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Marda Loop Communities Association
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CONTENTS

Events and News 4
President's Message 5
MLCA Programs 10-12
cSPACE King Edward 19
Seniors' Group 20
Your Community Business
of the Month 23

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MARDA LOOP COMMUNITIES ASSOCIATION: EVENTS & NEWS

MLCA Board Meeting

Board meetings are held the first Monday of every month (except in July and August). If you would like to address the board, or simply attend one of these meetings, please contact president@mardaloop.com.

Date: Monday, January 4, 2016

Starts: 7:00 pm

Location: MLCA Hall, 3130 - 16 St. SW

Seniors Gathering

Join us every month to hear guest speakers, participate in light fitness activities and card games, and meet some of your neighbours. Coffee and light snacks served. MLCA membership is required to attend this program. For more information call 403-244-5411 x22. Members must RSVP to seniors@mardaloop.com

Date: January 4, 2016

Starts: 9:00 am

Location: MLCA Hall, 3130 - 16 St. SW

Members must RSVP to seniors@mardaloop.com as space is limited.(first come, first serve)

Wine & Cheese Tasting

Take a night off from the New Year's resolutions and join your neighbours as we enjoy a selection of wine and cheese from local vendors. To attend, please register at www.mardaloop.com by January 18 or email events@mardaloop.com for more information.

Date: Wednesday, January 20, 2016



Starts: 7:30 pm

Location: MLCA Lower Hall, 3130 16 Street SW

Cost: \$25 per person (guests are welcome but must be accompanied by an MLCA member)

2016 Fireside Chat Series Topic 'Words West'

This year our Fireside Chat will feature a panel of three prominent authors, Brian Brennan, Sharon Butala (Member of the Order of Canada) and Ruth Scalplock with moderator Shaun Hunter. Be sure to join us for what promises to be a fascinating evening of conversation, accompanied by wine and cheese. For more information email atlarge3@mardaloop.com

Date: February 8, 2016

Starts: 7:00pm

Location: MLCA Hall, 3130 16 Street SW

Cost: \$20 MLCA Members, Senior Members \$15, Guests \$25

MARDA LOOP COMMUNITIES ASSOCIATION



President's Message

The New Year is off to a great start and our winter programming and events are now all posted on the mardaloop.com website.

This year Fireside Chat returns on February 8th with Words West – join us and three Alberta based authors for readings, a panel discussion and some wine and cheese. A great way to spend an evening. Additional information and tickets are available on our website under Events.

Wine Nights have also returned on the third Wednesday of each month through to June. Highlander Wines and Springbank cheese partner up with wine and cheese pairings to tantalize us all. See our website for ticket information.

And our winter programs are about to be underway with a new Peanuts Learn to Skate program for the little ones. This is a great way to introduce kids to skating – skates, a helmet and a lot of perseverance is all that's required so pre-register soon.

This year we have partnered with Grassroots Hockey to deliver the MLCA hockey programs. The Grassroots hockey program is open to all skill levels and gives kids age 4-14 the opportunity to play hockey in a fun, non-competitive and affordable environment. Get all the details on the Programs page of our website.

And new starting this month we are piloting an adult art class on the last Tuesday afternoon of the month. This is an introductory class for anyone wanting to find their inner artist; all art supplies are provided and cost is only \$15.00.

Preschool and Playgroup is in full swing as well as all the regular winter programming for Yoga, Hatha Yoga, Seniors Fit and the monthly Seniors Gathering. Go to our

website under Programs to find further details and to register for any of these.

The MLCA Directors will be attending a Strategic Planning Day on Saturday, January 30th where we will discuss priorities for the year. To gain your feedback into this process we have issued a Community Survey which MLCA members will have received an email link to. If you don't have a membership (you should get one) you can go to our website and find the link there. Your input is appreciated.

As always I look forward to your feedback and welcome any questions or comments. Drop me a note anytime at president@mardaloop.com.

Wishing you and your family a very happy new year!



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SCHOOLS IN YOUR COMMUNITY

Montessori School of Calgary

The Montessori School of Calgary hopes you all enjoyed an AWESOME! holiday season. As much fun as friends, family and cookies can be ... it is time to get back to the fun of learning.

We are so proud of our current Montessori School of Calgary students, and of our alumni. Our independent learning environment allows the freedom to follow your dreams, delve deeply into learning about what interests you and play to your strengths. Here are two examples.

Theatre Calgary's world class production of A Christmas Carol that ran in November and December featured our own Annabel Beames as Tiny Tim.

Annabel, a third year Elementary student, was AWESOME! Taking on that role in such a major production would be daunting to many; not to Annabel. As the youngest cast



member, she had a steep learning curve. Usually our elementary students have two, three hour work periods per day. She had much more than that. Her learning took place in the theatre. The skills she learned and developed in all areas of the Alberta curriculum while being free to follow her passion and talent will be with Annabel for life!

Brothers Rameez Virji and Ali-Faizan Virji attended Montessori School of Calgary. Both were honored as Youth in Motion's Top 20 Under 20 in Canada. Rameez invented a pill that could be used instead of an injection for immunization and insulin purposes. His grandfather was afraid of needles and he wished he could help. So he did. Ali invented a belt that is worn by the visually impaired. It detects objects in the person's path. The idea began after he watched a blind person struggling on a city sidewalk and crossing the street. Ali spoke at WE Day this year in Calgary. Supporting the development of empathy and encouraging you to put your curiosity into your learning are philosophical pillars of Montessori education.

