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Millrise • Shawnessy Shawnee-Evergreen

Elected Officials



Councillor Diane Colley-Urquhart
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 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 2M5
 Phone: 403-268-1624
 Fax: 403-268-8091
 Email: ward13@calgary.ca
 Web: www.calgary.ca/ward13



MLA Graham Sucha
Calgary-Shaw
 #328, 22 Midlake Blvd SE
 Calgary, AB Canada T2X 2X7
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 Fax: (403) 256-8970
 Email: calgary.shaw@assembly.ab.ca

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING MILLRISE, SHAWNESSY AND SHAWNEE-SLOPES FOR 4 YEARS!



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IN & AROUND CALGARY

Construction Start for Development

Community residents and transit users may have noticed a large sign recently erected in a vacant field just north of the Shawnessy Superstore. You could say it's a sign of things to come.

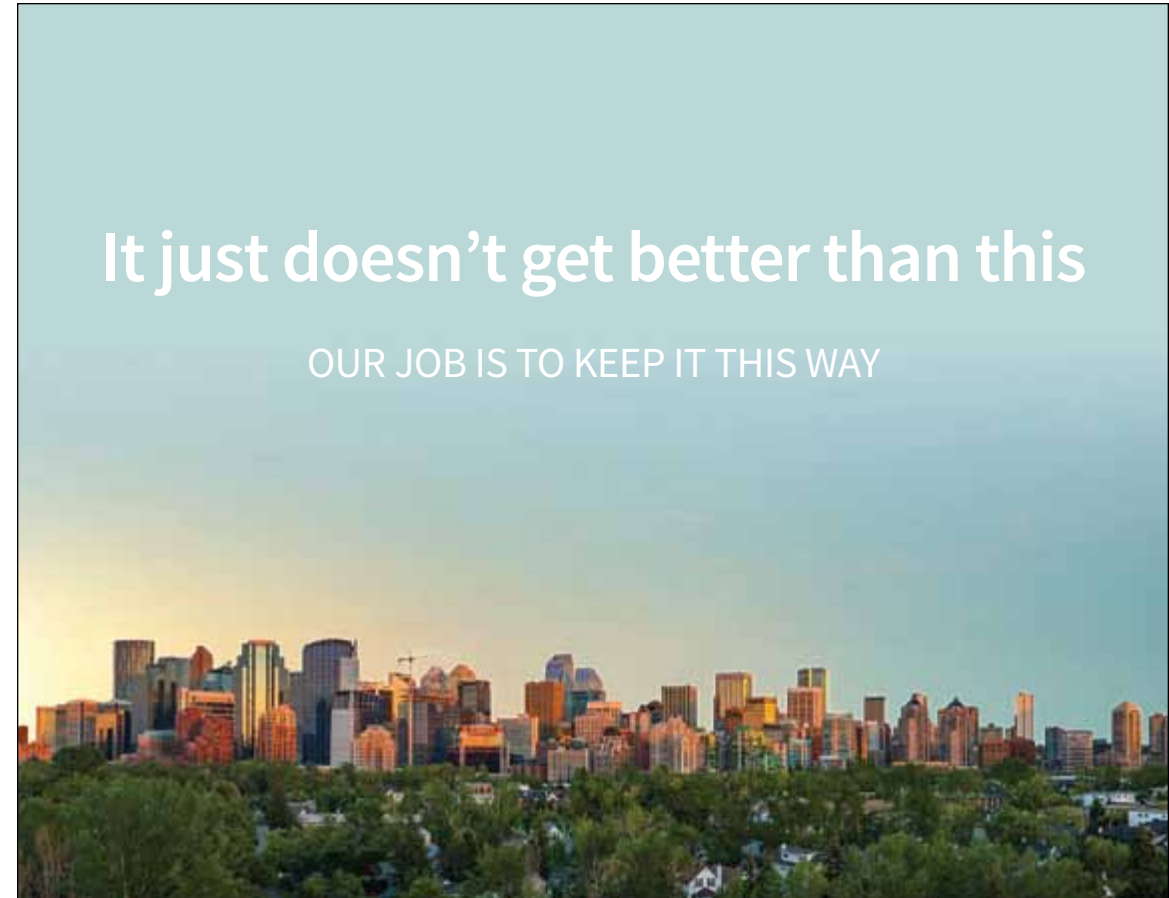
The 9.46 acre parcel of land situated immediately north of the Shawnessy Superstore and east of the LRT will soon be fenced off to the public to allow for land servicing construction. This stage of construction includes earthwork, installation of underground water utilities, and construction of a roadway and sidewalk to prepare for future development.

