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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

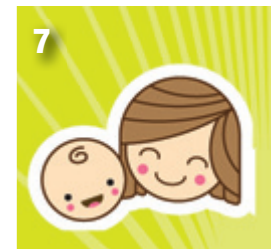
Email info@alzheimercalgary.ca

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CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to news@great-news.ca.

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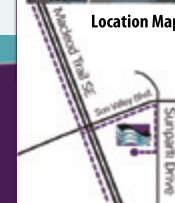


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MILLRISE/SHAWNESSY/ SHAWNEE-EVERGREEN

ELECTED OFFICIALS



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



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 Calgary, AB Canada T2X 2X7
 Phone: (403) 256-8969
 Fax: (403) 256-8970
 Email: calgary.shaw@assembly.ab.ca

IMPORTANT NUMBERS

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



Name	Age	Contact	Course
Alyssa	15	403-801-6248	Yes
Amy	16	403-247-9228	Yes
Anna	14	587-999-5607	Yes
Belle	14	403-256-5551	Yes
Brandie	35	403-802-2940	Yes
Bryson	15	403-720-0345	No
Deborah	14	403-619-7037	Yes
Ella	18	778-212-9102	No
Faith	15	403-805-6988	Yes
Jacy	16	403-254-4949	Yes
Jeffery	14	403-256-7828	Yes
Kali	15	403-244-8814	Yes
Katie	19	403-540-3878	No
Ksenia	13	587-582-5275	Yes
Leah	17	403-862-2487	Yes
Monika	17	403-805-1224	No
Polina	14	403-455-3067	Yes
Sierra	12	403-201-2164	Yes
Stephanie	25	403-991-9545	Yes

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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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LIBRARY**

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne |
Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café!* Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm

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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.

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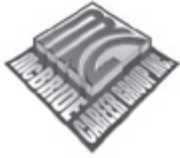
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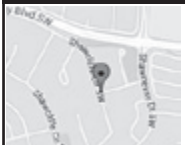
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Shawnee-Evergreen Community Association

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

	Average Asking Price	Average Sold Price
December 2016	\$749,900.00	\$730,000.00
November 2016	\$612,400.00	\$595,444.00
October 2016	\$649,950.00	\$627,500.00
September 2016	\$522,500.00	\$494,250.00
August 2016	\$0.00	\$0.00
July 2016	\$679,450.00	\$664,250.00
June 2016	\$639,900.00	\$615,000.00
May 2016	\$559,900.00	\$546,000.00
April 2016	\$650,000.00	\$654,000.00
March 2016	\$599,900.00	\$602,000.00
February 2016	\$799,900.00	\$730,000.00
January 2016	\$674,900.00	\$654,950.00

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

	No. New Properties	No. Properties Sold
December 2016	1	1
November 2016	3	2
October 2016	4	2
September 2016	3	2
August 2016	2	0
July 2016	1	4
June 2016	6	2
May 2016	4	4
April 2016	7	1
March 2016	6	1
February 2016	1	3
January 2016	1	2

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

COMMUNITY NEWSLETTER AD SALES



28 YEARS

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Gardening by the phases of the moon

January 5 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 12 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

January 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 27 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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FEBRUARY

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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



Millrise Community Association

Last 12 Months Millrise
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$472,350.00	\$463,500.00
November 2016	\$414,949.50	\$402,500.00
October 2016	\$457,400.00	\$444,500.00
September 2016	\$399,950.00	\$388,500.00
August 2016	\$464,800.00	\$450,250.00
July 2016	\$384,900.00	\$374,750.00
June 2016	\$465,888.00	\$455,000.00
May 2016	\$439,950.00	\$428,750.00
April 2016	\$429,950.00	\$421,500.00
March 2016	\$466,000.00	\$454,250.00
February 2016	\$458,800.00	\$443,500.00
January 2016	\$404,900.00	\$386,500.00

Last 12 Months Millrise
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	6	4
November 2016	2	4
October 2016	7	10
September 2016	8	4
August 2016	11	8
July 2016	4	6
June 2016	10	9
May 2016	7	8
April 2016	14	4
March 2016	3	6
February 2016	7	5
January 2016	3	2

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

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Shawnessy Community Association

Last 12 Months Shawnessy MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$449,900.00	\$430,000.00
November 2016	\$415,000.00	\$395,000.00
October 2016	\$444,700.00	\$436,500.00
September 2016	\$419,900.00	\$412,500.00
August 2016	\$449,900.00	\$439,900.00
July 2016	\$467,400.00	\$464,950.00
June 2016	\$409,900.00	\$400,000.00
May 2016	\$434,900.00	\$431,250.00
April 2016	\$399,900.00	\$390,000.00
March 2016	\$424,900.00	\$417,000.00
February 2016	\$444,900.00	\$426,250.00
January 2016	\$419,900.00	\$421,000.00

Last 12 Months Shawnessy MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	0	7
November 2016	4	3
October 2016	9	10
September 2016	9	9
August 2016	13	11
July 2016	11	10
June 2016	9	9
May 2016	12	7
April 2016	17	7
March 2016	9	9
February 2016	9	5
January 2016	7	3

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

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*Macleod Trail through Midnapore, 1914
Glenbow Archives PD-117-1-378*

Happy New Year to All!

