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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
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Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
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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	
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Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
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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	
Weather Information	511
Gamblers Anonymous	403-237-0654

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MARDA LOOP COMMUNITIES ASSOCIATION

EVENTS & NEWS

Check out our website for lots of information!
www.mardaloop.com

MLCA Board Meeting

Board meetings are usually 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
Upcoming meetings: Monday, January 9 and February 6
Starts: 7:00 pm
Location: MLCA Hall, 3130 - 16 Street SW

Seniors Gathering

2017 Dates: Check www.mardaloop.com or email seniors@mardaloop.com for details



Wine and Cheese Night

Unfortunately, we have had to cancel our monthly wine night in January due to hall renovations. We will return to our regular schedule in February. To attend, please register at www.mardaloop.com.
Date: Wednesday February 15, 2017
Doors open: 7:30pm, wine tasting starts 7:45pm
Location: MLCA Lower Hall, 3130 - 16 Street SW
Cost: \$25 per person (guests are welcome but must be accompanied by an MLCA member)



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ON THE EDGE

MARDALoop JUSTICE FILM FEST - JUSTREEL SERIES PRESENTS:

TUESDAY, JANUARY 10, 2017
7:00PM
RIVER PARK CHURCH AUDITORIUM

On the Edge
Release Year: 2016
Runtime: 45 minutes // Director: Marco Kuehne

Synopsis: For more than 100 years the East German region of Lusatia has been exploited as a source of energy for Germany. Enormous open pit coal mines have devastated nature, villages and culture. The excavators dig out tons of lignite (brown coal) which is then burned in the nearby power plants. As a result of these operations 136 villages have disappeared. People are now standing up for their rights and are defending their homes. On the Edge follows brave people who are fighting for a renewable future. In the past four years the filmmakers joined the movement and spoke with the people about their motivation, fears and hopes - revealing a growing resistance in times of climate change and the challenge.

Conversation Leader: TBA
When: Tuesday, January 10, 2017 7:00 PM
Where: River Park Church Auditorium
Cost: Free
Website: www.justicefilmfestival.ca
Twitter: @justicefilm
Instagram: @mardaloopjusticefilm



MARDA LOOP COMMUNITIES ASSOCIATION

SUSTAINABLE DEVELOPMENT GOALS



MLCA Sustainability

Over a year ago, Canada and 192 other countries around the world adopted the United Nations' 17 Sustainable Development Goals (SDGs), a set of universal goals that address the most urgent environmental, social, and economic challenges facing our planet. The SDGs address issues like poverty, climate change, clean water, and gender and economic inequalities. Not only do the SDGs provide clear guidelines on how nations can address these tough issues; but the SDGs also provide us with goals and targets to build a more sustainable community. Just imagine the progress we could make globally, if each community did their part!

The MLCA recently endorsed the SDGs and we are thrilled to be one of the first community associations in Calgary to adopt this framework. We intend to develop fun and worthwhile community initiatives that align with the SDGs. Each month, we will focus on one

goal and review why it is important. So stay tuned! Next month, we will examine the first SDG: No Poverty.

If you are interested in sustainability and want to help us transform our community, please contact us at sustainability@mardaloop.com. For more information on the 17 SDGs and targets, please visit: <https://sustainabledevelopment.un.org/sdgs>

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

*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



Peanuts Learn to Skate

A recreational ice skating program for children aged 3 to 8 years. No prior skating experience is required. This is a parented program and parents are expected to remain on site for the duration of the program. MLCA membership is required to register in this program.

For children 3-8 years

Saturdays from January 7th, 2017- February 25th, 2017

9:15 am to 10:00 am

Cost: \$45/child

Please note: this is a parented activity. Parents must remain on site for the duration of the program, but are not required to be skating. We have hired 3 figure skating coaches to be working on the ice with the kids. Helmets are a must in order to participate.

