20.00	\$15.00			\$500.00
B (315 sq ft)	20 - Dinner 25 - Theatre	\$25.00	\$20.00			\$500.00
						\$500.00
GYMNASIUM						
Full Gymnasium (5,345 sq ft)	200 - Standing	\$55.00	\$50.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
1/2 Gymnasium (2,673 sq ft)	100 - Standing	\$35.00	\$30.00			\$500.00
PICNIC SHELTER						
4 Available	Up to 25 Non Resident Guests	\$15.00	\$15.00	<i>Maximum 3 hour rental on all picnic shelters.</i>		

Looking for a great venue to host your next event? Auburn House is a 13,390 square foot contemporary lodge featuring a grande hall, a multi-purpose room, a gymnasium as well as picnic shelters available for rental. Auburn House offers ample room for everything from community events to weddings and birthdays.

For more information contact a Bookings Coordinator at 403-537-2670 Monday to Friday 9am to 4:30 pm or email admin@auburnbay.org to book your function.



AUBURN BAY RESIDENTS ASSOCIATION

Auburn House Spring Programs

Spring is on its way! Don't miss out this season with great new programs and popular favourites for the entire family!

Registration for our Spring season opens online February 8!

Walk-in, phone, and non-resident registration will be available beginning February 15.

Check out just some of the great programs being offered this Spring...Don't miss out! Register early!

- Emergency First Aid and Youth Red Cross Safety Programs
- Yoga
- Cardio Kickbox
- Boot Camp
- Belly Dancing
- Pound Class
- Parented programs
- Zumbini
- Strong Girls
- Dare Girls
- Ball Hockey
- Youth Basketball
- Multi Sport
- Youth Dance & Theatre
- Tennis Lessons
- Kung Fu
- Plus many more!

View the full Spring Program Guide & Events Calendar online at AuburnBay-connect.com.

Register online 24/7 at AuburnBay-connect.com.

Walk-in and phone registration available – call 403.537.2605 or 403.537.2606.

Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!



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YOUR COMMUNITY BUSINESS OF THE MONTH



TanFX Cranston

Located in the heart of Cranston! Opened early April 2016, renovated and rebranded fresh spa atmosphere to enjoy and achieve the UV glow you're looking for. With extensive upgrades to the spa like sales counter and product showcase, also with upgraded tanning beds to provide the very latest in UV tanning experience. Owners Jeff and Cindy are long time residents of the Cranston community and believe in a friendly knowledgeable approach to running their business.

Cindy prides herself on a clean and organized lifestyle and she brings those same consistency standards to the salon and staff. TanFX Cranston also offers a diverse selection of premium indoor lotions and products for their clients to help maximize their tanning experience.

All of our staff are Smart Tan certified and keep up to date with refresher courses and new product information from California Tan, Australian Gold, Designer Skin, Swedish Beauty and more.

We are excited to provide unlimited monthly tanning packages, VIP memberships and monthly promotions with our minute packages and more (see in store for more details)

With an ongoing indoor tanning education for our clients and knowledgeable staff we strive to exceed client expectations both in and out of our salon. With our attention to cleanliness we adopt the same TanFX philosophy:

"A philosophy of offering a spa-like atmosphere with unparalleled customer service. Tan FX has perfected an atmosphere, combined with exceptional customer service, uncompromising quality control and cleanliness standards as well as a diverse selection of premium indoor products and tanning services to choose from, that ensures guest's expectations are surpassed."

Feeling the winter blues? Going on vacation and need a base tan? Or just need that sun kissed look and much

needed vitamin D? Come and enjoy our relaxing lay down or stand up UV tanning beds or enjoy a spray tan in our new Mystic Kyss sunless spray tan booth - brand new technology that we are proud to have one of the first new booths in Canada!

Wide range of available UV tanning beds for individual skin types:

- **Power FX** beds (2) brand new (12 minute maximum exposure time) - our most powerful piece of lay down equipment, eliminate unwanted tan lines with optimal UV coverage including face tanners
- **Super bed** - a powerful (15 minute maximum exposure session) that includes face tanners a spacious body zone
- **Turbo bed** (20 minute maximum exposure time) user friendly and suitable for all level of tanners
- **Stand ups** (10 minute maximum exposure time) for those clients in a hurry that want an intense tan in the shortest amount of time
- **Mystic Kyss** sunless spray tan booth, state of the art with most advanced technology including: voice automation, personal single use cartridges, airbrush technology, heating for optimized absorption and the patented MagneTan technology that energizes the tanning solution to attract the mist to the skin.

