

FEBRUARY 2017

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your **BRAESIDE BULLETIN**

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER





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BRAESIDE COMMUNITY ASSOCIATION

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

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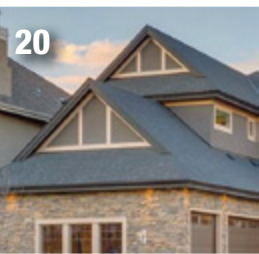
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.
Great News Publishing and Braeside Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

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

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BRAESIDE COMMUNITY ASSOCIATION

Need to contact us?

Mail: 11024 Braeside Drive SW, Calgary, Alberta, T2W 6G5

Phone: 403-253-4232

Fax: 403-253-3528

Email: braecom@telusplanet.net

Board meetings are held on the third Tuesday of each month at 7:00 p.m. in the Lower Hall, Meeting Room 2, at the Community Centre. The meeting is open to all Braeside residents or interested parties. If you have issues or concerns and you would like to be placed on the agenda, kindly call our Board Secretary, Joan Byers, at 403-253-4232.

BOARD OF DIRECTORS:

President	Robert Grigg	To contact Board members, call 403-253-4232
Vice President	Philip Schuman	
Secretary/Acting President	Joan Byers	
Treasurer	Position Vacant	
Director, Construction and Maintenance	Bob Byers	
Youth Director	Position Vacant	
Entertainment Director	Rosemarie Foley	
Sports Director	Position Vacant	
Director at Large	Sandy Shiels	
Director at Large	Kim Price	
Director at Large	Position Vacant	
Director at Large	Elliott Schuman	
Director of Transportation & Safety	Paul Finkleman	
School Liaison	Louise Whitbread	

COMMUNITY CONTACTS:

Community Coordinator	Linda Krebs	403-253-4232
Child Care	Louise Whitbread	403-258-0699
Baseball	Anna Glickman	403-255-3387
Basketball	Dawn Osborne	403-259-6502
Chinook Music	For Tickets	403-271-3719
City Liaison	Jenna Findlater	403-476-7277
Girl Guides	Barb Augustyn	403-251-5169
Hockey	Lisa Santos	403-263-7510
Scouting	Tim Tratch	403-251-4878
Southwest Seniors	Heidi Riad	403-238-2524
SW Community Resource Centre		403-238-9222

AREA SCHOOLS:

Braeside Elementary		403-777-8470
John Ware Junior School		403-777-7930
St. Benedict Elementary		403-253-1881

GOVERNMENT REPRESENTATIVES:

Councillor, Ward 11	Brian Pincott	403-268-3611
MLA, Glenmore	Anam Kazim	403-216-5421
MP, Calgary SW,		403-253-7990

The Braeside Bulletin

The Braeside Bulletin is published by the Braeside Community Association and delivered to all Braeside homes. Articles can be e-mailed to braecom@telusplanet.net. **Submission deadline is the first of the month for inclusion in the following month's publication.** Space limitation may prevent some material submitted from being published. Editing may be required.

While we make every effort to ensure that all information provided and published is correct, we are not responsible for any omissions or errors.

Opinions expressed within these articles, reports or submissions are the author's and should not be considered as reflecting those of the editor or Community Association.

To place a paid advertisement in the Braeside Bulletin, contact Great News Publishing, 403-263-3044, sales@great-news.ca.

"The Braeside Community Association is committed to representing the community with honesty and integrity, working towards common values and goals".

Check us out on the web at: www.calgaryarea.com (click on SW, Braeside). Email: braecom@telusplanet.net. Follow us on Facebook and Twitter.

Hall Rental

We are accepting rentals for all areas of the Community Centre. Our Upper Hall area is suitable for weddings, banquets and large gatherings. Our meeting rooms on the main level are suitable for meetings or small gatherings.

Now providing Telus Wi-Fi.

To view the hall or make a booking, call the Community Office at 403-253-4232.

Community Rink Available for Rent

If you are considering a sports tournament, practice or outdoor event, Braeside's newly renovated Community Rink is now available for rent:

Per Hour - \$25.00

Per ½ Day (4 hour period) - \$ 75.00

Per full day (8 hour period) - \$125.00

Weekend (8:00 a.m. to 6:00 p.m. daily) - \$200.00

All rink rental requests MUST NOT conflict with renters booked in hall (i.e. weddings in building) due to noise and parking. Additionally, a clean up deposit will be required. There is no overnight storage available. Liability for all items must remain with the renter. NO ALCOHOL AT ANY EVENT.



