

JANUARY 2016

DELIVERED MONTHLY TO 5,000 HOUSEHOLDS

# your **Douglasdale**Glen

BRINGING DOUGLASDALE AND DOUGLAS GLEN RESIDENTS TOGETHER





"This cabinet refacing in solid cherry is a very good example of our workmanship and ability to redesign your existing kitchen cabinets"  
-Rob Smith

- Cabinet Refacing
- Custom Built Cabinets
- Bathroom Renovations



📍 C1 - 6215 -3rd St SE, Calgary, AB T2H 2L2  
 📞 403-253-3290 ✉ cabdoc@telus.net  
 🌐 www.cabdoc.ca

## ACADEMY DENTURE CLINIC

[www.academydenture.com](http://www.academydenture.com)

Modern Solutions for Missing Teeth

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



### Southcentre Mall

Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



## Douglasdale Glen Community Association

P.O. Box 87031  
 #160, 11520-24th St. SE  
 Phone: 403.720.0668  
 info@dgca.ca | www.dgca.ca

### Elected Officials



**Councillor Shane Keating  
 Ward 12 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2478  
 Fax: 403-268-8091  
 Email: ward12@calgary.ca  
 Web: www.calgary.ca/ward12



**MLA Ric McIver**  
 255, 11488 - 24 Street SE,  
 Calgary, AB, Canada T2Z 4C9  
 Phone: 403-215-4380  
 Fax: 403-215-4383  
 Email: calgary.hays@assembly.ab.ca  
 Web: www.mciver.mypcmla.ca

### NEWSLETTER AD SALES



Great News Publishing Ltd.  
 403.720.0762 | 403.263.3044  
 sales@great-news.ca | www.great-news.ca

# CONTENTS

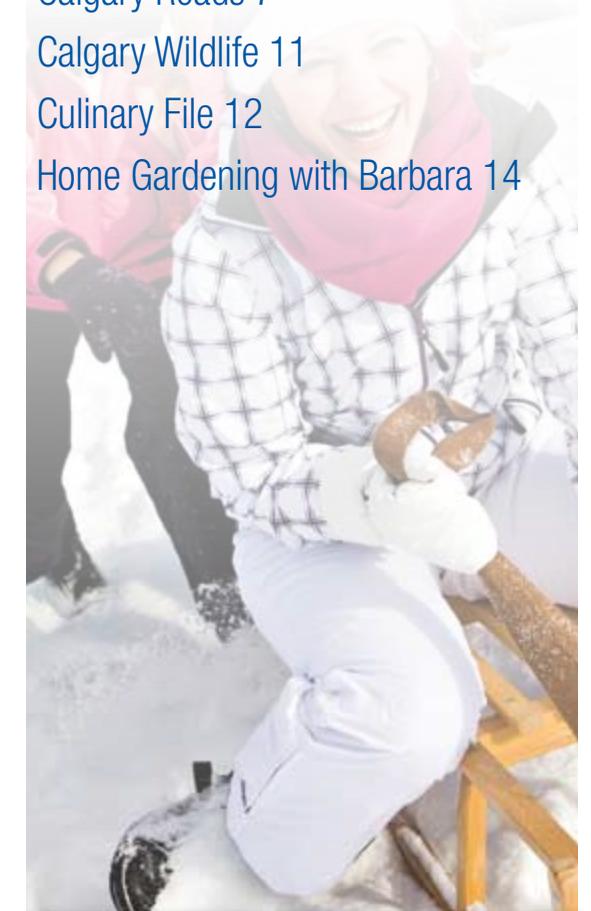
Your Community Business of the Month 5

Calgary Reads 7

Calgary Wildlife 11

Culinary File 12

Home Gardening with Barbara 14



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING DOUGLASDALE & DOUGLAS GLEN FOR 15 YEARS!

Call us today for your **FREE** in-home consultation with window expert **Brenda Redwood**.

**BRENDA REDWOOD**  
Sales Representative

[bredwood@allweatherwindows.com](mailto:bredwood@allweatherwindows.com)

**403.510.0637**



\*Free triple pane upgrade offer available for a limited time from dual pane to triple pane with same number of Low-E coatings. Additional Low-E coatings are additional. Offer only available through a sales representative of All Weather Windows Renovations, Calgary. Ask you All Weather Windows sales representative for details.

