

FEBRUARY 2016

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CRANVERSATIONS



CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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.

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.

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

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Described as **"Mental Aerobics"**, UCMAS Mental Math is a whole-brain development program where kids aged 4-13 are trained to perform mental math using the abacus.



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CREATIVITY

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Friday, Saturday & Sunday

BRIGHTEN YOUR CHILD'S FUTURE WITH

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CONTACT: Aseem Kanwar: (587) 893-5858 ■ Sumeer Sidhu: (587) 896-3030

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FEBRUARY 2nd, 2016**

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- PROUD PARTNERS & SUPPORTERS OF THE FOOTHILLS FC U23 PDL LEAGUE TEAM

For complete details and to register online, visit us at

www.GOFOOTHILLS.ca



PRESIDENT'S MESSAGE

Michelle MacKenzie, President
Cranston Community Association

Happy February! The Cranston Community Association has been busy this past month with resident inquiries, Development Permits and, of course the Cranston Cell Tower. We have seen some very passionate engagement on this issue from many residents of Cranston and I cannot say thank you enough to these individuals for their leadership, action and activism on behalf of Cranston. While there are not any major developments in this area, I am confident that we are at least being heard by the City, and hopefully by Rogers that this tower needs to go into a better location. Keep checking our website (www.cranstonca.com) and Facebook page (www.facebook.com/cranstoncommunityassociation) for updates.

Some exciting updates from our regular guests this month:

Councillor Keating's Office

After many inquiries, 311 calls and traffic studies, I am pleased to announce that we are getting traffic lights at the intersection of Cranston Blvd and Cranleigh Drive (near the Mac's gas station). The most recently conducted traffic study shows numbers that warrant a light. Construction will likely commence once the ground begins to thaw, but a specific timeline has not yet been confirmed. Thank you to the residents and members of our board who advocated for this. A great example of the work our CA does in the community.

2016 Property Tax Assessments

Assessment overviews for 2016 were mailed out to Calgarians on January 5th. The Customer Review Period extends from January 5th to March 7. During this period property owners are able to inquire about their assessments. There are a few mechanisms available to residents that wish to contest the assessment provided by the City:

- The City of Calgary Assessment department has evaluation staff on standby to answer any specific questions regarding assessments. They can be reached at 403-268-2888.
- You can find more information on the assessment process at Calgary.ca/assessment.

MP Tom Kmiec's Office

We were pleased to be joined at our last meeting by a representative from our newly elected MO Tom Kmiec's office. He heard some impassioned debate about the proposed Cell Tower, and also provided us with some information on the work that Tom has already been doing on behalf of his constituents.

Tom has a Meet & Greet open house planned for February. Check out his Facebook page (www.facebook.com/tomkmiec) for more details.

Are you a Cranston CA Member Yet?

Please consider supporting the official voice of your community by purchasing a Cranston Community Association membership. Unlike your Residents Association (Century Hall) dues, membership in the CA is entirely voluntary. The CA is comprised of volunteer community members just like you who dedicate their time and efforts to ensure that the concerns and issues affecting your neighbourhood are addressed. The CA works to provide you with information and events that provide value to you and your family, and we could not do this without the support of our CA members.

As an added bonus, we have partnered with several businesses in Cranston and the surrounding community to provide deals and discounts exclusively for card carrying members of the Cranston CA.

Memberships are only \$20/year! To find out more information on our membership discount program or to purchase a membership, visit www.cranstonca.com.

Note: For inquiries about Century Hall schedules, fees, programming information or hall bookings, please contact the Residents Association at 403-781-6614 (www.cranston-connect.com).



Cranston Community Association
11 Cranarch Rd
Calgary, AB T3M 0S8
cranstonca@gmail.com | www.cranstonca.com