Grass Roots Hockey Returns to the MLCA

Calgary's inter-community Grassroots Hockey League is an alternative hockey league that was created to give children ages 4-14 an opportunity to place ice hockey in a fun, non-competitive and affordable environment. This city wide league is made up of four divisions: ages 4-5, 6-8, 9-11, and 12-14 with 8 to 12 players per team. All games are played on outdoor rinks and 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 for more information.

Outdoor Hockey Rinks

Our two outdoor hockey rinks are available for both hockey players and pleasure skaters. In order to assist

our small group of volunteers currently maintaining the ice we ask that you assist us by shoveling the snow on the rinks and depositing it in the appropriate snow bank. For a schedule of ice time please visit: www.mardaloop.com/facility If you're interested in joining the volunteer crew please contact James at: programs@mardaloop.com

Playgroup Registration For Winter on Now

Registration for our Winter 2017 Playgroup is now open. Playgroup is 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 neighborhood. For infants and children up to 4 years. Four groups to choose from: Monday, Tuesday, Wednesday, or Thursday. MLCA membership is required to register in this program.

Playgroup Mondays

0-4 year olds

9:30am – 11:00am

Every Monday – February dates to be announced

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 - February dates to be announced

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 Wednesday

0-4 year olds

9:30am – 11:00am

Every Wednesday- February dates to be announced

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 Thursday

0-4 year olds

9:30am – 11:00am

Every Thursday- February dates to be announced

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.

Yoga at the MLCA - 2017

We're proud to bring back our Yoga programs to the MLCA for the winter, starting in 2017. Sophie is returning for her Tuesday night class and her Friday morning class. Crystal is taking the winter off from instructing. Yoga at the MLCA moves at a beginner to intermediate pace, and drop-in classes are \$12.50/class

Tuesday Night Yoga with Sophie:

Tuesday 7:00pm-8:00pm

January 10th – April 25th 2017

Cost: \$150/non-member, \$120/member

15 Sessions

Friday Morning Yoga with Sophie:

Fridays 9:30am-10:30am

January 13th – April 21st, 2017 (No class on Good Friday)

Cost: \$150/non-member, \$120/member

15 Sessions

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.

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MARDA LOOP COMMUNITIES ASSOCIATION

MLCA Preschool Update

Happy New Years from the MLCA Preschool!

In December, the preschool held their annual Christmas party inviting parents and caregivers for an afternoon of crafts, songs and merriment. This year, we had a very special visitor to the party. Thanks to Santa for his time during this very busy period, and to the teachers for orchestrating an entertaining festive song arrangement with the help of Melissa from Simple Harmonies.

As we went to press in November, parents enjoyed an event of their own with our second annual Wine and Cheese party. The event proved to be a great opportunity for local parents to get to know one another over some fine wines and cheese provided by Marda Loop's own Spring Bank Cheese Company. The event also doubled as an art show and fundraiser for the preschool -



where we auctioned off the children's art created with the help of Calgary artist - Dean Stanton.

Are you thinking of registering your child for the 2017/2018 school year? The first step in the registration process will be an informal information night on Wednesday, January 18th 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: Wednesday January 18th

Time: 5:00 - 7:00pm - we will have a brief presentation at 5:30 followed by an informal question period and a chance to meet the teachers. Children welcome
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.

Until next time, if you have any questions or comments, feel free to email: preschooldirector@mardaloop.com

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children 3 to 4 years old come together to learn and explore through age appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of the vibrant Marda Loop, our newly renovated, bright and cheerful preschool is positioned opposite the community centre, playground, ice-rink, library, fire hall, and community gardens.



MLCA Preschool

Kids are the heart of our community

Set in the heart of Marda Loop, our newly renovated, bright and cheerful preschool is a cooperative and caring environment where children learn and explore through play.

Find out more at www.mardaloop.com



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A photograph of a woman with long, wavy, reddish-brown hair, looking directly at the camera. She is wearing a dark top and has a slight smile. The background is a warm, golden glow with bokeh light effects.

