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## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

#### Editorial Submissions

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

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

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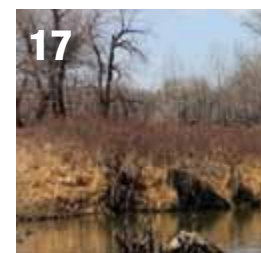


Photo by Olga Osi



## YOUR EVERGREEN COMMUNITY ASSOCIATION

PO Box 24007 RPO Evergreen  
 #100, 2250-162 Ave SW  
 president@myceca.ca | www.myceca.ca

## ELECTED OFFICIALS



**Councillor Diane Colley-Urquhart**  
**Ward 13 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-1624  
 Fax: 403-268-8091  
 Email: ward13@calgary.ca  
 Web: www.calgary.ca/ward13



**Dave Rodney**  
**Calgary-Lougheed**  
 #311A, 2525 Woodview Drive SW  
 Calgary, AB Canada T2W 4N4  
 Phone: (403) 238-1212  
 Fax: (403) 251-5453  
 Email: calgary.lougheed@assembly.ab.ca

## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

### HOSPITALS / URGENT CARE

Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

### OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



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

### February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.triocentre.ca](http://www.triocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.triocentre.ca](http://www.triocentre.ca) for schedule.

### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and



Joints. Register at [www.triocentre.ca](http://www.triocentre.ca).

- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

### Families

Family Day Event: Join us for SHINE FM and Trico Centre’s Wonderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

### Children & Youth

- Mindfulness for Youth Workshop (8 -12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.triocentre.ca](http://www.triocentre.ca) for schedule and details.



## Trivia

## 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.

# VOLUNTEER LINKS – South Calgary

## Alberta Cancer Foundations Events Office

Suite 120, 707 7th Ave SW  
Calgary, AB  
T2P3 H6  
403.775.4676

## Alberta Health Services

Calgary, AB  
403.943.4702

## Calgary Immigrant Educational Society (C.I.E.S.)

Calgary, AB  
403.291.0002

## Calgary Opera

1315 7 Street SW  
Calgary, AB  
T2R 1A5  
403.262.7286

## Calgary Public Library

616 Macleod Trail SE  
Calgary, AB  
T2G 2M2  
403.260.2600

## Calgary Reads

105, 105 12 Ave SE  
Calgary, AB  
T2G 1A1  
403.777.8254

## Canadian Mental Health Association Calgary

400, 105 12 Ave SE  
Calgary, AB  
T2G 1A1  
403.297.1700

## Canadian Progress Club

Calgary, AB  
[myraskerrett@shaw.ca](mailto:myraskerrett@shaw.ca)  
<http://www.progressclub.ca/calgary-city-centre>

## Cerebral Palsy Association In Alberta

12001 44 Street SE  
Calgary, AB  
T2Z 4G9  
403.543.1161

## CNIB Alberta and Northwest Territories

15 Colonel Baker Place NE  
Calgary, AB  
T2E 4Z3  
403.261.7225

## CNS volunteer opportunities. City of Calgary

800 Macleod Trail SE  
Calgary, AB  
T2P 2M5  
403.476.7224

## CUPS. Health Education Housing

1001 10 Ave SW  
Calgary, AB  
T2R 1M4  
403.221.8780

## Habitat For Humanity

210, 805 Manning Road NE  
Calgary, AB  
T2E 7M8  
403.253.9331

## Immigrant Services Calgary

1200, 910 7th Avenue SW  
Calgary, AB  
T2P 3N8  
403.261.1120

## Mary's Meals

PO Box 76144, Millrise RPO  
Calgary, AB  
T2Y 2Z0  
1.855.702.0330

## Meals on Wheels

5759 80 Avenue SE  
Calgary, AB  
T2C 4S6  
403.243.2834



# CHURCHES



## Peace Lutheran

14640 6 St SW, Calgary, AB T2Y 0E1  
(403) 256-1439

## St. Patrick Parish

1414 Shawnessy Blvd SW, Calgary, AB T2Y 2L7  
(403) 254-6878

## The Church of Jesus Christ of Latter-day Saints

30 Everstone Blvd, Calgary, AB T2Y 4S5  
(403) 571-5613

## Red Deer United Church

96187 178 Avenue West, Foothills, AB T1S 2R9  
[\(403\) 256-3181](tel:4032563181)



