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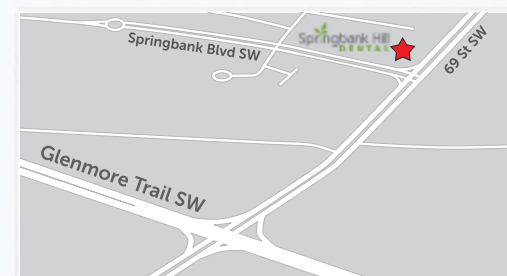
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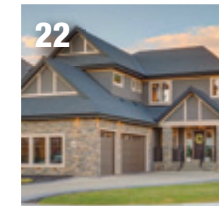
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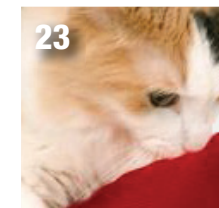
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ELECTED OFFICIALS



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6307 Bowness Rd NW
Calgary, AB Canada T3B 0E4
Phone: (403) 216-5400
Fax: (403) 216-5402
Email: calgary.bow@assembly.ab.ca

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

**IN & AROUND
CALGARY**

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack
(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk
Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It’s easy, inexpensive, and only takes a few hours.



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Springbank Ladies Time Out

Springbank Ladies Time Out invites new and returning members in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes, chat group and events are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW. We are a not for profit club supporting our community.

Winter 2017 Registration for January to May classes will be held Monday, January 16th at 9am to 11am at Eden Brook Reception Centre on a first come, first served basis. Some of the activities for the winter session include:

cooking demonstrations, painting, massage therapy, knitting, yoga, glass art, jewellery making, book club, as well as a drop-in weekly coffee and chat group.

Please visit our website at www.springbanklto.com for a complete list of class offerings as well as our 2017 winter events calendar. You can also follow us on Facebook at www.facebook.com/springbanklto to view photos of our past activities and to learn more about upcoming events. Why not try something new this winter? Have questions? Send us an email at springbanklto@gmail.com. We look forward to seeing you in the New Year!

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Springbank Hill Real Estate Update

Last 12 Months Springbank Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$919,900	\$882,888
November 2016	\$667,350	\$648,000
October 2016	\$733,500	\$703,500
September 2016	\$774,900	\$765,000
August 2016	\$939,000	\$885,000
July 2016	\$792,450	\$782,750
June 2016	\$769,950	\$762,250
May 2016	\$738,950	\$711,600
April 2016	\$819,900	\$795,000
March 2016	\$743,000	\$720,000
February 2016	\$724,000	\$696,000
January 2016	\$564,900	\$547,500

Last 12 Months Springbank Hill MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	4	5
November 2016	12	8
October 2016	18	12
September 2016	17	17
August 2016	21	8
July 2016	14	16
June 2016	28	20
May 2016	17	12
April 2016	19	11
March 2016	18	18
February 2016	20	7
January 2016	14	1

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

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Aspen Woods Real Estate Update
Last 12 Months Aspen Woods
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2,016	\$1,234,450	\$1,157,400
November 2,016	\$888,800	\$867,000
October 2,016	\$812,500	\$808,750
September 2,016	\$976,944	\$940,944
August 2,016	\$869,000	\$869,000
July 2,016	\$986,500	\$967,500
June 2,016	\$879,900	\$860,000
May 2,016	\$884,394	\$854,000
April 2,016	\$1,047,000	\$1,022,500
March 2,016	\$903,950	\$882,500
February 2,016	\$1,250,000	\$1,060,000
January 2,016	\$1,159,900	\$1,140,500

Last 12 Months Aspen Woods
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	1	8
November 2016	11	11
October 2016	14	6
September 2016	24	10
August 2016	10	5
July 2016	14	12
June 2016	14	15
May 2016	23	16
April 2016	19	14
March 2016	14	10
February 2016	15	9
January 2016	19	2

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

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3. Are you looking for a church where the Holy Spirit is in charge?
4. Are you yearning for a more intimate walk with God?
5. Are you looking for a church where you are ministered to as a 'total person'?
6. Are you looking for a church where there is a clear emphasis on the family?
7. Are you looking for a church with a focus on result-producing prayers?
8. Are you uncomfortable attending a church service?
9. Is a deep expositional Bible teaching important to you?
10. Has society given up on you, and you're looking to turn your life around?

If you've answered **YES** to any of these questions, then, Kings' Christian Centre (KCC) is a Church that exists with you in mind.

