

FEBRUARY 2017

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MAHOGANY messenger

THE OFFICIAL HOMEOWNERS ASSOCIATION NEWSLETTER



MAHOGANY
HOMEOWNERS
ASSOCIATION



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CUPE

Calgary's city employees

Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey

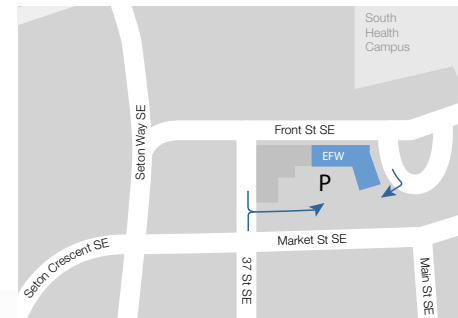
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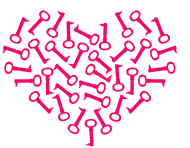


VISIT US: 400-100 Auburn Meadows Dr. SE

We look forward to serving the community of Auburn Bay & Mahogany.

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Katrina Jackle
INDEPENDENT DESIGNER

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For more information, contact Matt Entwistle at 403-931-3171 ext. 115 or matt@priddisgreens.com; or visit our website at PriddisGreens.com

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- **Welcome to Dr. Laura Huber who is now accepting patients in her family practice.**

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The Sundance Clinic

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South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5

Calling All Neighbours!

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

CONTENTS

8 MAHOGANY BEACH CLUB REMINDERS

9 MAHOGANY PHOTO THROW DOWN

10 MAHOGANY BEACH CLUB INDOOR RENTAL RATES

12 VOLUNTEER VOICE

16 CALGARY WILDLIFE: THE COMMON REDPOLL

18 SUNDANCE SCHOOL

19 TAKE CONTROL OF YOUR HEART HEALTH

21 SOUTH HEALTH CAMPUS (SHC) WELLNESS CENTRE PROGRAMS

25 COUNCILLOR SHANE KEATING'S REPORT





MAHOGANY HOMEOWNERS ASSOCIATION

29 Masters Park SE, Calgary, AB, T3M 2C1
 Phone: 403 453 1221 • Fax: 403 474 1202
 Hours of Operation: 9am to 10pm Daily

Delivered monthly to 2,600 households and businesses

Editorial Submissions

aramsay@mahoganyhoa.com
 All editorial content 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 Mahogany Homeowners 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

MAHOGANY

HOMEOWNERS ASSOCIATION

29 Masters Park SE, Calgary, AB, T3M 2C1 • Phone: 403 453 1221 • Fax: 403 474 1202
 Hours of Operation: 9am to 10pm daily

CONTACTS

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Facilities Manager	Jeff LaPointe	facilitymanager@mahoganyhoa.com
Indoor Bookings		info@mahoganyhoa.com
Programs		admin@mahoganyhoa.com
General Enquiries		reception@mahoganyhoa.com

Do You Have Your Membership Card?

All residents age 12+ must have their membership card to access the Mahogany Beach Club, including registered programs and Preschool. Stop by the MBC to have your picture taken and get your card today! Please bring your Certificate of Title or photo

ID showing proof of residency. Tenants must bring in their lease agreement.
 Website: www.mahoganyhoa.com
 Facebook: <https://www.facebook.com/mahoganyhoa>
 Twitter: <https://twitter.com/mahoganyhoa>

2017 Mahogany HOA Fees

2017 HOA Membership Fees were emailed to Primary Homeowners mid-November. Debit or Cheque payment will be accepted at the office daily from 9am to 10pm, except for holidays. Cash pay-

ments are not accepted. Residents may pay by Visa or Mastercard via the Member Web Portal. If you are not currently signed up for the Web Portal, please contact the office.



There's More in Mahogany!

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website:

www.mahoganyhoa.com/events



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New Program Ideas?

The HOA is planning the Winter and Spring Programming sessions. If you have any talents you would like to share with the community or programs you would like to see offered, please contact us at admin@mahoganyhoa.com

Mahogany Beach Club Reminders

Park and Lake Reminders

- All members, age 12 years and over, must bring their membership card each time they wish to access the park, lake and Mahogany Beach Club – not just one card per family.
- Children under 12 years of age are not permitted in the park without an adult.
- Pets are not allowed at the MBC facility or parks.
- Smoking, alcohol or glass containers are not permitted in the parks.
- Only charcoal briquettes may be used in the barbecues.
- Members assume full responsibility for their guests and must be present in the park at all times while their guests are using the facility.
- Lending your membership card to another person is prohibited.
- Members are limited to a household maximum of 8 guests per day.

