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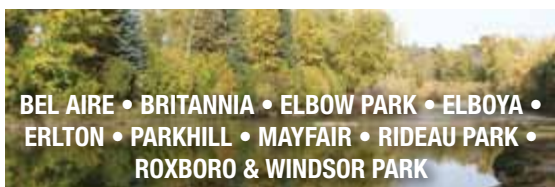
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## IMPORTANT NUMBERS

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Alberta Health Care	403-310-0000
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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



# Please Donate to the William Reid School Playground Fundraiser

William Reid School is raising funds for a new playground, because the old one now has too many broken and malfunctioning parts. We need your support so we have the funds in place for a summer 2017 build.

**Please consider making a personally significant donation today!**

We applied for a Community Facility Enhancement Program ("CFEP") grant from the Government of Alberta in December worth up to \$125,000. **We need significant donations as soon as possible** to get maximum benefit from this matching grant.

You can donate online at <http://wrplayground.weebly.com/donate.html>.

**Please help us to reach our goal and GIVE TODAY!!!**  
Every dollar counts.

We appreciate your consideration!

The William Reid School Grounds Committee



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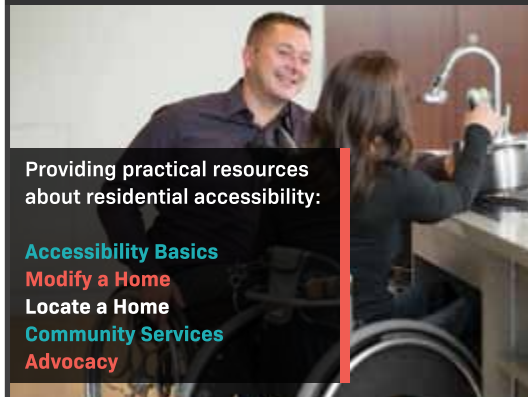
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## FEB. 25 - 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info [www.speedskating.ca](http://www.speedskating.ca)



## UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info [www.studiobell.ca](http://www.studiobell.ca)



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

### Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info [www.artsccommons.ca](http://www.artsccommons.ca)

### Feb. 11, 25 D&D Meet-up at The SENTRY Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

### Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info [www.theatrecalgary.com](http://www.theatrecalgary.com)

### Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info [www.celebratewinefest.com](http://www.celebratewinefest.com)

### Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration [www.canada.cnoy.org](http://www.canada.cnoy.org)

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## Happy New Year One And All

2017 marks the 105<sup>th</sup> anniversary of Girl Guides in Alberta and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

<b>Sparks</b>	<b>ECS &amp; Grade 1 or (5&amp;6 year olds)</b>
<b>Brownies</b>	<b>Grades 2 &amp; 3 or (7&amp;8 year olds)</b>
<b>Guides</b>	<b>Grades 4, 5 &amp; 6 or (9 to 12 year olds)</b>
<b>Pathfinders</b>	<b>Grades 7, 8 &amp; 9 or (12 to 15 year olds)</b>
<b>Rangers</b>	<b>Grades 10, 11 &amp; 12 or (15 to 17 year olds)</b>
<b>Leaders</b>	<b>(18 years and over)</b>

The Spark units will be visiting the fire hall, sledding, learning about our feathered friends and making a bird feeder.

The Brownie units will be skating, learning some camp skills at Brownie Academy at Camp Jubilee and working on badges.

The Guide units will be having sleep-overs, visiting 4 Cats studio and snowshoeing.

The Pathfinder units will be going to camp, volunteering at Brownie Academy and attending a Hitmen hockey game.

The Ranger units will be snowshoeing, winter camping and volunteering at Brownie Academy.

Upcoming District activities include roller skating at Lloyd's in early February.

Registration is on going. Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please contact Calgary Area Girl Guides at [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com) or call 403-283-8348

**Girl Greatness Starts Here!**

## IN & AROUND SCHOOLS

### St. Augustine School

Last month, the season of Advent was observed in many wonderful ways at St. Augustine Fine Arts School. Advent is a time of expectant waiting and celebration of the nativity of Christ at Christmas. Students celebrated this important occasion by lighting the candles of the Advent wreath, during each week of the Advent season. In taking part in this very important tradition, students were given the chance to reflect and focus on the important virtues that are represented by each candle and that Jesus brings with his coming: Hope, Love, Joy and Peace. St. Augustine students further celebrated the month of December by showcasing their annual Advent production entitled, "Joy to the World" at the University of Calgary - University Theatre.