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accessibleuniversity.com

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- Accessibility Basics
- Modify a Home
- Locate a Home
- Community Services
- Advocacy

info@accessibleuniversity.com [AccessibleYYC](#) [AccessibleHousing](#) [Donate online at accessiblehousing.ca](#)

An initiative of Accessible Housing, a non-profit organization in Calgary.

A photograph of a man and a woman in a kitchen. The man is standing and smiling, while the woman is sitting in a wheelchair, facing him. They are both looking at each other. The kitchen has a sink, a stove, and various kitchen items on the counter.

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IN YOUR COMMUNITY



Richmond Park Mobile Skate Park Survey

The City of Calgary operates the Mobile Skatepark Program during the warmer months. If Richmond Knob Hill (RKH) Community Association can convince the city of the residents' interest, a mobile skatepark would be made available for 2 weeks in May, June or September, at the RKH ice rink (2433 26 Ave SW). It would be open 7 days a week with 2 first aid certified monitors on staff.

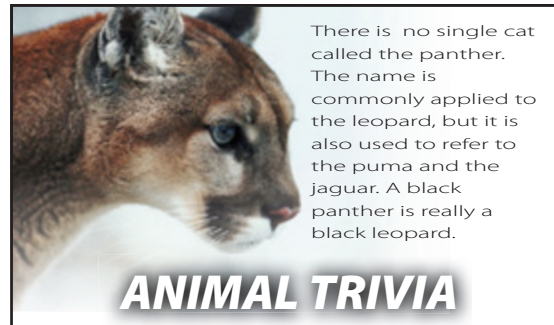
We feel this could be a fantastic opportunity for the kids in our neighbourhoods to have some fun outside, together, for free!

We would really appreciate you taking a few minutes to fill out a survey that is currently available on the <https://www.richmondknobhill.ca/news.php>.

If you have any questions, please email communications@richmondknobhill.ca

Thank you,

Cécile Riboud, Communications Director,
Richmond Knob Hill Community Association



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA



Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

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

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

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

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

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STRATHCONA-TWEEDSMUIR SCHOOL

Admissions and financial assistance application deadline February 10, 2017.