Fishing

Ice fishing holes must be made by a hand powered auger, no larger than 8 inches in diameter. The MHOA does not provide ice augers. No live bait is permitted. When ice fishing, please advise the office by checking in at the Beach Club office with your membership card.

Tennis Courts

The Tennis Courts are closed for the season and will re-open in spring.

Hockey Rink

With the fluctuating weather, occasional closures may be necessary. Please check the website or Facebook page for up to date information on the rink status.

Gym

The gym closes daily at 9:45PM. All drop in groups must be out of the building no later than 10PM.



Mahogany Photo Throw Down

Got some great photos to share with us? Enter Mahogany's Photo Throw Down on Facebook.

Watch for the entry then post your best photo(s) of the month. The winner, as determined by Facebook likes, gets a fabulous \$25 gift card. We live in a beautiful neighbourhood – show us the very best of Mahogany!



Winter in Mahogany

LAKE SKATING and ICE HOCKEY - This year we will have a pleasure skating rink and an ice hockey rink located at the West Beach. The Mahogany Beach Club lake rink will be dedicated to pleasure skating only. The boarded rink located at the Main Beach Club is intended for hockey use only. The fire pits located at each beach location are open.

TOBOGGANING - The hill located across from the fishing dock may be used for tobogganing during park hours.

2017 Fees



Mahogany HOA Encumbrance fees are now overdue. To avoid further interest or administrative fees, please visit the Mahogany Beach Club or pay online on the Member Web Portal.

MAHOGANY™ — BEACH CLUB —

Indoor Rental Rates

Room	Member	Non-Member
Banquet	\$64.00/Hour	\$80.00/Hour
Studio 1	\$34.00/Hour	\$45.00/Hour
Studio 2	\$34.00/Hour	\$45.00/Hour
Flex Room 1	\$38.00/Hour	\$50.00/Hour
Flex Room 2	\$38.00/Hour	\$50.00/Hour

Please call 403.453.1221 or email info@mahoganyhoa.com for further information and to book a rental.

*Non-member rates available.

Rental Packages	Member Rate*
Wedding Package A – Saturdays from 9:00am–1:00am	\$1,168.00
Wedding Package B – Friday 6:00pm–10:00pm & Saturday 9:00am–1:00am	\$1,360.00
Wedding Package C – Saturday 9:00am–1:00am (Outdoor Ceremony & Indoor Reception)	\$1,410.00
Birthday Party Package – 3 hours in Studio 2 and exclusive Gym use	\$140.00



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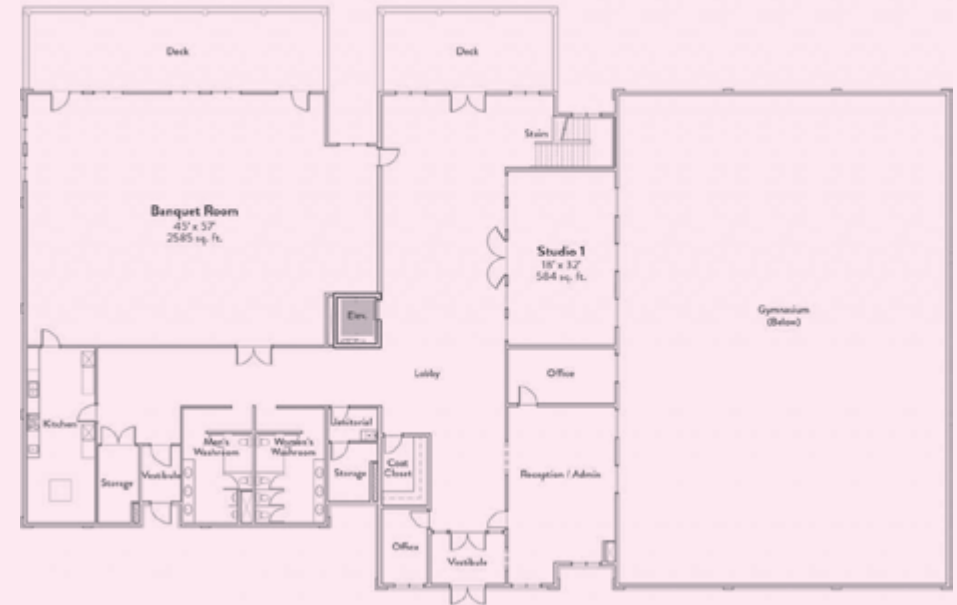
Dr. Carol Patton D.D.S.
Dr. James Park D.D.S.