Seniors' Fitness

The goal of this program is to help older adults maintain physical function, mobility, strength and balance. Classes are led by a certified older adult fitness instructor and consist of warm up, cardiovascular, muscle strength, flexibility and relaxation exercises. Individuals go at their own speed, participating in sitting and standing exercises using a variety of equipment including balls, exercise bands and light weights. This is a drop-in program. The cost is \$2.00 per class. The winter session of Seniors Fitness will run twice weekly on Tuesdays from 10:00 – 11:00 a.m. and Fridays, 9:30 – 10:30 a.m. and resumes Tuesday, January 10 at Braeside Community Centre, 11024 Braeside Drive S.W. For more information call (403) 253-4232.

COMMUNITY COORDINATOR

Community Office Hours:

Mondays, Tuesdays, Fridays, 9:00 – 3:30

Wednesdays, Closed

Thursdays, 9:00 – 4:30

Closed for Lunch 12:00 – 1:00

Please note the Community Office will be closed on Monday, February 20 for Family Day.

Linda Krebs
Community Coordinator BCA

divine

intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for an attractive, slim, smart, 5'5"+, genuine, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870

2017

Darwin Day

February 12th

Visit stmu.ca/darwin-day/ for ticket information

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Treasurer Needed

We are looking for someone to fill the volunteer position as Treasurer. We need an honest, organized individual with a strong financial background who can commit to six to ten hours per month. Duties would include, but are not limited to, overseeing day to day financial administration, signing authority on community accounts, serving on Executive Committee, attending monthly Board meetings, preparing financials for yearly audit, tax and GST submissions. If you would like more information, kindly call Joan Byers at 403-253-4232.

Smile... You could be on camera!

Security cameras are installed at the Community Centre. They are set up to monitor activity around the building, rink area and dumpster. This will enable us to identify those who choose to vandalize or paint graffiti on our building or deposit personal garbage in the Community Centre dumpster and allow us to take action.



Groundhog Day

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

Braeside Medical Centre

A PHYSICIAN IS ALWAYS ON DUTY

SUTURES

ALLERGY SHOTS

ASTHMA TREATMENTS

MINOR SURGERY

MINOR EMERGENCIES

WART TREATMENTS

BONE DENSITOMETRY

X-RAY

WOMEN'S WELLNESS

CLINIC: PAP TESTS & BREAST EXAMS

PRENATAL CARE

WHEELCHAIR ACCESSIBLE

REFERRALS

WALK-IN PATIENTS WELCOME

7 DAYS A WEEK

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MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS

February 21	Board Meeting
March 21	Board Meeting
April 18	Board Meeting
TBA	Community Clean Up & Recycling Day
May 16	Board Meeting
June 10	Braeside Parade
June 20	Board Meeting
July 8	Stampede Breakfast
August 5	Trunk Sale
August 15	Board Meeting
September 19	Board Meeting
October 13	Volunteer Appreciation
October 17	Board Meeting
October 28	Halloween Spooktacular
November 21	Board Meeting
December 12	Board Meeting

Need more info? Call the Community Office at 403-253-4232.

WEEKLY PROGRAMS AT THE COMMUNITY CENTRE

Art Classes for Kids	Fridays from 4:30 – 6:00	(403) 236-9819
Braeside Karate Club	Thursday evenings at 6:30	(403) 232-0228
Elm Dog Obedience School	Tuesday evenings, times vary	(403) 281-7937
Foundation Baptist Church	Wednesday evenings at 7:00	
	Sundays at 10:00, 11:00, 6:00	(403) 251-5920
Moms and Tots Drop In	Mondays at 10:00 – 11:30	(403) 660-9656
Seniors Fitness	Tuesdays from 10:00 – 11:00	(403) 253-4232
	Fridays from 9:00 – 10:00	
Pathfinders	19thpathfinders@gmail.com	
Queens & Jacks Square	Monday evenings at 7:00,	
Dance Club	2nd and 4th Friday evenings	
	From 7:30 – 10:00	(403) 251-6228
Southwest Seniors	Thursdays from 10:00 – 2:00	(403) 246-3763
Sparks		(403) 225-1175
Stained Glass Classes	Thursdays evenings at 6:00	(403) 589-2973
Tai Chi	Wednesday evenings at 7:00	(403) 240-4566