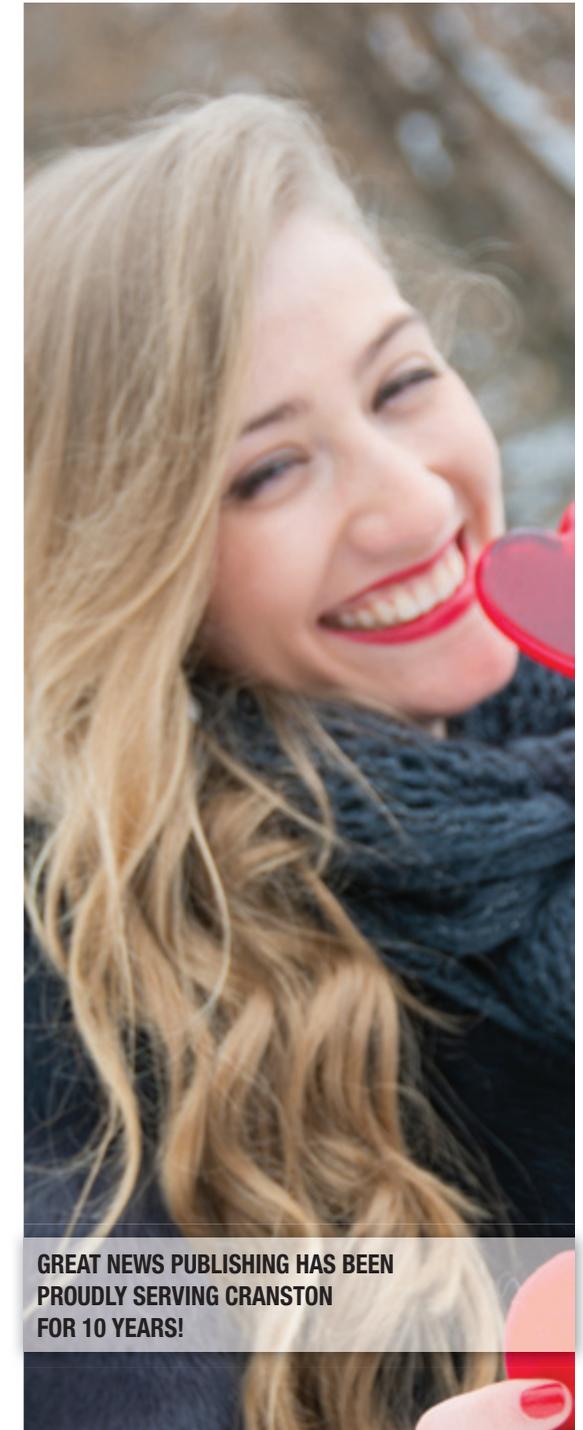
CONTENTS

President's Message	5
Cranston Residents Association	9-10
Festival of Lights Corrections	10
Auburn Bay Residents Association	13
Have a Financial Strategy if You Lose Your Job	16
South Health Campus Wellness Centre	23
Cranston Real Estate Update	28

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Cranston Community Association
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President	Michelle Mackenzie
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Treasurer	Wes Hall
Memberships	Eileen Ferneyhough
Director	Lisa Gray
Director	Mark Brennan
Director	Roger Ferneyhough
Director	Stacey Nestruck
Director and Past President	Shane Byciuk

- FOLLOW US ON FACEBOOK
Cranston Community Association
- VISIT OUR WEBSITE
www.cranstonca.com
- EMAIL US
cranstonca@gmail.com

Board Positions Available

The Cranston Community Association is still looking to fill vacancies on our Board of Directors. The time commitment is minimal, and you are not required to have any previous experience or knowledge. The CA meets once a month, on the Second Tuesday of the month from 7-9 pm in Century Hall. If you are interested in getting involved, please consider joining us at our next meeting on **Tuesday, January 12, 2016**. If you are interested in filling a vacancy and cannot attend our next meeting, please email cranstonca@gmail.com. We are currently looking to fill the following vacancies:

- General Director
- Social media/blogging coordinator
- Walking Club Coordinator
- Photography Club Coordinator

Cell Tower



The Cranston Community Association continues to receive e-mail feedback and collect petitions on the 30m cell tower that Rogers Wireless has proposed to build at the Cranston Place condo's (behind the Sobeys shopping complex).

I cannot stress enough how important it is for us to collect quality written feedback from concerned Cranston residents. **If you have not yet submitted your feedback, please visit www.cranstonca.com to send your thoughts.** It will take no more than five minutes of your time. These emails go a long ways in advocating against the tower as proposed and strengthen our advocacy for finding an alternative location. If you have signed the petition but have not sent written feedback, please consider filling out our online form so this gets captured as well.

We have not seen a formal proposal from Rogers to the city yet, but a lot is happening behind the scenes to find an alternative location that is not within the heart of our community. Our hope is that the experts from the City Planning & Development office and Rogers can come to a mutually agreeable alternative.

Cranston Place Condo Residents

As owners/tenants of the Cranston Place condos where the cell tower has been proposed, you are the most significantly impacted.

If you have concerns or questions about how the lease for the construction of the cell tower was approved and obtained by Rogers, we would love to hear from you. We have gotten feedback from several concerned residents of the Condo about the way in which signatures were obtained for the tower, and how information presented was vague, misleading or incomplete. Your feedback will be kept confidential. Please email cranstonca@gmail.com.

DID YOU KNOW?

You do not need to be a Cranston Community Association board member to attend our meetings. All Cranston residents are welcome and encouraged to join us the second Tuesday of each month at 7pm in the Legacy room of Century Hall.

The Calgary Christmas Tree Recycling program keeps 35,000 trees out of the landfill each year. These trees are recycled by the city and chipped into mulch that can be picked up by Calgarians **free of charge** anytime at the East Calgary Landfill.



If you have a business in the SE Calgary area, you can become a community partner of the CA and receive free advertising? Community partners offer discounts to card-carrying Cranston CA members in exchange for advertising on our website and in our member communications. Email cranstonca@gmail.com to inquire.

smile...

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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES

rentals@cranstonresidents.ca

Dimensions	Capacity	Hourly Rates		
		Resident	Non-Resident	
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$75.00	\$97.50
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$45.00	\$58.50
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$35.00	\$45.50
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$35.00	\$45.50
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$55.00	\$71.50
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$50.00	\$65.00
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only



Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s).

Additional Charges
 After Hours Security fee applies for rentals ending between 10pm and 1:00am.
 After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
 SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

\$500.00 damage deposit cheque and proof of insurance are required for all rentals.



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone: 403.781.6614
 Fax: 403.781.6655
 Email: info@cranstonresidents.ca
 11 Cranarch Road, S.E.
 Calgary, AB T3M 0S8

CranstonCenturyHall
 Centuryhall
 Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Friday
 9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
 9 am to 10 pm

Administrative Manager

Marcie O'Rourke
 admin@cranstonresidents.ca

Recreation Manager

Maren Tryon
 programs@cranstonresidents.ca

Facilities Manager

Al Proctor
 aproctor@cranstonresidents.ca

General Manager

Lannie Anderson
 gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. ****IMPORTANT**** Please use the front entrance only to gain access to the facility.

The Spring Program Guide will be available on January 25 at www.cranston-connect.com. Registration begins February 1 for Residents and February 4 for Non-Residents.

Teachers Convention Camps at Century Hall

Teachers Convention Mini Camp (6-11 yrs)

Thursday, February 11 to Friday, February 12, 2016, 9:00AM—4:00PM
 Join us at Century Hall for a camp full of adventure! With new games and activities each day, your child is sure to have a blast. Games, challenges, sports and everything in between, this camp is sure to keep you on the edge of your seat!
 Resident: \$65.00/child
 Non Resident: \$75.00/child
 Cranston day camps will run from 9:00AM – 4:00PM daily, in a safe, fun and friendly environment for children to learn new skills, explore their creativity, and develop confidence and to make everlasting friendships with children in their community! Cooperative games, sports, outdoor activities, crafts and special events designed to create lasting memories for your child.

