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# KidneyMarch

**September 8 – 10, 2017**  
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**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23  
**[kidneymarch.ca](http://kidneymarch.ca)**  
**1.866.956.2724**

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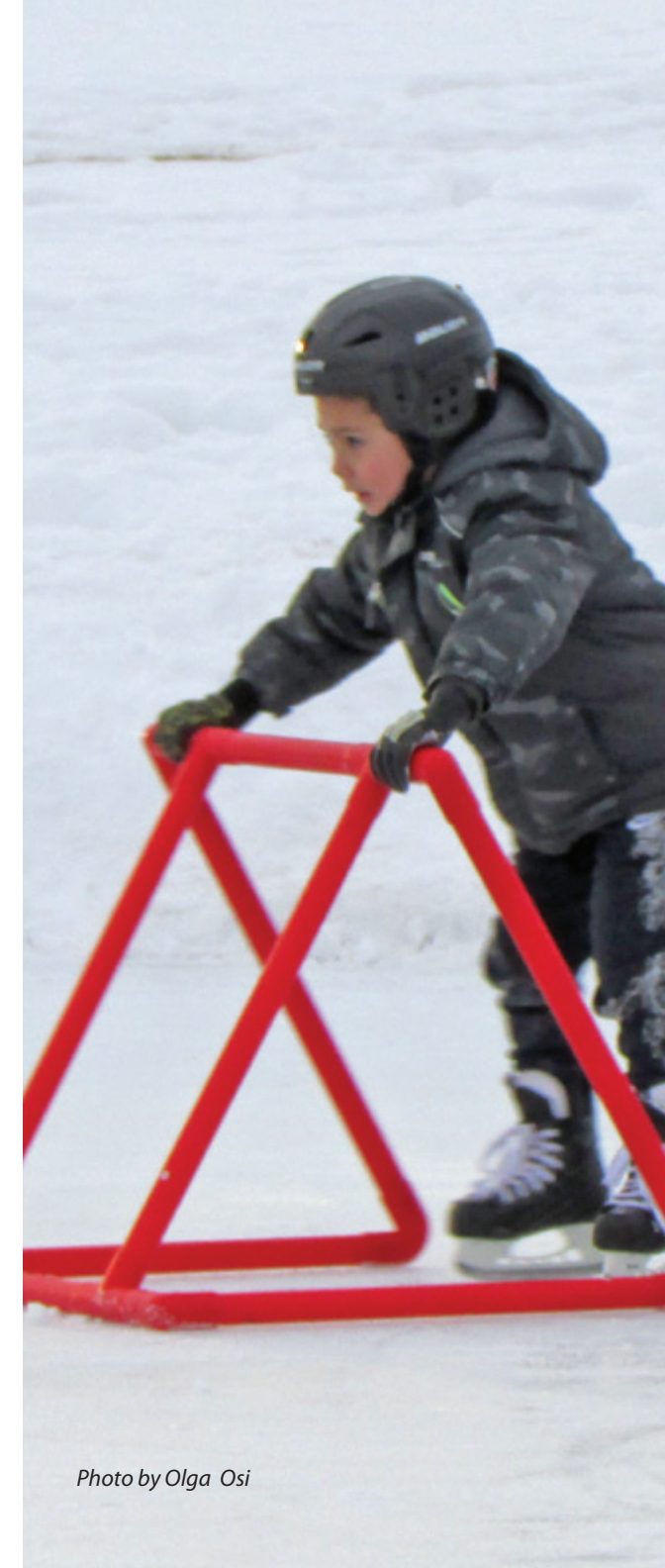
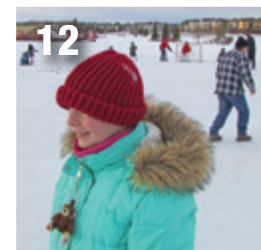


Photo by Olga Osi

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Contact Kristina | 403-397-6224 | e.k.taxservices@gmail.com  
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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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Please bring a non-perishable food item for: Calgary Food Bank  
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**MARCH 25 & 26, 2017**  
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## 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

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# 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 opportun- ities.

**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  
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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.



World premiere of a new comedy  
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A world premiere by **Eugene Stickland**.

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March 31, 2017, 7 p.m. start time

For ticket information visit:

[www.stmu.ca/drama2017](http://www.stmu.ca/drama2017)



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"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde

# 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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**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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**HOME BEAUTY SALON IN YOUR NEIGHBOURHOOD:** 20 years of experience esthetician and nail technician provide friendly atmosphere in the house. Come and get your gel and acrylic nails, shellac manicures, pedicures, waxing. Relax, unwind and love yourself right in your neighbourhood Please call or text Diamond Esthetics by Alona to schedule an appointment 403-613-5188.

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**IRIE AROMAS:** "Create your own inner island." 100% pure essential oils. Essential oil blends, diffuser mixes, colour therapy, lotions, bath products. Customized blends including private labelling for your special occasion. www.iriearomas.ca. Email: iriearomas@shaw.ca. Call/Text: 403-561-3656.

**FRESHSTART DAYHOME:** Open: 7am-5:30pm - accepting full-time, part-time and drop-ins. After school hours. I participate in the 4Cs Food Program, home-cooked healthy meals. Interactive learning through music, movement, creative activities and educational games. Nestled in the Bridlewood and Evergreen Community. Call us on 587-899-4510, email: freshstart@gmail.com.