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BEFORE

AFTER

BEFORE

AFTER

BEFORE





AFTER

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FEBRUARY 2017 COMMUNITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 29 Church Worship, 11:00 Evening Fellowship 6:00	Jan 30 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	Jan 31 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	1 Before and After School Care Tai Chi UH 7:00 Church 7:00	2 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	3 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Canadian Rabbit Hopping Club LH 7:00	4  Chinook Music
5 Church Worship, 11:00 Evening Fellowship 6:00	6 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	7 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	8 Before and After School Care Tai Chi UH 7:00 Church 7:00	9 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	10 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Queens and Jacks UH 7:00	11 Private Function
12 Church Worship, 11:00 Evening Fellowship 6:00	13 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00		15 Before and After School Care Tai Chi UH 7:00 Church 7:00	16 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	17 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30	18 Private Function
19 Church Worship, 11:00 Evening Fellowship 6:00	 Family Day - Centre Closed	21 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH Board Meeting 7:00	22 Before and After School Care Tai Chi UH 7:00 Church 7:00	23 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	24 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Queens and Jacks UH 7:00	25  Chinook Music
26 Church Worship, 11:00 Evening Fellowship 6:00	27 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	28 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	Mar 1 Before and After School Care Tai Chi UH 7:00 Church 7:00	Mar 2 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	Mar 3 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Canadian Rabbit Hopping Club LH 7:00	Mar 4 Private Function
Mar 5 Church Worship, 11:00 Evening Fellowship 6:00	Mar 6 Before and After School Care Moms and Tots UH 10:00 Queens and Jacks UH 7:00	Mar 7 Before and After School Care Seniors Fitness UH 10:00 Elm Dog Obedience UH	Mar 8 Before and After School Care Tai Chi UH 7:00 Church 7:00	Mar 9 Before and After School Care Southwest Seniors UH 10:00 Karate UH 6:30 Stained Glass LH 6:00	Mar 10 Before and After School Care Seniors Fitness UH 9:30 Art Class for Kids LH 4:30 Queens and Jacks UH 7:00	Mar 11

IN & AROUND CALGARY

February 2017 at Southland Leisure Centre

MEND Mind, Exercise, Nutrition...Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact: Southland Leisure Centre - 403-648-6576. Ages 2 – 4 years. A ten week healthy eating and activity program for families.

Southland ProShop: “Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out”

Friday Night Dance Party: February 24 from 7:15 - 10:00 p.m. Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No partner required! See calgary.ca/leisurecentres for schedules and more information.

Family Valentine's Crafts and Cookies: Tuesday, February 14, from 9:30 – 11:30 a.m. and 6:30 – 8:30 p.m. Celebrate Family Month and Valentine's. Make some Valentine's crafts for your family and friends and enjoy some light refreshments. Drop-in to our lobby!

Family Day Weekend Climbing and Gymnastics Drop-in: Sunday, February 19, 3:00 – 5:00 p.m. –The whole family is welcome to our special Family Day Weekend Climbing (Indoor rock Climbing) and Gymnastics Drop-in. Visit calgary.ca/leisurecentres for more information.



Drop-in Climbing and Gymnastics: There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you. See calgary.ca/leisurecentres for schedules and more information.

Drop-in Badminton and Basketball, Soccer, Pickleball: Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Family Swim, Every Sunday, 8:00 a.m. to noon. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Find out more at calgary.ca/leisurecentres.

Babysitting Room: Treat yourself to some 'me time' to work out or take a class. No bookings required for our Babysitting Room. Monday - Sunday, 8:30 a.m. to 12:30 p.m., Monday - Thursday 4:00 to 8:00 p.m. Reasonable rates for a well-deserved break!

Calgary AfterSchool: A FREE supervised drop-in program for youth ages 11 - 15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available. For details, call our centre at 403-648-6550 or online at calgary.ca/leisurecentres or calgary.ca/afterschool. Monday to Thursday, 3:00 – 6:00 p.m. and Fridays, 1:00 – 5:00 p.m.

Youth Nights, Fridays, 7:30 to 10:00 p.m. Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies. Visit calgary.ca/leisurecentres for more information.

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Braeside

Moms and Tots

Nursery Rhyme Song and Movement

Come and sing nursery rhyme favourites with your little ones. Starting September, Mondays from 10:00 to 11:30 a.m. at Braeside Community Centre. \$3.00 per family.

For more information, or to find out how you can be involved, please contact Kirsten at 403-660-9656. This is a not-for-profit venture, so please come and support your local community.

