

JANUARY 2017

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### 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)  
Call (403) 290-0110  
Email [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)



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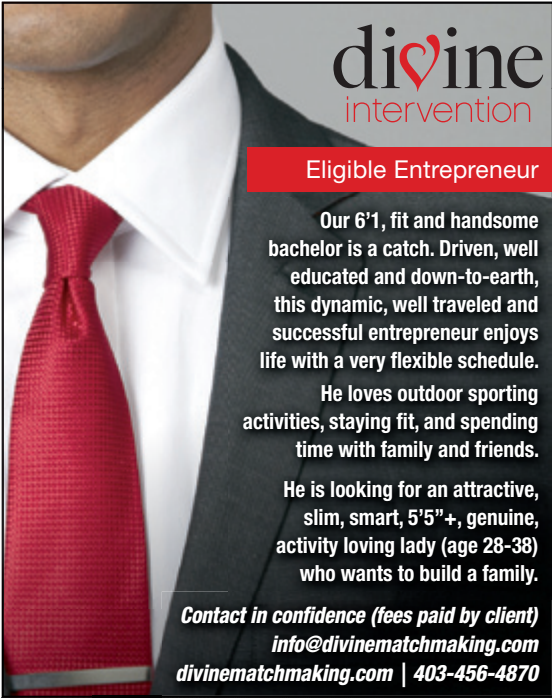
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- Education (Elementary)

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## CALLING LOCAL PHOTOGRAPHERS

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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.

## YOUR EVERGREEN

Delivered monthly to 7,300 households and businesses for 5 years!

### Advertising Opportunities

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.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)

**GREAT NEWS**  **28 YEARS**  
PUBLISHING

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

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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	
Gamblers Anonymous	403-237-0654



Last 12 Months Evergreen  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$549,900.00	\$535,500.00
November 2016	\$505,000.00	\$499,900.00
October 2016	\$429,700.00	\$417,500.00
September 2016	\$484,900.00	\$476,500.00
August 2016	\$494,394.00	\$478,500.00
July 2016	\$467,000.00	\$462,000.00
June 2016	\$473,200.00	\$462,500.00
May 2016	\$476,700.00	\$463,000.00
April 2016	\$474,900.00	\$464,500.00
March 2016	\$439,900.00	\$437,000.00
February 2016	\$497,450.00	\$481,500.00
January 2016	\$473,900.00	\$462,000.00

Last 12 Months Evergreen  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	12	8
November 2016	21	23
October 2016	14	21
September 2016	40	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)

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BEFORE

AFTER

BEFORE

AFTER

BEFORE

AFTER

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EVERGREEN | JANUARY 2017 7

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# 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)



# 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.

# 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

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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](http://www.glenmoregymnastics.ca) or [recreation@glenmoregymnastics.ca](mailto:recreation@glenmoregymnastics.ca)  
or call 403-251-3469  
Glenmore Gymnastics Club is located at the Southland Leisure Centre.

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# BRAIN GAMES SUDOKU

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

**FIND SOLUTION ON PAGE 10**

## 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.

## Shawnessy Plaza Dental Clinic

**Dr. Roman Koutsil**  
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647 Shawcliffe Gate SW Calgary, AB T2Y 1W1  
**403-254-1124**  
[info@smilesareus.ca](mailto:info@smilesareus.ca) | [smilesareus.ca](http://smilesareus.ca)

# Kidsland Daycare

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Enform IIRP 9 (Revised)  
[safetysync.com](http://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.



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Years

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**IN & AROUND  
CALGARY**



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Check [Accentyoga.com](http://Accentyoga.com) for more information.



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[www.desireedupuis.com](http://www.desireedupuis.com)

*"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*

**BRAIN GAMES SUDOKU**

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

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**STRATHCONA-TWEEDSMUIR SCHOOL**

Admissions and financial assistance application deadline February 10, 2017.



## January 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, KidsSport). See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

## Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

## Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.



- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

## Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

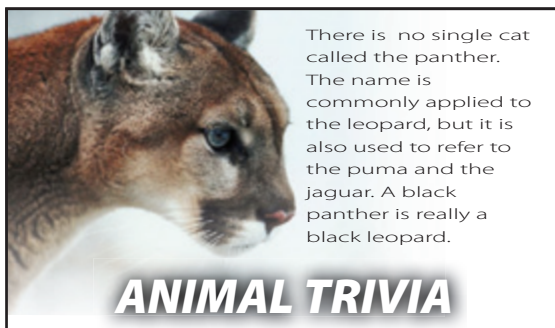
## Children & Youth

From “just learning to walk” to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

## Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less passes than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.