Family Movie Nights at Century Hall

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome... We hope to see you here!
 February Movie Night – February 19, 7:00PM – 9:00PM
 Thank you Cedarglen Homes for their ongoing support of this monthly event!

Drop-In Story Time & Bookmobile (0-5 yrs):

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign our and exchange books from the library. The bookmobile will be available from 10:00AM – 12:00PM with story time at 10:30AM.
 Thursdays: February 4 and 18

NEW Drop In Craft & Play Time (0-5yrs):

New to Wednesday mornings, this unstructured and unsupervised craft time is perfect for parents and guardians to bring their little ones out to meet new friends and get creative. Using a variety of craft supplies, you are able to create to your hearts content.
 Wednesdays, January 6 to February 24, 9:30AM—11:30AM
 Fee: \$2.00/visit

~continued on pg 10~

SOUTH TRAIL AUTO MALL

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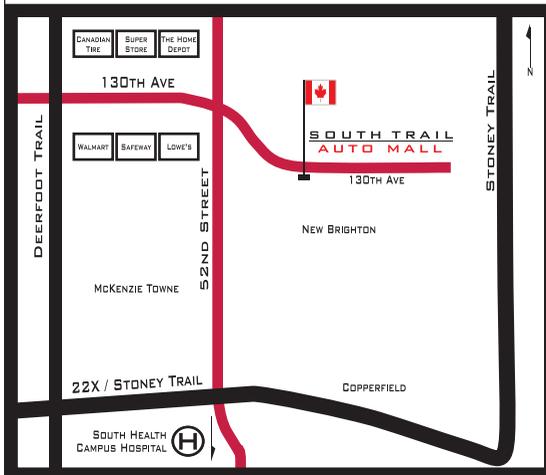
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NOW OPEN

SOUTH TRAIL KIA

COMING SOON

SOUTH TRAIL HYUNDAI



Under the huge flag on 130th Ave east of 52nd



Adult Cards and Social Afternoon:

Wednesdays, September 9 to December 16, 1:00PM - 3:00PM

Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.



Drop-In to Century Hall

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the rink or inside in the gym, we've got something for everyone! View all skating and gym schedules by heading to our website www.cranston-connect.com.

Festival of Lights Corrections

Best Traditional – Siemens Family
Best Mixed Elements – Dodd family
Participants Draw Winner – deGroot Family

Cranston Community Association: Structure and Governance

The Cranston Community Association holds our Annual General Meeting in April of each year. As AGM season is fast approaching, we wanted to take some time to inform you about our board and governance structure, and answer some of the frequently asked questions we see from Cranston residents. There are three tiers of board membership: executive, general directors and card-carrying members-at-large. Within these tiers, there are many different ways you can get involved in your CA:

Executive

President: The president is the official representative and spokesperson of the CA. They are responsible for chairing meetings, acting as signing authority for all official correspondence, and for setting, in collaboration with the rest of the board, the general direction and mandate of the association. The President is elected into a two year term. This year, the president's role is up for election at the AGM.

Vice-President: The vice-president is responsible for supporting the president in their duties, and, in the president's absence, acts in their capacity. The vice-president is elected into a two-year term. This role is up for re-election in 2017.

Secretary: The secretary is responsible for managing agendas and minutes for each meeting of the board, as well as managing correspondence and documents. The secretary is elected into a two year term. This role is up for re-election in 2017.

Treasurer: The treasurer is responsible for managing the finances of the CA. The treasurer tracks and records all accounts payable and receivable, coordinates the annual audit, and reports monthly to the board on the financial state of the association. The treasurer is elected into a two-year term. This role is up for election this year.

General Director

There are eight general director positions on the CA board. As board members, general directors attend monthly meetings, and vote on motions and proposals. The general directors may also take on additional coordinator roles to fill the need on projects or duties as they arise. The general directors are elected into a one-year term.

Member-at-Large

Cranston CA members-at-large are Cranston residents just like you! They have purchased a \$20 annual Cranston CA membership in support of the work and advocacy we provide to the community. In return, our card carrying members enjoy special discounts from our community business partners. Members-at-large are not permitted to vote on motions at board meetings, however they are able to vote and run in elections held at the Annual General Meeting. Members-at-large can also take on board coordinator roles as they become available, without needing to become a fully elected board member.



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IN & AROUND SCHOOLS

Christ the King School

Happy New Year from the staff and students at Christ the King School. This year we celebrate the Extraordinary Jubilee Year of Mercy. During this Jubilee year which takes place from December 8th, 2015 to November 20th, 2016, Pope Francis has called on Catholics around the world to "open wide" the doors of our hearts, forgive others and work against social exclusion especially those who may have caused us hurt or discomfort. During this New Year, Christ the King will be looking at different ways, we as a school community can 'open wide' our hearts and show mercy. Pope Francis continually emphasizes God's endless capacity to forgive and calls on the world to show that same capacity of mercy and compassion toward others.

We have many things to be proud of during the first portion of our school year. In particular has been our commitment to social justice as we continue to know, to love, and to serve God as part of our Christ the King community. These initiatives include:

- Terry Fox Run/Walk in support of Cancer Research.
- Pass it On Clothing Drive to support families in need in our Calgary Community
- St. Vincent de Paul food drive to support families in need before the Christmas hamper campaign and to also supplement Christmas food hampers.
- St. Vincent de Paul Gift Tag initiative to support the Christmas food hamper campaign and provide gifts for families and individuals in need in our parish
- Packing Food Hampers – students in grade 6 and 8 joined members of our parish to help pack hampers

for the St. Vincent de Paul Christmas Hamper Drive – students sorted groceries items, made boxes and organized items for efficient packing

- Mission Mexico – to support educational programs, and support human rights issues in Guerro Mexico – one of the poorest regions in Mexico.