Although the property has been vacant for a number of years, it has been informally used by the public for overflow parking and sometimes as a refuse dump. Now, after extensive consultation with the Shawnessy Community Association, Calgary Planning, Development & Assessment and the Calgary Planning Commission, the land will be developed to better support this growing community.

The property is now zoned for mixed-use development which includes a combination of residential, office and commercial space. It is most commonly used in Transit Oriented Developments (TOD) to take advantage of the nearby transit service and reduce the need for personal motor vehicles.

Land servicing work is expected to commence Spring 2016 for future development. For additional information, visit Calgary.ca and search for Shawnessy land development. Other questions or concerns can be directed to:

Malcolm Dort, Project Manager
 Office of Land Servicing & Housing
 City of Calgary
 T: 403-268-2276
 E: Malcolm.dort@calgary.ca



It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY

Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a 97% satisfaction rating last year.

CUPE
 Calgary's city employees
 Making your city work for you

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers 5-20% more!

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
 Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



Millrise / Shawnessy mybabysitterlist

Name	Age	Contact	Course
Abdullah	13	587-889-4532	Yes
Abigail	18	705-706-4338	No
Alana	24	587-888-4854	Yes
Alyssa	14	403-801-6248	Yes
Amber	30	587-438-4789	Yes
Amelia	22	587-223-3369	Yes
Amy	15	403-247-9228	Yes
Andreea	13	403-202-5610	Yes
Anna	13	587-999-5607	Yes
Becky	21	403-993-9284	Yes
Belle	13	403-256-5551	Yes
Blaise	24	587-223-8583	Yes
Brandie	34	403-802-2940	Yes
Brianne	17	403-999-6906	Yes
Bronte	16	403-880-1572	Yes
Bryson	14	403-720-0345	No
Cailin	14	jenwelsh2012@gmail.com	Yes
Camila	27	403-680-0942	No
Cassidy	19	403-850-0373	Yes
Catherine	27	514-293-1395	Yes
Christoph	24	587-998-6172	Yes
Connie	16	403-862-2081	No
Cristina	15	403-245-5184	Yes
Danita	21	403-990-0205	Yes
Deborah	13	403-619-7037	Yes
Elaura	18	403-471-5051	Yes
Emily	23	403-999-8525	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Evelyn	12	403-475-0919	Yes
Faith	15	403-805-6988	Yes
Faith	16	587-892-2101	Yes
Gabrielle	14	403-201-0528	Yes
Garrett	17	403-708-7312	Yes
Genevieve	25	581-307-6165	Yes
Gracia	19	587-969-1296	Yes
Hannah	16	403-993-0740	Yes

Harvinder Kaur	31	587-830-6217	Yes
Heather	38	587-225-8225	Yes
Heather	29	403-966-5233	Yes
Henry	15	403-719-8282	Yes
Holly	14	587-890-9295	Yes
Jack	13	403-201-0528	Yes
Jacy	15	403-254-4949	Yes
Jakarta	18	403-808-8503	No
Jamie-Lyn	21	403-892-0176	No
Jane	50	403-467-3607	Yes
Jayce	15	403-478-2704	Yes
Jeffery	13	403-256-7828	Yes
Jessica	18	403-826-6276	No
Jewelyn	37	403-926-3703	Yes
Jordan	14	780-215-7558	Yes
Josefa	25	587-437-1252	Yes
Kaitlyn	17	403-254-6382	Yes
Kaitlynn	15	403-874-4034	Yes
Kali	14	403-244-8814	Yes
Kasandra	16	403-926-9056	Yes
Katelyn	22	403-870-1752	Yes
Katie	18	403-540-3878	No
Kaya	14	jenwelsh2012@gmail.com	Yes
Kayleigh	16	403-618-7605	Yes
Kayzha	16	403-252-5052	No
Kelsea	23	403-370-7170	Yes
Kelsey	20	403-818-6034	Yes
Kyra	15	403-397-3870	Yes
Lauren	25	403-993-7654	No
Leah	16	403-862-2487	Yes
Lilly	15	403-719-8282	Yes
Linda	60	587-892-9731	No
Liv	14	403-619-6399	Yes
Lizzie	25	403-703-4076	Yes
Lucy	17	403-796-8951	Yes
Lyndsey	18	587-777-5137	No
Mackenzie	18	403-861-9671	No
Maddie	16	403-201-7075	Yes
Madeleine (Maddy)	19	403-975-5180	Yes