## Evergreen mybabysitterlist

Name	Age	Contact	Course
Anastasia	16	587-580-5929	Yes
Ashley	32	587-226-2692	Yes
Aurora	16	403-266-2806	Yes
Bronte	17	403-880-1572	Yes
Brooklyn	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	14	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
Kasandra	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
Valeria	15	403-830-7991	Yes
William	16	587-352-7162	No

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## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## 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).

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News  
Publishing at 403-263-3044 or sales@great-news.ca

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

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**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Evergreen area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

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

**PROFESSIONAL ACCOUNTANT:** Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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## South West Communities Resource Centre



Located in the Professional Wing of the  
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Phone: 403-238-9222 • Email: info@swcrc.ca • 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 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.







Photo by Olga Osi



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# PHOTO GALLERY



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### Longstanding Volunteer in Profile

The Woodcreek CA recently announced the stepping down of long time President Cecil (Cec) Jahrig at their last AGM. A huge congratulation goes out to Scott Eden, who has taken over the position of President.

Cec has been President of the Woodcreek Community Association President for 6 years. He has been the heart and soul of the community giving hundreds and hundreds of volunteer hours back since taking over the presidency and serving as Vice President before that.

Cec not only is a Chartered Professional Accountant, but he's also retired from a career in real estate. When the Woodcreek Community Association was in need of a treasurer, Cec was interested in the role. As luck would have it however, six other candidates had also put their names forward for the position. As a result, Cec decided instead to focus on volunteering on the fundraising side for Woodcreek and eventually ran for President.

Cec has seen the CA memberships soar during his time in office with a total of 2401 members since 2010, and 1100 of those members signed up just last year. He has built a great team of volunteers, and without their efforts, the Woodcreek Community Association wouldn't be as successful as it currently stands in serving the residents of Woodbine and Woodlands.

Other accomplishments which Cec has overseen in his tenure include improving community engagement by adding office space, expanding the current facilities to accommodate the community, repaving the Woodbine tennis courts, the building of pickle ball courts, the creation of a skate park, installation of basketball courts in both Woodbine and Woodlands and upgrading the flood lights. Cec has always been dedicated to recruiting volunteers to organize community and sporting events at the community hall. He is most proud of the support from the entire board and volunteers and has seen a substantial increase in community support throughout the years. Building strong long-lasting relationships have been central to Cec's involvement.

Cec, for all you do and have done for our City, I would like to express a heartfelt thank you on behalf of everyone you serve.

In Cec's own words:

*"Time for a change. At the Woodcreek Community Association Annual General Meeting on Tuesday November 15<sup>th</sup> I will be stepping down as President and moving into the Past President position. My recommendation for the new President will be Scott Eden who has served as my First Vice President during my term in office. Scott is very active in the community and will do an excellent job."*

*"When I look back at the past 6 ½ years, a lot has happened. Phil Barg was the prime mover in getting the hall addition added and then that is when I took over. Our biggest challenge was to give residents a reason to join the Community Association. Membership had previously been based on sports. If your child wanted to play sports you had to purchase a membership. Sports have left the community and are now club or quadrant based. With the new hall addition, we added furniture, equipment and programs and activities to make it a true community centre. Our community membership in 2010 was 240 and has now risen to 1360 in 2016. Our aim was to give value to becoming a member."*

*"We had a number of interesting challenges over the years. Tsui Tina garbage fire, Shoppers Drug Mart, Skate Board Park, Cell Towers, BRT. Our role was to hold meetings to ensure our residents had the proper information and to give them a chance to express their opinions."*

*"Over the years we have expanded the office, refurbished the board room, added a storage addition, opened 3 downstairs meeting rooms, doubled the garage and repaved the parking lot and upgraded the rink lighting. At our Woodbine sports location we repaved the tennis courts, added pickle ball courts, added a skate board park, paved the ice rink and added a basketball court. All of these improvements were meant to add to the community facilities and to particularly add youth activities."*

*"During my term I have had a very supportive Board of Directors who has done a great job planning, organizing and volunteering. Thanks to them for helping to grow our community and make this a great place to live. We have tremendous support from volunteers in the community and it was a pleasure working with you. Whenever we needed people, they stepped up. The operation of our Community Centre falls to our staff of Linda, Lorraine and Al. They are a dedicated group and it has been a pleasure working with them."*

**Cec Jahrig – Past President**



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