Come and see us and use this coupon to receive \$25 off select minute packages.

Store hours:

9:00 am - 9:00 pm Monday - Friday
10:00 am - 5:00 pm Saturday & Sunday
4047-356 Cranston Rd. SE



Tumble Time at Auburn House

Auburn House hosts a new monthly event for children ages 0-5 and parents, *Tumble Time*. There is swag for the kids and prize giveaways for parents, however all non-residents will need to be signed in by a resident. This free, monthly event will take place on the following dates:

- Friday, February 3rd
- Monday, April 3rd



Camp Fire Fridays

Camp Fire Fridays will continue throughout the fall and winter (weather permitting), so bring your family down to Auburn House and don't forget your bag of marshmallows! The fire will be lit from 6pm to 8pm every Friday night.



Girl Guides of Canada
Leader Information Open House
Cranston Residents Association
7:00-8:00pm Sunday March 5th

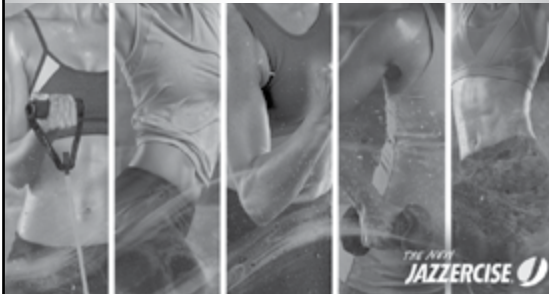
Learn About the Exciting Adventures and New Friendships You Will Have As a Leader in this terrific World Wide Organization. Free adult registration, uniform and training. Leader's daughters have guaranteed registration in the program. Find Out How at the Open House
 Contact: districtpatterson@gmail.com

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
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Monday, Wednesday & Friday @ 9:15 am
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Auburn Bay Community Association
 c/o Auburn House, 200 Auburn Bay Blvd. S.E. | Calgary, AB T3M 0A4
 Phone (403) 390-2554 | auburnbayca@gmail.com

Last 12 Months Auburn Bay MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$522,400	\$505,750
November 2016	\$529,900	\$523,500
October 2016	\$477,450	\$460,442
September 2016	\$475,400	\$462,500
August 2016	\$494,900	\$482,500
July 2016	\$484,450	\$468,725
June 2016	\$484,900	\$465,000
May 2016	\$502,450	\$491,000
April 2016	\$548,000	\$531,000
March 2016	\$549,900	\$536,000
February 2016	\$529,900	\$516,000
January 2016	\$422,400	\$419,500

Last 12 Months Auburn Bay MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	9	16
November 2016	22	15
October 2016	31	28
September 2016	25	26
August 2016	38	15
July 2016	27	32
June 2016	32	29
May 2016	30	30
April 2016	30	27
March 2016	36	23
February 2016	31	25
January 2016	42	16

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



South Health Campus (SHC) Wellness Centre

There is a lot happening in February in the Wellness Centre- we have something for everyone! Registration information can be found at www.ahs.ca/shcwellness or call 403-956-3939.

SHC Community Gardens – Community Engagement Invitation

Calling all gardeners, experienced and novice! Would you like to be involved in the South Health Campus Community Gardens as a planner, leader, labourer and/or gardener? We are expanding the gardens and invite interested community members to attend an open-house to learn more, get involved and share ideas to plan the community garden expansion.

Wednesday, February 8, 2017 6:00-8:00pm

The Cove (across from Good Earth Café)
 South Health Campus, 4448 Front Street SE

Questions? Contact April at april.matsuno@ahs.ca or 403-956-3932.

Heart at Play: Raising Heart Healthy Families

Join us on Saturday February 11th 10:00am-1:00pm to explore heart healthy habits for life!

- What to expect:
- Heart pumping activities
 - Delicious cooking demos
 - Q&A time with healthcare providers

- Blood pressure checks
- Healthy lifestyle information
- And more FREE family fun!