On the athletic front, the wrestling season wrapped up, with city finals being held in mid-December. We are very proud of our St. Augustine Angels and thank the students for their excellent representation of our school community. Basketball season is just beginning and we likewise expect many wonderful things from our student athletes.

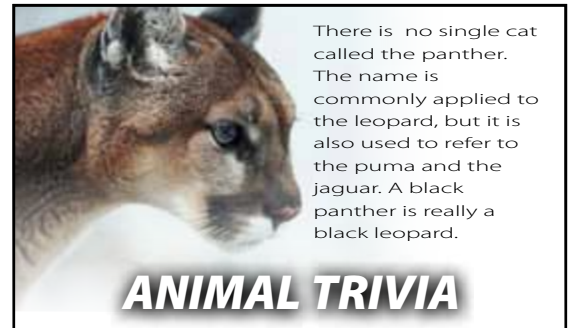
St. Augustine Fine Arts School is truly blessed with an amazing group of students, staff and parents. Through our integrated fine arts program, and a focus on faith, we strive to provide educational experiences that will make all students feel successful. For more information about St. Augustine Fine Arts School, please visit our website at [www.cssd.ab.ca/schools/staugustine/](http://www.cssd.ab.ca/schools/staugustine/).



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# The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

## Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stumps, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
  - it hides food in the fall;
  - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
  - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywilodlife.org](http://www.calgarywilodlife.org) for more information.

## KEYBOARD SHORTCUTS

### TO DO THIS:

Change the case of the letters  
**SHIFT +F3**

Format all letters as capitals  
**CTRL+SHIFT+A**



## Learning Opportunities Ahead

### Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

**Saturday, January 28th 10 a.m. – 12:00 p.m.**

Delta Calgary South (135 Southland Drive SE)

### Register today

Visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

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# Peak Earnings At Last! The Pluses and Pitfalls

by Suzanne Smith-Demers – Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:

**Pay off unwanted debt** Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

**Identify your priorities** Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

**Prepare your kids** It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

**Support your parents** As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

**Plan to retire** How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheck means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.





### The Lower Elbow Redd Trout Count

The November brown trout redd<sup>1</sup> count is an annual event on the Lower Elbow River. This year it was held on November 4, 2016 under a sunny sky with a balmy temperature of 20C.

Under the guidance of Chris Bjornson, a fish biologist with Golder Associates, and hosted by Calgary River Valleys, university students hop in and out of rafts scouring the Lower Elbow River for evidence of brown trout redds or spawning sites. The yearly event provides an excellent opportunity for students to receive some practical experience in the field.

Redd counts have occurred intermittently on the Lower Elbow beginning in 1980 and consistently by Calgary River Valleys since 2008. A high was reached in 2000 with 427 redds counted. The lowest-ever count of 101 redds occurred in 2014, post the 2013 flood. Since 2014 numbers have improved reaching 231 redds in 2016 but well below the pre-flood average of 302.

According to Chris Bjornson the lower numbers after the 2013 flood might be due to a number of factors including the reduction in available brown trout spawning habitat due to the movement of gravel substrate to peripheral or downstream areas, the overall number of adult spawners and/or the proportion of the Bow River

population that chooses to spawn in the Elbow River versus the Bow River in any given year.

Of interest in 2016 was the increase in the number of redds counted between Stanley Park and Fort Calgary versus the upper stretch from the Glenmore Dam to Stanley Park when compared to 2015. This could be a result of gravel migrating downstream and becoming more available as fish habitat, suggests Chris.

Rebounding numbers from the 2014 low is an excellent sign. As we all know the river took a beating during the flood, naturally, and after the flood with emergency infrastructure protection measures. Hopefully, however, the upward trend in redds will continue in the years to come, one of many indicators of a healthy river.

Robin McLeod

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

<sup>1</sup> Redds are found in shallow water with good gravel substrate. The female trout swishes her tail back and forth vigorously, cleaning sediment from the gravel and creating a depression. Ripples (or rippled water) are a good clue to start looking, as a consistent flow of well-oxygenated water is required to support the viability of the eggs.

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At Doig Optometry, we've coined the phrase "Patient Care Priority" to articulate our commitment to standards we have set for ourselves that govern our patient care. These standards provide clear guidance and direction to staff and doctors as they make the many big and small decisions that impact patient outcomes. The Patient Care Priority means placing the greatest importance on addressing each patient's vision care needs to their satisfaction. We invite you to call our office and book your next eye exam with us so you can experience it for yourself.