Please, **join us** in our upcoming services:

Our Weekly Services		
Sun - Worship service	6:00 - 8pm	742 85 th St SW
Wed - Home Fellowship	5:30 - 8pm	267 Rocky Spring Grove NW
Fri - Prayer Service	7:00 - 8:30pm	742 85 th St SW
Monthly Services		
Open Heavens	7:00 - 9pm	Every Friday preceding 1 st Sunday of the month
Faith Clinic Communion Service Anointing Service	6:00 - 8pm	1 st Sunday of every month
Upcoming Special Events		
Rhema Feast 3 days of revelation packed teachings	6:00 - 9pm Daily	March 31 st 2017 April 1 st 2017 April 2 nd 2017

Please visit us online at www.KCCCalgary.org or call us at **403.273.3600** for prayers or enquiries.



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See how at heartandstroke.ca



West Springs Real Estate Update

Last 12 Months West Springs MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$814,900	\$803,000
November 2016	\$519,900	\$500,000
October 2016	\$769,900	\$738,000
September 2016	\$674,000	\$649,000
August 2016	\$679,900	\$683,750
July 2016	\$749,900	\$786,000
June 2016	\$685,000	\$682,300
May 2016	\$614,450	\$587,000
April 2016	\$798,000	\$770,000
March 2016	\$549,900	\$537,250
February 2016	\$744,000	\$720,000
January 2016	\$824,000	\$792,800

Last 12 Months West Springs MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	5	5
November 2016	14	14
October 2016	18	15
September 2016	28	9
August 2016	17	10
July 2016	24	15
June 2016	29	20
May 2016	17	16
April 2016	19	17
March 2016	23	16
February 2016	19	11
December 2015	10	7

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

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Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$536,351	\$519,938.5
November 2016	\$554,001	\$542,501
October 2016	\$544,401	\$522,501
September 2016	\$574,901	\$562,501
August 2016	\$580,001	\$569,301
July 2016	\$574,801	\$548,001
June 2016	\$622,501	\$612,001
May 2016	\$561,951	\$543,501
April 2016	\$559,001	\$544,251
March 2016	\$525,001	\$520,001
February 2016	\$509,901	\$493,501
January 2016	\$544,901	\$529,501

Last 12 Months Cougar Ridge MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	1	6
November 2016	10	11
October 2016	14	8
September 2016	12	9
August 2016	8	5
July 2016	15	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5
January 2016	18	3

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

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WILDLIFE

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.



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Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	21	403-805-2008	Yes
Brodie	15	403-805-1469	Yes
Caleigh	13	403-470-3234	Yes
Christoph	25	587-998-6172	Yes
Eireland	14	403-616-9761	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Gia	16	403-710-8301	Yes
Glenda	37	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	16	403-909-6936	No
Kat	16	403-835-4547	Yes
Kosar	18	403-402-4298	No
Lauren	17	587-215-6198	Yes
Madison	13	403-830-9326	Yes
Marites	41	403-891-3771	No
Megan	17	403-970-6836	Yes
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Natasha	26	403-408-9651	Yes
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Paige	15	403-241-0487	Yes
Patricia	15	403-804-4202	Yes
Qin Rui	18	587-830-5617	No
Rowan	19	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	29	403-990-8311	Yes
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MAR. 3 – 12

THE BIG TASTE FOODIE FESTIVAL

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



MAR. 7

AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at www.artsccommons.ca/WhatsOn/



MAR. 23

GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre

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

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre

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

Mar. 16, Hodgetwins at the Laugh Shop

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

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre

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

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome

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

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Ask Charles

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

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

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

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

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

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

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

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

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email ask-charles@reca.ca.



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

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

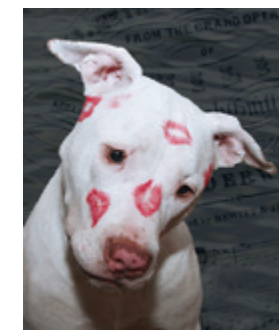
- 1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!
- 2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton

Happy February Everyone!

material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'.

- 3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

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



Valentine's Trivia

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

Life can feel like a puzzle

when the pieces don't quite fit...

There is a solution (hint: watch this spot).
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AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities),

health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact community.engagement@ahs.ca or join the conversation at www.ahs.ca/longrangeplanning.

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FIND SOLUTION ON PAGE 34

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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.