McKenzie Towne Centre (Opposite to Brewsters)
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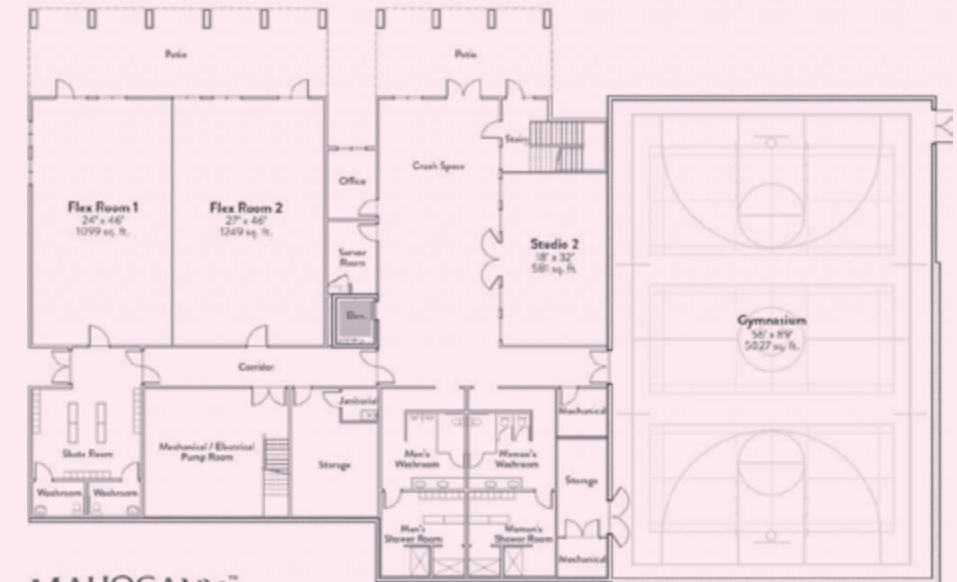
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VOLUNTEER VOICE

From the Editor

Every month it's my pleasure to bring you up to speed on what the Operations and Social Committees of the Mahogany Home Owners Association (MHOA) are doing. We would love to get some feedback from you, readers of this column and residents of Mahogany. Please share your thoughts, comments, feedback, and suggestions with me at communications@mahoganyhoa.com.

The goal of the Operations and Social Committees is to ensure the voice of Mahogany residents is heard. We are always looking for members of the community to join us, bringing experience, insight, commitment and passion in aligning to make this great community even better. Want to get involved? Just email the operations, social or volunteer chairs for information on how you can help:

Operations: chairmanoperationsvc@mahoganyhoa.com

Social: chairpersonoperationsvc@mahoganyhoa.com

Volunteers: volunteers@mahoganyhoa.com

Dawn McKay

Editor, Volunteer Voice, Mahogany Minute

Volunteer Profile

This month's profile on an active Mahogany volunteer is our hardworking Vice Chair Kristy O'Grady. For suggestions on who to profile in upcoming issues, please email me at communications@mahoganyhoa.com.

Position with the HOA -Vice Chair and Volunteer Facilitator

How long have you lived in Mahogany - 4 years

Your job in real life -Airborne Imaging Data Analyst

Family -Husband Paul and 2 boys Hunter and Lucas, a.k.a. trouble and more trouble.

What is your favourite thing about living in Mahogany? -The pathways and wetlands. Endless possibility for family fun

If you could have a super power what would it be? Teleportation. I would be on a beach directly after work and never have to drive in traffic again. Good-bye Deerfoot.

Communications Sub-Committee

Did you know Mahogany has a sub-committee on the MHOA dedicated to communicating upcoming events, increasing awareness of what's going on in the community, and basically raising awareness of the MHOA in the community?