MEMBERSHIP APPLICATION

Braeside Community

VALID SEPTEMBER 1, 2016 – AUGUST 31, 2017

FAMILY INFORMATION:
 Adults (First and Last Name): _____
 Children (First and Last Name): _____

Address: _____, Calgary Postal Code: _____
 Phone No: _____ Email: _____

MEMBERSHIP TYPE AVAILABLE: (Please indicate which membership type you are purchasing)

<input type="checkbox"/> \$25.00 Resident Family Up to 2 adults with or without children	<input type="checkbox"/> \$15.00 Associate Live and hold a current membership in another community
<input type="checkbox"/> \$25.00 Non-Resident Family Up to 2 adults with or without children	<input type="checkbox"/> \$18.75 Senior Family Up to two adults with or without children
<input type="checkbox"/> \$15.00 Single Adult (18+) No dependant children living at the same address	<input type="checkbox"/> \$11.25 Single Senior No dependant children living at the same address

***PLEASE NOTE: THERE IS A \$50.00 CHARGE FOR ALL NSF CHEQUES.**

The Braeside Community Association holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering.

<input type="checkbox"/> Board Member	<input type="checkbox"/> Stampede Breakfast	<input type="checkbox"/> Recycling Event	<input type="checkbox"/> Parade
<input type="checkbox"/> Children's Events	<input type="checkbox"/> Casino	<input type="checkbox"/> Rink Maintenance	<input type="checkbox"/> Trunk Sale

Submit completed form and cheque to: 11024 Braeside Drive S. W., Calgary, T2W 6G5
 Membership cards will be mailed to you. Please ensure mailing information is complete and accurate.

Important: Privacy Legislation Community Association Members/Residents: The Personal Information Protection Act became law in Alberta on Jan. 1, 2004. I understand that my personal information will be kept **CONFIDENTIAL** by the Braeside Community Association. I also acknowledge that my personal information may be used/disclosed **ONLY** in certain circumstances to establish, administer and maintain membership lists, program/sports registrations, government reporting, emergency contacts, or legal and regulatory requirements. I hereby consent to such use and disclosure for these limited purposes until such time as I may revoke my consent in writing.

Signed: _____ Dated: _____
 Membership Number (Assigned by Community Office): _____ Date Card(s) Mailed: _____




CLIMB FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB 1188 STAIRS

SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION



climbforwilderness.ca



YOU'RE INVITED!

Enjoy coffee, fun, fellowship, and dancing to a live band every Thursday morning!

Singles and couples, dancers and non-dancers are all welcome to this community group.

Drop by – we're looking forward to meeting you!

Braeside Community Centre
11024 Braeside Drive SW
Thursdays, 10:30 – 12:00 noon

Join the Southwest
55+ CLUB

For detailed info please call Norma at 403-246-3763



Braeside Before and After School Care

11024 Braeside Drive SW Calgary

A fully accredited non-profit school age care located in Braeside community centre.

We offer a fun and exciting school year program & summer camp!

We focus on arts, crafts, nutritious snacks and out trips.

Provincial subsidy is available to those parents who qualify.

For more information or to register your child contact us at 403 258 0699 or email us at braechildcare@gmail.com

Hours of operation:
Monday – Friday 7:00am – 9:00am
11:00am – 6:00pm.

School Holidays and professional development days: 7:00am – 6:00pm

At Braeside before and after school care we believe that children are unique and require a stimulating and interactive environment which recognizes and accommodates each child's individuality.



Braeside mybabysitterlist

Elizabeth	14	403-253-7269	Yes
Aliaa	13	587-586-8167	Yes
Elizabeth	15	403-253-7269	Yes
Kayzha	17	403-252-5052	No
Lilly	16	403-719-8282	Yes
Salma	39	403-252-5052	Yes
Sheridan	15	403-238-6685	Yes
Vanessa	14	403-402-6008	Yes

Calling All BABYSITTERS

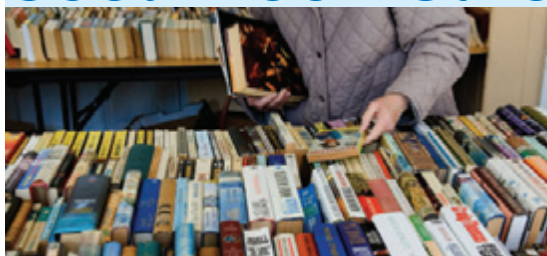
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

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

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

Braeside Community's On-Going Used Book Sale



All Items \$1.00 Or Less

Drop by the Community Centre to pick up some reading material. Choose from our large collection of paper backs, hard covers and children's books. Proceeds help offset the cost to host special events throughout the year. Book donations always gratefully accepted at the Community Centre.