The response to each and every one of these initiatives has been tremendous. Special thanks to our Christ the King families and to all our students for their continued commitment to service learning.

As we move through the later part of another exciting year at Christ the King School, we look forward to more great events. Sound Kreations will be working with our grade 5-9 students as students explore movement through Hip Hop Dance. Preparations have begun for our school drama production. This is always a very exciting event. This year our students will be performing 'Legally Blonde'. Look for more information in the coming months as we look forward to this spring performance.

Shortest month of the year stocked with events at École St. Cecilia School

The events start early in February for students at École St. Cecilia School with our annual 'Carnaval' at the beginning of the month. This day-long event celebrates Québec's Winter Carnival and features cultural activities such as learning about Bonhomme and tasting snow-frozen maple candy known as 'la tîre'.

This year, Lent begins in February and students will participate in religious celebrations including pancakes on Shrove Tuesday and attending church for Ash Wednesday.

Grade 1 students will visit 'Clay for Kids' for a field trip and all students will hear from Edouard Labonté, who will present educational French learning materials in his entertaining one-man show.

The month will conclude with a fundraising Movie Night for students and their families to attend.

Interested in having your child attend École St. Cecilia School?

Mark your calendar for our Information Evening on March 1, 7 p.m. and our Open House on March 8 from 1-3 p.m.



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 9! Walk-in, phone, and non-resident registration will be available beginning February 16. 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
- Boot Camp
- Cardio Kickbox
- 30minFIX
- Parented programs
- Zumbini
- Bricks 4 Kidz
- 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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FEBRUARY MOON CALENDAR

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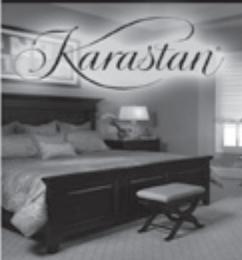
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Interesting ARCHITECTURE

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.

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<p>Cork</p>  <p>From \$1.99 Psf</p>	<p>Linoleum</p>  <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p>  <p>From \$0.99 Psf</p>	

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Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents. Memberships are valid for 1 year from date of purchase.

Name: _____ Spouse Name: _____

Address: _____ Postal Code: _____

Contact Phone: _____ Email: _____

Number of children: _____ Age(s) of children: _____

Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.





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Have a Financial Strategy if You Lose Your Job

It's an unfortunate economic reality, but unemployment can rise during recessions.

If you find yourself suddenly out of a job – especially after you may have worked for many years for the same employer – make sure you put a financial strategy in place to help you get through what may be a very challenging time. Here are some tips you may want to consider should you find yourself suddenly out of work:

- 1. Get your finances in order** – You'll need a clear picture of your net worth, what you owe and what you'll need per month to maintain your present lifestyle. Then, work with other family members to prepare a conservative but realistic budget for the next six to 12 months. Knowing that you have a workable plan in place will help alleviate some of the stress you may be experiencing.
- 2. Understand your severance options** – You will probably receive some form of severance pay. The total amount of your severance is usually taxable in the

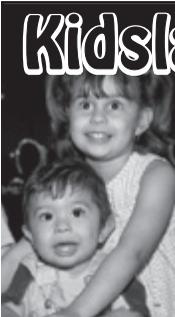
year you receive it. However, depending upon your situation, there may be opportunities to defer tax on all or a portion of your severance. What you decide to do with your severance can have a significant impact on either your standard of living while you look for another opportunity or the quality of your retirement. Speak to your financial advisor for help in understanding your options.

- 3. Decide on how you'll deal with your pension, insurance and other employment benefits** – You could be entitled to some or all of the pension benefits you accumulated with the company. Depending upon your circumstances, you may be able to collect a reduced pension now or a full pension later. Also, you might be allowed to transfer the full value of your pension into another retirement account, such as a locked-in retirement account. Or, if you prefer, you may be able to transfer your benefits into the pension plan of a new employer. Your financial advisor can help you understand your options.
- 4. File for Employment Insurance benefits** – You may be entitled to employment insurance. If so, you should apply for your benefits as soon as you receive your Record of Employment from your former employer. Be aware that there's a two week waiting period before your benefits begin. Also, if you received a severance, payments won't begin until after the period your severance was designed to cover. Generally, regular benefits can be paid from 14 weeks to a maximum of 45 weeks.

As for your other benefits, depending upon your severance package, you could lose entitlement to some or all of these when your employment ends. You will need to decide which benefits, if any, you want to replace. If you have people who are dependent on you, you will probably want to make certain you have enough life insurance. You may also wish to consider supplemental medical insurance. Again, speak with your financial advisor for help in deciding which benefits you might want to replace.

Whatever your particular situation, it's important to consider all of your options and develop a plan that's right for you. Life is unpredictable, so having a carefully considered investment plan can go a long way in helping you deal with life's uncertainties.

Kevin O'Hagan, PFP, FMA, CIWM



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	MY PROGRAM	YOU CAN SAVE
If you pay a typical 7% on the 1st \$100K + 3% on the Balance		
On the sale of a \$400,000 home	\$8,000 Listing Realtor Fee \$8,000 Buying Realtor Fee \$16,000	\$0 \$8,000 \$8,000 100 %
On the sale of a \$500,000 home	\$9,500 Listing Realtor Fee \$9,500 Buying Realtor Fee \$19,000	\$0 \$9,500 \$9,500 100 %

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

*Some conditions apply

☆☆☆ **GOLD Savings Plan** ☆☆☆

Listing your home only
Flat Listing Fee of \$3,000 to list your home.