The Communications team is a small group of people who are responsible for:

- newsletters in two community publications,
- communications between the HOA, the developer, the board and the Mahogany admin team
- arranging signage for upcoming events
- posting content and photos prior to and after events on social media
- ensuring event information gets to the right people for publication in all media channels
- arranging branding and images to ensure consistency and timeliness in all publicity
- website management, considering content freshness, accuracy, and consistency with blogs and event calendars
- attending a monthly meeting to stay up to date and focused on timelines

The communications sub-committee works closely with the Executive Committee and the Mahogany admin team and is looking for some more committed folks to join the group.

January Events

Scheduled January events, involving a lot of prep time from our organizing committees, the support of our sponsors and the efforts of our volunteers were the Winter Celebration and the 3 on 3 Pond Hockey on January 28. What a great way to celebrate our winter culture with activities centered around the Main Beach Club, the ice rinks and – of course – the lake. Look for photos in upcoming columns and on Facebook.

Children's Used Toy and Clothing Sale

The Community Support committee hosted a Children's Used Toy & Clothing Sales in October.

~continued on page 14~



Sharing books and loving feelings!

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

Three ways you might celebrate International Book Giving Day:

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

Our Favourite Book of the Month

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

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



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

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

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

MAHOGANY

HOMEOWNERS ASSOCIATION

Mahogany HOA 29 Masters Park SE Calgary, AB T3M 2C1
P 403.453.1221 F 403.474.1202

Birthday Party Package

Celebrate your birthday with exclusive access to the Gymnasium as well as Studio 2!



Birthday Package (Members)	Birthday Package (Non-Members)
Gymnasium	Gymnasium
Studio 2	Studio 2
Total: \$140.00	Total: \$170.00
*Maximum 35 people	



You are more than welcome to use the sports equipment. All other equipment must be non-marking. No food or drink permitted in the gymnasium. Non-marking indoor shoes must be worn in the gym. Your party is restricted to the rental space as indicated above.

VOLUNTEER VOICE CONT'D

This event was a big success and will be back by popular demand on Saturday, March 11. Tables will be available for reservations February 1st by contacting communitysupport@mahoganyhoa.com

The price to rent a table is \$20 for members and \$30 for non-members. With our last event, all tables were booked well before the actual event so we encourage early registration!

Job Fair

Job seekers, MARK YOUR CALENDARS for Mahogany's first Job Fair on Saturday, March 4 from 12 – 4, at the Main Beach Club. If you are a business owner (or HR personnel) of a local business seeking applicants to join your team, contact Chris Thurber to book a table: chairpersonoperationsvc@mahoganyhoa.com. The fee to book a table is \$100, but a \$50 discount will be offered to HOA sponsors. Interested in sponsorship? Contact sponsors@mahoganyhoa.com for information.



Easter Event

It's not too early to start thinking about joining this year's Easter Event, at the Main Beach Club on Saturday, April 8. This annual event, free for the whole family, will include activities and refreshments, and will run from 10 a.m. – 12 p.m.

Family Game Night

Looking for some family friendly fun to kick off your weekend? Come to Family Game Night, Friday, February 24th from 6 – 8 p.m. in Flex Room 2. Snacks, drinks, and games will be provided but members are welcome to bring their own games!

2017 Calendar of Events

Our MHOA has been extremely busy in 2016 filling vacant positions, creating processes, and reaching out to volunteers, sponsors, and residents to build a better community. As a result of these actions we have a very exciting calendar of upcoming events. For 2017, look forward to:

Family Game Night	Feb 24
Job Fair	March 4
Children's Used Toy and Clothing Sale	March 11
Easter Celebration	April 8
Family Fun Run	May 27
Blue Water / Green Earth & Safety Day	June 3
Kids' Drive-In Movie	June 16
Canada Day celebration	July 1
Beach Blaster	July 22
Movie Under the Stars	Sept 16
Fall Fish Release	Oct – date to be determined
Halloween Howl	Oct 28
Ma-Zombie Run	Oct 28
Christmas Market	Nov 18
Parade of Lights	Dec 17

Volunteer Opportunities

Mahogany cannot function as a cohesive, vibrant community without the many, many volunteers who work to bring you programs and events, as well as liaise with various organizations to advocate on behalf of the community and its residents. If you would like to have a say, be more involved, get to know your neighbours, please consider volunteering with the HOA. There are open positions on many of the subcommittees and we specifically need chairs for the Schools and Transit subcommittees. Additionally, our Volunteer Facilitator is seeking someone to assist or take over that position. Please reach out to the following if you are interested.

