

JANUARY 2017

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER





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Great News Publishing and North Glenmore Park Community Association does 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
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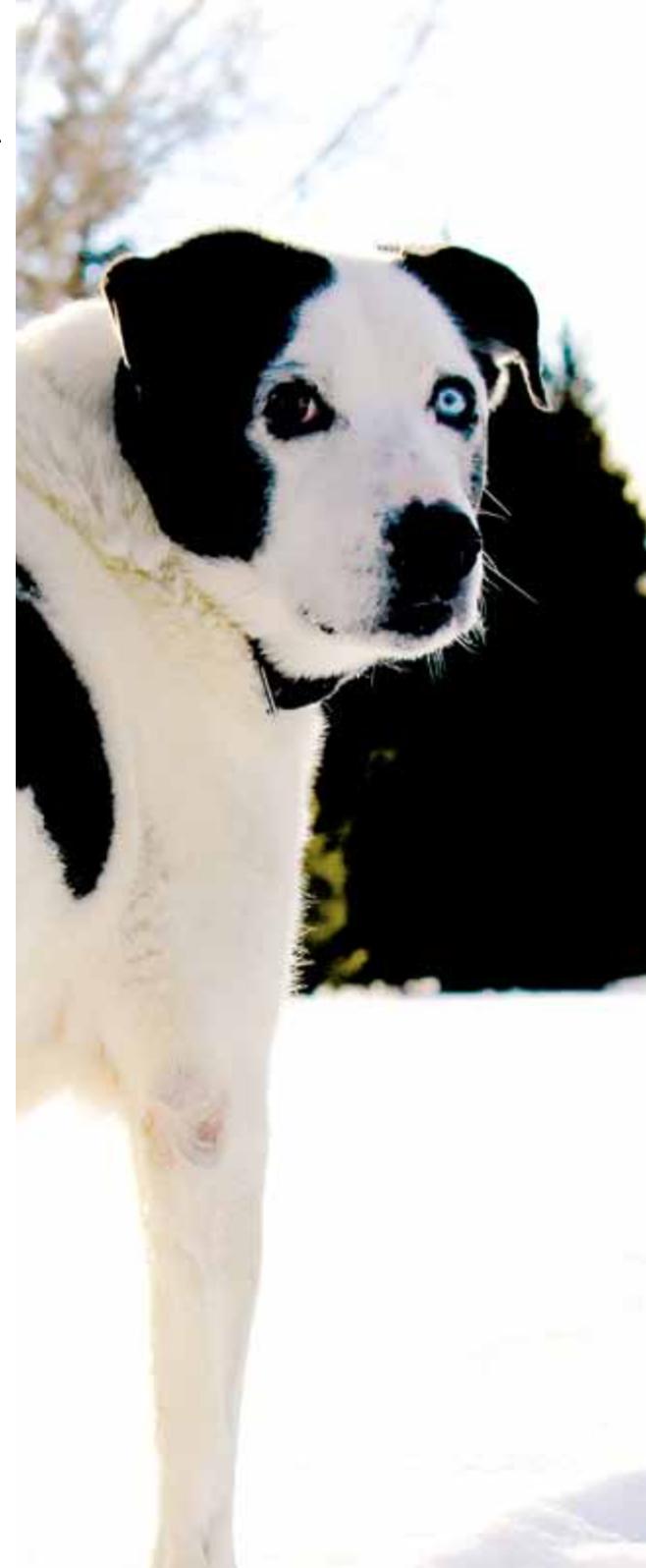
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PRESIDENT'S MESSAGE

By Jill Mitchell

Have you resolved to be more active in 2017? We can help with that!

Happy New Year! January is the month when many of us set goals for the upcoming year. Is becoming more active one of your resolutions? North Glenmore Park Community Association has a few cost-effective ways to get you moving!

FREE SKATING for North Glenmore Park Community Association members. Did you know that members skate for free at Flames Community Arenas (CFA) every Sunday afternoon?

Just show your valid membership card and join the family skate at no cost from 2:00pm-3:15pm on Sunday afternoons. This is a great way to have some active family fun and meet your neighbours!

FREE OPEN GYM TIME. Starting on January 6th, the community association gym will be open for free play from 3:30pm-6pm every Friday. Community members of all ages are welcome to use our sports equipment and have some fun. Some options include playing dodge ball, basketball, badminton or floor hockey. Admission is free for members with a valid membership card. Guests can join the action for \$2.