Lindy Arndt, Head of School, Montessori School of Calgary

Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

JOIN US AT MARDA LOOP COMMUNITIES PRESCHOOL



A BEAUTIFUL BEGINNING FOR OUR COMMUNITY AND THE CHILDREN WHO ARE THE FUTURE



The MLCA Preschool has relocated to 1638 - 30 Ave SW. We are offering a fresh new educational play space for teachers and children to thrive in.

If you would like to set up a preschool tour, please email: preschooldirector@mardaloop.com

Some 3 year old afternoon spaces are still available



Sometimes you need a family mobility plan.

Enjoying activities with family and friends is an important part of life. But sometimes sprains, strains, aches and pains can derail your fun. Getting you back in motion to enjoy sports and recreation is what we do. Call today and schedule an assessment with one of our licensed physiotherapists. **We can help get you back in action.**

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MARDA LOOP COMMUNITIES ASSOCIATION

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President	Anne Kaufmann	president@mardaloop.com
Vice President	Tom Rosettis	vp@mardaloop.com
Secretary	Johnny Hammill	secreatary@mardaloop.com
Treasurer	Doug Fraser	treasurer@mardaloop.com
Past President	Vacant	pastpresident@mardaloop.com
DIRECTORS		
Sports & Rec	Lisa Conboy	sportsrec@mardaloop.com
Planning & Development	Anne Derby	development@mardaloop.com
Events	Felicity Aston	events@mardaloop.com
Pool	Matt Wilson	pool@mardaloop.com
Ice	Johnny Hammill	ice@mardaloop.com
Facilities	Cedric Nicholson	facilities@mardaloop.com
Volunteers	Catherine Fraser	volunteer@mardaloop.com
Farmers' Market	Shawn McDonald	farmersmarket@mardaloop.com
Mobility	Tony Norman	mobility@mardaloop.com
Preschool	Cathy Wood-Connolly	preschooldirector@mardaloop.com
Marketing	Melanie Trottier	marketing@mardaloop.com
Membership	Jennifer Thompson	membership@mardaloop.com
Director at Large	Soula Jones	atlarge1@mardaloop.com
Director at Large	Pat Paterson	atlarge3@mardaloop.com
Director at Large	Stuart Preston	atlarge2@mardaloop.com
VOLUNTEERS		
Indulge Event Coordinator	Emily Scherman	indulge@mardaloop.com
Seniors Group Coordinator	Heather Bhatti	seniors@mardaloop.com
Source Newsletter Editor	Stephanie McCarthy	source@mardaloop.com
Wine Night Coordinator	Shen Gaidhar	wine@mardaloop.com
STAFF		
Program Coordinator	James Spragins	programs@mardaloop.com
Services Manager	Barb Bexson	services@mardaloop.com
Accountant	Karen Murphy	accounting@mardaloop.com
Hall Rentals Manager	Samantha Johnston	hallrentals@mardaloop.com



MLCA Membership

Kids splashing in the outdoor pool on a hot day. A game of shinny on the local rink. A social gathering for seniors. These are just some of the great scenes brought to life by the Marda Loop Communities Association. Show your support for the great programming we all enjoy by purchasing or renewing your community association membership today. It's an easy and affordable way to show your commitment to the neighbourhood.

- support the great programming we all enjoy
- have a voice in the affairs and direction of the MLCA
- receive advance notice of special events and programming
- access to member only events and programs



Buy or Renew Your Membership Today!

Get your membership online at mardaloop.com or send the form below to the MLCA hall.

MLCA Membership Form

First Name: _____	<input type="checkbox"/> \$15 Individual
Last Name: _____	<input type="checkbox"/> \$25 Family
Street Address: _____	<input type="checkbox"/> \$10 Senior
Postal Code: _____	<input type="checkbox"/> I'd like to volunteer
Telephone: _____	
Email: _____	

*Please make cheque payable to "Marda Loop Communities Association".
Mail to or drop off at 3130 - 16 Street SW, Calgary, Alberta T2T 4G7*

www.mardaloop.com/membership

MARDA LOOP COMMUNITIES ASSOCIATION: MLCA PROGRAMS



Art in the Loop

The MLCA is proud to offer a series of beginner-level art classes hosted in the Upper Hall of the MLCA building. All art supplies will be provided by our art teacher. This is meant to be an introductory art class for everyone; however, we welcome anyone who wants to come for an enjoyable afternoon of fun and art.

When: Tuesday, January 26 from 1:00pm – 4:00pm

Cost: \$15/person/class (GST not included)

Grass Roots Hockey

Grass Roots Hockey Has Returned to the MLCA. Calgary's Inter-community Grassroots Hockey League is an alternative hockey league that was created to give children aged 4-14 an opportunity to play ice hockey in a fun, non-competitive and affordable environment. This city-wide league is made up of four divisions: ages 4 and 5, 6-8, 9-11, and 12-14 with eight to 12 players per team. All games are played on outdoor rinks; teams are coached by volunteer parents. Minimal equipment is required, and league rules ensure that all players have the opportunity to participate.

Visit: www.grassrootshockey.ca

Regular Programs: **note - there is a \$315 (+ GST) family maximum for these programs (all fees \$CND)
Wednesday Night Programs (6-8 / 9-11) - \$130/child
Thursday Night Programs (12-14) - \$130/child
Saturday Morning Programs (all ages except 4-5 y olds) - \$130/child

All 4-5 year old programs (Wednesday or Saturdays) - \$50/child

****Reduced Fee for Saturday Program** - if you register a child in a Wednesday program, then you qualify for a 'reduced fee' of \$65 for the Saturday program - the total fee would be \$195 for your child - you must register your child in a Wed program to qualify for the reduced Saturday fee and it must be the same child

Peanuts Learn to Skate

Participants must bring their own ice skates and helmet.