- **Schools**
contact chairpersonoperationsvc@mahoganyhoa.com
- **Transit**
contact chairpersonoperationsvc@mahoganyhoa.com
- **Volunteer**
contact chairpersonsocialvc@mahoganyhoa.com

~continued on page 17~



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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.

SUNDANCE ANIMAL HOSPITAL

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403 254-9698

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VOLUNTEER VOICE CONT'D

Discussion Group

Have you heard of Mahogany's Discussion Group? Their most recent meeting was January 29th with the next meeting planned for March. It's a great opportunity to discuss a specific topic with your fellow Mahogany residents in a casual setting. For more information, reach out Laura Rachiele, laura.rax@shaw.ca.

Dinner Club

Mahogany's vibrant Dinner Club has five different groups who meet every two months to share great food, great conversation and a great time. We are looking at expanding that to include family groups. Interested in checking it out? Please contact Patricia at dinnerclub@mahoganyhoa.com.

Lake Conditions

As always, we as members are responsible for checking

the MHOA website www.mahoganyhoa.com on a regular basis for current updates on lake conditions, and also respecting cautionary signage at all times. For further questions, please contact info@mahoganyhoa.com.

Sponsor Thank You!

As always, our sponsors are a big reason the events put on by the HOA are as successful as they are.

Our current sponsors, who provide significant support and resources, are:

- Tim Horton's
- Save On Foods
- Mike Burton Home Team / Tim Lacroix Mortgage Specialist
- Prestige Dance Academy
- South Pointe Toyota
- Mi-Box Moving and Mobile Storage
- Redemption Handiworks

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<p>Website: Northgateinsurance.ca For mobile service in Mahogany call 403-248-3333</p>			

Accountant
Stanley Doherty, CPA, CMA
 #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
accountingservicescalgary.net
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587-955-9399
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 Setondental@telus.net, setondentalwellness.ca
 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.

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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.



Take Control Of Your Heart Health

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

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

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

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

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

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

Choose to not smoke
 Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.
 Reduce Stress

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

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

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



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Heart & Stroke

Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at heartandstroke.ca

South Health Campus (SHC) Wellness Centre

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

SHC Community Gardens – Community Engagement Invitation

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

Wednesday, February 8, 2017 6:00-8:00pm
The Cove (across from Good Earth Café)
South Health Campus, 4448 Front Street SE
Questions? Contact April at april.matsuno@ahs.ca or 403-956-3932.

Heart at Play: Raising Heart Healthy Families

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

- What to expect:
- Heart pumping activities
 - Delicious cooking demos
 - Q&A time with healthcare providers
 - Blood pressure checks
 - Healthy lifestyle information
 - And more FREE family fun!

EMOTIONAL WELL BEING Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

February 3 12:15-1:15pm

February 23 6:30-7:30pm

Happiness Basics

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

- Understanding Anxiety**
February 8 10:00am-12:00pm (women only)
- HeartMath**
February 22 10:00am-12:00pm
- HeartMath Practice Session**
February 27 3:00-4:00pm
- 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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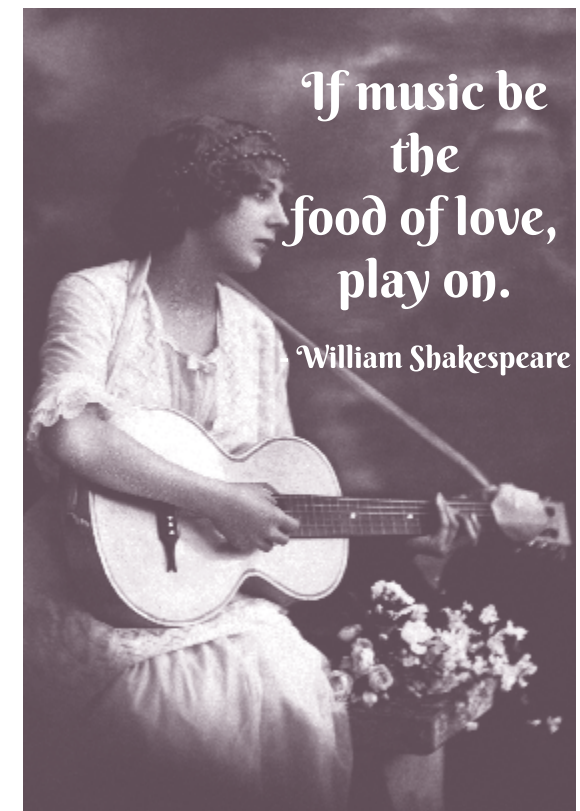
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Mahogany mybabysitterlist

Name	Age	Contact	Course
Kyla	14	587-215-9983	Yes
Brynn	15	403-278-6855	Yes
Taylor	19	902-940-3122	Yes
Mursal	20	403-827-9882	Yes
Shannon	25	403-614-2570	Yes
Lisa	28	506-721-8460	No
Carolin	52	587-580-6638	No
Taylor	19	902-940-3122	Yes


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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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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.