## in & around your community **schools**

### École St. Cecilia School

New Year means new activities for École St. Cecilia School students.

Christmas may be over but students at École St. Cecilia School are geared up for our Epiphany celebration. Students from each class will share a 'Galette des Rois', or Kings' Cake, which is a French tradition where students select a piece of pie and hope to find a figurine which will make them 'King for a day'.

Later in the month, our grade 2 students will take a field trip to Telus Spark while our grade 6 students will be part of an experiential learning project focused on the Mars Landing. Students in kindergarten to grade 2 will 'lace-up' for our in-line skating unit.

The end of the month will see École St. Cecilia School transformed into a dance hall for a glow-in-the-dark Family Dance. The annual dance is a favourite event for students' families to get together and catch up after the holidays, as well as mark the half-way point of the school year.

*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.

*École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.*

### Mapleridge Cooperative Preschool

December was a very exciting month for all the children at MCP. Our class Christmas parties were a big success, filled with songs, treats and a special visit from dear old Santa Claus. This month, our children will learn about the wonder and beauty of winter!

## your **COMMUNITY** business of the month **The Park Kitchen and Bar** Quarry Park Community

Fun. Fresh. Local. In 2014, brothers Tony and Jason Balakas opened The Park Kitchen and Bar. Calgary natives with over 30 years of combined experience, the Balakas brothers radiate expertise and enthusiasm for food and hospitality. This type of passion is immeasurable and unmatched in the industry: a trifecta of extensive food and beverage knowledge, front and back of house experience and a comprehensive understanding of running a community oriented restaurant.

Décor that features rustic brick, birdcages and floral textiles encompass a breathtaking olive tree that serves as

**The Park is about getting back to basics with a twist by fusing locally bought products with a modern attitude to design and a creative take on classic favourites. Most menu items are designed gluten free and with allergies in mind to ensure a delectable experience for all.**

the focal point in the inviting atmosphere reminiscent of a childhood picnic in the park. The inviting atmosphere serves as the perfect place for family dinner or date night but also caters to corporate events and private parties. With the ability to accommo-

date up to 300 people, they strive to create the perfect experience for any occasion. Management happily customizes menus for special occasions and organized parties.

The Park is about getting back to basics with a twist by fusing locally bought products with a modern attitude to design and a creative take on classic favourites. Most menu items are designed gluten free and with allergies in mind to ensure a delectable experience for all. They

strive to accommodate all dietary needs and every palate.

Winning Calgary's first Wingfest this summer is just one of the Balakas' accolades since opening The Park in 2013. Participating in charitable and local events such as The Remington Race for Pace and The Quarry Park Stampede Breakfast are just a few of the events the Balakas brothers support as independent small business owners in Calgary. On Monday nights they also feature Paint Nite so that you can enjoy great food and service while exploring your creative side!

Whether you fancy their exquisite Ahi Tuna Tacos, from-scratch Lobster Mac and Cheese, their infamous Surf & Turf burger or the Certified Angus Beef Tenderloin, they possess a diverse menu for all taste buds to savour. The Balakas brothers have created an environment that fosters values in hospitality and a passion for food. At The Park, they pride themselves on excellent hospitality which means that the friendly and knowledgeable staff looks forward to your visit! They hope to see you soon!

Visit [www.parkkitchen.ca](http://www.parkkitchen.ca) or on Twitter @theparkcalgary and on Facebook [www.facebook.com/parkkitchen](http://www.facebook.com/parkkitchen).

**403-719-7200**  
**#1200 163 Quarry Park BLVD SE**  
**Calgary, Alberta T2C 5E1**  
[www.parkkitchen.ca](http://www.parkkitchen.ca)



### Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW). Friends members will receive free admission and the fee is \$5 each for non-members. Please register online at [www.friendsoffishcreek.org/programs/speaker-series](http://www.friendsoffishcreek.org/programs/speaker-series).

### Fish Creek - From Gentle Stream to Wild River and Everything in Between:

#### A Look at Land Uses and Water Quality Assessment Through the Years

Thursday, January 21, 2016 — 7:00pm - 8:00pm  
Presented by Katie Pearson, Program Coordinator, Friends of Fish Creek

Join us for an evening all about the small creek after which our park was named! In this talk, we will explore how various land uses have affected the creek's water quality over the years. From 2007 to 2013, the Friends worked with volunteers and community organizations to test the quality of the water in the creek. We will share the results of the Friends of Fish Creek Water Quality Monitoring Program and highlight the people and organizations that helped turn this dream into a reality.

### Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm  
Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire

area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

### Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016  
Registration at 6:30 pm, Meeting starts at 7:00 pm  
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend, or visit [www.friendsoffishcreek.org/event/agm](http://www.friendsoffishcreek.org/event/agm)

### Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm  
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the third annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek! For more info, please visit [www.friendsoffishcreek.org/event/fccuf](http://www.friendsoffishcreek.org/event/fccuf).



## Calgary Reads: Writings about Reading

### Family Literacy - it only takes 15 minutes of fun!

January 27<sup>th</sup> is **Family Literacy Day** across Canada and we hope you'll take part in literacy-building activities with the children in your life! Just 15 minutes a day can help develop long-lasting literacy skills in children and strengthen the literacy skills of adults too.

Spending time reading, talking, singing and playing together helps parents and caregivers build positive, strong bonds with their children.

### Here are some fun ways your family can mark Family Literacy Day:

#### • How was your day today?

Have your child write notes (sticky notes are always a big hit) or keep a journal about their day . . . and you do the same. Note fun things and new experiences. Then share the updates with each other in the car, on transit, during dinner or when getting ready for bed.

#### • Have a game night to celebrate Family Literacy Day

Gather your family's favourite board games and decide which ones to play. Take turns reading the instructions, game cards or keeping score. Perhaps decide to make game night a weekly event. It's a great way to come together and build skills while having fun!

#### • Build an obstacle course

Engage the whole family in building an obstacle course in the family room or a spot like the basement. Use pillows, furniture, toys etc. Then together, draw and label a map showing how to navigate the course.

#### • Lights out, talk on!

After bedtime stories with your child, turn off the lights and stay and chat. Take turns making up new endings for the stories you just read . . . or come up with ideas for the character's next adventure!

Thanks to ABCLifeLiteracy.ca for the fun ideas adapted here.

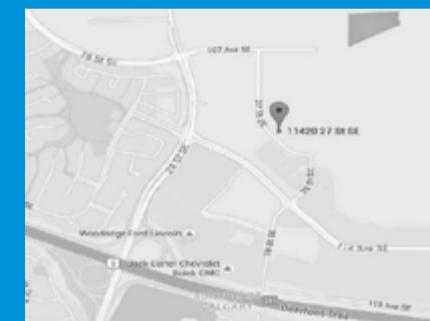
For lists of great children's books by age and resources to help your child develop critical literacy skills and a joy of reading, visit [calgaryreads.com](http://calgaryreads.com).

## MEDICAL CLINIC



**PrimeCARE**  
Health

**Douglasglen**  
Suite 123, 11420 27 Street SE  
Calgary, AB T2Z 3R6



**Doctors accepting new patients**  
**Walk-ins Welcome**

**Physical Therapy**

**Massage Therapy**

Monday to Friday 7 am - 7 pm  
Saturdays 9 am - 4 pm

**587.318.0740**  
**primecarehealth.ca**



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

### January 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.)

**A new session of registered programs starts in January 9 – check the Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca).**

### Price Freeze

• Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

### Adults

• Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.



### Alberta Storage Place Ltd.

Safe, Convenient, and Secure Self Storage

- Heated and Unheated
- Business and Household
- RV, Boat and Yard
- All Ground Level Units

4046-96 Ave. S.E.

Calgary, Alberta T2C 4R5

☎ 403-503-0738

✉ [info@astorage.com](mailto:info@astorage.com)

[www.albertastorageplace.com](http://www.albertastorageplace.com)

- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

### Older Adults

• Registered 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!

### Families

- Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; non-members \$3 per person.