Peanuts Learn to Skate (Parented)

This new program is designed to help kids learn the fundamentals of skating in an exciting outdoor environment. This program is designed for kids aged 3-8 who want to learn the first steps in ice skating. We have coaches coming out to teach the kids and all dates are subject to change depending on the weather.

Saturdays 9:30am – 10:30 am

January 16 (eight weeks)

Eight classes

Cost: \$40/child

Yoga

Participants must bring their own yoga mat.

Yoga (Hatha)

Hatha yoga is a structured physical practice that connects breath & movement, body & mind, heart & spirit. If you can breathe, you can do yoga. All abilities are welcome. For participants ages 16 and up. Instructor - Sophie.

Fridays, 9:30am – 10:30 am

January 15 to April 1, 2016

12 classes

Cost: \$100.00 members, \$120 non-members

(GST not included)

Yoga (Multilevel)

This class will move at a gentle pace, introducing basic yoga poses (asana). New students will learn the basics of yoga, while more seasoned students will gain a better, more detailed understanding of the alignment of the poses. Students work on flexibility, strength and balance, while warming the muscles and flushing toxins from the body.

Wednesdays, 7:00 pm – 8:00 pm

MARDA LOOP COMMUNITIES ASSOCIATION: MLCA PROGRAMS CONT'D

January 13 – April 6, 2016

12 classes

Cost: \$100.00 members, \$120 non-members

(GST) not included

Playgroup

We are still accepting registrations for our winter playgroup:

A Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to 4 years. Three groups to choose from: Mondays, Tuesdays, and Wednesdays. MLCA membership is required to register in this program.

Playgroup Mondays

0-4 year olds

9:30am-11:00am

Every Monday from February 1-June 13, 2016

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Playgroup Tuesdays

0-4 year olds

9:30am-11:00am

Every Tuesday from February 2-June 14, 2016

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Playgroup Wednesdays

0-4 year olds

9:30am-11:00am

Every Wednesday from February 3-June 15, 2016

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Seniors Fit

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level.

Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun. MLCA membership is required to register in this program

Ages 60+

Wednesdays, 11:15 am – 12:15 pm

January 6 to March 23, 2016

12 classes

Cost: \$60

(GST not included)

Marda Loop Swim Club

Join our recreational, non-competitive club for swimmers, ages 7 to 18 years. Our goal is to improve each swimmer's stroke ability, endurance, and confidence through coaching and training. Although the club is recreational, the focus is on competitive swimming

~continued next page~

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MLCA PROGRAMS CONT'D

skills (i.e. speed, efficiency, and endurance) making our club attractive for youth looking to "springboard" into a more competitive club in the future. MLCA membership is required to register in this program ***At this time our Swim Club is fully booked; however, you may still add your children to the wait list by going to www.mardaloop.com/

Babysitters Registry

This service is available to all Marda Loop Communities Association (MLCA) members with current active memberships. Both the babysitters and the interested families must have valid memberships. Individuals aged 11-17 will require a parent/guardian's signature on the waiver form (available by emailing programs@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The Marda Loop Communities Association and its Board of Directors will not be pre-screening / sanctioning / verifying any credentials for those using this service. The employer takes on full responsibility of interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed.

Please email programs@mardaloop.com if you have any questions and to receive the registry.



Preschool Update

December was an action packed month. At our grand opening in September, each child was kindly presented with a hand-knitted hat from the Calgary Reform Church as a welcome gift from our preschool's new home. To say thank you, the class prepared and presented a special song to our new friends. We would like extend an extra special thank you to Jane Grobowski, Joan Vrielink, Gerda Hussli, Ria Kamphorst, Ena Beunder for the wonderful cozy hats and to Pastor Jeff Pasche for your "warm" welcome to our new space.

Mid December, we had a very special visitor to our Preschool Holiday Party! Thanks to Santa's elves for their time during this very busy period and to the teachers for orchestrating a very entertaining festive song arrangement. The children enjoyed performing, taking part in Christmas crafts and providing donations for the food bank.

Are you thinking of registering your child for the 2016/2017 year? The first step in the registration process will be an informal information night on Thursday, January 14th at the Preschool. Meet our teachers, have a look around our fantastic new space and find out all about our much loved program.

Preschool Open House

Date: Thursday, 14 January

Time: 6:00 - 8:00pm - we will have a brief presentation at 6:30 followed by an informal question period and a chance to meet the teachers

Location: Calgary Community Reform Church, 1638 30th Ave. SW (enter on right side of building)

Registration will commence in early February. Please see www.mardaloop.com/programs-list/preschool for details.

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Tickets are \$20 for Members, \$15 for both Students and Seniors, and \$25 for Non-Members.
The Fireside Chat Series is hosted at the MLCA Hall which is located at 3130 - 16th Street SW.



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IN & AROUND CALGARY

Crowchild Trail Study

Let's continue the conversation in 2016!

Thank you, Calgarians! Throughout November 2015, we heard you share hundreds of ideas on possible changes to Crowchild Trail at workshops, drop-in sessions, idea boards, and online.