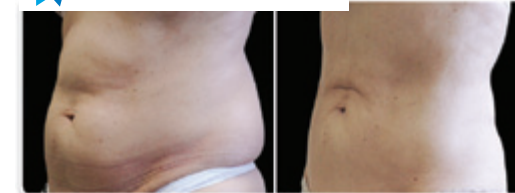
2017 CASINO Volunteers Needed

We have been notified that our 2017 Casino Fund-raiser is scheduled for

Friday, April 7 and
Saturday, April 8, 2017

This is a major source of income for our Community. Funds are used to maintain and upgrade our Community Centre. Volunteers will be needed to run this Casino, for both daytime and evening shifts. Positions required include: Banker, Count Room Supervisor, Cashier, Chip Runner, and Count Room Attendants. For more information or to register to volunteer, please call the Community office at (403) 253-4232 or e-mail braecom@telusplanet.net.

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free consultation
* Expires Aug 31 2016

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www.GlenmoreHealthcare.com



IN & AROUND SCHOOLS

St. Gerard School

After a restful Christmas break, January was a busy month at St. Gerard! The Grade 6 class spent an interesting and interactive day at the Calgary Police Interpretive Centre where they explored ways of coping with online relationships, texting and bullying. They also learned about gangs. Then, the John Howard Society visited the school for an informative presentation to the Grade 6 class on Criminal Justice. Later in the month, the Grade 5 and 6 students were at Canada Olympic Park for two days of skiing and snowboarding lessons. Our kindergarten, Grade 1 and Grade 2 classes had tremendous fun working for three days with an exciting instructor from Alien In-Line Skating. We are looking forward to February and our Carnival activities.

Yours truly,

Mr. Christian Harries | Principal

Important Dates for February:

February 2 nd	Sandwich Dropoff (families are encouraged to make sandwiches for those less fortunate), Parent Council Meeting 9am-10am
February 9 th	Carnaval Singer
February 16-17 th	Teachers' Convention (No School)
February 20 th	Family Day Holiday (No School)
February 24 th	Taffy on Snow
February 27 th	Evergreen Theatre at Eugene Coste School



Valentine's Trivia

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



Guides
Canada

SILVER BIRCH DISTRICT



What's new with the Silverbirch Girl Guides?

Who tied up our Pathfinders?

Turns out it was their idea. Part of a team building project they designed for their own enrolment showing that if you stick together you can solve most problems.

Meanwhile, one of Brownie units is earning

the Key to Stem (Science, Technology, Engineering, Math). The first week they will take on building challenges with a variety of materials. Skyscrapers, bridges and things that move will be on the menu!

Girls are welcome to come dressed as a scientist or detective as they will be learning about the science that connects the two! Fingerprints, chemistry and practicing our observations skills will be part of the meeting.

Next the girls will explore the many ways we communicate and try a few new ways that they might not have experienced before. We will also get a chance to think about (and maybe invent our own) machines that humans have created to make life easier. They will end the month by celebrating with a skating party (weather permitting).

Canada may be 150 years old but Guiding is only 107. A Pathfinder unit, Guide unit and Brownie unit will travel

together to visit our own archives at Guide Centre. They will have lots of things to look through and lots of fun ways to learn about Guiding History. Some of the things they will be doing includes trying on old uniforms and trying out program requirements from the past. They will also talk about how Guiding started and how, thank goodness, it has progressed to keep us relevant in 2017.

Our next exciting adventure for Silverbirch District is our Thinking Day celebration. Thinking Day is when the 10 million members of Guiding together celebrate our Guiding membership in a 146 countries around the world. This year our theme is camping so our Rangers will help prepare a presentation highlighting the international camp they experienced last summer.

If you want to have this much fun, **come join us.**

Contact Barb at 403.251.5169 or silverbirchgirlguides@gmail.com.

