

FEBRUARY 2017

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CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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Cranston Community Association

11 Cranarch Rd. SE
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cranstonca@gmail.com | www.cranstonca.com

Delivered monthly to 6,500 households and businesses for 11 years!

Editorial Submissions

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

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

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

Great News Publishing and Cranston Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

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

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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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CUPE

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Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey



CRANSTON RESIDENTS ASSOCIATION

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$71.50
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 is required for all rentals.

Revised April 2016 - prices subject to change



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

CenturyHallCranston
 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

Amber Sessford
programs@cranstonresidents.ca

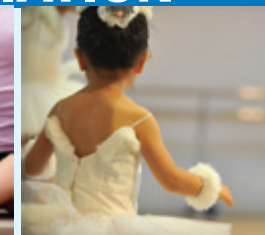
Facilities Manager

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 is available now at www.cranston-connect.com with spring classes beginning March 6, 2017. Don't miss out on your favourite programs:

Adult Programs

Art
Yoga
Cardio, Strength & Core
Strong Women
Tennis
Zumba
Bootcamp
Wellness – fitness & nutrition
Kickboxing

Kids Programs

Etiquette Factory
Yoga for Tweens
Sportball
Dance Explosion
Glee Theater
Strong Girls
Kids Action Sports
Tennis
Karate

Kids Code Force
Basketball Hoopla
Hip Hop
Young Rembrandts
Music Kids
Ballerina Bliss
Badminton
Zumbini
Ball Hockey

RIVERSTONE FAMILY FUN DAY

February 18, 2017

Get out of that winter funk with some outdoor family fun. Challenge other families to a snow sculpture building contest, skate a lap on our synthetic ice, warm up with a cup of hot cocoa and so much more. **This event is free but for preparation purposes an RSVP is required. Please RSVP on the event page at www.cranston-connect.com.**

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!

Join us February 17, 7:00pm-9:00pm for our showing of Moana.

Thank you Cedarglen Homes for their ongoing support of this monthly event!

DROP IN PLAY DATE (0-5yrs & their Caregivers):

Come and join us Tuesday and Wednesday mornings for a play date without needing to pull out your vacuum! For the price of a coffee, this unstructured and unsupervised craft & play time

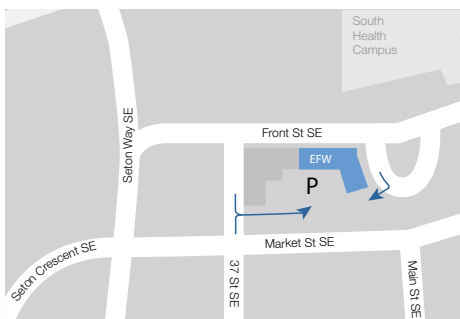
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Seton Clinic Now Open

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
- Spine and Pain Management

Located directly across from the South Health Campus Hospital.



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CRANSTON RESIDENTS ASSOCIATION

is perfect for caregivers to bring their little ones out to meet new friends and get creative. This new play date time features toys and mats that are baby friendly, along with some craft supplies for the older ones. Coffee & tea will be available for the parents and a small kid-friendly-mom-approved snack will be provided for the children. Grab a friend and come on over!

Tuesdays & Wednesdays: 9:30AM – 11:30AM

Fee: \$5.00/household

ADULT CARD AND SOCIAL AFTERNOON:

Wednesdays: 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 STORY TIME & BOOK TRUCK (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 out and exchange books from the library. The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.

Thursdays: February 2 & 16

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 tennis courts or inside in the gym, we've got something for everyone! View all schedules by heading to our website www.cranston-connect.com

NEW DROP IN RATES (effective April 1st)

Non-Resident Drop-Fee: \$6.00 single visit
5X Pass: \$27.50
10X Pass: \$50.00

CRANSTON SAFETY CONNECTIONS (CSC)

Melinda Triebwasser, CRSP

Cranston is a dynamic and vibrant community full of activity - activity related to construction, school openings, retail and traffic aspects. While our community transitions through it's continuing growing pains, it's important to recognize where our residents may be exposed to temporary, unusual or unidentified hazards.