### Children & Youth

• Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

**LOSE WEIGHT WITH THE HEALTHIEST COFFEE ON THE PLANET!**

**Great for:**

- Controls appetite
- Regulates sugar absorption
- Regulates fat absorption
- Promotes brain health and focus
- Elevates mood
- Antioxidant
- Increases energy
- Dramatically reduces sugar cravings & TASTES AMAZING

To get your Prevail SlimRoast or try other Valentus products, come to The Natural Flow to Health 309-11488-24 St SE (Douglas Dale) 403-235-3025 or [www.myvalentus.com/naturallyslim](http://www.myvalentus.com/naturallyslim) or [www.valentusmovie.com/naturallyslim](http://www.valentusmovie.com/naturallyslim)



# PROGRESSIVE DENTAL

[www.pppd.ca](http://www.pppd.ca)

Sedation Dentistry  
Cosmetic Veneers  
Whitening  
General Dentistry

Crowns/Bridges  
Implants  
Oral Surgery

Orthodontics  
Invisalign™ ( Invisible Braces)  
TMJ and Sleep Apnea  
Children Welcome

Do you lose sleep at the thought of a visit to the dentist? You are not alone. Try Sedation Dentistry!

### McKenzie Location

Dr. Hans Meyer  
General Dentist

618- 4600 130<sup>th</sup> Ave. SE  
(in front of the Keg Restaurant)  
403-264-6909  
[southtrail@pppd.ca](mailto:southtrail@pppd.ca)



### Sundance Location

Dr. Robert Phan  
Dr. Justin Palmer  
General Dentists

47 Sunpark Drive SE  
403-256-6666  
[sunpark@pppd.ca](mailto:sunpark@pppd.ca)

Financing Options Available

# The Banks of the Elbow River:

## An Artist's View



About 25 years ago, Calgary artist William Duma, weakened by a bad bout of pneumonia, found himself searching for river scenes to paint closer to home. The natural stretches of our inner-city, lower Elbow River were just the inspiration he needed to aid his recovery. Bill, the son of a coal miner, grew up in the Crowsnest Pass and his lifelong love of fishing meant that Alberta river scenes were part of his psyche.

"One of the areas that have inspired my interest for painting has been the banks of the Elbow River. This has been an on-going project for the past 25 years. The stretch of river from below the Glenmore Dam to where it empties into the Bow River is an inner-city oasis, where one can find relief from the congestion and noise of the city. Unfortunately, the flood of 2013, together with the snow storm of 2014, has done major damage to the banks as well as the trees and shrubs that line the river. This body of work has become even more poignant as much of the landscape has dramatically changed. Hopefully, with our help and nature's self-healing capacity this peaceful area will be available for future generations to enjoy."

Duma's stunning paintings depict the river, its banks, the crisp snow, and dappled foliage in ways that are so familiar to anyone who walks the river pathway system. He is particularly adept at capturing the nuances of light and colour in his fall and winter scenes. Bill's com-

positions are notably devoid of the human element, thus conveying that sense of calm, quiet beauty that the river offers. With the trees stripped of their foliage, his charming winter scenes express a purity of form not possible in the other seasons.

"Having a love of nature and her many moods, I would like to convey this feeling in my painting in hope that others might find the same enjoyment: but also be stimulated into looking deeper within, where intimate moments with nature cause an inner awareness and we sense the integral relationship of nature, the universe, and humanity."

William Duma, RCA, was born in Calgary in 1936 and graduated from the Alberta College of Art in 1962. His landscape paintings are widely exhibited and found in collections throughout North America and Europe. Trout Unlimited Canada honoured him as Artist of the Year. Works from his fall 2015 show: "Banks of the Elbow River" are available Wallace Galleries (500 - 5th Ave SW) and may be viewed on-line at [www.wallace-galleries.com](http://www.wallace-galleries.com).

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



## Bohemian Waxwing: Visitor from the North

By: Katie Fisher

Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the

winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest

to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.

### DISCOVER THE GENIUS WITHIN

ENROLL YOUR CHILD TODAY AT:

UCMAS CALGARY (SE)  
Unit # 110D, 3506 118 Avenue (SE), Calgary T2Z 3X1

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

**A BRAIN-BOOSTING PROGRAM FOR CHILDREN TO BUILDING LIFELONG SKILLS**

FOCUS  
MEMORY  
MASTERY OF MENTAL MATH  
ACADEMIC PROFICIENCY  
CREATIVITY

Registrations Open For Various Batches  
Friday, Saturday & Sunday

ONLY A FEW OF THE REASONS TO JOIN UCMAS  
Today's Global Leader in Mental Math and Abacus Education with 2 million children trained worldwide.