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The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore

the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!

## Elbow Scene mybabysitterlist

Name	Age	Contact	Course
Natalie	12	403-862-1986	Yes
Lev	13	587-891-7789	Yes
Emma	14	403-253-3262	Yes
Quinn	14	403-478-8129	Yes
Naomi	14	403-604-0646	Yes
Heather	14	403-243-9779	Yes
Miranda	14	403-620-3750	Yes
Caitie	15	403-701-3879	Yes
Dana	15	403-243-3836	Yes
Chris	15	403-701-3879	Yes
Yaisha	15	403-818-9872	Yes
Charlotte	16	403-991-3728	Yes
Micaela	17	403-703-9996	No
Katharine	18	403-629-3961	No
Claire	18	561-809-0597	No
Dana	19	403-993-4492	Yes
Laura	21	819-979-0388	No
Emma	25	587-439-5991	No
Ambur	31	587-434-3742	Yes
Christine	32	403-923-9101	Yes
Emely	49	403-805-2527	Yes

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**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## Trivia COFFEE

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[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870



# Ask Charles

***I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?***

To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller – they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

*"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](http://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.*

## IN & AROUND CALGARY

### EMS: Sledding Safety

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

#### Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

#### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

#### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



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by Dr. Tanja Haley, R.Psych.,  
Certified Gottman Couples Therapist

## Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

**5. Have high standards.** Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

**6. Learn to repair and exit the argument.** Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

**7. Focus on the bright side.** In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.





# It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

### Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your

mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep

slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

*Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.*





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## Elboya Community Association

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Calgary, AB T2H 2W2

Phone: 403.249.7097 | [www.elboyaheights.com](http://www.elboyaheights.com)

Last 12 Months Elboya

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$850,000	\$800,000
November 2016	\$1,599,900	\$1,415,000
October 2016	\$0	\$0
September 2016	\$687,500	\$664,500
August 2016	\$859,500	\$835,000
July 2016	\$0	\$0
June 2016	\$2,150,000	\$2,255,000
May 2016	\$1,437,000	\$1,361,250
April 2016	\$2,187,450	\$1,978,500
March 2016	\$1,161,500	\$1,098,750
February 2016	\$899,500	\$885,000
December 2015	\$2,300,000	\$2,220,000

Last 12 Months Elboya

MLS Real Estate Number of Listings Update

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

To view more detailed information that comprise the above MLS averages please visit [elboya.great-news.ca/](http://elboya.great-news.ca/)

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## IN & AROUND CALGARY



FEDERATION OF  
CALGARY COMMUNITIES

## Top 4 New Year's Resolutions for a Better Neighbourhood

*A message from the Federation of Calgary Communities  
Building Safe Communities Program*

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.





Erlton Community Association  
Suite 241, 19198-4 St. SW | Calgary, AB T2S 1W4  
president@erltoncommunity.com  
www.erltoncommunity.com

Last 12 Months Erlton  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$469,000	\$447,500
November 2016	\$0	\$0
October 2016	\$0	\$0
September 2016	\$377,000	\$361,500
August 2016	\$375,000	\$370,000
July 2016	\$384,944	\$377,000
June 2016	\$384,900	\$380,750
May 2016	\$519,000	\$515,000
April 2016	\$359,900	\$348,000
March 2016	\$399,900	\$391,000
February 2016	\$460,000	\$442,000
January 2016	\$0	\$0

Last 12 Months Erlton  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	1
November 2016	3	0
October 2016	2	0
September 2016	4	2
August 2016	3	3
July 2016	5	4
June 2016	3	4
May 2016	7	7
April 2016	7	3
March 2016	7	2
February 2016	3	1
December 2015	1	0

To view more detailed information that comprise the above MLS averages please visit [erlton.great-news.ca](http://erlton.great-news.ca)

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

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Phone: 403.259.3844

[www.maybel.org](http://www.maybel.org) | [maybel@shaw.ca](mailto:maybel@shaw.ca)