Makenzie	18	403-796-7733	Yes
Maria	45	403-818-0560	No
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Michelle	14	403-256-4366	Yes
Michelle	31	403-923-5111	Yes
Michelle	22	403-926-5166	No
Monika	17	403-805-1224	No
Nia	17	403-991-8045	Yes
Nicole	16	587-968-6201	No
Nicole	17	403-862-8692	Yes
Petra	13	403-589-3173	Yes
Polina	13	403-455-3067	Yes
Rahell	13	403-999-2851	Yes
Rhys	15	403-399-7509	Yes
Ria	20	403-470-9783	No
Rochelle	16	403-700-2881	No
Salma	38	403-252-5052	Yes
Sam	15	403-287-3740	Yes
Sara	18	403-700-8675	No
Sarah	16	403-998-9639	No
Sarah	23	819-679-3059	Yes
Shahara	16	403-922-5416	Yes
Shamaya	15	403-464-5443	Yes
Shannon	24	403-614-2570	Yes
Shay	14	587-899-3512	Yes
Silvia	32	403-467-8756	Yes
Siobhan	22	403-923-9499	No
Sonya	20	403-389-5921	Yes
Stephanie	24	403-991-9545	Yes
Valeria	14	403-830-7991	Yes
Yena	19	403-479-7911	Yes

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.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



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**MARCH 5
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Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



**MARCH 5 TO 6
CALGARY MAPLE
FESTIVAL DES SUCRES**

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



**MARCH 18 TO 28
SPRING RALLY
IN THE ALLEY**

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com



Nails Time

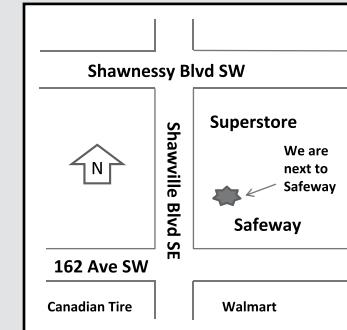
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🌐 www.appletreepreschool.ca



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

- New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



BRAIN GAMES SUDOKU

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3	1		5	7				
	4	2	3				5	

FIND SOLUTION ON PAGE 25



Shawnee-Evergreen Community Association

Last 12 Months Shawnee-Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$674,900	\$654,950
December 2015	\$846,175	\$820,500
November 2015	\$749,900	\$735,000
October 2015	\$610,940	\$591,500
September 2015	\$767,424	\$740,472
August 2015	\$662,720	\$643,980
July 2015	\$644,740	\$625,360
June 2015	\$919,450	\$878,750
May 2015	\$636,183	\$620,665
April 2015	\$770,644	\$743,672
March 2015	\$657,471	\$639,772
February 2015	\$577,400	\$555,000

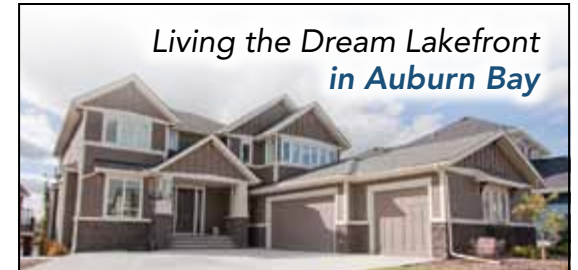
Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	4	2
December 2015	4	4
November 2015	4	1
October 2015	9	5
September 2015	10	4
August 2015	7	5
July 2015	13	5
June 2015	6	2
May 2015	6	6
April 2015	14	11
March 2015	8	11
February 2015	13	2
Total	98	58

To view the specific SOLD Listings that comprise the above MLS averages please visit shawnee_slopes.great-news.ca

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Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, January 21 to March 31, 2016. Free child-minding, coffee and snacks. Parenting tip sheets and children’s books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 11 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Positive Discipline in Everyday Parenting Register Now

Tuesday mornings, 10:00 am – 12:00 pm for eight weeks. Next sessions are February 2 – March 22, 2016; and April 12 – May 31, 2016. Program offered free of charge and includes program materials, child minding, coffee and snacks.

