

JANUARY 2017

BRINGING MEADOWLARK PARK RESIDENTS TOGETHER

the MEADOWLARKER

THE OFFICIAL MEADOWLARK PARK COMMUNITY NEWSLETTER



Patient Care is our Priority at Doig Optometry

At Doig Optometry, we've coined the phrase "Patient Care Priority" to articulate our commitment to standards we have set for ourselves that govern our patient care. These standards provide clear guidance and direction to staff and doctors as they make the many big and small decisions that impact patient outcomes. The Patient Care Priority means placing the greatest importance on addressing each patient's vision care needs to their satisfaction. We invite you to call our office and book your next eye exam with us so you can experience it for yourself.

We are Accepting
New Patients!

Call 403-333-3353 to
book your next eye exam!

To welcome you to our new office, all new patients will receive a gift of \$25.00 that they can use in our office to purchase regularly priced eyeglasses or contact lenses. Call us for details!



Hi, I'm Doctor Doig. After 20 years of practice, Dr. Chorel and I have opened Doig Optometry in the Heritage Professional Centre. Our new Optometry Clinic is located in Suite 102, 8180 MacLeod Trail, and you can find us on the internet at www.doigoptometry.com



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MEADOWLARK PARK COMMUNITY ASSOCIATION

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

Advertising Opportunities
403-263-3044 | sales@great-news.ca
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Published by Great News Publishing
Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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

Check out our website:
www.great-news.ca



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

The Meadowlark Park Community Association and Great News Publishing and do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

SOCIAL UPDATE

Meadowlark Park **needs residents like you** to help with planning the 2017 Social Events:

- Easter Egg Hunt
- Plant Exchange
- Neighbour Day BBQ
- Movie-in-the-Park
- Community Garage Sale
- Halloween Party
- Christmas Party
- ...and hopefully more!

Let's make it the best year yet!

If you're interested in volunteering, please contact Karen at: Social@meadowlarkpark.org or (403)973-3997.

Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds

Did you know

the Meadowlark Park Community Association website has been updated? Check us out online:
www.meadowlarkpark.org

Meadowlark Park Knitting Group



Fall is a perfect time to start knitting – all of those cozy scarves, cowls, hats, scarves, sweaters just waiting to be made! Our knitting group is always open to new members of all skill levels. It's a great opportunity to get to know your neighbours in the community. We meet most Monday evenings at the Hockey Shack lounge at the community hall (entrance faces the hall parking lot).

If you are interested joining us, please email me at christine.franke72@gmail.com or call me at 403-209-2566 to confirm the next date.

Heritage Time Out

in McDougall United Church
8516 Athabasca St SE, Calgary, AB T2H 1S1
(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings, 9:00 – 11:00 a.m., next session January 4th to March 22nd.

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

Meadowlark Park Community Association

Meadowlark Park Executive Board Contact Information

Verna Leask, President	president@meadowlarkpark.org
Warren Cronin, Vice President	vicepresident@meadowlarkpark.org
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Fax: 403.255.1407
www.meadowlarkpark.org
info@meadowlarkpark.org

Editorial Content Deadline



Hall Rental Details

Non-member rental rate: \$50/hour • Resident member rental rate: \$25/hour • Damage deposit: \$500

Rental inquiries can be made by emailing hallrental@meadowlarkpark.org and stating the date and time you are interested in. You will be contacted within 2 days. If the hall is available for your requested date, you will be asked to complete a rental application form. This will give us the required information for the rental contract. If you aren't familiar with the hall, a time will be set up to show you the hall to ensure it will meet your needs. If it does, the rental contract will be completed and payment of the damage deposit and rental fee arranged. Please note that at least 20 days notice is required for rentals.

	UPPER HALL	LOWER HALL	HOCKEY SHACK LOUNGE (available to resident members only)
Capacity (overall 150 in the entire hall at one time)	Dining & beverage – 105 Non fixed table & chairs – 132 Non fixed chairs - 150 Seated guests - 105	Dining & beverage – 105 Non fixed table & chairs – 150 Non fixed chairs - 150 Seated guests - 126	60
Barrier-Free Access	Yes	No	No
Kitchen	Yes	Yes	Yes

Reservations will be accommodated to a total maximum hall capacity of 150 people.

South West Communities Resource Centre

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

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca



The SouthWest Communities Resource Centre (SWCRC) is a thriving and vital non-profit community resource centre serving families in south west Calgary since 2003. Located in the Oakridge Coop Plaza, the SWCRC focuses on positive ways to raise children, help people build healthy relationships, manage stress, obtain information and resources, and respond to the emerging needs of all members of our communities.