In February and March, attend a drop-in session to see how ideas from Calgarians are being used to develop preliminary concepts. You will be able to see what commonly-heard ideas look like when applied to the Crowchild Trail corridor, and help evaluate how the benefits, impacts, constraints and trade-offs align with the direction of the study. We want to continue the conversation with you.

The City of Calgary is conducting this transportation study to identify short-, medium- and long-term upgrades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

For specific event dates, times, and locations, or to learn more about the study, visit calgary.ca/crowchild or call 311.

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

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

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.
- Ensure frostbite hasn't affected any exposed skin.
- 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 cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

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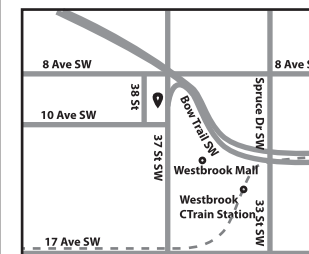
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Women's English & Social Group

Meet your Neighbours
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Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Our Marda Loop group meets every Wednesday from 10:00am – noon. We meet once a week for 2 hours to practice English, make new friends and have fun! No cost, no immigration requirements and no minimum English level necessary. Free childcare provided for children 6 months to 6 years old. Come visit us at 3818 14A Street SW (River Park Church basement).

For additional information contact Debra Colley at debrac@ciwa-online.com or 403-444-1752.

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KENSINGTON WINE MARKET			
2016 WINTER TASTING SCHEDULE			
Tastings start at 7:00pm unless otherwise indicated			
Tight Wad Oenophile	Thr Jan 14	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste 6 guaranteed delicious, wallet friendly, wines. Discover what the "experts" won't admit to taking home.	\$30
MS Calgary Whisky Festival	Thr Jan 14	Heading into its 5th year the 2016 MS Calgary Whisky Festival is slated to be the biggest and best yet with a variety of ticket packages and over 200 whiskies. Tickets range from \$99 - \$150 and are available through: www.calgarywhiskyfestival.com. Art Commons, 205 8 Ave SE.	
Classic Single Malts	Fri Jan 15	This is our "classic" introduction to the world of single malt Scotch whisky. You'll discover a little history, how it's made and sample six distinct styles.	\$35
Gin Glorious Gin	Tue Jan 19	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnaissance" on an international scale. Join us for a taste test of the best.	\$40
Silky, Sultry Stouts	Thr Jan 21	Warm your belly and your heart with the ales best suited for winter weather. We'll explore the many variances of this hearty style: dry, sweet, light, thick, and even Russian!	\$30
Great Grains	Fri Jan 22	We'll sample a wide range of grain whiskies, some of them very old to see what all the fuss is about in this fast growing category.	\$60
Scots Wha Hae, Robbie Burns Supper	Mon Jan 25	Caledonians Unite! Our annual celebration of Burns, friendship, and whisky is returning to Fort Calgary complete with bagpipes, poetry and Highland dance. Our special guest this year is Louisa Young of the Isle of Arran Distillery and she'll be helping us mark the launch of two new KWM casks. Fort Calgary, 750 9th Avenue SE.	\$100
Port in Any Storm	Tue Jan 26	When the weather outside is stormy, what better way to chase away the chill than with a glass of port. You'll learn about Port's many styles and perhaps discover a favorite safe haven.	\$45
Italy's "Super" Reds	Thr Jan 28	Start training your taste buds and join us on a country wide hunt for the best of the reds. Barolo, Amarone, Brunello, and Super Tuscans to name just a few. Cheese and charcuterie from Peasant Cheese.	\$60
Glendronach Batch 12 Dinner	Thr Jan 28 7PM	Glendronach has quickly become KWM's top selling whisky. Celebrate the release of the Batch 12 vintages with a whisky dinner at Buchanan's Chop House (738 3 Ave SW) featuring 3x1995s, 3x1994s, 1990 and 1972.	\$185
Cheese Please	Fri Jan 29	Join us for "An Evening in Paris" where we'll celebrate this great city and the bounty from the surrounding countryside. Stand up format.	\$40
Sherry & Whisky	Tue Feb 2	This tasting will explore the curious connection between one of Spain's cultural treasures and the highly sought after whiskies matured in their used barrels! Fino, Oloroso and PX will all be explored with equivalent whiskies.	\$50
Beers of the New West Partnership	Thr Feb 4	With the latest budget changes, and how they are affecting non local beers, it's about time to focus on some of the amazing beers from Alberta, and our two neighbors!	\$30
American Whiskey	Tue Feb 9	There is more to American whiskey than just Bourbon. Join us as we take you on a journey featuring Tennessee straight wheat, malt, rye and other styles.	\$40
More Than Malbec	Thr Feb 11	Think Argentina is just about Malbec? Think again! This tasting will explore the "other" delicious and often over looked grape varieties.	\$40
American Wine Festival	Thr Feb 12	It's a Route 66 wine extravaganza of the best of the US. Coast to coast, we'll pop the cork on every major region with a few surprises. Sign up now as tickets are limited.	\$45
Classic Cocktails: Gin	Tue Feb 16	Join us for a deconstruction of gin based cocktails. We'll teach you the basics of the spirit and how to make some flashy gin based drinks to impress your friends.	\$35
Closed Distilleries of Scotland	Thr Feb 18	The whiskies are getting older, rarer and more expensive with every passing year. We're not saying this is the last hurrah... just that as time runs out supplies dwindle and prices goes up.	\$175
En Francais! Edition Bordeaux	Tue Feb 23	Join our resident francophone, Christine Parent, for a standup tasting of the best of Bordeaux. Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation de vin conviviale, en français! Région à l'honneur: Bordeaux. This tasting will be conducted in French.	\$40
Rare Malts	Thr Feb 25	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$80
Cheese Please	Fri Feb 26	It's a Spanish wine and "Peasant Cheese" pairing challenge. We're looking for the perfect marriage. Will it be Manchego and Rioja? Albarino and Garrotxa? You decide! Stand up format.	\$40
1257 Kensington Road, NW 403 283 8000 www.kensingtonwinemarket.com			