### Last 12 Months Bel Aire-Mayfair MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$1,575,000	\$1,525,000
November 2016	\$1,425,000	\$1,315,000
October 2016	\$4,500,000	\$4,200,000
September 2016	\$1,825,000	\$1,772,500
August 2016	\$2,375,000	\$1,850,000
July 2016	\$2,350,000	\$2,070,000
June 2016	\$3,498,000	\$3,000,000
May 2016	\$1,579,000	\$1,475,000
April 2016	\$0	\$0
March 2016	\$1,799,999	\$1,680,000
February 2016	\$0	\$0
December 2015	\$0	\$0

### Last 12 Months Bel Aire-Mayfair MLS Real Estate Number of Listings Update

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

To view more detailed information that comprise the above MLS averages please visit [bel\\_aire.great-news.ca](http://bel_aire.great-news.ca) or [mayfair.great-news.ca](http://mayfair.great-news.ca)

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## South West Communities Resource Centre



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The SouthWest Communities Resource Centre (SWCRC) is a thriving and vital non-profit community resource centre serving families in south west Calgary since 2003. Located in the Oakridge Coop Plaza, the SWCRC focuses on positive ways to raise children, help people build healthy relationships, manage stress, obtain information and resources, and respond to the emerging needs of all members of our communities.

In 2017 the SWCRC, along with our partnering agencies will be offering **new programs and services** and would be pleased to tell you more about the following:

- Family Literacy Program – For immigrants with children 3 – 5 (helps children prepare for school)
- Living Life to the Fullest – For people coping with anxiety, stress and life's challenges (8 sessions)
- Becoming a Canadian Citizen: Understanding new rules and regulations.
- Permanent Resident Card Renewal
- Parent Talk – Learn more parenting strategies on Thursday mornings.
- Free Computer Classes (4 sessions)
- Employment Workshops for Youth (3 sessions) for age 15 – 24
- Chat N'Play - an informal social time on Monday afternoons for parents and young children.

Contact our office at 403 238-9222 or email [info@swcrc.ca](mailto:info@swcrc.ca) for more information on dates and how to register.

Let the SouthWest Communities Resource Centre be your support and help you and your family take steps in 2017 for a happier, healthier, and more meaningful life.







Britannia Community Association  
britanniaca@gmail.com

Last 12 Months Britannia  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$0	\$0
November 2016	\$0	\$0
October 2016	\$1,924,500	\$1,874,500
September 2016	\$939,000	\$900,000
August 2016	\$0	\$0
July 2016	\$0	\$0
June 2016	\$2,200,000	\$2,060,000
May 2016	\$1,550,000	\$1,500,000
April 2016	\$2,180,000	\$1,950,000
March 2016	\$0	\$0
February 2016	\$0	\$0
December 2015	\$0	\$0

Last 12 Months Britannia  
MLS Real Estate Number of Listings Update

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

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# The Indoor GARDENER

by Cindy DeJager

**PRAYER PLANT**  
(marantaceae leuconeura erythroneura)  
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



# Open Eyes and Minds for Healthy Pets

by Jennifer L. Scott, B.Sc., D.V.M.

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I

also never dismiss alternative medical modalities. My mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

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**JANUARY MOON CALENDAR**



First Quarter  
Jan 5



Full Moon  
Jan 12



Last Quarter  
Jan 19



New Moon  
Jan 27



Rideau-Roxboro Community Assoc.  
c/o 525-30 Ave SW  
Calgary, AB – T2S 0P4  
Phone: 403.803.1717

## Last 12 Months RIDEAU PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$0	\$0
November 2016	\$0	\$0
October 2016	\$939,000	\$900,000
September 2016	\$1,950,000	\$1,562,500
August 2016	\$1,999,000	\$2,060,000
July 2016	\$0	\$0
June 2016	\$0	\$0
May 2016	\$999,000	\$973,000
April 2016	\$649,900	\$595,000
March 2016	\$695,000	\$672,500
February 2016	\$0	\$0
January 2016	\$0	\$0

## Last 12 Months ROXBORO MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$0	\$0
November 2016	\$678,000	\$650,000
October 2016	\$0	\$0
September 2016	\$0	\$0
August 2016	\$1,049,000	\$975,000
July 2016	\$0	\$0
June 2016	\$0	\$0
May 2016	\$0	\$0
April 2016	\$0	\$0
March 2016	\$0	\$0
February 2016	\$0	\$0
January 2016	\$0	\$0

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**Elbow Park Community Association**  
800-34 Ave SW | Calgary, AB T2T 2A3  
Phone: 403.243.3783  
president@elbowpark.com | www.elbowpark.com