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

# 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.vocalatitudes.org](http://www.vocalatitudes.org).

**FREE MOVING BOXES:** Home Depot (strong) medium and large boxes, including wardrobe boxes. You haul.

## South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

# When was your last PAP test?

- STI testing, Contraception, Prenatal Care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- **Welcome to Dr. Laura Huber who is now accepting patients in her family practice.**

Evening and Saturday appointments available.  
Call (403) 254-2030 to book an appointment.  
Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

## The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

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

# VOLUNTEERING

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**IN & AROUND CALGARY**



**Women's English and Social Group**

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) for group locations and times or contact Debra Colley at 403-444-1752 or [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com).

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

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



**AHS Public Health Forum Invite**

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

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

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities), health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

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

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

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

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

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

**2017 Darwin Day**

February 12th

Visit [stmu.ca/darwin-day/](http://stmu.ca/darwin-day/) for ticket information



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[stmu.ca](http://stmu.ca) 403.531.9130 [info@stmu.ca](mailto:info@stmu.ca)



# Plantar Fasciitis

## Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

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

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

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

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

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

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



**2017 Annual Social Membership - \$1,000**  
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**Valentine's Trivia**  
Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

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**403-254-1124**  
info@smilesareus.ca | smilesareus.ca

## SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)  
**safetysync.com**  
**403.668.6402**

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



Photographer: Stephanie Begin

Caption: Glenbow Ranch Provincial Park

# PHOTO GALLERY



**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](http://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 Coordinator 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](http://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 evening

- 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](http://www.friendsoffishcreek.org/programs/wellness-clinics)





# Happy February Everyone!

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

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

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

**2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'!

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

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

## HOME GARDENING WITH BARBARA

# Succulents & Cacti

Barbara Shorrock

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

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

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

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# Glenmore Gymnastics Club

**Winter session begins January 4th**  
Spring registration begins March 22<sup>nd</sup> for current members  
Spring registration begins March 24<sup>th</sup> for new members

For more information on classes and times, please visit our website:  
www.glenmoregymnastics.ca or recreation@glenmoregymnastics.ca  
or call 403-251-3469  
Glenmore Gymnastics Club is located at the Southland Leisure Centre.

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## BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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

	Average Asking Price	Average Sold Price
December 2016	\$549,900	\$535,500
November 2016	\$505,000	\$499,900
October 2016	\$429,700	\$417,500
September 2016	\$484,900	\$476,500
August 2016	\$494,394	\$478,500
July 2016	\$467,000	\$462,000
June 2016	\$473,200	\$462,500
May 2016	\$476,700	\$463,000
April 2016	\$474,900	\$464,500
March 2016	\$439,900	\$437,000
February 2016	\$497,450	\$481,500
January 2016	\$473,900	\$462,000

## Last 12 Months Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	13	8
November 2016	21	23
October 2016	14	21
September 2016	38	11
August 2016	31	26
July 2016	25	21
June 2016	42	34
May 2016	37	28
April 2016	35	27
March 2016	43	21
February 2016	24	14
January 2016	23	8

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



**COUNCILLOR, WARD 13  
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Phone: 403.268.1624  
Twitter / Instagram: @BigRedYYC  
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Website: [CouncillorDiane.ca](http://CouncillorDiane.ca)

### 2017 Residential Property and Business Assessments

With 2017 in full swing, it's time to dive into the New Year head first!

In early January, the City released the 2017 Market Reports for both residential and business assessments. The numbers are promising, with residential assessment values experiencing an average decrease of four per cent from 2016 assessment values.

- The 2017 median single residential assessment is \$460,000 compared to \$480,000 in 2016.
- The 2017 median residential condominium assessment is \$270,000 compared to \$280,000 in 2016.

Non-residential values have decreased by approximately six per cent from 2016. Downtown office properties and businesses have experienced a greater than average decrease due to vacancies. That has resulted in a redistribution of the tax liability to non-residential properties outside of the

downtown core and those non-residential properties where assessments are remaining stable.