	MY PROGRAM	YOU CAN SAVE
If you pay a typical 7% on the 1st \$100K + 3% on the Balance		
On the sale of a \$400,000 home	\$8,000 Listing Realtor Fee \$8,000 Buying Realtor Fee \$16,000	\$3,000 \$8,000 \$11,000 62.5 %
On the sale of a \$500,000 home	\$9,500 Listing Realtor Fee \$9,500 Buying Realtor Fee \$19,000	\$3,000 \$9,500 \$12,500 68.4 %

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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Broker, Owner

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403 990 7653

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Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.

Should I contribute to an RRSP, a TFSA or both?

by Janine Rea

The introduction of the tax-free savings account (TFSA) in 2009 represented the most important change to the way Canadians save money since registered retirement savings plans (RRSPs) were launched in the 1950s. But the big question on many people's minds is whether they should contribute to a TFSA, the tried-and-tested RRSP, or possibly even both?

Before shedding some light on this question, let's first understand some of the key differences and similarities between the two investment vehicles.

First and foremost, both RRSPs and TFSAs provide investors with the opportunity for tax-effective investment growth.

But unlike an RRSP, contributions to a TFSA are not tax-deductible, amounts can be withdrawn tax-free at any time, and withdrawn amounts are added back into your TFSA contribution room the following year.

Which is best?

On a very basic level, looking at your pre-retirement and expected post-retirement marginal tax rates can help you determine how to best allocate your investments.

If you expect to be in a lower tax bracket during retirement, contributing to an RRSP is generally more beneficial. However if you expect your retirement tax bracket to be equal or higher than your pre-retirement tax rate, the TFSA may be more tax-efficient.

Hold on; not so fast.

Although it's tempting to settle on a simple rule-of-thumb, the decision to use a TFSA or RRSP is not that

simple – your Investors Group Consultant can help you to determine what's best for you.

Even if you anticipate having a lower marginal tax rate in retirement, maximizing your RRSP contributions may not always be the most tax-efficient long-term strategy. Since RRSP withdrawals (directly or through your registered retirement income fund (RRIF) or an annuity) increase your taxable income, those withdrawals may affect certain government income-tested benefits and credits such as the Old Age Security benefit and the Age Credit.

On the other hand, if your expected marginal tax rate in retirement is equal to or higher than during your accumulation years, contributing to your TFSA is not always the best approach. For example, RRSPs that are converted to a RRIF or an annuity after age 65 can produce income that is eligible for the pension income tax credit, and thus qualifies for pension income-splitting with your spouse. Other income-splitting strategies such as spousal RRSPs could distribute a portion of your taxable income to a spouse with a lower marginal tax rate in retirement, further reducing your tax bill and reducing the claw-back effect on your income-tested benefits and credits.

So where does this leave us?

Generally speaking, a TFSA may be better suited for shorter-term goals, such as an emergency fund or saving for a major purchase, since there is no tax on withdrawals and withdrawn amounts are added back into your TFSA contribution room the following year. An RRSP is a long-term investment vehicle. The taxes and lost contribution room associated with early withdrawals are strong incentives to keep your money invested until retirement. The TFSA can also be a powerful retirement savings tool.

However due to the ease with which TFSA savings can be accessed (no taxes on withdrawals or loss of contribution room), only a disciplined investor who can resist the temptation to dip into their savings prior to retirement will fully benefit from its potential as a source of retirement income.

Remember, there is no one-size-fits-all solution. Your personal savings strategy needs to take into account your unique circumstances as well as your short and long-term objectives.

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IN & AROUND CALGARY

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign

encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;



South Health Campus (SHC) Wellness Centre

Wanting to improve your health? We can help! Try some of our FREE wellness and lifestyle programs.

Heart at Play: Raising Heart Healthy Families

Wondering about healthy snacks and meals on the go?
Wondering if your family is active enough?
Wondering about small changes you can make for a healthier life?

Join us **on Saturday, February 27** 10:00am-1:00pm to explore heart healthy habits for life!

What to expect:

- Physician presentation
- Q&A time with healthcare providers
- Heart pumping activities
- Delicious cooking demos
- Blood pressure and cholesterol checks
- Healthy lifestyle information
- And more FREE family fun!

Emotional Well Being

Introduction to the New Journaling

February 5 1:00-2:30pm

Mindfulness Drop-in

February 1 4:30-5:30pm
February 12 12:00-1:00pm

Meditation Drop-in

January 26-March 1 (Tuesdays)
5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Health Management

NEW! Roots, Berries and Oils: The Safe, the Maybe and the Dangerous

February 3 11:30am-12:30pm

Diabetes: What You Need to Know

February 12 10:00-11:00am

Arthritis 101

February 18 6:30-8:30pm

Allergen Aware- Allergen Safe

February 19 3:00-4:30pm

~continued on page 25~

Committed to keeping you active together

Trico Centre has been committed to family wellness for over 30 years. Trico Centre has partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca



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Fax: (403) 543-1111 209, 10836 – 24 Street SE
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South Health Campus (SHC) Wellness Centre cont'd

Caregiver/Family Support

NEW! Family Peer Support Program

Support to help people assist those affected by mental illness while staying balanced themselves.
Every second Tuesday 12 6:00-8:30pm

Family Alzheimer's/Dementia Caregiver Workshop

February 16 7:00-8:30pm

Letting Go of Guilt for Caregivers

February 25 6:30-8:00pm

Parents

Healthy Eating for Toddlers and Preschoolers

February 1 6:30-8:30pm

March 3 6:00-8:00pm

Secrets to Feeding Your Healthy Child

Three week series begins February 4 or March 3 6:00-8:00pm

Feeding Your Baby

February 25 1:00-3:00pm

Storytime & Playdate

February 19 or 26 10:00am-12:00pm

Nutrition/Food Management Classes

New! Food Waste- How it Affects You and What You Can Do To Help

February 4 6:00-8:00pm

February 10 1:00-3:00pm

The Top 5 Tips to Reduce Calories

February 8 Evening

Heart Healthy Mediterranean (Vegetarian)

February 12 2:00-3:00pm

Dietitians in the Kitchen (demonstration)

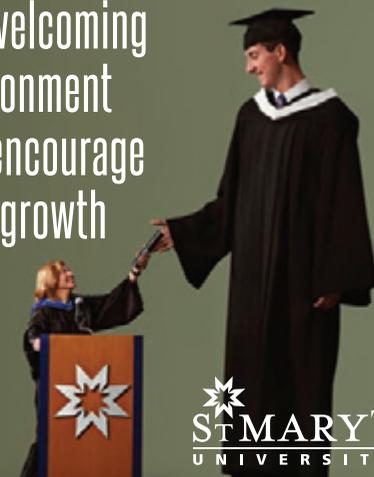
February 18 12:00-12:30pm

Eating Away from Home & During Special Occasions

February 23 Evening

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.