*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

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

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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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Christmas Bird Count

116 year-old annual tradition with an interesting origin

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Information from Gus Yaki and Phil Cram

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



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Mountain Goat



Grizzly Bear



Bighorn Sheep



White-tailed Deer

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CBE Legacy Award | Manmeet Singh Bhullar

The Calgary Board of Education Board of Trustees presented the CBE Legacy Award posthumously to Manmeet Singh Bhullar on Nov. 29, 2017. The CBE Legacy Award celebrates public education in Calgary and the individuals who have contributed to our communities. In every corner of the city, across the country and beyond, our alumni have made a lasting impact.

Manmeet Bhullar attended Chief Justice Milvain School and Annie Gale School and graduated from Lester B. Pearson High School. During his time as a student, Manmeet was an active member of his school communities and an enthusiastic student athlete.

Elected MLA for the northeast constituency of Calgary-Montrose in 2008, he was the youngest member to be elected to Alberta's 27th legislature.

Between 2008 and 2015, Manmeet served in a number of different roles, including parliamentary assistant to the Minister of Advanced Education and Technology, parliamentary assistant to Municipal Affairs, Minister of Service Alberta, Minister of Human Services and Minister of Infrastructure.

He was a passionate advocate for youth, justice and education. In a speech given in 2008, Bhullar said, "I want to inspire young people in my constituency. I want to inspire a generation of young people, and if I can inspire just one of them to get a postsecondary education, I will have done my job."

Earlier this year, the CBE announced that the new school under construction in Martindale would be named in Bhullar's honor.

Manmeet Bhullar served our communities with his energy, his passion and his whole heart. He modeled for our students one of the four CBE Results – Citizenship. Our students are able to see how their hard work and commitment can make true changes to our society. It is no doubt that he continues to be an inspiration for politicians and citizens alike. Manmeet Bhullar left a true Legacy, and he is truly missed.

For more information about the Legacy Award or to nominate someone, please visit the CBE website at cbe.ab.ca.

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

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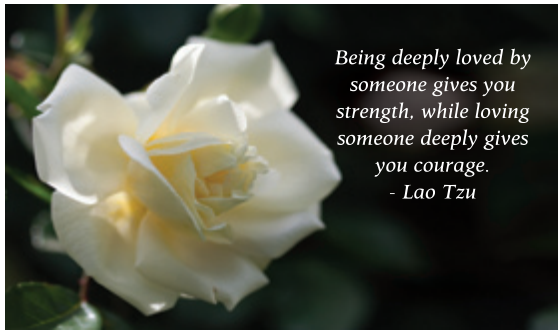
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Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
- Lao Tzu

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

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

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

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

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

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

Dr. Steve Alfaiate, OD

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Learn more about your Calgary Catholic School District Board of Trustees!

As trustees for the largest Catholic school board in Alberta, we are passionate about Catholic education. Our Catholic schools are a vibrant part of the public education system in Alberta and we strive to provide inclusive, welcoming school communities where all students are cherished.

Our partners at the Alberta Catholic School Trustees' Association (ACSTA) recently celebrated their 50th anniversary. Our Board would like to congratulate them for all of the work they have done over the past five decades to celebrate, preserve, promote and enhance Catholic education in our province.

ACSTA was formed in 1966 to support Catholic school trustees and provide opportunities for trustees to discuss issues important to Catholic education. ACSTA now has 24 member boards that represent the 412 Catholic schools in Alberta. Over 160,000 students attend these separate schools which have been operating in Alberta since the 1840s – well before Alberta became a province.

Our Board of Trustees recently attended ACSTA's Annual General Meeting and Conference held November 18-20 in Edmonton. The theme for this year's conference was "Knowing Self, Others and God."

At this meeting, The Calgary Catholic Education Foundation (CCEF) was honoured as the recipient of the ACSTA Appreciation Award, which is awarded in appreciation of commitment and contribution to Catholic education in the province of Alberta and/or the Northwest Territories.

This non-profit organization started in 2009 to provide additional funds for enhanced learning at our Calgary Catholic schools. This year, the CCEF will grant over \$150,000 to 29 Calgary Catholic School District (CCSD) schools. These grants go towards learning opportunities such as robotics kits, Learning Commons enhancements, Chrome Books, additional music, math and athletics initiatives and other programs to help our students be successful.

We are thankful to our partners at ACSTA and CCEF for their role in helping us continue to provide quality Catholic education to over 55,000 students in our district.