I am deeply concerned about the impact this redistribution has had on small business throughout the City. With nearly \$2B in City reserves, we must be aggressive in easing the burden. I am working with my colleagues to gain support for a 2017-2018 grant exemption to ease this blow. Small business is the backbone of our economy.

### 2017 Residential Property Assessment Roll

- Total number of accounts: 487,637
- Total value: \$210 billion
- Single residential median assessment: \$460,000
- Residential condominium median assessment: \$270,000
- Typical market value assessment change is a decrease of four per cent (-4%) from 2016
  - Single residential: decrease of four per cent (-4%)
  - Residential condominium: decrease of four per cent (-4%)
- Approximately 97 per cent of residential properties' will stay within ±10 per cent of last year's taxes.
  - 56 per cent of residential properties will see a revenue neutral tax decrease.\*
  - 44 per cent of residential properties will see a revenue neutral tax increase.\*

\*Before Council-approved tax rate and provincial requisition

### Ward 13 Residential Median Assessed and Taxable Values

Community Name	Number of Taxable Accounts	Median Assessed Value	% of Properties Decreasing in RN Taxes	% of Properties Increasing in RN Taxes	% of Properties Changing +/- 10% in RN Taxes	RN Taxes on Median Assessed Value
Bridlewood	4,756	381,000	69	31	100	2,440
Canyon Meadows	3,136	418,000	61	39	97	2,670
Evergreen	7,968	460,000	76	24	98	2,950
Millrise	3,275	374,000	49	51	98	2,400
Shawnee Slopes	1,029	503,000	85	15	98	3,220
Shawnessy	3,604	392,000	53	47	98	2,510
Somerset	3,322	398,000	76	24	96	2,550
Woodbine	3,336	435,000	47	53	98	2,790
Woodlands	2,066	433,000	58	42	96	2,770

Property and business owners should carefully review their assessment notice and should you have any questions, please call The City at 403-268-2888. Changes to a 2017 assessment can only be made if an inquiry is received during the Customer Review Period that runs Jan. 5 to March 6, 2017.

If you are concerned that your assessment doesn't represent market value after reviewing your property details, you can file a formal complaint with the Assessment Review Board at [www.calgaryarb.ca](http://www.calgaryarb.ca).

MLA Calgary - Lougheed

Dave Rodney

311A - 2525 Woodview Drive SW T2W 4N4

Phone: 403-238-1212 calgary.lougheed@assembly.ab.ca

Woodbine, Woodlands, Evergreen & Bridlewood



Top Left: Congrats to all at the South West Calgary Resource Ctr for working miracles every day!

Top Centre: Thanks to all who participated in the Annual Evergreen Christmas Lights contest!

Top Right: Thrilled to be Santa's helper at the Evergreen Seniors Event—it was great fun



Bottom: It was an honour to once again participate in the lighting of the Menorah at City Hall; & privileged that Chabad Lubavitch is in Calgary-Lougheed!

**The past year has been one of transformational change both Albertans and for the Progressive Conservative caucus.**

We are incredibly proud to represent our constituents in the Legislative Assembly, and look forward to ensuring your voices are heard loud and clear by the NDP government in 2017. We take this responsibility very seriously, and thank each of you for your continued support. This year, we fought for Albertans against the NDP who have legislated an economy-wide carbon tax, made sweeping changes to our electricity system, and designed self-serving electoral finance reform. They also introduced a fiscal plan that will accumulate \$30 billion in new debt over the next three years, refusing to make even the smallest effort to restrain spending during these difficult economic times. This reckless spending, combined with the lack of a credible debt repayment plan, has led to multiple credit downgrades and higher debt servicing costs--creating a fiscal hole so big, it will take generations to recover!

**Jobs and the Economy:** As economic indicators worsened in Alberta during 2016, the NDP's inability to handle this economic crisis has become painfully apparent. This year, the unemployment rate in Calgary exceeded 10%. By August, over 4,000 businesses were forced to close their doors in Calgary. This has been exacerbated by a corporate tax increase, the carbon tax, minimum wage increases, and a series of energy policy changes that have created uncertainty for investment. These decisions made a bad situation worse for Albertans in 2016 by increasing costs across all industry sectors. As we move into 2017, our caucus will continue urging the NDP to rebuild trust with Alberta business, discontinue their assault on enterprise, and promote growth.