EMOTIONAL WELL BEING Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

February 3 12:15-1:15pm
 February 23 6:30-7:30pm

Happiness Basics

4-week series begins February 8 4:30-6:30pm

Understanding Anxiety

February 8 10:00am-12:00pm (women only)

HeartMath

February 22 10:00am-12:00pm

HeartMath Practice Session

February 27 3:00-4:00pm

Living Well on Prednisone

February 23 2:00-4:00pm

CAREGIVER SUPPORT Family Peer Support Program

February 7 OR 21 5:45-8:00pm

Alzheimer's & Dementia: Care for the Caregiver

February 6 7:00-8:00pm

PARENTS/PARENTS TO BE Nutrition for New Moms

February 2 10:00am-12:00pm

Feeding Your Baby

February 16 1:00-3:00pm

Getting Ready to be Pregnant

February 16 6:00-8:00pm

Story Time & Play Date

February 17 OR 24 10:30am-12:00pm

Play Therapy

February 27 6:30-8:00pm

FOOD, NUTRITION & COOKING The Top 5 Tips to Reduce Calories

February 13 6:00-8:30pm

Dietitians in the Kitchen- Mediterranean Fusion

February 16 12:00-12:30pm

Eating Away from Home and During Special Occasions

February 28 6:00-8:30pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.



Take Control Of Your Heart Health

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your health-care team can help you figure out what risk factors you should focus on first and set goals that you can reach.

Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes, cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.

Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

Control alcohol consumption

How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your health-care provider.

Find more information, resources, and health etools at heartandstroke.ca



www.neillauzon.com | homes@neillauzon.com | 403.640.7711



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321, 402 MARQUIS LANE SE \$338,000

- NE Facing Corner Unit
- SS Appliances, Granite Counters, & Tiled Backsplash
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- 924 sqft, 2 Bedrooms, & 2 Bathrooms
- Titled Parking, Private Gym, & Bike Storage



LISTED

290 MAHOGANY HEIGHTS SE \$479,900

- 1,644 sqft, 4 Bedrooms, & 3.5 Bathrooms
- Granite Counters, SS Appliances, & Large Pantry
- Front Office/Play Room
- Spacious Upper Laundry
- Corner Lot, Fully Fenced, & Stunning 2-Tiered Deck



JUST LISTED

310 MIDRIDGE ROAD SE \$419,900

- 1,051 sqft, 3 Bedrooms, & 2 Bathrooms
- SS Appliances, Espresso Cabinets, Pantry, & Under Cabinetry Lighting
- Fully Finished Basement with Sauna
- Large Back Yard with Deck, Trees, & Storage Shed



LISTED

252 MAHOGANY LANDING SE \$838,900

- 2,857 sqft, 4 Bedrooms, & 2.5 Bathrooms
- \$35K in Must See Kitchen Upgrades
- Large Upper Laundry & Bonus Room
- Main Floor Office & Tech Room
- Sunny SE Yard with Deck & Patio for Entertaining

Wondering when it's a good time to sell OR buy?
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Neil Lauzon
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Kelly	14	403-617-1141	Yes
Tiana	14	587-432-7282	Yes
Quinn	14	403-990-2570	Yes
Lynda	15	587-229-9118	No
Miriam	15	403-678-0290	Yes
Crystal	16	403-903-8938	No
Ema	16	403-466-5171	Yes
Kennedy	16	403-463-9800	No
Deseray	17	587-437-0833	Yes
Abby	19	587-439-7017	Yes
Louise	20	587-439-1255	Yes
Mehgan	21	587-434-3798	No
Sujitra	32	587-284-1984	No
Rosemarie	36	403-708-5759	No
Annie	37	587-968-6504	Yes
TJ	37	403-479-3073	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.



Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



Regular Eye Exams

Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD

MAR. 3 – 12
THE BIG TASTE FOODIE FESTIVAL
 Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at www.calgarydowntown.com/the-big-taste



MAR. 7
AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL
 Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at www.artsccommons.ca/WhatsOn/



MAR. 23
GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN
 Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca



MARCH

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre
 Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre
 Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at www.storybooktheatre.org

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre
 One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at www.pumphousetheatre.ca

Mar. 16, Hodgetwins at the Laugh Shop
 These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at www.thelaughshopcalgary.com

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre
 Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at www.outdooradventureshow.ca

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome
 The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at www.scotiabank.saddledomecalgary.com

IN & AROUND SCHOOLS

Sundance School

February is a special time at Sundance School because we celebrate "Carnaval". We bring a bit of Quebec's Winter Carnival to Sundance for a fun filled evening for the entire family. Come and meet Bonhomme, skate on the lake, toboggan down the hill and much more. More information will be sent out soon.

We are also planning a movie night for families at the school on Thursday February 9th at 6pm. For those that were able to attend our movie night last year, it was a great success and a really unique experience for our students to have. Bring your pillow, blanket, and sleeping bag, or pull up a mat in the gym. Movie is to be decided but will be shown in English.