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Time: 6:00

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Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneus) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)

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HOME GARDENING WITH BARBARA

Succulents & Cacti

Barbara Shorrock

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

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

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



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SPRING BREAK CAMP FOR AGES 5-12: March 27-28 and 29-30. Kids will learn about gardening, worms, pollinators, composting, and seeds in a hands-on interactive way. Sign up here: www.puzzlepermaculture.com.

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As this is my first message to you for 2017, I want to wish you and your family a belated Happy New Year! I hope that this year brings much happiness and prosperity to your family.

Before the legislature adjourned, I put forward a draft of a Private Members Bill – which I called “Serenity’s Law”. This law was drafted about a year ago. Once I heard about Serenity’s story, I recognized the urgency to get it passed. This story is the one where a child died in the care of our Government. If you haven’t already read Paula Simon’s article from November 18th of last year in the Edmonton Journal, I would encourage you to read it. It is not for the faint of heart.

The Private Members Bill would require any adult Albertan that is aware of a child requiring intervention to disclose that information to police. It is a common-sense adjustment to the current framework and it would help children all around the province. I had hoped that the Premier would allow for this important law to be debated right away prior to adjournment, however she decided not to do so. I am hopeful that when the law comes up for debate it will pass so we can ensure that no cases like Serenity’s are seen again.

I would appreciate your thoughts at any time on matters of concern to you and your family. I can be reached at Calgary.West@assembly.ab.ca or 403-216-5439.



Parliament resumed sitting on January 30th and will now be in session until mid June. 2017 will be an exciting year on many fronts.

Many communities across the country began celebrating Canada’s 150th birthday with New Year’s kickoff events. Ottawa is expecting a record year for tourism as a lot of effort has been spent encouraging Canadians to visit our nation’s capital and in the U.S. where a favorable exchange rate is providing good value for Americans.

A number of major decisions will be facing the Liberal government in 2017 including dealing with a continued sluggish economy. A lot of attention will be focused on relations with the newly installed President Trump. Clearly the President’s path forward does not run parallel to our Prime Minister especially in areas such as climate change.

2017 will also see the selection of a new leader for the Conservative party of Canada on May 27th and also for the NDP in October.

Closer to home, a new carbon tax is now in effect and this year will bring another significant bump to the minimum wage. Alberta’s jobless situation continues to be a trouble spot for the entire country. Even though expectations are that oil prices will continue to slowly move upward during the year, indications are that will not necessarily translate into additional hiring.

Our federal Conservative caucus will continue to present options to the federal government such as the Alberta jobs task force report submitted late last month. The federal government could immediately put thousands of laid-off oil field workers back to work by funding an environmental clean-up of abandoned oil and gas wells. A report late in 2016 indicates the number of wells has doubled in the past year as small energy companies have gone out of business and landowners and the crown are now responsible. This is but one small initiative the federal government could launch to assist the unemployed in Alberta.

I will speak more about Alberta’s job task force report next month in my column.

As the official opposition we will continue to work on your behalf to ensure the needs of Albertans and residents of Calgary Signal Hill are heard by the Government. If you have specific questions or feedback, we would like to hear from you as we want to bring your voice to the government on these and other issues.

your COMMUNITY BUSINESS OF THE MONTH

BraTopia

The idea for BraTopia began after Colette Hamon’s second maternity leave in 2010. She was looking for a proper fitting sports bra to get back into shape. As many women that enter the store do, she did the ‘double up’ by wearing two sports bras to get proper support. This changed after intensive research and attending a lingerie trade show in Las Vegas. She knew she wanted to bring something unique to the lingerie market in Calgary, Alberta.

BraTopia is a company that encompasses an all-inclusive culture, specializing in a proper bra fitting experience for cup sizes A to N and band sizes 28 to 46, so that women can celebrate their bodies exactly as they are.

Colette focuses on finding brands where the quality and fit is there. She is able to offer a price point that everyone can be comfortable with. She often encourages her customers to share their preferred price point prior to being fit. Colette also recalls thinking “that by walking into a specialty bra store, I was going to have to spend my life’s savings to be properly fit. I work very hard at vendor management so that we can develop long term relationships with the brands that my customers love and trust. I also depend on customer feedback to do the buying and take it with me to the industry trade shows twice a year. I love opinionated women.”