**Carbon Tax:** This tax is expansive and all-encompassing--affecting Albertans most vulnerable individuals, senior citizens, and families—all at a time when Albertans face unprecedented unemployment levels. On average, families can expect to pay an additional \$600 per year. The decrease in disposable income will be magnified as the cost of meeting basic needs will rise—including food, clothing, and shelter. Costs for basic services can also be expected to increase, since no one is exempt from the carbon tax. In an attempt to promote its ill-conceived Climate Leadership Plan, the NDP are wasting taxpayer dollars by spending \$9 Million on advertising campaign! Additionally, the NDP have continued to implement their climate leadership strategy—including a coal phase-out that will cost 10,000 jobs. The NDP are not taking into account the state of Albertans fragile economy when designing haphazard, piecemeal environmental policy based ideological practice, with negative consequences for all Albertans!

**Electricity Changes:** The NDP continues to make ideological decisions that are having negative impacts on Alberta families. This was the case for our electricity market, as we saw the NDP attack power companies that have invested billions into our communities over the years. Investor confidence continued to drop in Alberta when the NDP attempted to break 16-year-old legal contacts and threatened to take power companies to court; putting Alberta taxpayers on the hook! Historically, Albertans paid a low price for electricity with a reliable source; but "NDP world-view" decisions introduced price volatility, and forced the NDP to introduce a cap on the electricity regulated rate option—however, the cap will not actually protect Alberta consumers—as families will be forced to pay through increases on their electricity bills or through increases in their taxes!

Evergreen mybabysitterlist

Name	Age	Contact	Course
Anastasia	16	587-580-5929	Yes
Ashley	32	587-226-2692	Yes
Aurora	16	403-266-2806	Yes
Autumn	17	403-475-1347	Yes
Bronte	17	403-880-1572	Yes
Brooklynn	14	403-988-7976	Yes
Carla	33	403-890-9467	Yes
Cristina	16	403-245-5184	Yes
Danita	22	403-990-0205	Yes
Diana	15	587-481-4810	Yes
Emelisa	48	587-436-7520	No
Gabrielle	15	403-201-0528	Yes
Hannah	17	403-993-0740	Yes
Holly	15	587-890-9295	Yes
Jack	14	403-201-0528	Yes
Janelle	24	403-808-2505	Yes
Jessica	19	403-826-6276	No
Jill Ann	17	587-834-4771	Yes
Jordan	14	587-225-0555	Yes
Joy	44	403-606-6236	Yes
Kalysta	15	403-926-0563	No
Kassandra	17	403-926-9056	Yes
Kenzie	19	403-861-9671	No
Lulu	21	403-796-7449	Yes
Maddie	17	403-201-7075	Yes
Mel	14	403-629-8404	Yes
Michelle	15	403-256-4366	Yes
Natalie	34	780-237-5331	Yes
Noah	14	403-477-5209	Yes
Ria	21	403-470-9783	No
Sarah	17	403-998-9639	No
Valeria	15	403-830-7991	Yes
William	16	587-352-7162	No

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"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

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

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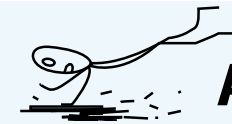
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## THANKYOU



### ACCIDENT

I wish to express my greatest gratitude to those "Good Samaritans" who stopped and helped, and even just offered help to my wife when I slipped and fell on my face at the corner of Fish Creek Boulevard and Everbrook Drive SW on January 18. Even the paramedics and Rockyview Hospital Emergency personnel gave me their best care and kindness under the circumstances.

Thanks again,

Thomas, resident of Sanderson Ridge Condominium

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

# 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 under-

stand 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](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. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).*

## 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.

## South West Communities Resource Centre



Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)

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.