Last 12 Months Elbow Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$1,695,000	\$1,500,000
November 2016	\$1,609,950	\$1,482,500
October 2016	\$1,147,000	\$1,142,000
September 2016	\$1,274,450	\$1,192,570
August 2016	\$1,099,000	\$1,040,000
July 2016	\$2,899,000	\$2,550,000
June 2016	\$1,095,000	\$1,050,000
May 2016	\$1,474,500	\$1,375,000
April 2016	\$1,299,000	\$1,337,500
March 2016	\$1,092,000	\$1,070,000
February 2016	\$1,699,000	\$1,525,000
January 2016	\$1,675,000	\$1,600,000

Last 12 Months Elbow Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	2	3
November 2016	8	6
October 2016	7	2
September 2016	9	6
August 2016	6	3
July 2016	3	1
June 2016	6	7
May 2016	7	6
April 2016	8	3
March 2016	6	6
February 2016	4	3
January 2016	9	3

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**Windsor Park Community Association**  
403.253.3223  
5304 6 Street Southwest  
Calgary Alberta, T2V 1E1  
WPCA5304@yahoo.ca

Last 12 Months Windsor Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$641,950	\$615,000
November 2016	\$629,900	\$616,000
October 2016	\$694,900	\$675,000
September 2016	\$550,000	\$555,000
August 2016	\$634,500	\$620,000
July 2016	\$619,900	\$590,000
June 2016	\$0	\$0
May 2016	\$539,888	\$515,000
April 2016	\$389,900	\$380,000
March 2016	\$749,900	\$726,000
February 2016	\$724,900	\$675,000
January 2016	\$699,900	\$645,000

Last 12 Months Windsor Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	0	2
November 2016	4	1
October 2016	4	3
September 2016	4	3
August 2016	3	3
July 2016	4	1
June 2016	2	0
May 2016	3	3
April 2016	10	1
March 2016	2	1
February 2016	2	3
January 2016	5	1

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**MLA Calgary-Elbow**  
**Greg Clark**  
Leader - Alberta Party  
(403) 252-0346  
calgary.elbow@assembly.ab.ca  
Twitter: @GregClark4AB

On November 24<sup>th</sup> I stood in the Legislative Assembly to share the story Rosalind Davis, a Calgarian who lost her partner to Alberta's fentanyl crisis. My statement is below.

Thank you very much, Mr. Speaker. We're joined today by Rosalind Davis, whose partner, Nathan, tragically died from a fentanyl overdose. Illicit fentanyl is a scourge that knows no boundaries. There are no typical opioid addicts. On average, more than one Albertan dies every day from an overdose. It is a crisis and deserves to be treated like the emergency that it is.

Rosalind and Nathan had big plans. Both of them were professionals, Nathan holding an MBA and had a career as a stockbroker. They bought a house together and set about renovating it. It was while working on their house that Nathan hurt his back and was prescribed opioids. It became apparent there was a problem, and Rosalind confronted Nathan and asked him to seek treatment. He did. But this is where the system let him down. He was told that there would be a four-month wait for an outpatient treatment program. Fortunately, they had the means to pursue private treatment.

Sadly, after getting clean and sober, Nathan relapsed, something that is tragically common amongst people overcoming addiction. He again sought help but was unable to find the supports he needed to get and stay sober. Over time he started sourcing opioids on the street and died from an accidental fentanyl overdose.

Nathan is just one of the hundreds of Albertans who have fallen victim to the terrible disease of addiction to the point of losing their lives. Each and every one of these lives has their own story. There is no typical opioid addict. It could be your sibling, your parent, your friend. It could be someone who's street involved, or it could be your next-door neighbour. Opioid addiction is a crisis in Alberta, and while the provincial government and professional bodies have taken some steps to address it, much more needs to be done.

Declaring a public health emergency seems to be an obvious step, and I again call on the Associate Min-

ister of Health to do so immediately. We also need to ensure treatment is available, both in-patient and outpatient, and we need to provide a variety of methods beyond traditional 12-step programs, which do not work for everyone.

I want to recognize and thank Rosalind and Nathan's family for dedicating their time to ending this crisis. It's too late for Nathan, but it is not too late for others.

I encourage you to contact the Ministry of Health at [health.minister@gov.ab.ca](mailto:health.minister@gov.ab.ca) to push the government to recognize this crisis as a public health emergency and to invest in treatment programs.