STEP INTO WINTER

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



PRE-KINDERGARTEN EDUCATIONAL SERVICES

Pre-Kindergarten - ages 3-5 yrs. (Pre-K)

Braeside School - 1747-107 Ave. SW

Pre-Kindergarten is an early literacy program combining play with learning. Our children play and explore our classroom while gaining valuable social skills, which also help prepare them for Kindergarten. Activity centers include math readiness, science, literacy, fine motor work (printing / cutting), art/craft, painting, sand/water, playdough, puzzles, blocks, story corner, and toys. Enrichment activities throughout the year include special visitors who bring music, yoga, and Spanish to the children.

WINTER SESSION NEWS

Winter themes are "Winter Wonderland", "Valentine's Day", "Dinosaurs", and an enhancement of our early literacy journey with "Famous Authors". We also look forward to a visit from Mad Science this Winter Session.

Space still available for this year.

To register, please email the Registrar.

OPEN HOUSE: FEB. 2ND: 4:30 - 6:00 PM

GENERAL REGISTRATION for Fall 2017: FEB. 15TH: 6:00 - 7:30 PM

Registration on-going after this date, space permitting

Registrar's Contact: RegisterPreK@gmail.com

Please visit our website: www.Pre-KindergartenEd.com

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

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ELECTRICITY IS NOT A HOBBY: Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

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

THE BRAESIDE HOME HANDYMAN: Because you have stuff to do around the house but are just too busy to do it, can't do it, or just plain don't wanna do it. I can help. Visit www.TheBraesideHomeHandyman.com and/or call/text Shane at 403-404-0450 and see what I can do for you.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

HARMONY LANDSCAPES INC: A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Now booking fall cleanups and 2017 spring landscaping. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

KLEIN HOME IMPROVEMENTS: Bathroom renos, tiles, drywall and taping, interior doors and mouldings. Interior and Exterior painting, complete basement development. Licensed, insured, referrals, competitive rates. Call 403-680-3259.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

STEP INTO FITNESS LTD: Offering customized one-on-one personal training and nutrition coaching to meet your individual needs. Personalized exercise and/or nutrition plans that will fit into your lifestyle and schedule. No specialized equipment required. Contact Christine Shudra, Certified Personal Fitness Trainer (MRU) and Nutrition for Healthy Lifestyles (SAIT) at 403-815-4016.

INTERIOR PAINTING: Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies. 18 years' business experience, references call Colleen @ Unique Interiors 403-830-3456.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

NB ACCOUNTING & TAX SERVICES: Financial statements, corporate and personal taxes, GST, share portfolio, pension split, SR&ED claims. Reasonable rates. Call 403-813-5207.

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 25

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.

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.



MLA Calgary-Glenmore

Anam Kazim

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Ph: (403) 216-5421 • Fax: (403) 216-5423

Email: calgary.glenmore@assembly.ab.ca

Facebook: Anam Kazim - MLA for Calgary Glenmore

Twitter: @anamkazimMLA

Dear Constituents:

As we enter the second month of the New Year, I am happy to mention that I am chairing the Caucus Budget Advisory Committee: it works closely with the Minister of Finance and provides assistance to the ministry to prepare the upcoming spring budget 2017. I am glad to have this leadership opportunity to provide my insight into the budget to serve Albertans' best interests.

We are working hard towards job creation in our province: with new initiatives like the Energy Efficiency Program, the Alberta Investor Tax Credit and the Capital Investment Tax Credit, the Petrochemicals Diversification Program and with capital investment in roads, hospitals and schools, you will begin to see the effects in our economy. Since August of 2016 the province has added 25,000 jobs.

• Two new facilities approved under the **Petrochemical Diversification Program**.

- These plants, for the first time in Alberta, will process propane extracted from natural gas resources into value-added plastic products that people all over the world use every day. Both plants will operate in the Edmonton area (Sturgeon County and Strathcona County).
- During construction of the Pembina/PIC petrochemical processing facility, there would be an average of 2,000 to 2,500 workers on site, with more than 150 full-time operations and head office jobs upon completion. Construction is expected to start in 2019, with the facility operating by 2021.
- The second project, by Inter Pipeline, will create 2,000 full-time equivalent jobs over the three year construction period. About 1,600 of those would be at the site and the rest would be in fabrication or module shops and engineering firms. An additional 95 full-time operations positions would be created upon project start-up. Construction is expected to start in 2017, with the facility operating in 2021.