In 2017 the SWCRC, along with our partnering agencies will be offering **new programs and services** and would be pleased to tell you more about the following:

- Family Literacy Program – For immigrants with children 3 – 5 (helps children prepare for school)
- Living Life to the Fullest – For people coping with anxiety, stress and life's challenges (8 sessions)
- Becoming a Canadian Citizen: Understanding new rules and regulations.
- Permanent Resident Card Renewal
- Parent Talk – Learn more parenting strategies on Thursday mornings.
- Free Computer Classes (4 sessions)
- Employment Workshops for Youth (3 sessions) for age 15 – 24
- Chat N'Play - an informal social time on Monday afternoons for parents and young children.

Contact our office at 403 238-9222 or email info@swcrc.ca for more information on dates and how to register.

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



IN & AROUND SCHOOLS

St. Augustine School

Last month, the season of Advent was observed in many wonderful ways at St. Augustine Fine Arts School. Advent is a time of expectant waiting and celebration of the nativity of Christ at Christmas. Students celebrated this important occasion by lighting the candles of the Advent wreath, during each week of the Advent season. In taking part in this very important tradition, students were given the chance to reflect and focus on the important virtues that are represented by each candle and that Jesus brings with his coming: Hope, Love, Joy and Peace. St. Augustine students further celebrated the month of December by showcasing their annual Advent production entitled, "Joy to the World" at the University of Calgary - University Theatre.

On the athletic front, the wrestling season wrapped up, with city finals being held in mid-December. We are very proud of our St. Augustine Angels and thank the students for their excellent representation of our school community. Basketball season is just beginning and we likewise expect many wonderful things from our student athletes.

St. Augustine Fine Arts School is truly blessed with an amazing group of students, staff and parents. Through our integrated fine arts program, and a focus on faith, we strive to provide educational experiences that will make all students feel successful. For more information about St. Augustine Fine Arts School, please visit our website at www.cssd.ab.ca/schools/staugustine/.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
Enform RRP 9 (Revised)

safetysync.com
403.668.6402

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

Call for Volunteers

Our biggest fundraising event of the year is fast approaching.

The annual Casino will take place on January 9th & 10th at the Elbow River Casino.

Meadowlark Park needs residents like you!
Mingle with your Neighbours while raising money for the community!

CONTACT

Steve Forbes
steveforbes1@gmail.com
587-432-4248
to sign up.



Meadowlark Park Real Estate Update Last 12 Months Meadowlark Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$726,500.00	\$660,000.00
October 2016	\$0.00	\$0.00
September 2016	\$594,400.00	\$555,000.00
August 2016	\$0.00	\$0.00
July 2016	\$0.00	\$0.00
June 2016	\$1,295,000.00	\$1,295,000.00
May 2016	\$698,000.00	\$657,000.00
April 2016	\$1,290,000.00	\$1,200,000.00
March 2016	\$739,000.00	\$723,000.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$639,900.00	\$617,500.00

Last 12 Months Meadowlark Park MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	6	2
October 2016	1	0
September 2016	1	2
August 2016	1	0
July 2016	1	0
June 2016	1	1
May 2016	3	3
April 2016	3	1
March 2016	0	1
February 2016	1	0
January 2016	1	0
December 2015	2	1

To view more detailed information that comprise the above MLS averages please visit meadowlark_park.great-news.ca



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

FEB. 9 - 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 - 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The SENTRY Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org



The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:

- it hides food in the fall;
- it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
- in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywilodlife.org for more information.

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT + F3

Format all letters as capitals
CTRL+SHIFT+A



COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:
 Meadowlark Park Community Association, 623 58th Ave SW T2V 0H8
 Call or Email Verna Leask – 403-258-3169 or v_leask@shaw.ca
Membership: 1 Year - \$20.00

Name: _____ (please print)

Home Address: _____

Phone Number: _____

Email Address: _____

Payment Enclosed: _____

Be sure to include your email address so we can keep you up to date with community news and events of interest to you.

Your support through membership is critical to Meadowlark Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.



LIKE US ON FACEBOOK
 for instant community updates –
 join the conversation!




Calling All BABYSITTERS
 Enroll free at mybabysitter.ca
 and choose the Calgary communities you would like to babysit in.



Calling All PARENTS
 Visit mybabysitter.ca
 and find available babysitters in and around your community.