Children have the right to protection from physical punishment and to positive discipline that respects their dignity. In this wonderfully affirming program, parents of children 0 – 18 years will learn the four principles of positive discipline: setting goals; creating a positive home climate; understanding how children think and feel; and problem solving in challenging situations. Parents will practice their skills in hands-on exercises and learn to apply these principles across a wide range of situations. The result will be a positive relationship with your child that will last a lifetime.

This program is facilitated by the SWCRC’s social workers. To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

Neighbours Helping Neighbours

Many thanks to those of you who donated baby and personal care items to our Neighbours Helping Neighbours program over the holiday season. Such a generous response! Please know that it means a great deal to the individuals and families who receive these items that people in the community care about them.

We are still in need of the following items: diapers sizes new born, 4, 5 and 6; baby shampoo; men’s and women’s deodorant.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents’ young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately two and a half hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children’s social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

Insect Trivia



Writings about Reading

Any place can be a reading place

Do you look for ways to encourage your child’s enjoyment of reading? Creating a ‘reading place’ in your home can help!

A reading place might be in your child’s bedroom, a cozy corner in the family room, a little nook under the stairs . . . or? Just remember the 3B’s and you’ll create a wonderfully welcoming spot:

Books

Make lots of books available. All kinds; picture books, stories, and nonfiction books about things your child is interested in (dogs, planes, machines, cake making perhaps). Encourage your child to write their name inside their books. Ownership is directly connected to higher reading scores.

Bookshelves

Have bookshelves or baskets, boxes or bags of books all over your home. Easy access means reading can happen anywhere, at anytime. In your special reading place books all around help create a colourful and welcoming environment.

Book lights

If you set your reading place up in a family room or bedroom, you can use a nearby lamp. Or, small, inexpensive lights (clip-on or flashlights) in cozy nooks make reading more of an adventure. Lights aid visibility and define a space that focuses a child on their reading.

Encourage other families and children to celebrate books and reading in their own reading place!

You can help others get excited about creating their own unique and comfy reading place too! If you take a photo of your child reading in their special reading place and would like to share it with us via:

- email to: info@calgaryreads.com
- Instagram, Facebook, and Twitter using hashtag #MyReadingPlace and tagging @CalgaryReads

Those who submit one by March 15, 2016 will be entered into a random draw for various ‘3B’ prizes.

For resources to help your child develop critical literacy skills and a joy of reading, visit calgaryreads.com.

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Not a snowbird? Try fair weather skiing on Waxless cross country skis!

A great way to enjoy Alberta's sunshine and long winters is to be outdoors! If you don't like the cold and don't want to fuss with waxes, waxless skis are a great alternative. They work the best in temperatures of -6 to +3 degrees C. On warm Chinook days, or for spring skiing, they are perfect! You don't have to learn to apply the day to day sticky wax on the base of your ski, but wax-less skis do require glide wax on the tips and tails as well as the scales. This protects your ski base and ensures you glide across the snow!

Haven't been out skiing for a while? There are many places to take a cross country ski lesson. It is a great way to get back to skiing or, to start out on the right foot for the first time! No line ups, no crowds, no lift fees, cross country skiing is a great way to enjoy the sun, fresh air and gentle exercise. What could be better than a day outside with friends skiing in West Bragg Creek, Ribbon Creek or other parts of Kananaskis country! There are two websites for checking trail conditions; Skierbob and on the Alberta Parks website. There are groomed and track-set ski trails as far west as Banff National Park and as far east as Shaganappi golf course, when we have enough snow in Calgary. I think of cross country skiing as a cross between trail biking and walking, it is smooth and heavenly, with a little good technique. So get out of the city and get signed up for safe, gentle outdoor fun!

Julie Walker is a Cross Country Ski instructor and Outdoor Educator.

IN & AROUND CALGARY

Citizen Dashboard in the works to give Calgarians insight into City performance and Calgary's quality of life

The City of Calgary is building a Citizen Dashboard, an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

"The Citizen Dashboard is just getting started, but it's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore our new tool."

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays select performance measures for 311; Roads Maintenance: Summer; Calgary Transit Access; and Building Regulations. Additional performance measures will be added to these services as the Citizen Dashboard evolves and feedback is collected.