BRIGHTEN YOUR CHILD'S FUTURE WITH

**UCMAS**  
MENTAL MATH SCHOOLS  
DISCOVER THE GENIUS WITHIN®

[www.ucmas.ca](http://www.ucmas.ca)

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

**COME JOIN US**  
**Happy Hour 2pm - 6 pm every day!**  
Check us out at [www.muldoons.ca](http://www.muldoons.ca)  
for UFC & Band Line ups

**515, 4916 130TH AVE SE | 403-262-5505**  
130th and DEERFOOT SOUTH BETWEEN SUPERSTORE AND HOME DEPOT

## Chicken & Gnocchi Dumplings

January is all about comfort food and ease of preparation. After the holidays, you can take break but you don't have to sacrifice the taste.

Get all the flavors of chicken and dumplings without having to make the dumplings when you use gnocchi in their place.

**Makes:** 4 servings      **Serving Size:** 2 cups  
**Active Time:** 40 minutes      **Total Time:** 40 minutes

### INGREDIENTS

- 1 16-ounce package shelf-stable gnocchi
- 1 cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper, divided
- 2 cups diced carrots
- 1 cup sliced celery
- 1 medium onion, diced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 3/4 cups low-sodium chicken broth

### DIRECTIONS

Bring a large saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

Meanwhile, toss chicken with flour in a bowl until coated. Heat 1 tablespoon oil in a large skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the chicken to a plate.

Add the remaining 1 tablespoon oil to the pan. Add carrots, celery, onion, thyme and the remaining 1/4 teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, about 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.



# Bad Breath The Causes of Stinky Odors

If the thought of puckering-up for a smooch has you turning your cheek, it's time to tackle bad breath embarrassment. Everyone suffers from breath issues from time-to-time; especially after a head-cold or extra helping of that super garlicky meal. But ongoing odors signal the need to look at possible causes behind daily stinky breath.

### Does Everyone Deal With Bad Breath?

There are times in everyone's life when breath odors may be a concern. Illness can cause the pH balance of the mouth to change, drying out tissues and unbalancing the amount of healthy versus unhealthy bacteria. Some medications can also lead to issues with breath odors – resulting in people having to deal with unusual odors over the long-term. But if illness and medications don't feature in your life – what's the reason for your bad breath? The number one reason for whiffy breath is poor oral hygiene. A lack of dental hygiene leads to an environment that is over-run with bacteria that causes inflammation and releases sulfurous odors. Daily brushing and flossing is a patient's best defense in preventing bad breath – but for some individual's this daily ritual just isn't enough to address breath issues, as the

underlying cause(s) of dental decay, periodontal disease and oral infection require dental treatment.

### Decay and Disease Causes Bad Breath

**Dental decay, oral infections, and gum disease** all contribute to breath odor – and when these dental conditions go untreated the associated mouth odors only become worse. Decaying teeth, infections and gum disease not only emit odors but they can also cause an individual to have a permanent bad taste in their mouth. Seeing the dentist for treatment is the only way to fully treat bad breath that results from disease, as using mouthwash and breath mints merely masks the odors and enables the condition to deteriorate. **Gum and Periodontal Disease causes a patient to have bad breath due to the formation of deep pockets around the teeth that collect food debris, plaque and calculus.** The combination of rotting food particles and oral bacteria is the perfect recipe for irritated tissues and stinky breath. Maintaining regular dental cleanings is essential to preventing and treating gum related bad breath.

**Don't let bad breath make you turn away from life!**

**AVENIDA ART & FRAMING GALLERY**  
 Family owned since 1989

**20% OFF CUSTOM FRAMING**  
 Expires Feb 29/16

**Open Daily**  
[www.avenidagalleries.com](http://www.avenidagalleries.com)

**NORTH**  
 Market Mall  
 3625 Shaganappi Tr NW  
 Calgary, AB  
 403-286-9557

**SOUTH**  
 2, 625-77th Ave SE  
 Calgary, AB  
 403-278-3074

**Alberta Health Services**  
**Outstanding Family Physician Award**

Do you have an outstanding family physician?  
 Nominate today!