Cranston Safety Connections (CSC) has been created with this in mind. CSC was formed by a group of parents, who previously worked with a local school in addressing challenges surrounding children's commutes to and from school. Through their work with other parents, combined with injury incidents within the community involving children, it was realized that the hazards and unsafe conditions our children and the families experienced were not specific to the school itself, nor the students. The issues were at a community level. The safety issues involve every resident and in order for them to be addressed effectively, they need to be approached from the community level.

Cranston Safety Connections wishes to work with the community to identify the hazards facing our community, prioritize them based on perception and risk, then to address potential solutions.

This group is for all residents of the community. We believe that each of you have a unique perspective on the challenges our community faces and we want to hear from you! What do you think about traffic in Cranston? What safety issues do you see in our community? What changes would you like to see? Let us know!

Join the CRANSTON SAFETY CONNECTIONS Facebook page, or email CranstonSafetyConnections@gmail.com with any comments, concerns or questions you may have. Change can only happen when we know the issues, so please...let us know!

RSP top-up or an extra mortgage payment?

What's the best choice? Maybe both. We can help you make the right decision for your financial situation.



Contact me to find out how smart advice and a personalized plan can help.

JANINE REA BA Economics, Consultant
Investors Group Financial Services Inc.
(403) 681-1423 Janine.Rea@investorsgroup.com

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divinematchmaking.com | 403-456-4870

587-955-9399

SETON DENTAL WELLNESS

SDW

Setondental@telus.net, setondentalwellness.ca
Suite 510-19489 Seton Cres SE, Calgary AB, T3M 1T4

Office Hours:
Monday 8:00am to 3:00pm,
Tuesday and Wednesday 7:00am to 8:00pm,
Thursday 7:00am to 8:00pm,
Friday 7:00am to 2:00pm,
and Saturday 8:00am to 3:00pm.



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

EMPLOYMENT SKILLS

Resume Writing

2-part series begins February 11

9:00am-4:00pm

HEALTH MANAGEMENT

Living Well with Diabetes

February 9 6:30-7:30pm

Getting Ahead of your Headaches

February 9 10:00-11:30am

Parkinson's 101

February 15 10:00am-12:00pm

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.

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If you pay a typical 7% on the 1st \$100K + 3% on the Balance

On the sale of a \$400,000 home

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On the sale of a \$500,000 home

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MY PROGRAM

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\$8,000 Buying Realtor Fee

\$8,000

\$ 0 Listing Realtor Fee
\$9,500 Buying Realtor Fee

\$9,500

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50%

50%

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403-257-5107



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

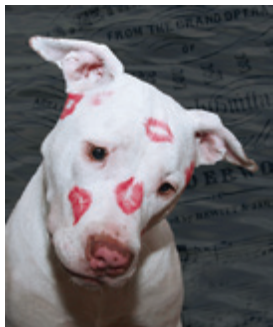
Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or 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.



Valentine's Trivia

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



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.

Cranston mybabysitterlist

Name	Age	Contact	Course
Alex	14	403-719-0734	Yes
Alli	31	403-836-6380	Yes
Allison	20	403-890-6057	Yes
Amélie	13	403-988-8568	Yes
Andrea	21	403-466-3664	No
Angie	20	587-896-4712	Yes
Ashley	12	403-698-2378	Yes
Dakota	16	403-993-7525	Yes
Emily	15	403-257-5069	Yes
Emmy	26	403-473-5744	Yes
Faith	13	403-860-4670	Yes
Hassan	13	403-475-4662	No
Heather	30	403-966-5233	Yes
Jace	14	403-201-1177	Yes
Jayden	14	403-809-6034	Yes
Jennifer	25	604-316-1449	Yes
Marissa	24	403-993-3054	Yes
Mia	15	403-922-6004	No
Mila	23	403-703-4076	No
Mykayla	12	403-305-7045	Yes
Natalie	14	403-477-0749	Yes
Olivia	12	403-703-4404	Yes
Paige	15	587-353-0366	Yes
Shayna	13	587-702-6921	Yes
Stephanie	14	403-726-1475	Yes
Sumel Kaur	19	587-707-2720	No
Sydney	14	403-257-5849	Yes
Sydney	12	403-452-5238	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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Christmas Bird Count

116 year-old annual tradition with an interesting origin

In 1900, to counter the so-called “side-hunt,” wherein groups of gunners would compete in seeing which could kill the most wildlife on Boxing Day, American ornithologist Frank Chapman, instead, asked birders across North America to head out on Christmas Day to count the birds in their home towns and submit the results as the first “Christmas Bird Census.” His suggestion has evolved into one of the world’s largest citizen science projects in the world, and a holiday tradition during the Christmas season for well over 50,000 birders in the Americas each year.