If you or someone you know needs help with additions, please call Alberta Health Services' 24-hour Addictions Hotline at 1-866-332-2322.

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**Councillor, Ward 8**  
**Evan Woolley**  
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 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2430



**Councillor, Ward 11**  
**Brian Pincott**  
 P.O. Box 2100 Stn. M, #8001A  
 Calgary, AB T2P 2M5  
 403-268-2430 • [www.ward11calgary.ca](http://www.ward11calgary.ca)

## Housing and Homelessness

Happy New Year! I woke up this morning to an email in my inbox from the Calgary Homeless Foundation announcing their Preliminary Point-in-Time Count results for 2016. While our eyes are all pointed towards 2017 and the promise and excitement that a new year brings, this email was a reminder of the great work we've been doing over the past 8 years. The information released by the Calgary Homeless Foundation Count shows that in Calgary homelessness has decreased by 11% since its peak in 2008 – something that no other urban city has done.

I am proud of all of the incredible social organizations, volunteers and donors who have truly made history when it comes to homelessness in our city. But, I'm also aware that while we've done a great job in serving people experien-

cing homelessness we still don't have enough appropriate housing for our vulnerable citizens. I am still determined as ever to do what I can as the Councillor for Ward 8 to continue to make Calgary a great place to live for everyone. We will need to continue to build a future from our shared dreams and strengths, not our precedents. We need to continue to embrace progress and keep working our butts off in order to achieve it. This is no easy feat, and it will require all of us to pitch in. Here's how you can help.

### Volunteer

There are many organizations across Calgary that care for those who don't have a place to stay, and all of them rely on volunteers. It is not only important for us as citizens to help out where we can, but it is personally enriching and rewarding as well. Serve lunches and suppers, teach a child to read, assist with special events. There are a number of groups you can approach, but aside from the obvious four (The Mustard Seed, The Drop-In Centre, Inn from the Cold, and Alpha House) a good start is the Calgary Homeless Foundation's list of all agencies they fund – visit [calgaryhomeless.com](http://calgaryhomeless.com).

### Donate

Donate your used clothes, purses, backpacks, bedding, curtains, towels and shoes at locations all around Calgary. An easy way to find out where to go is to contact the Alberta Recycling Hotline: call 1-800-463-6326 or visit [recyclinghotline.ca](http://recyclinghotline.ca).

### Make Your Voice Heard

To solve the complex issues of affordable housing and homelessness, we need new energy and fresh ideas. We need you to speak up and speak out, and join the conversation about how we can end homelessness instead of just bandage it day after day, year after year. Write me. Join your community association. Reach out to those who live on the street, or in a shelter, or in affordable housing. Help build inclusive communities and a compassionate city – it all starts with you and your voice.

As always, please don't hesitate to contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)). Let's be real. Let's be smart. Let's be bold. Let's tackle these challenges once and for all.

## A Year in Review

Happy New Year! I hope you had a great holiday season. I wanted to take a moment and share a 'Year in Review' for Ward 11 in 2016, and to talk about what is on the horizon for 2017.

This past year we've had some exciting developments in the Ward:

### 20<sup>th</sup> Street SW Bikeway

The bike lanes are open for you use! This project brought road design improvements and new pavement along the route. Remember we all need to move together, and be aware of pedestrians, cyclists, vehicles, and some changes to parking.

### 37<sup>th</sup> Street SW Storm Trunk Project – Phase 2

Phase 2 includes construction from south of 66<sup>th</sup> Avenue SW to the Elbow River. This portion is currently in the preliminary design phase.

### 50<sup>th</sup> Avenue SW Corridor Study

The City is wrapping up Phase 3 engagement of its Transportation Corridor Study of 50<sup>th</sup> Avenue SW between Crowchild Trail and 14A Street SW. As part of Phase 3, the project team sought feedback to help inform the evaluation, identify a preferred design concept and refine the recommended design concept.

### 61<sup>st</sup> Avenue SW Greenway Corridor

Construction on 61<sup>st</sup> Avenue SW continues. Please check the proposed alternate routes map to help you avoid delays on your commute. In conjunction with this project is the construction of the 61<sup>st</sup> Avenue SW Pedestrian Bridge, aiming for completion late 2017.