Nominations close on **March 1st, 2016**

To nominate, visit [www.albertahealthservices.ca/info/page4011.aspx](http://www.albertahealthservices.ca/info/page4011.aspx)  
 Call Zunaira Ahmad at 403-955-9354  
 or email to [Zunaira.Ahmad@ahs.ca](mailto:Zunaira.Ahmad@ahs.ca)

**Desert Sun Patios**

**VISIT OUR SHOWROOM**

**C8 - 6215 3rd Street SE  
 Calgary AB T2H 2L2  
 (403) 692-0820  
[www.desertsunpatios.com](http://www.desertsunpatios.com)**

**20% SALE ON WINTER INSTALLATIONS! FREE ESTIMATES**

**SUNROOMS • SCREEN ROOMS • PATIO COVERS • PERGOLAS**



HOME GARDENING WITH BARBARA

# DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

**Front Yard Gardens** – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

**Favourite Plants** – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

**The Flower Gardener's Bible** – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

**A Year In the Garden** – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

**The Calgary Gardener Vol 1 and 2** – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

**The Northern Gardener: Perennials that Survive and Thrive** - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

**No Work Garden** - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

**No Guff Vegetable Gardening** – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

*One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.*



COMPREHENSIVE AESTHETIC DENTISTRY

## Millennium Dental

is pleased to welcome

- Caring, gentle dedicated team
- Whiter, lighter, healthier family smiles
- Healthy Children Program
- Complete Smile Makeovers
- Laser Gum Therapy
- Snoring and Sleep Apnea Appliances

Dr. Munira Jivraj  
Dr. Salima Shariff  
Dr. Moez Lakhani



Warmly Welcoming New Patients

ZOOM! iTero invisalign CEREC



Dr. Veeta Maharaj to our team

Conveniently located @ Douglas Square - Deerfoot & 24<sup>th</sup> St SE  
403 236-4443 • www.millenniumdental.ca

**JACKSON & JACKSON**  
CUSTOMER SATISFACTION GUARANTEED

We specialize in  
Bathroom &  
Basement Renovations

- Flooring
- Tile
- Doors
- Cabinets & Counters

FREE ESTIMATES  
403.256.9282  
NO JOB TOO SMALL

**Shine**  
88.9 FM  
Safe & Fun for the Whole Family!

**FEBRUARY 16 TO 21  
THE WIZARD OF OZ**

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. [www.calgary.broadway.com](http://www.calgary.broadway.com)



**FEBRUARY 19 TO APRIL 24  
STAR WARZ-A GALACTIC  
ROCK COMEDY**

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. [www.calgary.jubilations.ca](http://www.calgary.jubilations.ca)



**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29

- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. [www.yychotchocolate.com](http://www.yychotchocolate.com)
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. [www.storybooktheatre.org](http://www.storybooktheatre.org)
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. [www.artsccommons.ca](http://www.artsccommons.ca)
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. [www.theatrecalgary.com](http://www.theatrecalgary.com)



1. **Don't be coy about your budget but do be realistic.** Make sure you do your homework, find out what is realistic by talking to friends who have done similar things. Tack on an extra 20% for those inevitable unforeseen issues. Your contractor should have regular meetings with you to keep you updated on the budget.
2. **Hire well and trust.** Choose someone who you connect with and can be honest with. In the early phases of the design stage, there may be options that are not perfect or that you may not have thought of. Having the conversation about what you like and what you do not like is important. Check Renomark and Alberta New Home Warranty for firms to interview.
3. **Details are crucial but start at the end.** As you get further into the process the details become more important so remember start at the end with the big picture and work your way down to the details.
4. **Renovate for the long term.** Make sure your renovation is up to date and save the trendy things for less permanent items such as accessories. Do it once, do it right and put as much quality as you can afford, but do not overbuild for your home.
5. **Always be appropriate.** Remembering to "start at the end", make sure your renovations will be **appropriate** for your lifestyle, **appropriate** for your budget, and **appropriate** for your house.
6. **Have fun!** I hope these tips help make your renovation journey enjoyable. Remember renovations are done by human beings and human beings can make mistakes. Be patient; Trust your team to make anything that goes wrong (and it will), right.

By Lynn Donaldson

RBC Dominion Securities Inc.

LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-30701-980-031

**PLUMBER**  
*PLUMBOB For All Your Plumbing Needs*

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Mark: **403.862.3973**

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

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

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Douglasdale and Douglas Glen. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

**INTERIOR RENOVATIONS - BATHROOMS, KITCHENS, BASEMENTS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit [www.bigcitydevelopments.com](http://www.bigcitydevelopments.com) to view some of our completed projects, then call 403-612-8220 for a free consultation.

**CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:** We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit [www.calres.ca](http://www.calres.ca).