SCHOOLS IN YOUR COMMUNITY

Maria Montessori Education Centre

Gratitude is an important Montessori value. In December the students, families and staff at Maria Montessori Education Centre (MMEC) were busy gathering donations for the Calgary Interfaith Foodbank and Brown Bagging for Calgary's Kids. These initiatives support children and families in Calgary and allow MMEC students to experience acts of caring and generosity. The Erdkinder (Junior High) students have been actively engaged in a number of community based charitable works including volunteering with Calgary Urban Harvest and The Weaselhead Preservation Society.

Montessori places value on the whole child. Children develop as global citizens who are skilled socially, emotionally, and academically. At MMEC students joyfully engage in high level independent work. Students have been enjoying a wide range of "going out" activities that support their individual studies. During these off site trips, small groups of students research a specific topic or procure supplies for in-class work.

Community members, please accept our heartfelt thanks for your support of our students as we join in the larger Marda Loop community!

Amanda Kershaw, Principal, Maria Montessori Education Centre

AROUND TOWN

Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If

Mount Royal School

Mount Royal School is a happening place, with many activities going on for students! This month our leadership students, met with Markus Pukonen, an award winning film maker, who is on a five year journey to travel the globe without using a motorized vehicle. The staff and students were impressed with how he trained for this adventure by undertaking a failed 100 day attempt to row across the Atlantic Ocean with three other men. Our Remembrance Day Assembly was very thoughtful and thought provoking for students as Father Greene recounted his experiences as a photographer in World War II. He challenged students to make a difference in the world and to not settle for the easy option. The students in our Sports and Recreation option have spent time learning how to inline skate, which has proved very popular. The outdoor education students spent some time in the pool learning how to survive in water, fully clothed. The grade 9 students have been busy with high school tours to both Western Canada High School and Central Memorial High school as they get ready to make the transition to grade 10.

As we look ahead to a very busy December staff and students are preparing for our Annual Winter Concert on Wednesday December 16th at 7pm. Students in our Outdoor Education program will be going to Calgary Olympic Park on December 8th to for many of the students try snowboarding for the first time.

David Fettes, Assistant Principal, Mount Royal Junior High

your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yyccbylaws.

IN YOUR COMMUNITY

cSPACE King Edward:

cSPACE King Edward Construction Update and Call for Tenants

Happy New Year! This is a very exciting year ahead for us at cSPACE Projects, with the first phase of King Edward slated to open in November 2016! To get you excited for what's to come, here are a few of the big construction milestones that you can expect over the next couple of months as we race towards opening the historic building:

- Concrete footings poured for the new north entrance stairwell
- New elevator shaft will be completed, eventually providing access to all four floors
- Our historic sandstone chimney, slated for a move to the northeast corner of the school to accommodate our new mechanical system, will be itemized block by block and carefully removed before being rebuilt later in 2016
- New boilers having just arrived from Germany and our heat recovery units will be installed as the last pieces coming through the big hole cut in the north side of the building
- Electrical power will be restored in January and the temporary generator will be removed
- Amidst all the bustle of the new installations, restoration of heritage woodwork and damaged plaster continues in each of the classrooms (yes, you can still see the former students' messages carved into the wood trim!)

Projecting further into the year, the new park will start being constructed, Rockwood Custom Homes will be starting construction, and the fall will see Tenants in the historic portion of the facility begin to move in! The contemporary steel and glass west-wing including our theatre and co-working space will still be in construction, slated to open in early 2017.

We've had a great response to our call for additional tenants over the last two months with dozens of creative people hoping to call cSPACE home. Our deadline for submission of proposals is coming soon - if you know an amazing organization or artist that would thrive at the King Edward, here's the basic info:

Full Proposal Submission Deadline: Friday March 4, 2016

Organizations and artist may still submit a proposal even if they have missed our previous December 18, 2015 Letter of Intent Deadline. Please contact info@cspaceprojects.com to let us know you are interested in submitting.

We will be offering additional King Edward tours for artists, organizations, and those interested in co-working space at the facility. Please visit cspaceprojects.com for additional January/February dates.

Interested artists or cultural organizations are encouraged to visit our website and sign up for our e-newsletter at: www.cspaceprojects.com. The full call for tenants can be found at www.cspaceprojects.com/people/rfp/

Important deadlines for prospective tenants:

Letter Of Intent Deadline: Friday December 18th, 2015

*Please contact info@cspaceprojects.com if you miss this deadline but are still interested in submitting.

Full Proposal Submission Deadline: Friday March 4, 2016

Interested artists or cultural organizations are encouraged to visit our website and sign up for our e-newsletter at: www.cspaceprojects.com. The full call for tenants can be found at www.cspaceprojects.com/people/rfp/ along with information session dates.



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SENIORS IN YOUR COMMUNITY

Phil Streifel insisted that we should finish off with the Christmas Polka, so he ensured everyone participated by pairing us off at random on the dance floor. That was a nice way to shed some of the calories we had consumed earlier at the potluck.