GENTLE FITNESS FOR OLDER ADULTS. After a successful inaugural session this fall, we are pleased to offer gentle fitness for older adults from January 12th to April 13th. Not only will this class improve your functional fitness, it's a fantastic way to connect with other community members. See page 6 for more details on the class, fees, and registration. North Glenmore Park Community Association members will receive a 10% discount on the 14-class package.

Becoming a member of the community association is easy and cost-effective. You can buy an annual membership any time during the year. A membership form can be found on page 12. You can also call or drop by the Association office to purchase a membership and take advantage of these great programs. We'd love your feedback on what activities and programs you'd like to see offered by the Association. Send us an email, give us a call, or drop by any time!

All the best to you and yours for health and happiness in 2017!

NGP COMMUNITY ASSOCIATION



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Fundraising	Volunteers Needed	

Staff

General Manager	Leah Wilson	generalmanager@ngpca.ca
Rentals Coordinator	Mariel Buckley	admin@ngpca.ca

special **THANK YOU** to our sponsors

IGA IN LAKEVIEW PLAZA

A big thank you goes out to IGA in Lakeview Plaza for sponsoring our 'Holiday in the Park' event held on December 4th. The store generously donated icing and dozens of cookies to our cookie decorating station. Children and adults alike enjoyed a craft project and sweet treat! Thanks to IGA for helping to make the event a success. Your donation was truly appreciated.



Calling BINGO volunteers!

Did you know that one of the Association's key fundraising initiatives is bingos? Providing bingo volunteers to the Grey Eagle Casino provides North Glenmore Park with important funds that allow us to operate our facility and run programs and events for community members.

We're recruiting bingo volunteers for the following dates:

**January 19 (shift starts at 4:15pm),
February 26 (shift starts at 10:15am),
March 14 (shift starts at 4:15pm).**

If you are interested in working a bingo or would like more information, we'd love to hear from you! Just call the Association office at 403-246-4243 or email generalmanager@ngpca.ca.

CHURCHES IN & AROUND NORTH GLENMORE PARK

Saint James Catholic Parish

Pastor: Fr. Edmund Vargas
5504 - 20 Street SW • Telephone: 403-243-2680
Weekend Mass times: Saturday 5pm,
Sunday: 9am & 11:15am.

Lakeview United Church

Minister: Jope Langejans
3023 63 Ave SW • Telephone: 403-242-5760
Website: www.lakeviewunitedchurch.com
Sunday Services: 10:00am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
5336 Lakeview Drive SW • Telephone: 403-249-7359
Website: www.lakeviewbc.ca
Sunday Services: 9:30am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold
Rector: Rev. Anna Greenwood-Lee
5940 Lakeview Dr. SW • Telephone: 403-249-6184
Website: www.stlaurence.ca
Sunday Services: 10:00am

Rainbow Christian Church

Pastor: Yi Zheng
5336 Lakeview Dr., SW • Telephone: 403-452-8872
Website: www.rainbowchurch.ca
Sunday Services: Chinese Sunday service: 11:15am
English service: 9:30am

First Church of the Nazarene

Pastor: Bryan Roller
65 Richard Way SW • Telephone: 403-242-1718
Website: www.firstnaz.ca
Sunday Services: 10:45am

Free Reformed Church of Calgary

Pastor: Hans Overduin
2419-54 Avenue, SW
Telephone: 403-259-6591
Website: www.calgaryfrc.com
Sunday Service: 9:30 a.m. & 4:00 p.m.



THIS MONTH'S COVER PHOTO



This month's cover photo was taken of Joey on a wintery day on Earl Grey Golf Course. If you've stopped by the North Glenmore Park Community Association office, you may have met Joey. He often comes to work with Renee Desroches, a North Glenmore Park resident who provides office support and customer service at the Association facility.