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Closes February 28, 2016

Avenue Calgary.com/survey

avenue magazine

Heart at Play

Raising Heart Healthy Families

Saturday February 27th
3rd annual Heart Healthy Family Day
10:00am—1:00pm
South Health Campus Wellness Centre



Wondering about healthy snacks & meals for life on the go?



Wondering if your family is active enough?



Wondering about small changes you can make for a healthier life?



Wondering how to fit everything in to your busy life?



What to Expect!

- Physician presentation
- Q&A time with healthcare providers
- Heart pumping activities
- Delicious cooking demos
- Interactive booths
- Blood pressure and cholesterol checks
- Healthy lifestyle information
- And more **FREE** family fun!

For more information contact April Matsuno
 403.956.3932 or april.matsuno@ahs.ca



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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 memberships are affordable and our programs are family-friendly. With a membership, 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 membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

~continued on page 31~



Cranston Real Estate Update

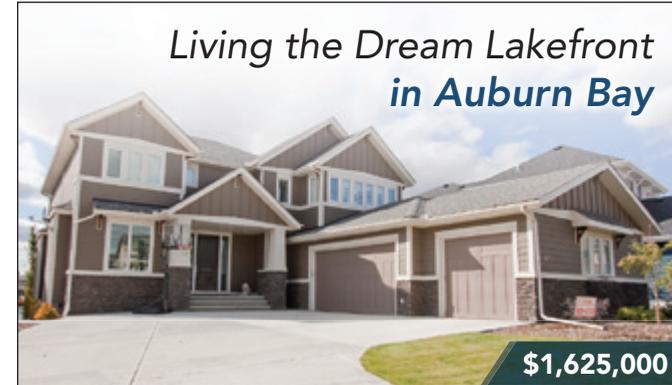
Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$498,151	\$484,282
November 2015	\$564,523	\$552,722
October 2015	\$551,919	\$535,309
September 2015	\$515,550	\$506,218
August 2015	\$458,093	\$451,160
July 2015	\$532,087	\$523,497
June 2015	\$534,220	\$524,148
May 2015	\$493,909	\$486,398
April 2015	\$462,241	\$450,741
March 2015	\$498,851	\$489,681
February 2015	\$471,171	\$461,824
January 2015	\$500,581	\$491,441

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	19	15
November 2015	13	13
October 2015	30	25
September 2015	38	22
August 2015	32	25
July 2015	49	32
June 2015	31	33
May 2015	32	37
April 2015	38	31
March 2015	33	34
February 2015	35	20
January 2015	59	17
Total	409	304

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



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Name	Age	Contact	Course
Alana	24	587-888-4854	Yes
Alex	13	403-719-0734	Yes
Aliyah	13	403-801-9420	Yes
Allison	19	403-890-6057	No
Amber	30	587-438-4789	Yes
Amélie	12	403-988-8568	Yes
Amy	15	403-247-9228	Yes
Andrea	20	403-466-3664	No
Andrea	14	403-919-1200	Yes
Anna	13	587-999-5607	Yes
Annie	36	587-968-6504	Yes
Ashlee	14	403-440-9493	Yes
Ashlee	14	403-616-3236	Yes
Ava	13	403-279-2083	Yes
Ayden	16	403-880-4809	Yes
Becky	21	403-993-9284	Yes
Blaise	24	587-223-8583	Yes
Brandie	34	403-802-2940	Yes
Bree	17	905-376-9229	No
Brianne	17	403-999-6906	Yes
Cailin	14	jenwelsh2012@gmail.com	Yes
Carla	33	403-681-9299	No
Chantele	25	403-652-0083	No
Cheyanne	19	250-938-1090	No
Cheyanne	19	250-938-1090	No
Christi	23	403-869-1573	Yes
Connor	12	403-483-0828	Yes
Crystle	29	403-714-8050	Yes
Dakota	15	403-993-7525	Yes
Danita	21	403-990-0205	Yes
Dawn	36	403-285-9513	Yes

Deborah	13	403-619-7037	Yes
Deidra	28	587-582-0400	Yes
Ellie	19	587-888-9614	Yes
Emily	14	403-257-5069	Yes
Emily	14	403-437-0956	Yes
Emily	23	403-999-8525	Yes
Emma	13	403-483-0828	Yes
Emmalie	15	587-998-9468	No
Evelyn	12	403-475-0919	Yes
Garrett	17	403-708-7312	Yes
Gracia	19	587-969-1296	Yes
Hayley	13	403-257-3650	Yes
Heather	29	403-966-5233	Yes
Irfana	51	403-398-5219	Yes
Jaden	21	403-554-5737	Yes
Jakarta	18	403-808-8503	No
Jane	50	403-467-3607	Yes
Jessica	20	587-580-5696	No
Justice	14	403-471-2058	Yes
Kaitlyn	15	403-200-7820	Yes
Kaiya	12	403-805-1446	Yes
Kate	22	403-437-3559	Yes
Katelyn	22	403-870-1752	Yes
Kaya	14	jenwelsh2012@gmail.com	Yes
Kelly	13	403-617-1141	Yes
Kelsey	20	403-818-6034	Yes
Kennedy	15	403-463-9800	No
Kristy	19	587-432-1616	Yes
Kyla	13	587-352-0053	Yes
Laura	16	587-350-5705	Yes
Lauren	17	403-305-0526	Yes
Leanne	15	403-257-7775	Yes
Lisa	27	506-721-8460	No
Lisa	29	403-926-8301	No
Lizzie	25	403-703-4076	Yes