“Seniors in the Loop” hope you have had a great holiday season and takes this opportunity to wish everyone in the community a very safe and healthy New Year.

We look forward to seeing you if you are +55 at our monthly get-togethers on every first Monday throughout the year except for July and August.

Heather Bhatti, Coordinator - Seniors in the Loop
Email: seniors@mardaloop.com

The Most Wonderful Time of the Year for Seniors' Group

The Christmas gathering of “Seniors in the Loop” turned out to be one of the best they have ever had. The morning started with a series of very fun-filled seasonal games organized by our favourite fitness instructor, Meghan.

After all the jingling and mingling involved in those activities, we settled in our seats to listen to a delightful performance of festive music by a choir of talented ladies who call themselves “The Notables”. They were directed by Sheila Kirkland and accompanied by Madge. A solo performance on the saxophone by Charles Swaney of “White Christmas” and “Silver Bells” was absolutely thrilling and sent chills down everyone’s spines.

A scrumptious potluck followed. The menu had been very skilfully planned and the food was absolutely delicious.

To round off the morning, there was a sing-along session of Christmas songs with members of the Seniors’ group accompanying themselves on a variety of instruments and noisemakers.

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Dinner	5:00pm - 10:00pm
Saturday & Sunday	
Brunch & Lunch	11:00am - 2:30pm
Dinner	5:00pm - 10:00pm




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IN YOUR COMMUNITY

The Calgary Association of Lifelong Learners (CALL)

WOMEN IN THE HISTORY OF PHILOSOPHY – INTEREST GROUP

The Calgary Association of Lifelong Learners (CALL) is a dynamic member-led, not-for-profit organization. Their next program in Marda Loop starts in January.

The purpose of the group is to explore aspects of the phenomenon of the relatively small number of recognized women philosophers in the history of western philosophy. Various theories about the causes and significance of phenomenon will be discussed.

We will research the biographies and contributions of women philosophers, considering figures of ancient, medieval, modern, and contemporary times. These will include Diotima, Hipparchia, Hypatia; Heloise, Hildegard von Bingen; Elizabeth of Bohemia, Damaris Masham, Margaret Cavendish, Sophie Condorcet; Mary Wollstonecraft, Harriet Taylor Mill; Simone de Beauvoir, Susan Stebbing, and Martha Nussbaum.

Participants will contribute by doing internet research prior to each meeting and sharing their results as a basis for discussion. Men and women welcome.

Date and Time:

Six Thursdays, January 7 and 21; February 4 and 18; March 3 and 17, from 1:00-3:00 p.m. in the Boardroom of the Marda Loop Community Centre, 3130 16th Street SW.

To register, contact Trudy Govier at govier@shaw.ca. Before you register, you must be a member of the MLCA or the Calgary Association of Lifelong Learning (CALL).

Facilitator Trudy Govier is a retired philosophy professor (University of Lethbridge) and is the author of a number of books including Forgiveness and Revenge and Dilemmas of Trust. She has facilitated a number of Interest Groups for CALL.

<http://calgarylifelonglearners.ca>



your COMMUNITY business of the month

Recovery Acres Society Marda Loop Community

Hello Neighbour!

Allow me to introduce you to Recovery Acres Society - a registered charity that operates a men's substance abuse treatment centre called 1835 House here in Marda Loop. Over our 42 year history, we have helped over 13,000 men change their lives. Last year alone, 339 men came through our doors ready to begin the process of recovery.

If you were not aware that we have been neighbours for more than four decades, we aren't offended. That just means we are doing a good job of fitting into the community. We pride ourselves in being excellent neighbours – quiet, responsible, and contributing. All of the men who come into our program are five days sober, free of pending court dates, employable and committed to their recovery. We are abstinence-based, which means there is absolutely no drugs or alcohol allowed on or off premises while men are in our program. We staff our facility 24 hours per day to ensure support is available around the clock.

As a neighbours of 1835 House, what you are most likely to see is men heading off to and returning from work. Following the first two weeks in program at 1835 House, the focus of our participants becomes finding a job. A basic tenet of our treatment model is that employment is an essential part of recovery. Holding a job demonstrates responsibility and accountability, builds self-esteem and is the first step in reintegrating back into society as a contributing member. Work is also a healthy focus for eight hours of the day in the early stages of sobriety when too much idle time can lead to ruminating and setbacks.

For quite some time now, the demand for treatment at 1835 House has consistently exceeded our space limits. That translates into wait times of several weeks for people who call us asking for help. In order to better meet

We pride ourselves in being excellent neighbours – quiet, responsible, and contributing.

this demand, Recovery Acres has purchased land in north Calgary and is shovel-ready for the construction of a new treatment centre that will accommodate 400 men annually. That new facility will allow us to renovate 1835 House here in Marda Loop, and open an urgently needed women's treatment center.

To date our Breaking New Ground (BNG) capital campaign has raised more than two million dollars toward expansion plans that will double our capacity (including programs for women). If you would like to help more Albertans get the treatment they need, please contribute to our BNG campaign. To learn more, visit www.recoveryacres.org.

Committed to building stronger communities,

Gerry Melsted, Executive Director
Recovery Acres Society
gmelsted@recoveryacres.org
403-245-1196



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IN & AROUND CALGARY



The Marda Loop Justice Film Festival rings in the
New Year with...