### Anderson Pedestrian Bridge

The Pedestrian Overpass is now open to pedestrians and cyclists, connecting the communities of Cedarbrae and Woodbine. This connection replaces at-grade crossing at Anderson Road and 37<sup>th</sup> Street SW, to which pathway users will no longer have access to when construction begins on the South West Calgary Ring Road.

### Crowchild Trail-Flanders Avenue Interchange

The Interchange is now open! Landscaping and final

finishing work will begin in spring 2017, with all interchange construction complete in summer 2017.

### Crowchild Trail Study November Update

The City is now in Phase 6: Reporting and Completion of their study looking at Crowchild Trail between 24<sup>th</sup> Avenue NW and 17<sup>th</sup> Avenue SW. Although this portion does not pass directly through Ward 11, Crowchild Trail is an important commuter road to other parts of the city.

### Deerfoot Trail Study Update

The City of Calgary and Alberta Transportation are working together to study Deerfoot Trail and recommend safety and mobility improvements. Although not in Ward 11, Deerfoot Trail is used by many of us, and is a significant artery in the city.

### South Crosstown BRT

The South Crosstown BRT route is primarily set and will not require new roadways. With the exception of three new stations planned in the future, existing stop locations used for Route 306 will be used from Westbrook to Heritage LRT Stations. The route will then extend east of Macleod Trail to Quarry Park.

### SW Transitway BRT

At this time, the project team is finalizing the designs of the north portion of the SW BRT, from Glenmore North to downtown. The project team expects to go to tender very soon, with construction beginning next year. For the south portion, the project team has been working with ATCO to prepare for their work on replacing the gas lines under 14th Street SW, as part of ATCO's Urban Pipeline Replacement Program. We expect that work to also begin in 2017. As soon as our office gets further information or notice of any public events, we will share this with residents of the area.

Thank you for your patience as the City works hard to create better connectivity through diverse modes of transportation for all citizens.

Remember to subscribe to your Ward 11 updates at [www.ward11calgary.ca](http://www.ward11calgary.ca), or by emailing my office at [ward11@calgary.ca](mailto:ward11@calgary.ca). Happy New Year!

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Councillor, Ward 9  
**Gian-Carlo Carra**  
 c/o Office of the Councillors  
 PO Box 2100, Stn 'M', Mail Code #8001A  
 Calgary, AB T2P 2M5



MP Calgary Centre  
**Hon. Kent Hehr**  
 950 6 Ave Sw  
 kent.hehr@parl.gc.ca  
 403-244-1880  
 www.KentHehrMP.ca

Hello Ward 9!

I hope that you enjoyed the last couple weeks of 2016.

With the recession that we Calgarians have suffered through for the past two years, it's important that we reflect on what we have, maintain hope for what may be, and roll up our sleeves together and work towards making our neighbourhoods prosper—as we always do.

We have seen our quality of life shaken by the hit to our local economy. As your City Councillor, I have seen and heard about it from you at events, through email, social media, and in one-on-one meetings. Things are tough, but we are still optimistic.

In 2016, your Team Ward 9 supported increasing affordable housing stock for seniors, reformed the secondary suite process, increased the potential space for child care services, lowered property taxes, and removed the "Greenfield" development subsidy for new developments on the edges of our city - decreasing the tax burden on tax payers to the tune of \$6,000 to \$20,000 per residential unit built.

We have also supported moving up the time tables of, and building, infrastructure projects to get Calgarians back to work, and amended the sliding scale subsidy

for our less fortunate neighbours to ensure that they do not get left behind as we all tighten our fiscal belts.

I am proud to report that just over 8 out of 10 (82%) Ward 9 residents still say the quality of life in Calgary is good, and that almost 9 out of 10 (88%) residents are proud of the neighbourhood they live. This is the very basis of our upcoming success, as it is this togetherness that will ultimately see us out of the current rut that we are in.

This year, your Team Ward 9 and I will continue to focus on infrastructure, transit and traffic (and congestion), crime, safety, sustainable community growth and planning, and supports for people living in poverty and affordable housing.

I continue to hear you, and work towards creating the environment that will help our friends, families and neighbours flourish.

As always, I encourage you to contact me to let me know what your priorities are. I also encourage you to sign up for our updates at [calgary.ca/ward9connect](http://calgary.ca/ward9connect) to stay in the know.

See you soon and let's make this a great 2017.