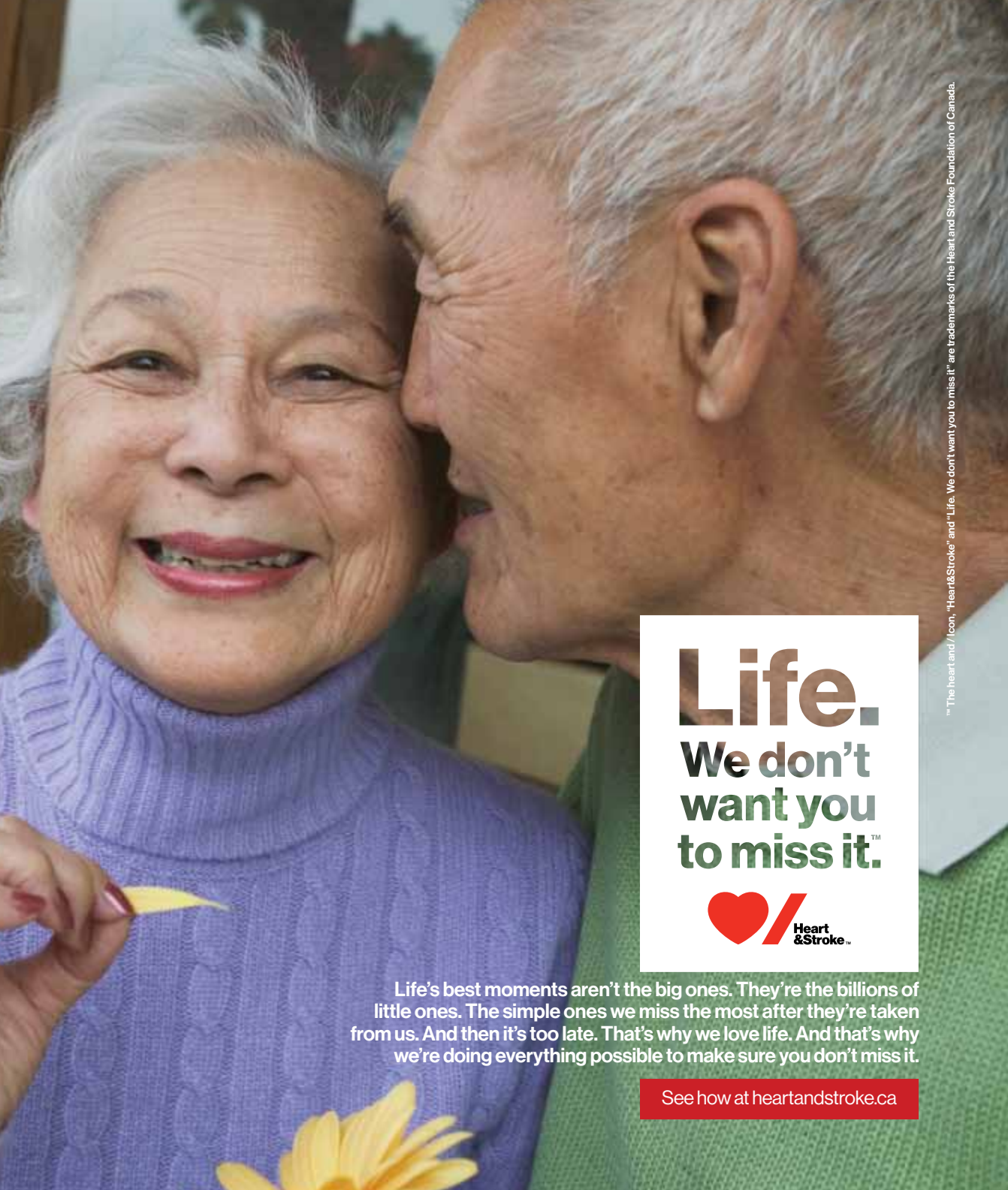
Let the SouthWest Communities Resource Centre be your support and help you and your family take steps in 2017 for a happier, healthier, and more meaningful life.



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### **HOURS OF OPERATION**

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<b>Saturdays</b>	<b>10am-5pm</b>
<b>Sundays</b>	<b>Closed</b>

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**Lisa Fernandes, PFP** | Wealth Advisor  
403-266-9631 | [lisa.fernandes@rbc.com](mailto:lisa.fernandes@rbc.com)



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