It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

The Sleep Well Tonight Checklist



Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your

mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep

slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

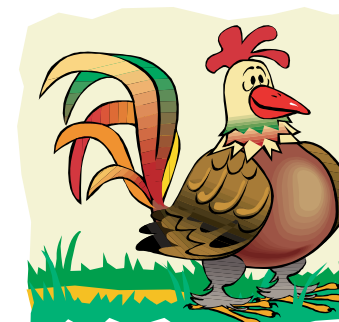
Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

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

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

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;
- Attempt to cover exposed skin from the elements;
- 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 cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



Top 4 New Year's Resolutions for a Better Neighbourhood

A message from the Federation of Calgary Communities Building Safe Communities Program

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at www.calgarycommunities.com under the Building Safe Communities tab.

Reader's Recommend

*Have a book you would like to recommend?
The more books you recommend, the more personalized this list becomes.*

Email us at news@great-news.ca

ADULT FICTION

The Wrong Side of Goodbye, Michael Connelly

His Bloody Project, Graeme Macrae Burnet

The Whistler, John Grisham

The Sleeping Beauty Killer, Mary Higgins Clark

A Great Reckoning, Louise Penny

The Witches of New York by Ami McKay

Hag-Seed by Margaret Atwood

The Obsession, Nora Roberts

NON FICTION

A Life in Parts, Bryan Cranston

Hungry Heart: Adventures in Life, Love, and Writing, Jennifer Weiner

The Tumor, John Grisham

Lab Girl, Hope Jahren

Disrupted: My Misadventure in the Start-Up Bubble, Dan Lyons

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing, Marie Kondo

CHILDREN'S & YOUNG ADULT

Double Down (Diary of a Wimpy Kid, #11), Jeff Kinney

The Bronze Key (Magisterium, #3), Holly Black

Hotel Bruce, Ryan T. Higgins

The Secret Horses of Briar Hill, Megan Shepherd

Impyrium, Henry H. Neff

Harry Potter and the Cursed Child - Parts One and Two, J.K. Rowling

Divergent, Veronica Roth

BUSINESS CLASSIFIEDS

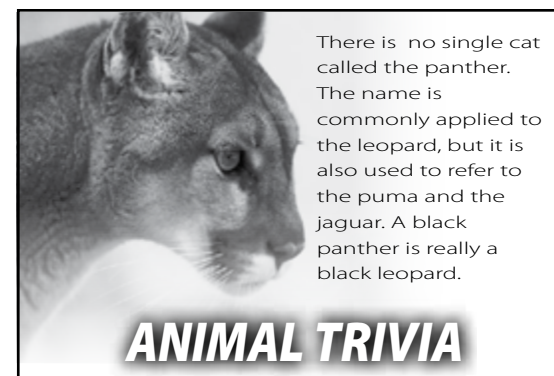
For business classified ad rates call Great News Publishing
at 403-263-3044 or sales@great-news.ca

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.



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



Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

1. Reliable recall – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.

2. Serene sitting – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!



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**MLA Calgary-Elbow
Greg Clark**
Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

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 Min-

ister 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 additions, please call Alberta Health Services' 24-hour Addictions Hotline at 1-866-332-2322.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalitudes.org.

JANUARY MOON CALENDAR

First Quarter
Jan 5

Full Moon
Jan 12

Last Quarter
Jan 19

New Moon
Jan 27



MP Calgary Centre
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 403-244-1880
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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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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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Pipelines Approved.

Get the full update at www.KentHehrMP.ca/pipelines



“ This is how we build pipelines. After pounding the pavement in the election, earning the trust of Calgary Centre, and taking the movement to Ottawa, we pounded the table for a better way forward.

Calgarians and Albertans alike have been waiting for this announcement for a long time. After a decade of inaction, we are finally seeing progress on this file thanks to the leadership of our Prime Minister and my cabinet colleagues. **We are moving forward** on Canada's energy future.

- Kent Hehr, MP
Calgary Centre

Below is what we are doing to make sure we bring both the environment and our economy together.

Read more about Canada's Pipeline Plan at www.KentHehrMP.ca/pipelines.

> Investing \$1.5 Billion into a world-leading **Oceans Protection Plan** to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> **Reforming the NEB** to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge.

> Implementing a **price on carbon pollution** — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



An update from Kent Hehr, your Member of Parliament for Calgary Centre
www.KentHehrMP.ca | 403.244.1880 | kent.hehr@parl.gc.ca
950 6th Avenue SW, Calgary, Alberta, T2P 1E4

Get the full update at www.KentHehrMP.ca/pipelines