Over 90% of women are wearing the wrong size bra! This not only makes your clothes look differently but it can also lead to back and neck pain. Stop by to get a free fitting and let the consultants (our bra experts) take the stress out of bra and swim shopping. It is very important for women to be in properly fitting bras, whether they want a basic bra, a nursing bra, a sports bra, a strapless bra or one of each! We also carry a variety of sleepwear, matching sets, panties, lingerie pieces, and shapewear.

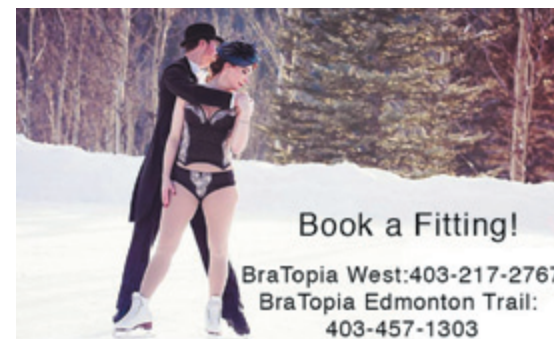
At BraTopia we believe that all women are born perfect, and it is our role to find foundation garments & swimwear that fit your perfect body perfectly.

We currently have two locations in Calgary, one in central Calgary and one in West Springs Calgary! For both locations our hours are as follows and you can feel free to call us or visit our website at any time.

Monday to Saturday: 10:00AM – 6:00PM
 Sunday: 12:00 – 5:00PM

You can also like us on Facebook or follow us on Instagram: [_bratopia_](#), to keep up to date on sales, promotions, and contests/giveaways.

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Property Tax Assessment Information

On January 5, 2017, the City of Calgary mailed your 2017 property and business assessment notices. Please review it carefully to ensure your property details are accurate and the assessed value is a fair reflection of the value of your property as of July 1, 2016.

Customer Review Period Information

If you have any questions or would like to contest your property's assessment, please contact Assessment at 403-268-2888 during the Customer Review Period, which runs until March 6, 2017. Changes to your assessed value can only be made if you inquire about it during the review period. If you call after March 6, 2017 and changes are made to your property details, they will be reflected on your following year's assessment in 2018.

If you would like to view additional information about your assessment including:

- sales of similar properties,
- comparable properties to ensure fairness and equity,



Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

- your estimated 2017 taxes,
- or other information,

Please visit Assessment Search at calgary.ca/assessment. You will need to create a City myID account at calgary.ca/myid to log in. Enter your roll number/business identifier and the access code noted on your assessment notice.

Bow Trail Widening and Intersection Improvements

The City is making upgrades to provide a better road network by accommodating existing and future traffic volumes on Bow Trail SW.

This particular project involves a number of features:

- Bow Trail widening from two to four lanes between Old Banff Coach Road and 85 Street SW,
- Intersection improvements at 85 Street and Bow Trail by adding dedicated left- and right-turn lanes as well as through lanes in each direction,
- A pathway along Bow Trail connecting pathways on Old Banff Coach Road and 85 Street SW.

You may have noticed late last year work started on improving the intersection at Bow Trail and 85 Street SW. This work included widening southbound 85 Street south of Bow Trail to two lanes, matching the road alignment further south. Improvements also included extending the sidewalk on the west side of 85 Street north to Bow Trail. For complete information, project updates, and timelines, please visit calgary.ca/bowtrail-swrr.

2017 Councillor Chats & Ward 6 Open House Dates

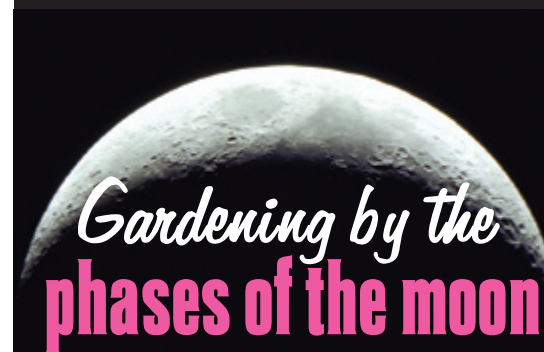
Councillor Chats

Thursday, **February 9, 2017** from 5 – 8 p.m. at Glenbrook Community Association, 3524 45 Street SW

Saturday, **April 8, 2017** from 9 a.m. – Noon at SCA Community Association, 277 Strathcona Drive SW

Ward 6 Open House

Wednesday, **May 3, 2017** from 5 – 8 p.m. at Glendale Community Association, 4500 25 Avenue SW



Gardening by the phases of the moon

February 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

February 18 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

February 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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 AS@great-news.ca

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