KENSINGTON WINE MARKET

WINETIMES 2017 WINTER TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

The Hills Are Alive!	Fri Feb 10	To the sound of tinkling glasses and the taste of Grüner. This tasting will explore the little known wines of Austria. Be prepared to sing their praises!	\$30
Love at First Sip: Champagne & Sweets	Tue Feb 14	Bring your "sweet" heart to this tempting tasting of our very best Champagnes. We'll dim the lights and nibble on hedonistic offerings from Calgary's best bakers.	\$50
Rare Malts	Thr Feb 16	Only malts 20+ years of age from Closed Distilleries and or the Very Rare need apply for this special tasting.	\$80
En Francais: Vallée de la Loire	Fri Feb 17	Join our resident francophone, Christine Parent, for a tasting of the best of the Loire Vallée, from Sancerre to Muscadet! Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation conviviale, en français! Région à l'honneur: Vallée de la Loire. Stand up format; this tasting will be conducted in French.	\$35
To Peat or Not to Peat	Tue Feb 21	Many distilleries now bottle both peated and unpeated expressions. Join Evan for a taste off, pitting peated and unpeated single malts against each other from four pairs of distilleries.	\$40
Whisky Geek Paradise	Thr Feb 23	Hunter is putting a new twist on our old Classic Malts tasting showcasing value propositions that will still delight even the most discerning palate.	\$30
Cheese Please	Fri Feb 24	The Iberian Peninsula, steeped in history, art and gastronomic adventures, is also famous for its production of wine. Join us for a taste of the best wine and cheese from Spain and Portugal.	\$30
The Best of Tightwad Oenophile	Tue Feb 28	We're lining up the winners from past "penny pinching" tastings to see how they stack up today. This one will be "blind" and loads of fun!	\$20
Hunter's World of Mezcal	Thr Mar 2	As per Hunter's request; no puns, alliterations or metaphors! This tasting will illuminate Hunter's world of Mezcal.	\$35
Organic - Biodynamic - Natural Wine	Tue Mar 7	What's all the fuss! Do these wines really taste better? Let's learn a little about production, trends and, best of all, give them our own stamp of approval... or not!	\$35
Highlands, Islands & Campbeltown Whisky Festival	Thr Mar 9	Travel the highlands and islands of Scotland at a festival highlighting whiskies from these regions as well as the town of Campbeltown. Includes your own Glencairn glass.	\$60
Budget Bubbles!	Fri Mar 10	Champagne taste, but not the budget? Don't worry, we'll taste some show stopping, sparkling wines even the experts can't always spot. Stand up format.	\$25
Into The Bottle: Part Two	Tue Mar 14	This "back to basics" tasting will explore the world of blends, travelling to regions renowned for their ability to create the perfect "mix".	\$30
Barrels & Bugs	Thr Mar 16	This unique tasting will focus on barrel aged and wild yeast(bugs) fermented beers and everything in between. The night will be full of oaky, funky and sour beers to challenge even the heartiest of palates.	\$25
Single Pot Still Irish Whiskey	Fri Mar 17	The style came about as a way of avoiding the English "malt tax" and is still, even today, the most Irish of Irish whiskies. We'll sample a range of seven Single Pot Irish whiskies and learn a little history.	\$50
Oregon: The New Burgundy	Tue Mar 21	Shrouded in fog and never far from the pounding surf of the Pacific, the vineyard hills of Oregon produce some of the most exquisite wines available today. This will be a taste treat!	\$45
Head to Head - Andrew vs Evan vs Hunter	Thr Mar 23	Join us for a one night only battle royal pitting three of our whisky experts against each other. Whose whisky picks will reign supreme...	\$40
French Wine Festival	Fri Mar 24	We close shop early so we can clear the floor! We'll showcase all the main French regions and terroirs, from Champagne to Bordeaux. For the French wine aficionados, and neophytes alike, we promise you a few surprises. Santé!	\$40
Old School vs New	Tue Mar 28	Who does the Belgian Tripel better? Westmalle or Boulevard? What about the Pale Ale, or the Porter? We're going to take some of our favourite classic styles from tried and true brewers and pit them against a modern brewer's take on that same style. Let the battle begin!	\$25
Ancient Malts	Wed Mar 29 or Thr Mar 30	It's been a few years since we've put on an Ancient Malts tastings and frankly, we're overdue! We have some very special bottles selected; including a pair of 1967s for what will be a memorable evening.	\$200
Cheese Please	Fri Mar 31	Let us drink Champagne! Join us for a superb tasting of our best Champagne and sparkling wines paired expertly with the delectable choices of Peasant Cheese. Stand up format.	\$40

1257 Kensington Road, NW | 403 283 8000 | www.kensingtonwinemarket.com



IN YOUR COMMUNITY

Some Tips to Get Kids Reading

by Val Lawton

World book of records, cook books, joke collections, even the car manual... everything counts.

Shared reading: Get a few people together to read a story aloud in turns. You can even include the family pet. When your beagle, or hairless cat, or goldfish (or whatever the family critter happens to be) is lying still, get your child to read them a story out loud.

Set aside a regular time that's just for reading. Even for just 15 minutes a day while dinner is in the oven, get as many family members as possible to sit down with a book or a magazine or the car manual, and establish this time as a screen-free, music-free zone.

Set up a rewards-program – for every hour spent reading, your child earns an hour of screen time.

Start a book club: ask a few friends or family members to read the same book and plan a time to discuss it.

Choose a book that a movie's been based on, and reward your reader by watching the film. For example, Madeleine L'Engle's 'A Wrinkle in Time' will be coming out soon as a major motion picture. Or choose a movie that's already out that's based on a book, such as William Steig's Shrek! (1990).

Pair reading with activities. When you're baking cookies, get your child to read the recipe aloud. If you're fixing stuff around the house, get your child to help by having them check

out the instructions and see if they can sound out words.