The following services will be added over the coming months:

- Roads Maintenance: Snow and Ice Control and Spring Clean-up
- Transit: Safety and Security, CTrain and Bus
- Water Resources
- Water Services
- Waste & Recycling Services
- Recreation
- Fire

Calgarians can check out the new tool and provide feedback at calgary.ca/citizendashboard.



Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.

How is my money affected by changes to the Alberta Income Tax Structure this year?

With tax season approaching, you are probably wondering how our provincial NDP budget will impact your household. October 2015, our taxation structure changed here in Alberta. Now take a deep breath because in Wild Rose Country we will continue to enjoy the highest spousal and basic personal amount tax deductions in Canada.

You've heard the term 'tax bracket'? Once you hit a certain amount, the rate increases in the next 'bracket'. In 2016 you'll pay more in the next tax bracket, but **only** on the additional income. There is a bracket system on federal income taxes, but the Alberta system doesn't match the federal. Confused yet? Read on fellow taxpayer.

Okay, so you can earn up to \$125,000 before you are bumped to the next tax bracket. There's no personal income tax on the first \$18,214 of taxable income. The Government of Alberta reports almost 93% of Alberta taxpayers will continue to pay at the existing 10% tax rate. That's because their taxable income is between \$18,214 to \$125,000.

For 2016 tax year here's what it will look for those folks who make more than \$125,000. The tax rate is 10% between \$18,214 to \$125,000. For taxable income up to \$150,000, you'll pay 10% on your first \$125,000 and 12% on the next \$25,000. If you pull in between \$150,000-\$200,000, you'll pay 10% on \$125,000, 12% for \$25,000 and then 13% on that extra \$50k. The rate goes up to 14% for income over \$200,000 and it jumps again to

15% for those earning \$300,000+. And to make it even more complicated, these rates are effective 1 October, 2015. So the old rate (10% flat rate) and the new rates are prorated.

Whew! It's a little more complicated this year so here is a chart and some very basic tips:

Taxable Income	2016 Tax Rates	2015 Tax Rates
first \$125,000	10%	10.00%
over \$125,000 up to \$150,000	12%	10.50%
over \$150,000 up to \$200,000	13%	10.75%
over \$200,000 up to \$300,000	14%	11.00%
over \$300,000	15%	11.25%

Prepare that you might see additional taxes owing on your 2015 tax return. Why? Typically employers withhold money off your paycheque and submits the funds to pay your taxes. Remember that change that came into effect October 1, 2015? If your employer didn't implement the new tax rates to adjust your pay, then you might need to brace yourself for a little adjustment on your return.

Don't forget to add your Universal Child Care Benefit to your income. That was the cheque you received in 2015 if you have children. If you didn't realize before then I am sorry to bear the news. That money is considered taxable and so you'll be paying some bucks back on that amount.

Find someone who can inform or guide you. If you are still unsure about what these changes mean to your family's finances, rest assured...you are doing the right thing taking the time to inform yourself. Keep researching, reading and collecting the information you'll need to complete your income taxes effectively. Ask questions of folks in the know, post questions to discussion boards, hire a trusted professional, research the news and/or check out the Government of Alberta webpage for more details.

Richard Presland, CMA, MBA



Shawnessy Community Association

P.O. Box 76115, Millrise RPO | Calgary, AB T2Y 2Z9
Phone: 403.254.1012

md-mccarthy@shaw.ca | www.shawnessy.ca

Last 12 Months Shawnessy MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$426,433	\$419,666
December 2015	\$403,511	\$391,187
November 2015	\$434,366	\$424,172
October 2015	\$427,940	\$420,600
September 2015	\$437,371	\$424,214
August 2015	\$427,993	\$421,600
July 2015	\$430,175	\$421,016
June 2015	\$440,300	\$433,125
May 2015	\$433,445	\$424,154
April 2015	\$431,400	\$419,783
March 2015	\$433,611	\$423,933
February 2015	\$439,900	\$433,980

Last 12 Months Shawnessy MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	8	3
December 2015	4	8
November 2015	8	9
October 2015	13	10
September 2015	11	7
August 2015	8	9
July 2015	16	12
June 2015	11	8
May 2015	10	11
April 2015	9	6
March 2015	12	9
February 2015	8	5
Total	118	97

To view the specific SOLD Listings that comprise the above MLS averages please visit shawnessy.great-news.ca

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IN & AROUND CALGARY

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign

encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;



IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

• Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does one's budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.