• New wells drilled under **Modernized Royalty Framework**

- Since July, 129 new wells have been drilled in Alberta under the modernized royalty framework.
- Each new well supports 135 direct and indirect jobs and about \$4.5 million in spending.
- It was clear that the old method of confrontational politics of shouting at Ottawa and the other provinces, was not working to get Alberta better access to markets for our oil and gas products.
- We chose a different path and decided to build a plan that would protect our environment and build our energy economy. The pipeline approvals are proof that this plan worked: When Prime Minister Trudeau announced these pipeline approvals, he said, "Let me say this definitively, we could not have approved this project without the leadership of Premier Notley and Alberta's climate leadership plan."
- Starting in early 2017, **Energy Efficiency Alberta** will deliver a variety of programs and services for energy efficiency and small scale renewables.
 - Free installation of residential efficiency products such as lighting, water fixtures, and heating components in homes across Alberta.
 - Rebates for efficient appliances, lighting, and insulation for homes.
 - Incentives for high-efficiency retrofits of lighting, heating, cooling, and hot water systems for businesses, non-profits, and institutions.



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



FRIENDS of Fish Creek

FRIENDS OF FISH CREEK MID-WINTER UPDATE Leaving a Legacy for Cherished Green Spaces and Healthy Families

Public Information Session

Saturday, March 4, 2017

**2:00 pm at the Fish Creek Environmental Learning
Centre**

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

The February Fish Creek Speaker Series Beaches, Birds, and the Boreal Forest – Lesser Slave

Lake Provincial Park

Thursday, February 23, 2017 7:00 pm – 8:00 pm

Presented by Ceiridwen Robbins, Visitor Services Co-ordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/beach

Introducing Yo-Qi: A Wellness Experience

The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “Yo-Qi” is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- | | |
|--------------------|--|
| January 26 | – Boost Your Immunity |
| February 23 | – Heart Opening |
| March 23 | – Spring Cleaning and Detox |
| April 20 | – Connecting to Earth |
| May 18 | – Gratitude for Mother (your own or Mother Earth!) |

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics



Councillor, Ward 11

Brian Pincott

P.O. Box 2100 Stn. M, #8001A

Calgary, AB T2P 2M5

403-268-2430 • www.ward11calgary.ca

On January 5th of this year, the Assessment Department mailed out the 2017 Property Assessment Notices to property and business owners in Calgary. The assessment process is how property taxes are distributed among all property owners to meet The City's budget needs to pay for services all Calgarians benefit from like police, fire protection, transit, parks, recreation and more. Your property assessment provides the basis for your share of taxes, relative to all non-residential properties in Calgary. On June 27th, 2016, City Council made the decision to reduce the 2017 property tax rate increase to zero through a one-time rebate. Please note this only affects The City's portion. Your property assessment is based on your property's estimated market value on July 1st, 2016, and is used to calculate your property taxes. Your property assessment can change year to year.

Residential Property Assessment

The average home in Calgary saw an assessment decrease of 4 per cent. If your assessment decreased 4 per cent, you will pay about the same municipal taxes as last year. If your assessment decreased less than 4 per cent or increased from 2016, your municipal taxes will increase. If your assessment decreased by more than 4 per cent, you will see a decrease in your municipal taxes. Please note, the Provincial portion of the tax rate is not announced until spring, and will also have an impact on your property taxes.

Non-residential Property Assessment

The average non-residential property saw an assessment decrease of 6 per cent. If your assessment decreased 6 per cent, you will pay about the same municipal taxes as last year. If your assessment decreased less than 6 per cent or increased from 2016, your municipal taxes will increase. If your assessment decreased by more than 6 per cent, you will see a decrease in your municipal taxes. Please note that regulated assessments are not subject

to the market value standard, and assessment changes may not be reflective of the average 2017 assessment changes for non-residential properties. The Provincial portion of the tax rate will impact your property taxes. This is not announced until spring. The Business Tax Consolidation will also impact your property taxes.

Business Tax Consolidation

The City is phasing out the Business Tax through a gradual transfer of the business tax revenues to the non-residential property tax. Each year, business tax bills will go down and non-residential property tax bills will increase. The Business Tax will be eliminated in 2019. Consolidating the taxes into a single, easy to understand real estate-based assessment and tax system for non-residential property owners will make Calgary more competitive and attractive for business. Please note that Business Tax Consolidation will not impact your property/business assessment nor will it be reflected on your assessment notice. It will not increase the amount of revenues collected by The City.

Customer Review Period

The Customer Review Period is from January 5th to March 6th, 2017. If you have any questions about your assessment, please contact 403-268-2888. Changes can only be made to your 2017 Property Assessment during the Customer Review Period.