When you're out at a restaurant, get your child to read the menu to the table. Speaking of restaurants, some night at home, pretend you're at restaurant, and have your child take everyone's order at the table with a pad and pencil. Then, get them to leave a bill for you. Taking it up a notch, get your kids to design and write up a menu for the evening meal.

Play word games

There are the classic word games you can play as a family... Scrabble, Quiddler, Boggle and Banagrams, to name a few. When you're in the car driving between karate class and the tap dance studio, play the license plate game-- can you spot a car with a J in the plate number. And while they're at it, can you think of a word that starts with the letter J? There's also the city game – think of the name of a city, e.g., Calgary. Then the next person has to think of a city that starts with the last letter of that city, e.g., Yellowknife, possibly followed by Edmonton, New York, Kindersley... (you get the idea).

And, of course, the two most important tips are...

- 1) Read aloud to your kids at bedtime for as long as they'll let you, AND
- 2) Leave books / magazines / reading material lying around the house – let your kids catch YOU reading...

Next month: Book suggestions of good kids' books for those less inclined to read!

In this digital age of unrelenting screen time, social media, and diminishing attention spans, getting a child to sit down and decompress with a book can be a challenge - especially if that child doesn't like to read. So, how can a parent inspire a kid to read? Here are a few tips that might help nudge your reluctant reader in the right direction...

Zero in on your child's interests - what are they into? What grabs their attention? What floats their boat? If it's video games or animals or magic tricks or Star Wars, guaranteed there will be reading material out there that dovetails with those interests. Check in with the library or local bookstore to see what titles are available that will match your child's interest.

Let your kids choose what they want to read, even if you think they're above or below their reading level (within reason, of course!). If your 6-year daughter wants to read the car manual, or your 3-year son wants to read the 6-year old's chapter book, let them. Include different kinds of reading like comics, baseball cards, newspapers, the Guinness



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The Lower Elbow Redd Count

by Robin McLeod

The November brown trout redd¹ count is an annual event on the Lower Elbow River. This year it was held on November 4, 2016 under a sunny sky with a balmy temperature of 20C.

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

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

According to Chris Bjornson, the lower numbers after the 2013 flood might be due to a number of factors including the reduction in available brown trout spawning habitat due to the movement of gravel substrate to

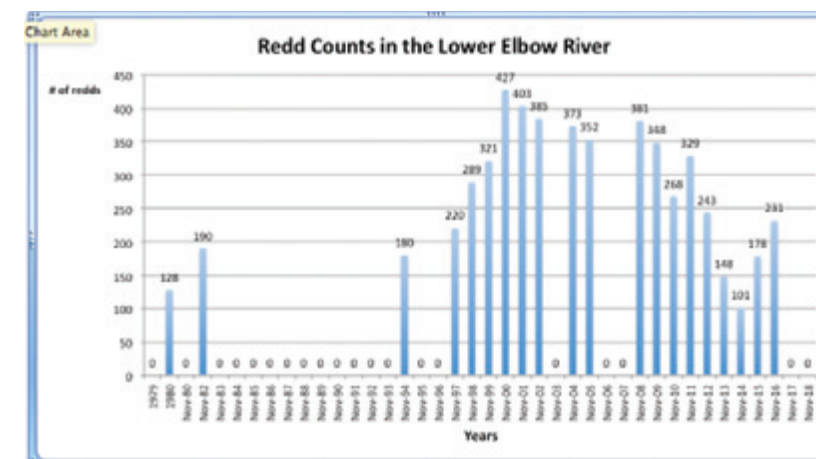


peripheral or downstream areas, the overall number of adult spawners and/or the proportion of the Bow River population that chooses to spawn in the Elbow River versus the Bow River in any given year.

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

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

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



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



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

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

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

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


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

Declaring a public health emergency seems to be an obvious step, and I again call on the Associate Minister of Health to do so immediately. We also need to ensure treatment is available, both in-patient and outpatient, and we need to provide a variety of methods beyond traditional 12-step programs, which do not work for everyone.