SAVING MES AYNAK

A Brett E. Huffman Film

Tuesday January 12, 2016, 7:00PM
River Park Church
3818 14a St SW
Free Admission

About the Film:

Saving Mes Aynak follows Afghan archaeologist Qadir Temori as he races against time to save a 5,000-year-old archaeological site in Afghanistan from imminent demolition. A Chinese state-owned mining company is closing in on the ancient site, eager to harvest \$100 billion dollars worth of copper buried directly beneath the archaeological ruins.

Conversation Leaders:

Nicholas David is an Emeritus Professor of Archaeology at the University of Calgary. He directed a major program of archaeological and ethnographic research in Central Africa from 1984 to 2008, and was involved in inscription of the Sukur Cultural Landscape (Nigeria) on the UNESCO World Heritage list. He is actively engaged in the work of the Boko Haram Victims Relief non-profit corporation.

Chris Shank is a wildlife biologist living in Cochrane. He was the Provincial Biodiversity Specialist for Alberta Fish and Wildlife and, since the 1970s, has worked off and on with the United Nations and the Wildlife Conservation Society on nature conservation projects in Afghanistan. The latest projects have been creation of Afghanistan's first national park, developing management plans for Afghan wildlife reserves, and, closer to home, assessing risks of Alberta's biodiversity to climate change.

Check out our website at www.justicefilmfestival.ca.

Minister of Finance confirms tax and benefit changes

On December 7, 2015, William Morneau, the federal Minister of Finance, confirmed a number of tax changes that had been proposed as part of the Liberal Party election platform. This summary contains highlights of these proposals, which are not yet law.

Middle class tax reduction – The tax rate of 22%, which currently applies to the second federal tax bracket, will be reduced to 20.5%, effective for 2016 and future years.

Tax increase for high income earners – A new tax bracket for taxable income in excess of \$200,000 is being introduced, effective for 2016. The top federal tax rate of 29% will be increased to 33% with respect to incomes in excess of \$200,000 as outlined in the following table.

EXISTING AND PROPOSED PERSONAL TAX RATES

Taxable incomes (2016)*	2015 tax rates (%)	2016 tax rates (%)
Up to \$45,282	15.0	15.0
\$45,283 to \$90,563	22.0	20.5
\$90,564 to \$140,388	26.0	26.0
\$140,389 to \$200,000	29.0	29.0
Over \$200,000	29.0	33.0

* Tax brackets are adjusted annually for inflation

A number of other income tax rules are tied to the top personal income tax rate. As a result, the proposals confirm that the 33% tax rate will apply to trusts and estates in circumstances where the former top tax rate of 29% applied to income in excess of \$200,000, effective for 2016 and future years. Changes will also be made to the calculation of the federal donation tax credit where donations have been made by individuals with taxable income in excess of \$200,000.

TFSA contribution room reduced – The TFSA annual contribution limit of \$10,000 that applies in 2015 is being rolled-back to the former \$5,500 annual limit, effective for 2016.

In addition, the indexation rules that applied to the TFSA contribution limits prior to 2015 will be restored effective for 2016 and future years.

Canada Child Benefit – The government confirmed that it intends to introduce a new Canada Child Benefit, which will replace the existing Universal Child Care Benefit and consolidate other existing child benefit programs. Tax-free payments under this new program will commence in July 2016.

Family Tax Cut – The government intends to introduce legislation to eliminate the Family Tax Cut that provides for income splitting for families with children, effective for 2016 and subsequent taxation years.

Andrea Nemec, Financial Planning Consultant

Sources: *Financial Consumer Agency of Canada, www.fcac-acfc.gc.ca, Credit Card Payment Calculator

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 25

BRAIN GAMES

SUDOKU

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

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Happy New Year Calgary Currie. Hope you all had a joyful holiday season in our lovely community with friends and family.

Caring and supporting all Albertans is a key part of many things our government does. Alberta is a province that affords great opportunity and privilege, but it is important to recognize that not all people have been experiencing the same privileges and opportunities. Many have found themselves at a great disadvantage simply because their government thought that they needed no protection.

When I look at the accomplishments of Alberta's government since May 2015, I find there is a tremendous amount to be proud of. Of particular note is some amendments made to the Human Rights Code here in Alberta. We finally have legal protections for people in this province to be free from discrimination based on their gender. For the first and only time in North American History, the transgender flag flew above a government building.

We have addressed some major concerns regarding changes to how we help Persons with Developmental Disabilities. We have reached out and consulted with those who have been directly affected and misunderstood, to find solutions that work for us all. In an historical move our government has instituted protections for Farm Workers to ensure that those who work in dangerous environments have the protection of the law on their side when it comes to unsafe working conditions.

We as a government promised to bring dignity to all people, to protect all people, and this is what it looks like. Alberta is a dynamic province, and as Albertans, we stand up for those who need help standing on their own. We are taking forward thinking stands on issues that are going to be on the forefront of public policy for years and decades to come.

I want to thank everyone that reached out so far to my office with their ideas and concerns. I truly feel I can better represent you in the legislature when I have a handle on what your thoughts are with the direction our government is taking.

At this time of year if you want to find me out and about in the community, you are in luck! Along with my constituency staff, you can find me at various skating rinks throughout the riding, ready to fuel wintertime play with hot chocolate and coffee. We hope to run into you and your families on a sunny winter day over the next few months.

See you out there!



COUNCILLOR, WARD 11 BRIAN PINCOTT

www.ward11calgary.ca

Happy New Year! I hope you all had a great holiday. I'm taking this opportunity to share a bit of a 'Year in Review' of 2015, and to share what is on the horizon for 2016.