Millrise Community Association

Last 12 Months Millrise MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$404,900	\$386,500
December 2015	\$402,350	\$386,000
November 2015	\$442,250	\$430,750
October 2015	\$412,920	\$405,610
September 2015	\$461,909	\$455,529
August 2015	\$421,900	\$418,750
July 2015	\$441,200	\$431,045
June 2015	\$441,582	\$432,247
May 2015	\$430,523	\$422,750
April 2015	\$431,426	\$420,460
March 2015	\$443,800	\$438,544
February 2015	\$424,900	\$415,750

Last 12 Months Millrise MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	4	2
December 2015	3	2
November 2015	6	6
October 2015	8	5
September 2015	5	5
August 2015	5	4
July 2015	8	11
June 2015	17	17
May 2015	10	8
April 2015	10	15
March 2015	13	9
February 2015	14	1
Total	103	85

To view the specific SOLD Listings that comprise the above MLS averages please visit millrise.great-news.ca

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SW Bus Rapid Transitway (BRT)

When my Council colleagues approved the SW BRT, we made a commitment to invest heavily into the future mobility needs of Calgarians. Mayor Nenshi appointed me to the **RouteAhead** Steering Committee, and over two years, we oversaw an aggressive public engagement with citizens.

When I ran in the 2013 Election, the top priorities in my platform were:

- Implement the RouteAhead 30 year long-term transit plan to provide more timely service and increase capacity on our bus network and LRT system. See RouteAhead at www.CalgaryTransit.com/plans-projects/plans
- Partner with the federal and provincial governments and the private sector to acquire the \$12Billion needed to fund the plan.

Council also adopted the **Investing in Mobility Transportation 10-year Capital Plan** in 2014. This put into play the funding required to proceed along with commitments from the other orders of government.

The SW BRT is projected to operate a service that will be comparable in reliability and commute time with the C-Train. This will provide residents in Ward 13 and our SW communities with an attractive and more direct alternative to not only the downtown core, but Mount Royal University, Glenmore Landing, Heritage Park, and the future Currie Barracks development. All without having to make multiple transfers. The project itself has a total budget of \$40 million. The BRT grid system in Calgary is much cheaper and takes less time to implement than the years required to construct LRT lines.

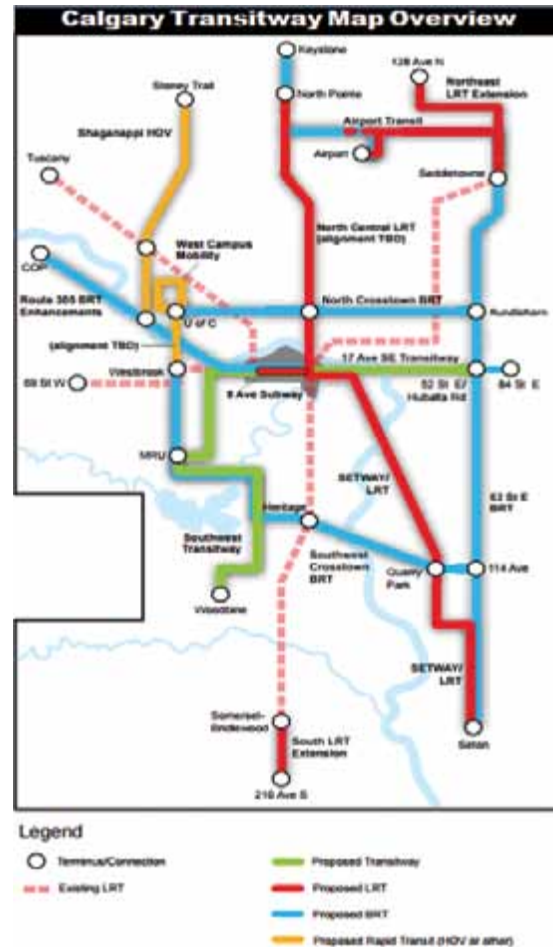
The BRT service will include the construction of new bus stations, which will provide residents with heated waiting facilities for those cold day commutes, real-time travel information, and improved lighting and commuter amenities. Buses are expected to run every 10 minutes during peak hours, and every 20 minutes during off-peak hours.