Teacher's convention is on February 16-17th this year. Sundance teachers will have the opportunity to explore, learn, and participate in workshops, discussions, and exhibits. There will be no classes for students during the convention.

Monday February 20th is Family Day. We at Sundance hope that you can take this day to reconnect with your own family and enjoy some time doing whatever makes your family happy!

All are invited to attend our School Council meeting on Wednesday February 22nd at 7pm in the library. This is a wonderful opportunity to meet other parents at the school, learn about what is happening at Sundance and to ask questions. We look forward to our Grade 2/3 and Grade 4 Regular Program teachers presenting at this meeting.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.



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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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Ask Charles

I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

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



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.tricocentre.ca.
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

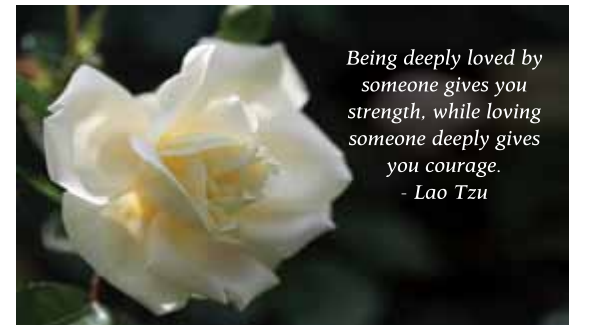
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.



Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
- Lao Tzu

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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 discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- 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 medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon 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.



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Succulents & Cacti

Barbara Shorrock

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word “succulent” comes from the Latin word “sucus”, meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as *Schlumbergera*/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *Sedum Morganianum*, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *Sempervivum*, among others. The “hen” is the main parent plant, and the “chicks” are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climates, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willow stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When re-potting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?



Sharing books and loving feelings!

In February, with the celebration of Valentine’s Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You’ll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

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Web: <http://shanekeating.blogspot.com/>

The weather outside might be chilly, but things have been heating up in my office over the last few weeks. We are continuing to pave the way towards construction of the Green Line LRT. Recent upgrades to the 302 bus route are a great first step and some early work pre-construction activities will be starting soon. My office has also had some great discussions with the Deerfoot Trail study team about some of their short term implementation ideas to improve traffic flow in southeast Calgary. Please do not hesitate to contact my office if you have questions or want clarity on some of the big things that are happening in southeast Calgary.

Notices of Assessment Appeal Period

Assessment notices were mailed out to property and business owners in the first week of January. These assessments provide the property value that your property taxes will be based on. If you do not agree with your assessment, you do have the opportunity to take part in the Customer Review Period. The Customer Review Period will be open from January 5 to March 6, 2017. Changes to your assessment will only be considered during this window.

You can visit calgary.ca/assessment for more information.

Snow Angels Among Us

We've seen quite a bit snow to kick off winter already and it sounds like more might be ahead in the forecast. While many of our neighbours might be excited about heading out to the ski hills this winter, clearing snow from sidewalks and driveways can be a daunting task for some Calgarians. The Snow Angels program is a great good neighbour initiative that can make a world of difference for people in your community.

You can learn more about Snow Angels at calgary.ca/snowangels

Ward 12 Open House

The Ward 12 Open House is right around the corner! My office invites City of Calgary departments and external stakeholders to participate. They will have presentation booths that provide information and they will answer your questions. The 2017 Open House is right around the corner, and I am looking forward to hearing your feedback!

When: Wednesday, February 8 from 7:00pm – 8:30pm
Where: Remington YMCA, 108 Quarry Park Road SE

Feel free to contact my office if you have questions about our open house.



Happy February Everyone!

The end of winter is almost in sight! At Calgary Humane Society our dogs and dedicated dog walking volunteers are hoping for an early spring, but they have been keeping busy and enjoying plenty of time outside despite the snow and cold this winter.

This month, we wanted to share with you three of the great projects our kids clubs and winter camps have been working on! If the cold weather or snow has you staying closer to home, these projects will hopefully be a hit with the whole family! Not only will the humans have some creative fun, your fluffy friend will also enjoy your finished project!

- 1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!
- 2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'!
- 3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

From all of us at Calgary Humane Society, have a happy and safe February!



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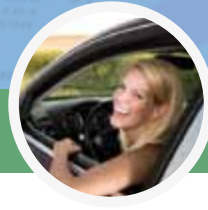
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