### Approving, and Building, Energy Projects

As Prime Minister Justin Trudeau wrote in his mandate letter to my colleague Natural Resources Minister James Carr: "it is a core responsibility of the federal government to help get our natural resources to market..." It is a clear direction, by both this government and yours truly, to gain access to tidewater for Alberta's products and to exporting energy abroad, and was why we approved both Trans Mountain and Line 3 on November 29<sup>th</sup>, 2016.

However, as the Prime Minister has emphasized time and time again, the only way to get resources to market in the twenty-first century is if they are done **sustainably** and **responsibly**. The environment and the economy are two sides of the same coin, and it is not possible to achieve long term economic success without having the trust of the Canadian people, support by Indigenous Peoples', and allaying local concerns.

This is why we are working with the provinces and territories to develop a Canadian Energy Strategy. It's why our government has committed \$1.5 billion over the next five years to have a world-leading Oceans Protection Plan to safeguard our coasts and invest in the transportation corridors that gain access for all of Canada's products abroad.

It's why our government is moving forward with putting a price on carbon pollution, which will give us a competitive edge internationally and incent the marketplace to innovate to build a clean-growth economy. This will also have the additional effect of safeguarding Canadian's health and clean air, and bring new and exciting job prospects for middle-class Canadians.

It's why, in the fall of 2016, our government approved Pacific Northwest. This project has an estimated total capital investment of up to \$36 billion and is one of Canada's largest resource development projects. This project will provide some 4,500 middle class jobs during construction and 630 indirect/direct jobs during its operation.

It's why we are ensuring the environmental risks linked to development are addressed by industry before projects proceed. The Canadian Environmental Assessment Agency took in a ground-breaking 34,000 comments from the public, and was granted a three-month extension to the time-

line to ensure we had the science right. Northwest will be required to comply with specific mitigation measures that will minimize adverse effects on fish habitat, wetlands, human health, and on Indigenous peoples. And for the first time ever, annual greenhouse gas emissions for the project have been capped at a maximum level that is substantially lower than initially envisaged for the project.

These decisions reflect our promise to work with provinces, indigenous peoples and Canadians to find practical solutions that will grow our economy, create good jobs and protect our environment for future generations.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at [www.KentHehrMP.ca](http://www.KentHehrMP.ca).



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# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication.**


**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocallatitudes.org](http://www.vocallatitudes.org).

## VOLUNTEERING.... *Good for the Soul*

### 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 [ES@great-news.ca](mailto:ES@great-news.ca)



**Parkhill-Stanley Park Community Assoc.**  
**4013 Stanley Rd. SW | Calgary, AB – T2S 2P5**  
**Phone: 403.287.0614**  
**[president@parkhillstanleypark.ca](mailto:president@parkhillstanleypark.ca)**  
**[www.parkhillstanleypark.ca](http://www.parkhillstanleypark.ca)**

### Last 12 Months Parkhill-Stanley Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$718,000	\$728,000
November 2016	\$1,499,450	\$1,471,000
October 2016	\$799,800	\$765,000
September 2016	\$799,000	\$748,000
August 2016	\$1,197,000	\$1,085,000
July 2016	\$1,788,000	\$1,625,000
June 2016	\$982,000	\$937,500
May 2016	\$824,000	\$835,250
April 2016	\$649,000	\$625,000
March 2016	\$0	\$0
February 2016	\$849,450	\$844,500
January 2016	\$0	\$0

### Last 12 Months Parkhill-Stanley Park MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	1
November 2016	5	2
October 2016	4	1
September 2016	3	1
August 2016	3	1
July 2016	3	1
June 2016	3	2
May 2016	0	4
April 2016	7	1
March 2016	2	0
February 2016	9	2
January 2016	2	0

To view more detailed information that comprise the above  
MLS averages please visit [parkhill.great-news.ca](http://parkhill.great-news.ca)

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3

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4

**ELBOYA**

Detached: \$2,008,140

5

**PARKHILL**

Detached: \$1,239,814

6

**ERLTON**

Detached: \$780,987

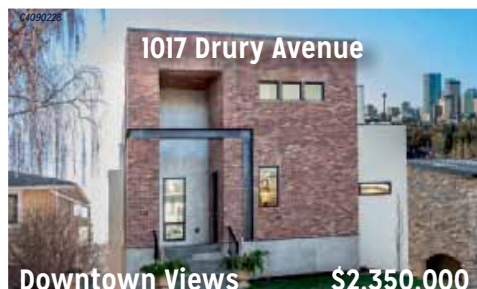
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