The City offers online tools to help property owners understand and review their assessment. By logging into Assessment Search at calgary.ca/assessment, you can access details on your property to check and review the accuracy of the information The City has on file, and compare your assessment with other similar properties in your area to ensure your assessment is fair and equitable. You may also conduct more in-depth assessment research and can access sales, community and property reports.



Braeside Real Estate Update

Last 12 Months Braeside
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$359,750	\$338,750
November 2016	\$413,750	\$407,250
October 2016	\$415,000	\$395,000
September 2016	\$449,500	\$441,900
August 2016	\$419,900	\$411,500
July 2016	\$474,850	\$465,400
June 2016	\$433,200	\$421,750
May 2016	\$394,900	\$383,500
April 2016	\$451,750	\$440,500
March 2016	\$409,900	\$403,500
February 2016	\$380,000	\$375,000
January 2016	\$0	\$0

Last 12 Months Braeside
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
December 2016	1	2
November 2016	7	4
October 2016	2	3
September 2016	6	5
August 2016	3	2
July 2016	3	4
June 2016	6	6
May 2016	8	4
April 2016	7	4
March 2016	3	5
February 2016	6	3
January 2016	2	0

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



McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Wednesday mornings, 9:00 – 11:00 a.m.

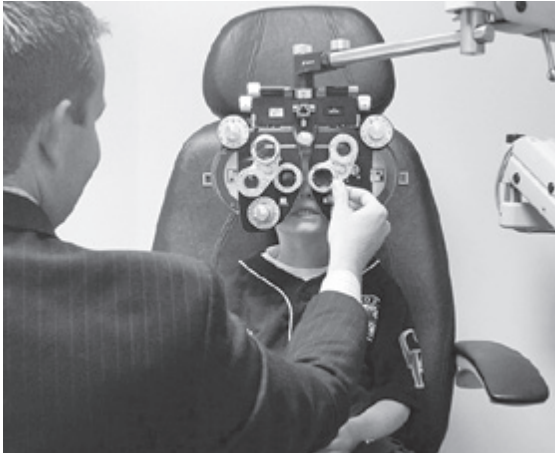
Next Session: January 4th to March 22nd

Artisans in quilting, knitting, crocheting, card making, as well as a “do-as-you-wish” table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



Can you help?
There is a group of seniors who enjoy knitting mitts, scarves, toques, and afghans. They donate them to nursing homes and various facilities in need of such items. If you have leftover wool that you no longer need and would like to donate it, kindly drop it off at the Community Centre. For more information, please call the Community office at 403-253-4232.



Regular Eye Exams

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

- Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**
- Avoiding near or distance work or holding objects very close to the face.
 - Excessive blinking, rubbing of the eyes, grimacing or squinting.
 - Covering or closing one eye.
 - Tilting the head or unusual posture.
 - Losing place while reading.
 - Using a finger to maintain place while reading.
 - Omitting or confusing small words when reading.

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

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

Dr. Steve Alfaiate, OD

BRAIN GAMES SUDOKU

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

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

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

BABYSITTING SERVICES: 14 year old with first aid and babysitting course will babysit in SW area. Kaitlyn 403-830-2084.

VACATION PETSITTING SERVICES! 14-year-old girl, under part-time supervision of her mom, will feed your pets while you are gone. Bring in mail, water plants, take in some caged animals to our home. \$15 per house visit in Bayview, Pumphill, Oakridge, Palliser and Braeside. \$10 per day at our home. Karen 403-870-9366

FRESH NEW DEALS AT URBAN

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\$2

FISH

\$2

FRIES

\$2

POP

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CUPE
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You don't take clean drinking water for granted — and neither do we.

Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.*

For Calgary's city employees, your expectations spur us on to do even better.

As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

* According to the 2016 RBC Canadian Water Attitudes Survey

26 FEBRUARY 2017 | Call 403-263-3044 for advertising opportunities

BRAESIDE 2016 MARKET STATISTICS

Single Family homes:

6 active listings - average list price \$487,350 with 61 days on market
41 sold listings in 2016 - average sale price \$430,054 with 34 days on market

Condo/Townhouses:

7 active listings - average list price \$254,928 with 60 days on market
39 sold listing in 2016 - average sale price \$264,231 with 44 days on market

Apartments:

4 active listings - average \$198,000 with 788 days on market
10 sold listings in 2016 - average \$195,241 with 277 days on market
(Statistics based on CREB MLS System listings as at Jan 1, 2017.)



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