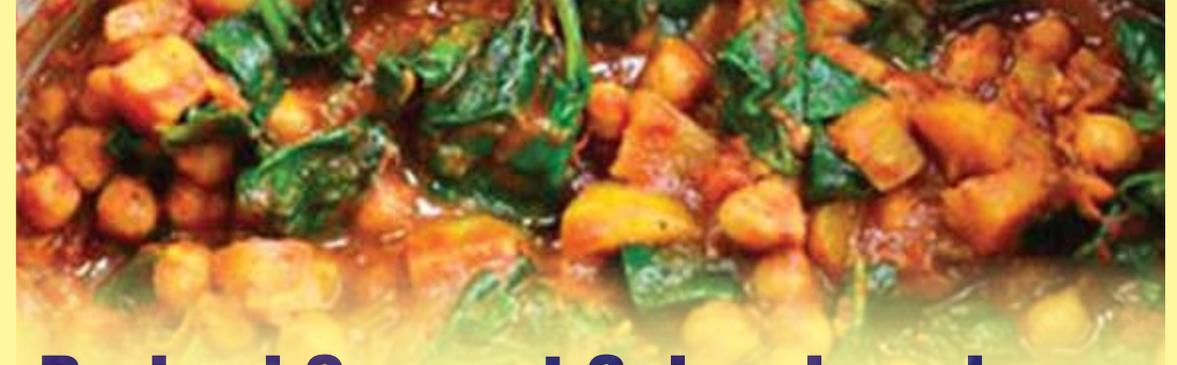
Thanks to Renee for submitting her photo! She'll receive a Tim Horton's gift card for it being featured. Keep sending your photos taken around the community. We're always looking for seasonal pictures to feature on the cover of the newsletter. Please send your high resolution photos in jpeg format to admin@ngpca.ca.



Did you know?

Members skate for FREE at Flames Community Arenas!

Just show your valid membership card at FCA (2390 47 Avenue SW) and skate for free on Sundays between 2pm and 3:15. This is a great benefit of membership in the North Glenmore Park Community Association – a family skate normally costs \$10. Call, email, or stop by the Association office to purchase or renew your membership. Your membership can be activated or renewed any month.



Braised Coconut Spinach and Chickpeas with Lemon

Here's a healthy recipe to start off the New Year!

Ingredients:

- 2 tsp oil or ghee
 - 1 small yellow onion
 - 4 large cloves garlic, peeled and minced
 - 1 Tbsp grated ginger, from a 3-inch piece
 - ½ cup sundried tomatoes, chopped
 - 1 large lemon, zested and juiced (about 2 Tbsp of juice)
 - 1 dried hot red pepper or dash of red pepper flakes (optional)
 - 1 (15 ounce) can chickpeas, drained and rinsed
 - 1 pound baby spinach
 - 1 (14 ounce) can coconut milk
 - 1 tsp salt, or to taste
 - 1 tsp ground ginger
- To serve:*
- Whole roasted sweet potatoes
 - Cilantro leaves, to garnish
 - Toasted unsweetened coconut, to garnish

Method:

Heat the oil or ghee in a large, deep Dutch oven or heavy pot over medium-high heat. Add the onion and cook for about 5 minutes, or until the onion is beginning to brown. Add the garlic, ginger, sun-dried tomatoes, lemon zest, and red pepper, if using. Cook for 3 minutes, stirring frequently.

Add the chickpeas and cook over high heat for a few minutes, or until the chickpeas are beginning to turn golden and they are coated with the onion and garlic mixture.

Toss in the spinach, one handful at a time. This will take about 5 minutes; stir in a handful or two and wait for it to wilt down and make room in the pot before adding the next handful. When all the spinach has been added, pour in the coconut milk, salt, ground ginger, and lemon juice. Bring to a simmer, then turn down the heat and cook for 10 minutes, or until the chickpeas are warmed through. Taste and add more salt and lemon juice, if necessary.

Serve hot over roasted sweet potatoes, with cilantro leaves and toasted unsweetened coconut to garnish.

Serves 4 as a main dish or 6 as a side

From www.thekitchn.com

NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS



Free Fun! Open gym times every Friday afternoon.

Starting January 6th, members can play in the gym for free between 3:30pm and 6pm on Fridays. With access to our equipment room, participants can play dodgeball, basketball, volleyball, soccer, badminton and floor hockey. Or make up your own games! Non-members are welcome to join the fun for a \$2 drop-in fee.

Upcoming Community Programs

Purchasing an annual North Glenmore Park Community Association membership is a cost-effective investment in your community and comes with many benefits including:

Free and discounted events. The Association hosts several events throughout the year. In the past year, these events included a Stampede Breakfast, Community Cleanup and Swap, an Easter "Eggstravaganza", a Christmas craft market and fair, and the 'Spaghetti Western' (dinner and entertainment). These events are a fun way to get to know your neighbours and there's something for all ages.