**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](http://www.communitymediation.ca), 403-269-2707.

**TIMELESS CUSTOM PICTURE FRAMING:** In house Douglasdale studio. Wide selection of frames for your home or office. Archival materials for a longer art life. For an appointment call Dale at 403-236-9496.



**CHEAPEST RATES IN TOWN**

- 24/7 Furnace repairs
- Preventative maintenance
- Humidifier installs
- Furnace installs
- Furnace Inspections

**SOLID ROCK HVAC SERVICES**  
587-894-4822

**CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email [brian@customcraftpainting.ca](mailto:brian@customcraftpainting.ca). website: [www.customcraftpainting.ca](http://www.customcraftpainting.ca).

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kind of interior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit [www.calgaryabpaintingservices.ca](http://www.calgaryabpaintingservices.ca). Thank you.

**VIBRATION THERAPY TREATMENT FOR SUFFERERS OF:** osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. [Spicewellnesscalgary.ca](http://Spicewellnesscalgary.ca), 403-698-6892.

**K2 BOOKEEPING:** 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.

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**GOT TREES?** King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at [www.kingcoletreecare.ca](http://www.kingcoletreecare.ca).

**CERTIFIED GEL NAIL ARTIST:** Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca).

**PRIME LANDSCAPING:** Providing top quality landscape maintenance and construction to south Calgary. Now booking snow removal for 2015-2016. Prices set as a flat monthly fee for unlimited visits. Contact us for free estimate, prices vary depending on project size and complexity. Call 403-333-1600 or e-mail [info@primelandscaping.ca](mailto:info@primelandscaping.ca). We are ready to get your job done.

**NEW SETON CLINIC ACCEPTING FAMILY PRACTICE & WALK-INS:** 19665 Seton Way SE (Inside Seton Superstore). To pre-register please visit our website: [www.vineyardmedicalclinic.com](http://www.vineyardmedicalclinic.com). Vineyard Medical Clinic Seton hours: Monday Friday 8:00 am 8:00 pm, Saturday 10:00 am 4:00 pm, closed Sundays.

**ESSENTIAL OILS FOR WELLNESS:** Meet your wellness goals the natural way. Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

**WE CLEAN YOUR HOME FROM TOP TO BOTTOM:** ensuring nothing is overlooked by providing a detailed cleaning list that caters to your home and expectations. At Vision Cleaning you're not just another customer, you matter to us. Whether it's your home, office or job site cleaned weekly, bi-weekly, monthly, or just a one-time clean, we can meet your needs. Contact Jen today at 403-478-8794.

**GAILS CUSTOM JEWELRY:** is a Calgary based online store that sells one-of-a-kind custom bracelets, earrings and necklaces. Each piece is made with the idea of being one-of-a-kind and created with the highest quality workmanship. My online store is at [gailscustomjewelry.com](http://gailscustomjewelry.com) and you can contact Gail at 403-660-5431.

**HAPPY NEW YEAR**

**MR. SPONGE AUTO SPA**

- In-Out wash
- Express Detail
- Full Detailing

403.235.2400

**SOUTH POINTE BOTTLE DEPOT**

403.726.9300 | #509, 5126 126 Avenue SE  
(Behind Home Depot on 130th Ave. SE)

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

FIND SOLUTION ON PAGE 22



# Keep Your Paws Warm!

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.



Sunlight at your command.

**\$500 Rebate**  
when you purchase<sup>1</sup> Silhouette<sup>®</sup> with PowerView.<sup>™</sup>

HunterDouglas Gallery

Mention this ad and receive no GST on your order.

**A family business proudly serving Calgary and area for over 3 generations.**

- Drapery
- Blinds
- Custom Furniture
- Colour & Design Consulting
- Upholstery
- Bedding

Creative interiors

**403-271-0580**  
630, 12100 Macleod Trail, SE Calgary  
www.CreativeInteriorsCalgary.com

Offer runs from January 1st to April 30th, 2016.  
<sup>1</sup>Purchase a minimum of 4 Silhouette<sup>®</sup> with PowerView<sup>™</sup> and receive a \$500 rebate and an extra \$100 for each additional shade purchased or purchase a minimum of 4 Silhouette<sup>®</sup> with UltraSlide<sup>™</sup> and receive a \$250 rebate and extra \$50 for each additional shade purchased. Valid at participating retailers only. The rebate will be issued in the form of a Hunter Douglas Prepaid American Express<sup>®</sup> Gift Card. THE PROMOTION CARD is a trademark of The Hunt Group. All Rights Reserved. THE PROMOTION CARD is a Prepaid American Express<sup>®</sup> Card issued by Amex Bank of Canada. <sup>™</sup>Used by Amex Bank of Canada under license from American Express. For full details, visit hunterdouglas.ca.