Mahogany Homeowners Association

29 Masters Park SE, Calgary, AB, T3M 2C1

Phone: 403 453 1221 • Fax: 403 474 1202

Last 12 Months Mahogany MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$536,900	\$516,000
November 2016	\$589,450	\$575,000
October 2016	\$539,450	\$528,410
September 2016	\$539,900	\$529,000
August 2016	\$559,900	\$552,500
July 2016	\$587,400	\$587,400
June 2016	\$509,900	\$490,000
May 2016	\$589,900	\$580,000
April 2016	\$527,400	\$510,500
March 2016	\$519,900	\$511,000
February 2016	\$503,375	\$499,375
January 2016	\$416,900	\$409,635

Last 12 Months Mahogany MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
November 2016	19	9
October 2016	19	14
September 2016	19	19
August 2016	27	17
July 2016	17	26
June 2016	24	25
May 2016	19	21
April 2016	34	16
March 2016	30	17
February 2016	24	8
January 2016	18	6
December 2015	14	10

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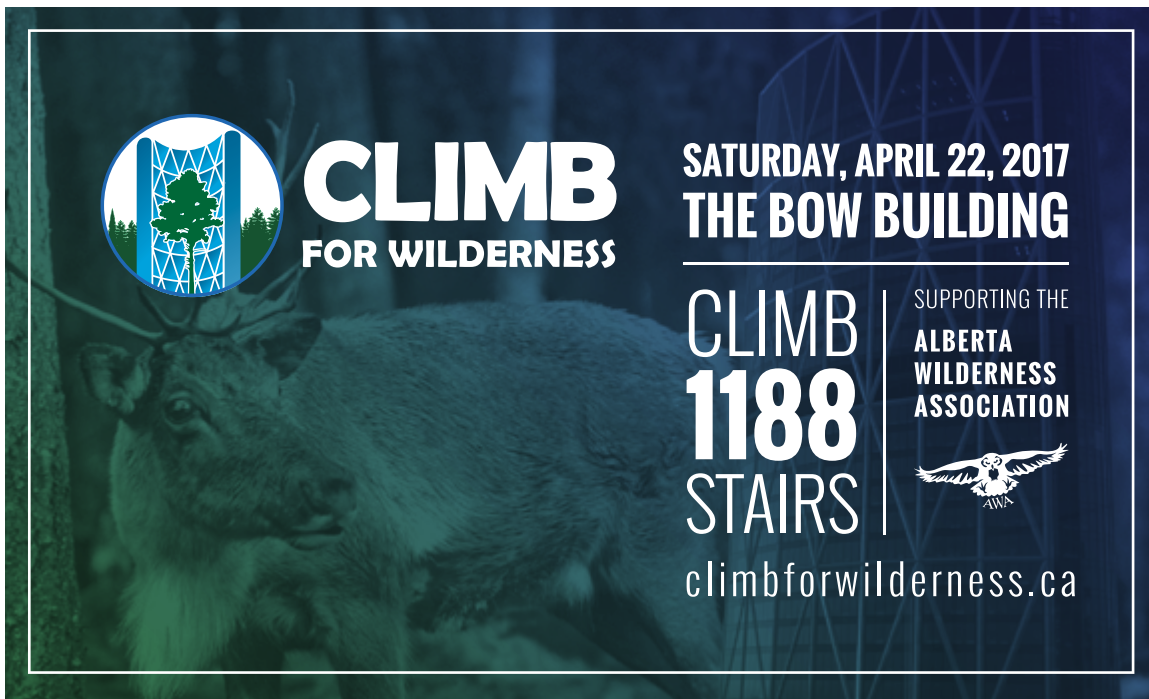
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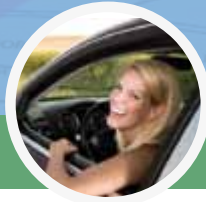
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