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

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

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

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Approving, and Building, Energy Projects

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

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

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

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

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

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

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

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

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





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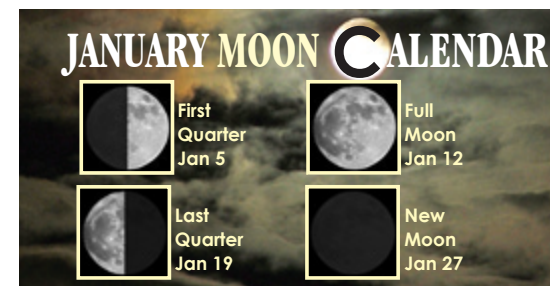
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Happy New Year to one and all. I am excited to tackle the year ahead.

If you did your taxes last year, this month will mark the first rebate you as an individual, may be eligible to receive, to offset the effects of the carbon levy.

Transitioning our economy isn't going to be easy, but it is something we must do, and it is something we must do here in Alberta. We know what our province is like, we know what we need, and we know how to get there. By taking charge and boldly taking action on this front we are able to ensure a Made in Alberta solution to our carbon problem instead of simply waiting for a Made in Ottawa approach.

In Alberta we take matters into our own hands. While we see the need for occasional hand-outs, we far prefer hand ups. Give us the tools we need to succeed and we will succeed.

The carbon levy is a crucial part of transitioning Alberta to an economy of the future. Alberta is a leader, in Canada, and around the world. Our technical prowess, our intellectual creativity, and our perseverance are all things that have drawn others to this province for generations. This province is full of people who want to be at the front of the pack, driving the change, driving the action, and driving the future of our world.

I am so proud that we are taking matters into our own hands and taking charge in a truly Albertan way.

How do you reduce your carbon footprint and thus your tax bill? I've seen some exciting initiatives in Currie, such as the Richmond Knob Hill Community Association building recently installing solar roof panels. In our own homes, we can use plastic window insulation, carpool more with our neighbours, take advantage of our cycle paths, or take public transit, as I know many of you already do.

Whatever you chose to do, it's your Alberta, your environment. Let's start the new year off with moving our province forward toward a cleaner future.



Councillor, Ward 8
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 Calgary, AB, Canada T2P 2M5
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Housing and Homelessness

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

I am proud of all of the incredible social organizations, volunteers and donors who have truly made history when it comes to homelessness in our city. But, I'm also aware that while we've done a great job in serving people experiencing homelessness we still don't have enough appropriate housing for our vulnerable citizens. I am still determined as ever to do what I can as the Councillor for Ward 8 to continue to make Calgary a great place to live for everyone. We will need to continue to build a future from our shared dreams and strengths, not our precedents. We need to continue to embrace progress and keep working our butts off in order to achieve it. This is no easy feat, and it will require all of us to pitch in. Here's how you can help.

Volunteer

There are many organizations across Calgary that care for those who don't have a place to stay, and all of them rely on volunteers. It is not only important for us as citizens

to help out where we can, but it is personally enriching and rewarding as well. Serve lunches and suppers, teach a child to read, assist with special events. There are a number of groups you can approach, but aside from the obvious four (The Mustard Seed, The Drop-In Centre, Inn from the Cold, and Alpha House) a good start is the Calgary Homeless Foundation's list of all agencies they fund – visit calgaryhomeless.com.

Donate

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

Make Your Voice Heard

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

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

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A Year in Review

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

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

20th Street SW Bikeway

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

37th Street SW Storm Trunk Project – Phase 2

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

50th Avenue SW Corridor Study

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

61st Avenue SW Greenway Corridor

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

Anderson Pedestrian Bridge

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

Crowchild Trail-Flanders Avenue Interchange

The Interchange is now open! Landscaping and final

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

Crowchild Trail Study November Update

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

Deerfoot Trail Study Update

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

South Crosstown BRT

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

SW Transitway BRT

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

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

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca, or by emailing my office at ward11@calgary.ca. Happy New Year!

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