The Christmas Bird Count (CBC), as it is now called, is conducted in over 2,400 localities across Canada, the United States, Latin America, and the Caribbean. These bird observations, collected during one-day field counts within defined circular areas, have been amassed into a huge database that reflects the distribution and numbers of winter birds over time.

Each Christmas Bird Count (CBC) is now conducted within a standardized circle with a radius of 7.5 mi (12 km). About 370 Canadian CBCs are reported to Bird Studies Canada - and many hundreds of others are conducted, reported only to their provincial naturalists’ organization. In all, some 15,000 to 22,000 people participate across Canada.

This year the Calgary CBC took place on Sunday December 18th under a mostly sunny sky and a balmy temperature of 3C. S2G+ joined Gus Yaki and 6 other individuals. Of the 32 territories in Calgary our area included Mount Royal, Elbow Park, Stanley Park, Parkhill, Erlton, and Rideau/Roxboro. Nineteen bird and 4 mammal species were counted plus 3 animal tracks observed.

SP	Birds	Count
1.	Canada Goose-460	460
2.	Mallard	25
3.	Bald Eagle	1 AD
4.	Sharp-shinned Hawk	2
5.	Rough-legged Hawk	1
6.	Merlin	3

7.	Downy Woodpecker	3
8.	Hairy Woodpecker	1
9.	Northern Flicker	4
10.	Black-billed Magpie	198
11.	Common Raven	42
12.	American Crow	3
13.	Black-capped Chickadee	120
14.	Red-breasted Nuthatch	22
15.	White-breasted Nuthatch	5
16.	Darky-eyed Junco	3
17.	Rock Pigeon	55
18.	House Finch	7
19.	House Sparrow	

Mammals		
1.	Red Squirrel	1
2.	Eastern Gray Squirrel-grey morph	23
3.	Eastern Gray Squirrel-black morph	45
4.	White-tailed Jack Rabbit	1
5.	European Rabbit (feral)	39
Tracks		
	Meadow Vole	
	Deer Mouse	
	Coyote	

Overall number of species recorded in Calgary: 61 (four below the 20-year average)

Individual birds counted in Calgary: 39,249 (significantly below the average of 50,000)

Highest count species: Mallards (10,676) and Canada Geese (9,315) led the way, followed by House Sparrows, Black-billed Magpies and Black-capped Chickadees.

Biggest drop in sightings: Bohemian Waxwings at 1,650 and a 90% decrease in the number of House Finches

Returnees: a Golden Eagle not counted since 1987 and 3 Sharp-tailed Grouse which were first seen since 1997. Both the eagle and the grouse were found on Tsuu T’ina lands.

Other uncommon birds: Ring-necked Duck, Pied-billed Grebe and Ring-billed Gull (one of each).

Final results will be posted on the Audubon database by mid- January 2017. Next year’s count will be on Sunday December 17, 2017. Mark your calendars!

Information from Gus Yaki and Phil Cram

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)



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.

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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!

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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.



Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$434,900	\$425,000
November 2016	\$504,900	\$491,500
October 2016	\$422,450	\$410,000
September 2016	\$469,500	\$461,500
August 2016	\$459,900	\$445,000
July 2016	\$439,900	\$431,500
June 2016	\$439,800	\$429,000
May 2016	\$439,000	\$427,500
April 2016	\$510,000	\$500,000
March 2016	\$429,900	\$426,000
February 2016	\$482,450	\$468,000
January 2016	\$429,950	\$426,250

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	18	13
November 2016	21	18
October 2016	33	30
September 2016	41	24
August 2016	30	23
July 2016	27	34
June 2016	38	29
May 2016	38	29
April 2016	34	29
March 2016	36	23
February 2016	40	14
January 2016	28	12

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





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- Southview Church
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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



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

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

FIND SOLUTION ON PAGE 31



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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.