Free drop-in gym times. Members can drop in to our scheduled open gym times for free. We supply a variety of sports equipment for kids of all ages to enjoy.

Discounted fitness classes. Members receive a 10% discount when they register for a 14-week session of older adults' gentle fitness classes.

Older Adult Gentle Fitness Classes

Older adults are welcome to join our friendly gentle fitness class. This class includes seated/standing combination exercises using Bender Balls and Therabands to increase muscular strength, muscular endurance, flexibility and balance. A variety of exercises is offered with the intent of improving functional fitness, designed to assist you with your daily living. The class is also a great way to meet new friends and neighbours!

When: January 12th, 2017 – April 13th, 2017
Thursdays from 11am to noon.

Where: North Glenmore Park Community Association,
2231 Longridge Drive SW. Elevator available.

Cost: 14 classes: \$75.
(*Association members receive a 10% discount.)
10-class pass: \$65
One class (drop-in) \$8

How to register: Drop by our office or give us a call at 403-246-4243.

Free Family Skating at Calgary Flames Arenas.

A membership entitles you to free family skating at Calgary Flames Arenas. Check with the arena for current skate times.

Discounted birthday party packages. Take advantage of a 10% discount on birthday party packages. A bouncy castle, gym (including sports equipment), and a commercial kitchen mean birthday parties that are fun for kids and hassle-free for parents!

Discounted room rentals. NGPCA has multi-purpose rooms, a newly renovated lounge and commercial kitchens, plus our gym available for rent. As a member, you qualify for a 10% discount on all rental rates.

A liaison for social, environmental, and civic affairs. The Association keeps updated on key issues including rezoning, transportation and redevelopment. We advocate for the community on behalf of members, providing community representation to the city. When you purchase a membership, you add your voice to the vision of North Glenmore Park.

Joey's Corner



Stay Safe Around Coyotes

Living in a beautiful neighbourhood surrounded by nature is one of North Glenmore Park's greatest attributes. The amount of green space lining the reservoir and our community also creates a shared space for various forms of wildlife. Coyotes are among our frequent visitors, and do warrant a bit of caution. Families with cats, small dogs, or even children should know how to stay safe around coyotes, and here's my advice:

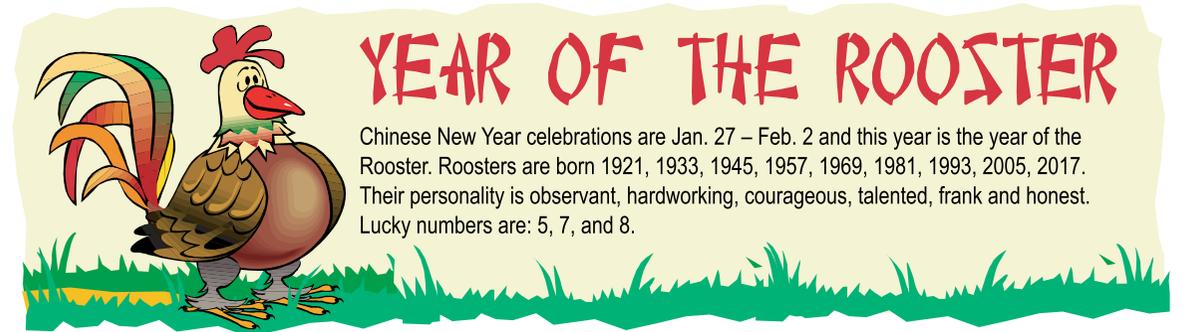
Coyotes who enter human domains are likely looking for food, so keep any food or garbage secured to prevent the encounters. If the garbage doesn't attract the coyotes themselves, it may attract rodents which can then attract coyotes. Keeping your property fenced and lit can also deter them. If you notice coyotes near your yard, or anywhere they shouldn't be, they should be scared away. To scare a coyote, wave your arms in the air, or wave large objects such as brooms or hockey sticks. Loud noises also help, such as yelling or banging pots and pans together.