Two new dedicated bus-only lanes will be constructed on 14 Street SW between Southland Drive and 75 Avenue SW. This will allow buses to bypass traffic and maintain a reliable and efficient service, while staying within the existing right of way. **No private property or park space will be**

affected. The existing pedestrian bridge at 75 Avenue SW and 14 Street SW will be restructured to accommodate the new bus lanes.

There will be many opportunities over the coming months to continue to meet and consult with Ward 13 residents as we have done in the past. We have held several workshops and engagement opportunities hosted by myself and City staff last fall. I look forward to continuing to hear your feedback and work with our communities as we finalize the functional design and minimize the impact on communities.

To keep informed on the facts and updated details, please visit www.Calgary.ca/SWTransitway and view the official SW Transitway FAQ at www.Calgary.ca/Transportation/TI/Documents/Transit-projects/sw-transitway/sw-transitway-faq-jan2015.pdf.



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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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

BRAIN GAMES SUDOKU

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

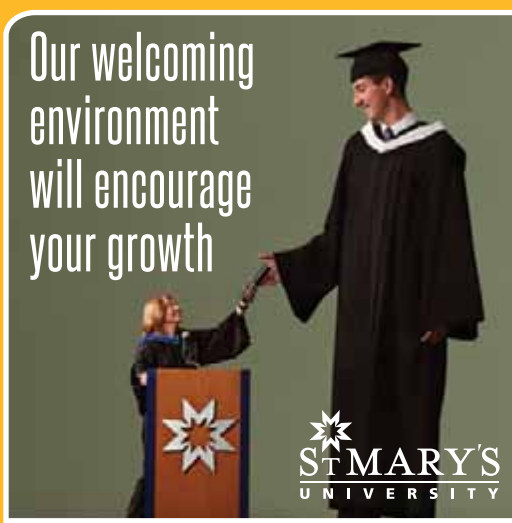
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On February 28, we celebrate Father Lacombe's 189th birthday. Father Lacombe was an amazing builder of and contributor to this great province. His legacy can be seen throughout Calgary Shaw's St. Mary's University Campus, the Father Lacombe Centre, to the 100 year old St. Patrick's Roman Catholic Church on Macleod Tr. (now used as a place of worship for Russian Orthodox participants). Many people pass this historical site each and every day on their way to and from work. It is quite amazing to think how much different Calgary Shaw would have been if it hadn't been for Father Lacombe and his passion for people. He certainly was a man of vision.

This past year I was very excited to see how very generous Calgarians were over the holidays. We saw record donations to organizations such as the food bank and homeless shelters in our city. Calgarians are so very community spirited and continue to have a giving spirit even during difficult economic times.

Infrastructure project updates:

Prior to the end of this summer, once the bidding process is completed we will likely see construction begin on the South-west Ring Road. We will be sure to make all information available to you. Our government is ensuring that we move forward with shovel ready projects that will help us battle our infrastructure deficit and at the same time aiding in job creation.

Openness and Transparency:

Our government has recently expanded the Sunshine list (Bill 5) for provincially paid employees. Those earning over \$125,000 can be disclosed. This bill permits local boards including school boards to follow through with the same options.

During these challenging economic times, it can become difficult for people to navigate community services and resources. If you have any questions about where to go or what supports are available to you, our office is available to help.

I enjoy attending community events, if you would like me to attend yours, I will do my best to be available. If you have concerns regarding community issues you can reach me through my constituency assistant Carole: 403-256-8969

In next month's newsletter, watch for an outline of opportunities for constituent / community and MLA engagement.

My office can provide Notary Public and Commissioner for Oaths services and provincial pins, if you need a few.

Happy Valentine's Day!

INTERIOR AND EXTERIOR RENOVATIONS



Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows, siding, stonework and roofing. **SHOWTIME** does it all. Design services included at no extra cost. Thirty years experience. Licensed, insured, WCB. Professional, experienced trades.

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References and viewings of finished designs related to your requirements available upon request

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or visit www.showtimehomedesign.com



The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
AvenueCalgary.com/survey

avenue
magazine

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HOURS OF OPERATION

Monday - Friday: 9-7pm
Saturdays 10-5pm
Sundays 11-3pm



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