Lynda	14	587-229-9118	No
Mackenzie	18	403-861-9671	No
Maggie	15	403-222-2223	No
Makenzie	18	403-796-7733	Yes
Maricel	39	587-435-3382	Yes
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Mia	14	403-922-6004	No
Michelle	31	403-923-5111	Yes
Michelle	22	403-926-5166	No
Natalie	14	403-477-0749	Yes
Olivia	15	403-873-0313	Yes
Paige	14	587-353-0366	Yes
Penelope	13	403-254-5591	Yes
Quinn	13	403-990-2570	Yes
Rachel	15	403-257-4520	No
Ria	20	403-470-9783	No
Sabrina	16	403-512-3171	Yes
Sandra	13	403-207-4409	Yes
Seema	41	587-892-9970	Yes
Shamaya	15	403-464-5443	Yes
Shannen	16	403-919-7200	Yes
Shannon	24	403-614-2570	Yes
Shawna	18	403-402-0489	Yes
Sheree	27	403-422-0740	No
Sonya	20	403-389-5921	Yes
Stephanie	13	403-726-1475	Yes
Sujitra	31	587-284-1984	No
Sydney	13	403-257-5849	Yes
Tess	22	403-796-8377	Yes
Tianna	16	587-896-8856	No
Vanessa	14	403-257-5785	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.

February at Trico Centre

cont'd

- **New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.trico-centre.ca to find out more.

BRAIN GAMES SUDOKU

	6				1	3	2	
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		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 35



MLA, CALGARY-SOUTH EAST RICK FRASER

Suite 202, Building D
5126 126 Av SE
Calgary, AB T2Z 0H2
(403) 215-8930
Calgary.southeast@assembly.ab.ca

Year In Review

The last 12 months have been transformational for our Caucus; they have been a time for thought, for reflection, and most importantly for engagement.

We started 2015 recognizing the challenges that laid ahead for Alberta, recognizing the need to stand up and secure our fiscal future. We asked Albertans for a mandate to lead this province, but we did that without listening, and without acknowledging the concerns that Albertans had raised. The results of the election were a call to restore the core values and principles that our Progressive Conservative team had always been built upon. Since May 5, we have had an opportunity to renew and rebuild, and most importantly to listen. We have had to ask ourselves the tough questions, and to be honest about what needs to change as we work towards the future. We have spent the last several months engaging with Albertans across the province to take stock of what went wrong, what we can do better, and how to move forward together.

While we didn't come out of the election as government, we did come out with a small but mighty team of elected officials and experienced legislators, representing more than half of the 16 MLA's to be re-elected in the province. As we work to restore the trust of Albertans, we are committed to listening and representing each and every voice in this province; working to ensure that all Albertans are heard over the next four years.



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Budget 2015

As Alberta continues to weather through fiscal and economic challenges, our team has worked to better understand the problems that Albertans are facing. This fall, the NDP government tabled a budget that failed to support both businesses and families, while at the same time burdening this province and future generations with unsustainable spending and debt. Our caucus has worked through this budget and raised the concerns that people are seeing day to day. As thousands of Albertans continue to face job losses, Interim PC Leader Ric McIver (Calgary-Hays) pushed the government to develop a balanced approach to spending, one that creates jobs and stimulates the economy, and restores stability to Alberta's finances. Mr. McIver worked to hold the government accountable in developing a responsible long term plan for Alberta that includes a commitment to cut government waste, and seek efficiencies in public spending. Albertans deserve a financial landscape that supports investments and innovation today, and provides stability for tomorrow.

In The Community

I have been proud to attend the following community events at the end of 2015:

- Grand Opening of Seton Superstore
- Walden Heights Christmas Fair
- Auburn Bay Parade of Lights
- Spoke to 66 grade 6 students at Strathcona-Tweedsmuir School
- Held Open House for all Calgary-South East residents
- Calgary Workers Resource Centre Open House

Community Requests: Bottle drive: The Auburn Bay K-4 public school is hoping to raise funds via bottle collection. Anyone interested in donating bottles can e-mail info@auburnbayschool.com to arrange pick up. Bottle drives will be taking place the first Sunday of every month this year!

Scrolls: Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.

Community visits: If you'd like Rick to come and speak to your child's class or at your community event, he'd be happy to. Contact Kelly at 403-215-8930 to learn more.



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>
Web: <http://shanekeating.blogspot.com/>

Happy February Ward 12! The Calgary winter can be long and cold, but spring is right around the corner. We have had a very exciting start to 2016. On January 28th, I hosted the annually Ward 12 Open House at the Mahogany Beach Club and had some great conversations with residents that are passionate about their communities. We are also continuing some very productive conversations with the Provincial Government to secure additional funding for the Green Line LRT. I'm looking forward to working hard for you in 2016 to make Ward 12 even better!

2016 Assessment

Assessment overviews for 2016 were mailed out to Calgaryans on January 5th. The Customer Review Period extends from January 5th to March 7. During this period property owners are able to inquire about their assessments.

There are a few mechanisms available to residents that wish to get more information about their assessment provided by the City:

- The City of Calgary Assessment department has evaluation staff on standby to answer any specific questions regarding assessments. They can be reached at 403-268-2888.
- You can find more information on the assessment process at Calgary.ca/assessment.