## ABOUT PAINTING

**Professional, Reasonable & Reliable**

20+ Years Experience - Free Estimates & Advice

### Interior Painting

- Cabinet Spraying
- Wood Staining
- Spray Painting
- Ceiling Painting

**ALL WORK FULLY GUARANTEED  
2 YEAR WARRANTY**

**403-239-9022**

www.aboutpainting.ca

# TOT SPOT

## NURSERY SCHOOL

Meaningful curriculum | Large gym facility  
Varied play opportunities | Special events  
Parental participation | Caring, Experienced Teachers |  
Bright, spacious classrooms

**- REGISTRATION STARTING JANUARY 18  
FOR SEPTEMBER 2016 -**

**Call Marilyn 403 278-2608**  
Located in the Bonavista Baptist Church  
1507 Acadia Drive SE

Located in Lake Bonavista since 1977

# IN & AROUND CALGARY

## EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



**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 New Year Ward 12! 2015 was certainly a memorable year for southeast Calgary, and 2016 will be just as exciting!

### City of Calgary Secures Funding for Green Line LRT

On December 14, 2015 Council made the decision to fund one-third of the project costs for the Green Line LRT. Council had previously dedicated \$52M over 10 years to the Green Line. On December 14 I was very proud to take the lead on a Notice of Motion that extended that commitment from 10 years to 30 years. Through this mechanism The City of Calgary is able to dedicate \$1.53B to the Green Line LRT without any tax increases on Calgarians.

### Ward 12 Open House

Want to find out what will be happening in Ward 12 in 2016? Join me and representatives from the City of Calgary for the annual Ward 12 Open House on Thursday, January 28, 2015. This year we will be at the Mahogany Beach House, 29 Masters Park SE. Every year I ask departments from the City of Calgary and community stakeholders to join me and answer questions that residents may have about the future of their communities. Drop in and say hello!

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

## Dr. Shamshudin (Sam) Kherani



**IS BACK TO SERVE THE  
CALGARY COMMUNITY**  
AFTER HIS TERM AS CLINICAL  
DIRECTOR AT A DENTAL  
CONTINUING  
EDUCATION INSTITUTE

**403.263.0055**

228 - 339 ASPEN GLEN  
LANDING S.W.  
CALGARY, AB - T3H 0N6  
(IN THE ASPEN HEALTH CLINIC - 2ND FLOOR)

[WWW.ASPENLANDINGDENTAL.COM](http://WWW.ASPENLANDINGDENTAL.COM)

**NOW  
OPEN**



**FAMILY MEDICINE  
WALK-IN CLINIC**

**NO WAITING TIME**

**Dr. Dapo Olayiwola,**  
MBBS, DRCOG, MRCGP, DFRSH, PGDipDerm  
**Dr. Matthew Onyekweli**  
MBBS, DFFP, MRCOG  
Female Doctor Available Weekend Only



**OPENED:**

Monday to Friday: 9am - 7pm  
Saturday: 10am - 5pm  
Sunday: 11am - 3pm

Address: #4, 20 Douglaswoods Dr SE **TEL: 587-471-9467**  
You can book online at [www.douglaswoodfamilymedicine.ca](http://www.douglaswoodfamilymedicine.ca)

# MEREDITH & ANNE L I S T E R

*A Strong Foundation for Success*



**Cranston \$557,500**



**2016**  
DAY  
PLANNER

COMPLIMENTS OF

**MEREDITH & ANNE  
L I S T E R**  
*A Strong Foundation for Success*

**Please order your  
FREE 2016 DAY PLANNER  
by contacting us  
today!**

**Call us for a FREE Home Market Evaluation today!**

**“The Listers”**

Meredith Lister, B.A., B. Comm.

Anne Lister Certified Condo Specialist

REALTORS®

mail@thelisters.ca

**“Helping You is What We Do”**

**403-669-2820**

**www.thelisters.ca**

**ROYAL LEPAGE**

**FOOTHILLS**