**HUNTER'S HEATING AND COOLING:** Winter Specials - \$145 furnace tune up, and \$250 off furnace installs. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

**GENERAL HOME RENOVATION:** Experienced Contractor serving Calgary since 2005, licensed and insured, located in Woodbine. Any Renovation need from flooring, cabinets to bathroom installation and kitchen assembly. Provide upfront estimate, affordable work pricing. Guarantee great quality and warranty for completed projects. Call or text Alex 403-681-6715 e-mail: Alex.Tikhomirov@shaw.ca.

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**KITCHEN CABINETS REFINISHED:** Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

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**CALLING PROFESSIONAL PORTRAIT PHOTOGRAPHERS:** Feature your professional family portraits for free in this newsletter. Email EVG@great-news.ca for more information.

Calgary



## Upcoming Information Session:

The City of Calgary invites citizens to attend an information session that will provide updates on four transportation projects in the area.

### These projects include:

- Macleod Trail/162 Avenue S Interchange
- Macleod Trail/194 Avenue S – West Connection
- 162 Avenue S.W. connection (a Calgary-led ring road project)
- Spruce Meadows Way S.W. widening (a Calgary-led ring road project)

**When:** Wednesday, March 15, 2017

**Time:** 6-9 p.m.

**Where:** Bishop O'Byrne High School – 333 Shawville Boulevard S.E.

**No RSVP is required.**



# PHOTO GALLERY

Photos were taken at Everidge Dr. ice rink by Olga Osi



## COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: [dcolley@calgary.ca](mailto:dcolley@calgary.ca)  
Phone: 403.268.1624  
Twitter / Instagram: @BigRedYYC  
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)  
Website: [CouncillorDiane.ca](http://CouncillorDiane.ca)

### 2017 Online Brochure Announcement

With the current economic challenges many are facing, it is as important as ever to stay connected to what is happening in our City. The City of Calgary offers an abundance of excellent services available to you and your family. I wanted to pull all of these resources together in one place just for you.

By visiting [CouncillorDiane.ca/OnlineGuide](http://CouncillorDiane.ca/OnlineGuide), I invite you to learn more about this remarkable City, share your feedback, connect to City services, give your time to a worthy cause, join your Community Association, help your neighbours, and discover the amazing amenities our City has to offer!

I hope that this Online Guide will provide you with a gateway to being informed about what is available to you. I absolutely love this City and all that it offers to my constituents.

### Calgary Woodcreek Lions Club Christmas Hampers Update

I donated \$2,500 from my Community Fund this past December to the Calgary Woodcreek Lions Club. The Lions Club members do such fantastic in Calgary. My Dad was a founding member of the Lions Club in Oyen many years ago, so I have a real soft spot for the Lions. My donation in part, made it possible to add an additional eight-member family to the list of Christmas Hamper recipients. All the families for whom the Club provided hampers for have been extremely grateful and were able to enjoy Christmas with their loved ones.

I had fun gift-wrapping alongside my buddies at the Woodcreek Lions Club for the Christmas Hampers. I thoroughly enjoyed the time spent doing so, and I am truly inspired by the Club. Thank you for having me and for putting me to work with the ribbons and wrapping paper!

### Donating my Salary Increase to Our Syrian Refugee Family

The Calgary Catholic Immigration Society (CCIS) was

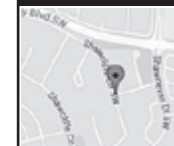
essential in coordinating the arrival and settlement for Government-Assisted Refugees (GAR) who came to Canada with the help of the federal government's response to the Syrian refugee crisis.

The Syrian family I was a part of sponsoring, arrived in Calgary last October to begin their new life in Canada. Our group was able to rent a home for them to move into and also raise enough money to fully support the family of three for one year.

The Mission Statement for our Group is, "We will support Syrians in their first year of living in Canada by appropriately allocating funds held by CCIS on the family's behalf. We will be assisting in other ways if possible, with the hope and intent to help the family integrate into the Canadian and Calgary communities, and to function independently."

In partnering with CCIS, they are assisting the family with all available Canadian government programs, but they will look to our Sponsoring Group to assist the family with their daily living needs and integration. Our Group helped raise \$42,000, which we are also responsible for allocating and distributing. We are all very proud that our combined efforts have assisted a family coming from war-torn Aleppo to live in a safe, caring community while continuing to build a successful life in Calgary.

### Shawnessy Plaza Dental Clinic



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

## 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

**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)

**SHOWTIME Home Design**

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### Natural Teeth Whitening and Brightening Solutions

Faster Whitening  
*No Sensitivity*

Enamel Safe  
*Maximum Results*

- Better Ingredients
- Better Science
- Better Results

### Dental Cleaning / Oral Health Prevention.

- Oral Assessment
- Digital X-rays and Imaging
  - Teeth Cleaning
- Periodontal Treatment
- Dental Sealants

We are simply your friendly dental hygiene clinic.

**www.onesmilebright.ca**

Kids, Adults, and Seniors

### Hours of Operation

Monday to Friday  
8 am to 6 pm

Upon request, appointment can be made early morning before 8 am or late evening after 6 pm.



**Susy Tremblay RDH**

Will focus on helping people achieve a life time of optimal oral health in a friendly, compassionate, gentle, relaxing, and safe environment.



220A – 15229 Bannister RD SE.  
info@onesmilebright.ca

## Fivecees Medical Centre

### Family Physicians & Walk-in Clinic

635 Shawcliffe Gate SW Calgary, AB T2Y 1W1

**Call 403-457-5009**

**Male & Female Doctors accepting new patients.**

### NO WAIT TIMES

Beside 7-Eleven Shawnessy



### HOURS OF OPERATION

Monday - Friday:	9 am-6pm
Saturdays	10am-5pm
Sundays	Closed

**IUDs, PAP Clinic, Joint Injections, Insurance Medical, Family Care**