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

- The SW Transitway BRT received GreenTRIP funding, and is now going ahead with engaging our communities in the preliminary designs. Stay posted for more information sessions to come early in the New Year.
- Phase I of the 37th Street Stormtrunk project is near completion. We can expect to see landscaping work in Spring 2016.
- ENMAX is in the process of moving a substation and transmission lines in the Oakridge area to accommodate the construction of the SW portion of the Calgary Ring Road. Access for you and your canine friends is expected to remain, but that access will rotate throughout the construction.
- Engagement on the 20th Street Bikeway project is wrapped up. Stay posted for more details on the installation of the bicycle lanes in the New Year.
- Phase I of the River Park, Sandy Beach, Britannia Slopes Improvement Project finished in Summer 2015. Phase II began in Fall 2015, you'll see work on restoration, access changes, and amenity upgrades.
- The Crowchild Trail / Flanders Avenue Interchange is well into the construction phase, with an anticipated completion in Fall 2016.
- The Currie Barracks development plan was approved and is moving ahead.
- The communities of Garrison Woods, Garrison Green and Currie Barracks are now officially named as such.

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

~continued next page~



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit www.calgary.ca to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.

COUNCILLOR, WARD 11 BRIAN PINCOTT CONT'D

I've also supported some awesome projects in our communities:

- The children in Lincoln Park created a beautiful painted mural to help create community awareness and connection.
- A rain garden has been built in Oakridge, replacing a gravel pad. The rain garden is a great means to naturally filter stormwater before it goes back to the rivers, and create a valuable community space.
- The CKE Skate Spot opened Fall 2015 and is seeing lots of use!
- The Southwood Skate Park is under construction. We look forward to a grand opening in Spring 2016.
- The City's largest solar photovoltaic project to date was installed at the Southland Leisure Centre. This is an exciting green initiative and addition to our ward!
- Kingsland installed four Little Free Libraries. If you haven't checked them out, these hand-painted little boxes are a must-see!
- The new and improved Variety Spray Park at South Glenmore Park was unveiled in Summer 2015!
- Haysboro is building a natural playground. With natural features, this playground is one that enhances our children's relationship with the environment and fosters imagination.

These are only some highlights. My office is here to help. If your community is interested in a neat initiative, let us know!

- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit www.calgary.ca/snow. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2430) or on my website (www.calgary.ca/ward8).



MLA CALGARY-ELBOW

GREG CLARK

Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

Beginnings are a moment of opportunity. What's important is that first step, and that it is in the right direction. I am looking forward to going back into the Legislature to continue working on your behalf to continue to make Alberta a better place.

In that spirit, the Mental Health Review completed in December offers the opportunity for a fresh start to helping our neighbours and their families suffering with mental illness. Over the months of September and October last year there were more than 2,800 submissions to the public online questionnaire. There were also approximately 400 stakeholders in attendance at dozens of group meetings and presentations throughout the province, including input from First Nation, Métis and Aboriginal people and communities.

The Mental Health Review focus includes increasing access to addiction and mental health services including school-based programs for children and youth, community-based services, and preventative services. Amongst other objectives, the Review also looks at improving the system for managing the complex dealings between referring physicians and specialists or clinics offering specialized healthcare services. I am encouraged by the report and I want to offer my thanks to co-chairs Dr. David Swann, Danielle Larrivee, and Tyler White for their contribution.

In the meantime, many people are suffering. The holidays are often the most stressful time of year for many

people. With all the layoffs in our energy sector, last year was particularly challenging for many of Calgary's families. Mental health is an important issue for me. I was formerly Vice Chair of the Calgary Distress Centre so I am familiar with their incredible services available for Calgarians. The Distress Centre offers confidential, non-judgmental 24-hour crisis support. When you make a call to Distress Centre, you will always get an answer, an open mind and a caring ear. They can also refer people to a specialized Mobile Response Team, an outreach team of nurses, social workers and psychologists available to the general public to assist during times of crisis or distress. The team works in close contact with the Distress Centre, city hospitals, Calgary Police Service and current supports including counselors, doctors and psychiatrists to provide services to individuals and families living in the Calgary Health Region.

Anyone can call the Distress Centre at any time at 403-266-HELP (4357).

Another new service for Calgarians is 211, a joint initiative of Distress Centre Calgary, the United Way Calgary, and the City of Calgary. It is available to all callers in Calgary and surrounding communities including Chestermere, Cochrane, and High River.

211 is a number everyone needs to know. It's like the yellow pages: if you need information on, or help with financial issues, employment skills, parenting or child care, coping with disabilities, mental health issues, crisis support, schools, social services, support for seniors, food banks and more, 211 can connect you to the help you need.

Find more information on 211 here: www.ab.211.ca, or simply dial 211 from any Calgary-area phone.

Let me know if I can be of help to you too. You can always contact my office, and my door is always open.

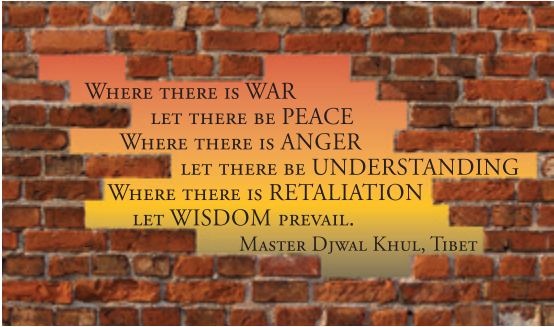
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