New Years are so exciting because they present the opportunity to take stock of the past year and to look forward to the year ahead and the changes you want to make in your life. This year my family and I are making a commitment to healthy living. You may see us out at the park or walking to our local grocery store to pick up some food for dinner. In addition to this, I'm making it my personal goal to meet even more constituents this year than last. I hope you'll help me fulfil my New Year's Resolutions by coming into the office to say hello and pick up an Alberta pin. We are located at #328 – 22 Midlake Blvd S.E. I'm always happy to spend time listening to you so I can effectively advocate for your concerns in Edmonton.

The Deep South

Over the past year I've had the pleasure of meeting a constituent named Mark Schmidt who in addition to being the VP of MidSun Community Association, runs a blog called The Deep South (thedeepsouth.ca). The Deep South highlights the unique history of Midnapore, Fish Creek and other Calgary suburbs and explores how our location shapes our identity. It's a blog filled with fun trips down memory lane (remember when there was a huge purple A&B Sound store here?) and interesting historical information (exactly how did our streets get their names?).

In his quest to learn more about the history of the area, he is putting out a call for any photos people might have of the area that they would like to share. Just recently, he received a photo of an old gas station situated on the land that is now greengate garden centre. These are exactly the photos he is looking for, and if you feel like adding your personal stories and recollections, he would love to hear them. Photos and stories can be sent to maschmidt@outlook.com. Let's help highlight what makes Calgary Shaw such a great place to live!

Homeschooling

Homeschooling is an important way that parents can be involved in their children's education. The Alberta Government supports all parents' right to educate their children at home. Families make the choice to homeschool their children for a variety of reasons and I would appreciate hearing your stories. I recently attended a Rally for Homeschooling in Edmonton and I am more convinced than ever that homeschooling is an important education choice available to parents.

Thank you to everyone who came out to my Holiday Open House. I truly enjoy meeting constituents and 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, please call my office at 403.256.8969.

Best wishes for a safe and healthy 2017!

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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

FLC SENIORS CLUB – TAI CHI 55+: Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.

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Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to MR@great-news.ca



COUNCILLOR, WARD 13 DIANE COLLEY-UROUHART

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FB: Facebook.com/dianecu
Website: CouncillorDiane.ca

Longstanding Volunteer in Profile

The Woodcreek CA recently announced the stepping down of long time President Cecil (Cec) Jahrig at their last AGM. A huge congratulation goes out to Scott Eden, who has taken over the position of President.

Cec has been President of the Woodcreek Community Association President for 6 years. He has been the heart and soul of the community giving hundreds and hundreds of volunteer hours back since taking over the presidency and serving as Vice President before that.

Cec not only is a Chartered Professional Accountant, but he's also retired from a career in real estate. When the Woodcreek Community Association was in need of a treasurer, Cec was interested in the role. As luck would have it however, six other candidates had also put their names forward for the position. As a result, Cec decided instead to focus on volunteering on the fundraising side for Woodcreek and eventually ran for President.

Cec has seen the CA memberships soar during his time in office with a total of 2401 members since 2010, and 1100 of those members signed up just last year. He has built a great team of volunteers, and without their efforts, the Woodcreek Community Association wouldn't be as successful as it currently stands in serving the residents of Woodbine and Woodlands.

Other accomplishments which Cec has overseen in his tenure include improving community engagement by adding office space, expanding the current facilities to accommodate the community, repaving the Woodbine tennis courts, the building of pickle ball courts, the creation of a skate park, installation of basketball courts in both Woodbine and Woodlands and upgrading the flood lights. Cec has always been dedicated to recruiting volunteers to organize community and sporting events at the community hall. He is most proud of the support from the entire board and volunteers and has seen a substantial increase in community support throughout the years. Building strong long-lasting relationships have been central to Cec's involvement.

Cec, for all you do and have done for our City, I would like to express a heartfelt thank you on behalf of everyone you serve.

In Cec's own words:

"Time for a change. At the Woodcreek Community Association Annual General Meeting on Tuesday November 15th I will be stepping down as President and moving into the Past President position. My recommendation for the new President will be Scott Eden who has served as my First Vice President during my term in office. Scott is very active in the community and will do an excellent job.

When I look back at the past 6 ½ years, a lot has happened. Phil Barg was the prime mover in getting the hall addition added and then that is when I took over. Our biggest challenge was to give residents a reason to join the Community Association. Membership had previously been based on sports. If your child wanted to play sports you had to purchase a membership. Sports have left the community and are now club or quadrant based. With the new hall addition, we added furniture, equipment and programs and activities to make it a true community centre. Our community membership in 2010 was 240 and has now risen to 1360 in 2016. Our aim was to give value to becoming a member.

We had a number of interesting challenges over the years. Tsui Tina garbage fire, Shoppers Drug Mart, Skate Board Park, Cell Towers, BRT. Our role was to hold meetings to ensure our residents had the proper information and to give them a chance to express their opinions.

Over the years we have expanded the office, refurbished the board room, added a storage addition, opened 3 downstairs meeting rooms, doubled the garage and repaved the parking lot and upgraded the rink lighting. At our Woodbine sports location we repaved the tennis courts, added pickle ball courts, added a skate board park, paved the ice rink and added a basketball court. All of these improvements were meant to add to the community facilities and to particularly add youth activities.

During my term I have had a very supportive Board of Directors who has done a great job planning, organizing and volunteering. Thanks to them for helping to grow our community and make this a great place to live. We have tremendous support from volunteers in the community and it was a pleasure working with you. Whenever we needed people, they stepped up. The operation of our Community Centre falls to our staff of Linda, Lorraine and Al. They are a dedicated group and it has been a pleasure working with them."

Cec Jahrig – Past President

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