Extended Driveways

There have been a few cases of extended driveways appearing in Ward 12. An extended driveway is an extension of an existing driveway to allow for more parking spaces. The diagram below shows what is acceptable and what is not through the Land Use Bylaw.

Understand what is typically approved and refused by The City.



- The initial driveway approved during homes construction.
- Driveway widening no more than 0.6 meters on a single side of the driveway.



- A portion of the front yard paved as a patio, but may not be used for parking.
- A fully paved front yard for parking is unlikely to be approved.

Extended driveways create a number of problems.

- Removal of available on-street parking
- infringement on adjacent properties, ie: snow shovelled off an extended driveway may get pushed directly onto the next property
- Drainage issues. Replacing soil/grass/vegetation with concrete does not allow for water to be absorbed.
- City access to utilities. Extending a driveway may cover up utilities that may need to be accessed.

If the driveway is found to be in violation of the Land Use Bylaw, The City of Calgary will contact the homeowner. The homeowner will be given the opportunity to retroactively apply for a development permit. If the permit is not approved, the homeowner will be given the opportunity to voluntarily bring the driveway into compliance. If the homeowner does not bring the driveway into compliance The City may bring the driveway into compliance at the homeowner's expense.

If you are concerned about an extended driveway in your community, or you are a homeowner interested in extending your driveway please contact 311 immediately. For more information you can also visit www.calgary.ca/PDA/pd/Pages/Permits/widening-an-existing-driveway.aspx.



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Oscar Wilde

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LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

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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

IN & AROUND CALGARY

Nestle into nature this Family Day weekend

Family Day is a great time to reconnect with loved ones - a time to slow down, focus on family and create lasting memories together. Finding activities for the holiday weekend that everyone will enjoy can be challenging, but rest assured, this year it will be a walk in the park.

The City of Calgary will be hosting free We Are Family events throughout the Family Day weekend at three of Calgary's beautiful parks. Grab your skates and join us on Saturday, February 13 at Carburn Park or Sunday, February 14 at Prince's Island Park for ice skating, fireside nature activities and family-friendly fun.

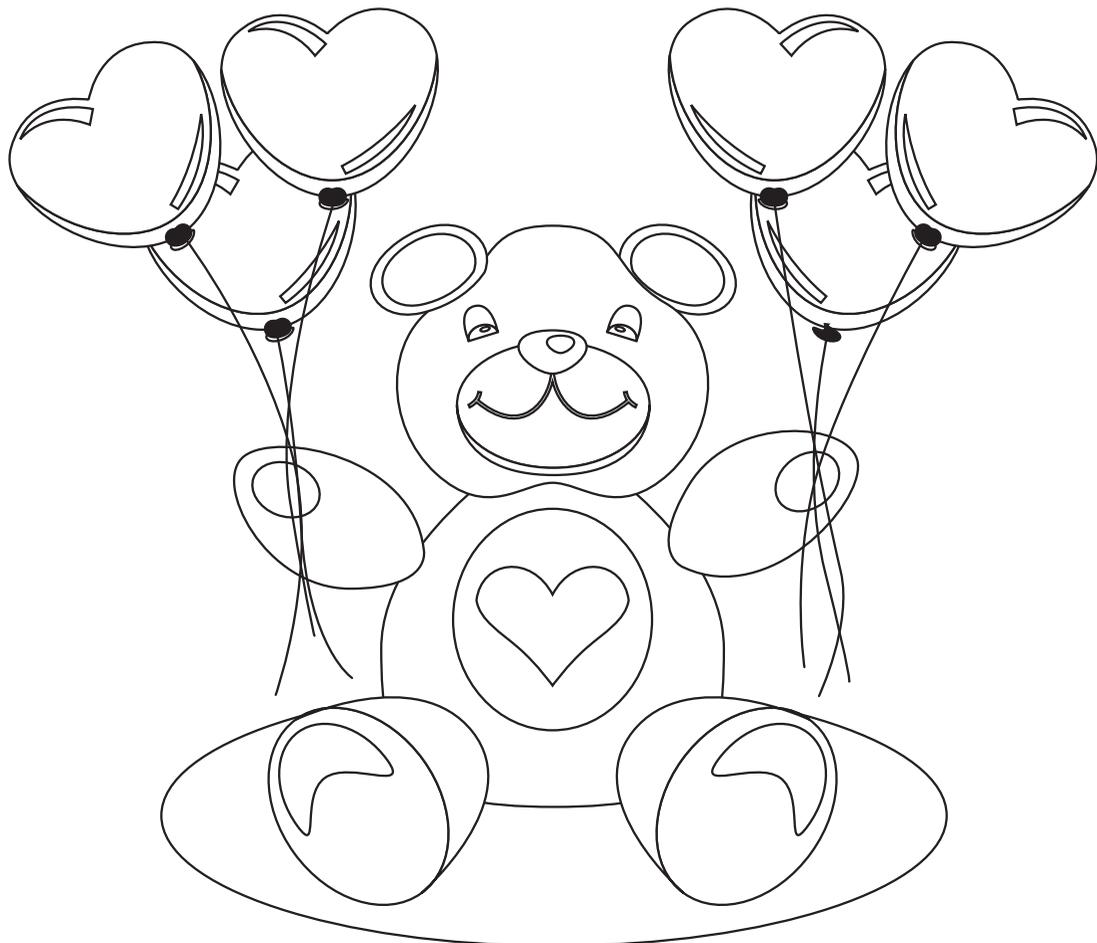
If you prefer an indoor celebration, drop by Devonian Gardens, Calgary's downtown tropical oasis, on holiday Monday, February 15. We will have entertainment for all ages, including nature games, crafts and a variety of animal furs and bones to see and touch.

All events run from 11 a.m. to 3 p.m.

For more information about our We Are Family events, visit calgary.ca/parks.

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Alberta Health Care	403.310.0000
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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

Insect Trivia



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