When It Comes to Heirlooms, It's Personal

Suzanne Smith-Demers – Consultant

When a family member dies, personal items and heirlooms can be the cause of significant conflict among family members. Once obligations to a spouse and dependents are met, you can generally leave your estate to whomever you want. However making decisions regarding personal effects and family heirlooms is often one of the most difficult parts of the estate planning process. Here are some tips to avoid potential disputes:

- **Eliminate surprises** Share the contents of your Will with your heirs to avoid surprises after you are gone.
- **Understand that fairness doesn't always mean equal** Decide what fairness means to you and distribute your items accordingly.

- **Appraise and consult** Have your personal property appraised and consult with your heirs to ensure the items you bequeath are appropriately valued – both monetarily and emotionally.
- **Make a list** Attach to your Will a letter or memorandum that lists your personal property items and the heirs who should get each. Be sure that the memorandum is incorporated into the terms of the Will.
- **Choose now** While you're still alive, list or lay out your personal items and have your heirs take turns choosing what they want.
- **Choose later** If you don't want your heirs to select your personal items in advance but still prefer they are the ones who chose, leave a direction in your Will that your heirs are to choose items in turn.

Having an estate plan that includes a Will is vital to ensuring your legacy is left as you wish. But keep in mind that people can change their minds and your heirs may not necessarily want what you plan to give them – so keep things flexible. Talk to your professional advisor about the best estate planning strategies for you.

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The Common Redpoll A Winter Migrant to Alberta

Article by J.G. Turner

Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests

low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.

- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up, then find a sheltered and safe spot to shell and eat the seeds at their leisure.
- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



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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Trivia

Groundhog Day

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

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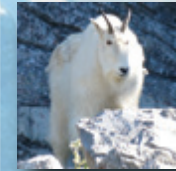
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Who Am I?



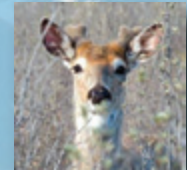
Mountain Goat



Grizzly Bear



Bighorn Sheep



White-tailed Deer

Eyes down, ready to fight,
 High in the Rocky Mountains.
 Head to head, like charging knights,
 We crash in the towering mountains.

Curled horns, sprightly legs,
 Scaling the rugged mountains.
 A battering ram is what I am,
 At home in the Rocky Mountains!

Turn Page Upside-down for Answer

I'm a Bighorn Sheep!

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CLEAR SKY ACCOUNTING SOLUTIONS INC.: Taxes - personal and corporate, bookkeeping, Financial Statements, GST, Tax Planning and financial consulting. CPA with 30 years broad-based business experience; 100% integrity. Reasonable Rates. Call Rhian 403-860-7884 or email rhiansilven@gmail.com, www.clearskyaccountingsolutions.com.

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

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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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 212, 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. www.emmapainting.com. Thank you.

FIT BOOTCAMP: New program! Focusing on speed, strength, agility and power. Workouts are suited to all levels of ability. Thursday 9:15-10:15 a.m., Scott Seaman Sport Rink, Dewinton. You can join at any time. Babies, toddlers and preschoolers are welcome too (toys provided). Janelle 403-620-8241 /shalbert@platinum.ca.

INCOME TAX TIME IS COMING, BE PREPARED: Professional CPA with more than twenty years' experience in personal and corporate tax services. I prepare financial statements, T4, T5, and GST returns. Payroll and bookkeeping services are also available. Call Janice at 403-617-8956 or email jawilcpa@telus.net for a free consultation.

HAVING TROUBLE KEEPING YOUR NEW YEAR'S RESOLUTIONS? Looking to make positive changes in your life? Whether it's health and fitness, career and organization, or personal growth and relationships, I can help! Visit my website today at www.lifestylistyyc.com and let's make 2017 your best year yet!

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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



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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.



**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/>

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.



Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddle Towne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free Great Reads 2017 reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join Bill's Book Café! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm

COMMUNITY ANNOUNCEMENTS

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



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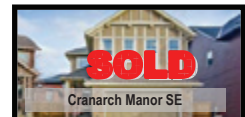
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