When walking in areas that coyotes may share, be aware of your surroundings and leash pets or keep them close. A single coyote may lure a potential prey towards the rest of his pack, and I speak from experience! Finally, if you ever do have a close encounter with a coyote, do not turn your back or run away. Maintain eye contact with the animal and back away slowly. You can also make loud noises or threatening gestures to help scare them off. Carrying something with you that makes loud noise (such as a whistle) may be useful.

If you would like to report coyote sightings or issues, you can call the City of Calgary by dialing 3-1-1, or inform Alberta Fish and Wildlife by calling 403-297-6423.

Safe adventures!

-Joey



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.



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

DATE OF REGISTRATION: _____

Membership Registration Form

Name(s): _____
(Please include full names of both partners, if applicable)

Children's names: _____

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I authorize NGPCA to send me e-mails regarding community news, events & programs: Yes No
Your personal information will be used for NGPCA purposes only and will never be given or sold to third parties.

Yes, I would like to volunteer my time, interest, or experience in the areas of...

- Communications & Marketing
- Membership
- Special Events
- Fundraising

Membership Fees:

Family: A resident Family membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A resident member must live within the community association boundaries and is entitled to vote at all NGPCA general meetings. **FEE = \$25** \$ _____

Senior: A resident Senior membership shall include up to two (2) adults over the age of 65 living in the same household. A senior member must live within the community association boundaries and is entitled to vote at all NGPCA general meetings. **FEE = \$10** \$ _____

Associate: An Associate membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A non-resident member is someone who lives outside the community association boundaries. A non-resident is not entitled to vote at the NGPCA general meetings. **FEE = \$35** \$ _____

Additional donation: \$ _____
Tax receipt will be provided

Payment options: Cash, Cheque, Debit, Visa, or Mastercard

Public Art in North Glenmore Park

An update from the Public Art Community Project Team

Have you noticed our newest displays of public art? Vinyl prints were wrapped around three of our community's utility boxes in November. A huge thank you goes out to artists Katie Green and Michelle Hoogveld for their beautiful interpretations of scenery, nature, and history within North Glenmore Park. If you haven't seen them all yet, here are some photos. See if you can spot them! If not, check next month's newsletter for their exact locations.





Garrison Green and North Glenmore Park

What's the Relation?

By Renee Desroches

There is some confusion as to who 'belongs' to the community of North Glenmore Park. While Crowchild and Glenmore trail provide our residents with easy access routes to the rest of the city, they also divide our community into sections. Residents in the same area as the Association facility often consider themselves a part of Lakeview; residents between 50th avenue SW and Glenmore trail sometimes consider themselves to be residents of Altadore or Marda Loop; and, our newest section of Garrison Green throws even more confusion into the mix.

Garrison Green is a beautiful and well branded community. Many people are not aware that Garrison Green is actually part of North Glenmore Park and the North Glenmore Park Community Association. This works similarly to how Altadore, Marda Loop and Garrison Woods all share Marda Loop Communities Association.

Dealing with a segmented community can be challenging, but it is an issue that we are working to improve. Our goal is to inform and unite all parts of the North Glenmore Park community so that we can live and play together. If you live in Garrison Green, are new to North Glenmore Park, or just want to get more involved, we encourage you to come to our events, or even stop by the North Glenmore Park Community Association to familiarize yourself with what we offer in your neighbourhood.



STEP INTO WINTER

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 19

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in North Glenmore Park. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

A & B TAX WILL HELP TO MINIMIZE YOUR TAX BILLS: Small Business, corporate returns, bookkeeping, payroll, GST. Bring this ad and receive \$50 off your service. Call 403-457-3991 or email info@aandbtax.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.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

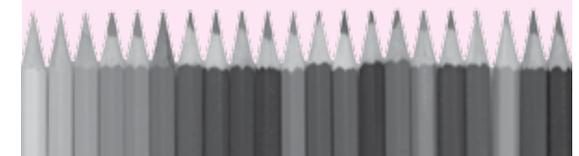
K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie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

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

NORTH GLENMORE PARK SCHOOLS

Schools in and around North Glenmore Park include:

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary & Junior High (CCSD)





Peak Earnings At Last! The Pluses and Pitfalls

by Suzanne Smith-Demers – Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:

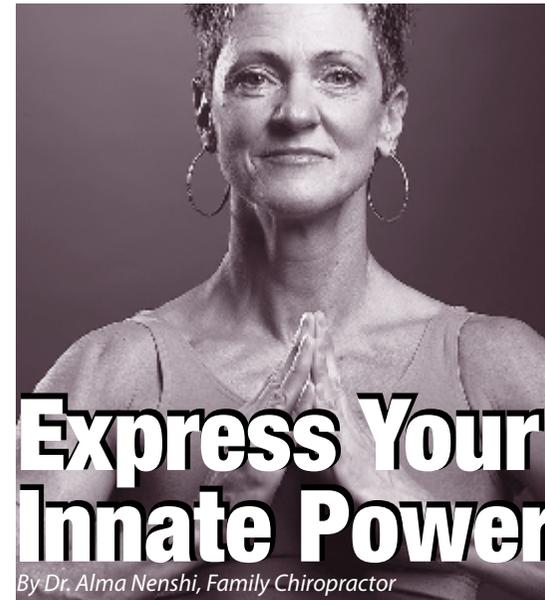
Pay off unwanted debt Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

Identify your priorities Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

Prepare your kids It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

Support your parents As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

Plan to retire How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheque means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.



By Dr. Alma Nenshi, Family Chiropractor

The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help

restore the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!



Councillor, Ward 11
Brian Pincott
 P.O. Box 2100 Stn. M, #8001A
 Calgary, AB T2P 2M5
 403-268-2430 • www.ward11calgary.ca

A Year in Review

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

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

20th Street SW Bikeway

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

37th Street SW Storm Trunk Project – Phase 2

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

50th Avenue SW Corridor Study

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

61st Avenue SW Greenway Corridor

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

Anderson Pedestrian Bridge

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

Crowchild Trail-Flanders Avenue Interchange

The Interchange is now open! Landscaping and final

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

Crowchild Trail Study November Update

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

Deerfoot Trail Study Update

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

South Crosstown BRT

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

SW Transitway BRT

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

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

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

BRAIN GAMES SUDOKU

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

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.

Celebrating 150 years of Canadian Wildlife!

British Columbia



Coyote



Mink

Who Am I?

Tracks in the snow, but where can I be?
 I'm watching from behind a tree!
 Silently I hunt for prey,
 Hungry on this wintry day.



Wolf



Cougar

I've fur that's short and tawny-red,
 While on my chest it's white instead.
 My tail helps to balance me,
 When creeping, leaping stealthily.

My head is small with whiskers white,
 My nose is pink, my eyes are light.
 But don't forget when tracking me,
 I might be watching silently!

Turn Page Upside-down for Answer

© Rosemary Gell, 2016

Compliments of the Friends of the Bowmont Natural Environment Park Area



MP Calgary Centre
Hon. Kent Hehr
 950 6 Ave Sw
 kent.hehr@parl.gc.ca
 403-244-1880
 www.KentHehrMP.ca

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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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.



MLA Calgary-Glenmore
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 Facebook: Anam Kazim - MLA for Calgary Glenmore
 Twitter: @anamkazimMLA

Dear Constituents:
Happy New Year!

I hope all of you had an excellent holiday season with family, friends and loved ones. I would like to express my deep gratitude to all of you who came to our Holiday Open House on December 9, 2016. My staff and I were thrilled to share joyous moments with you there. As we are entering the New Year, I am delighted to share our government's achievements along with my participation and contributions in the house in 2016.

Pipelines: I am very proud the Kinder Morgan and Line 3 pipelines were given federal approval. I know we Albertans have been waiting for this day for a very long time; finally our Premier and governments tireless efforts have paid off. Our made-in Alberta plan is getting results to ensure Albertans do not have to choose between jobs and the environment; this proves we can have the best of both. This decision means access to the largest market in the world and fairer value for our oil and gas resources, jobs and prosperity for Albertans and Canadians alike, and an end to Alberta's energy resource landlock. Many congratulations to all of you and thanks to the federal government.

Alberta Investor Tax Credit (AITC) & Capital Investment Tax Credit (CITC): While in session, another moment of pride for me was to represent Calgary-Glenmore as co-sponsor of Bill 30: *Investing in a Diversified Alberta Economy Act* through the Ministry of Economic Development and Trade. This bill is a big step towards promoting economic

diversification, supporting employers and entrepreneurs, creating jobs and new opportunities, encouraging investment and providing security for future generations.

The AITC is a great incentive for entrepreneurs because it supports enterprises in the early stages of development. It gives a 30% Tax Credit to investors in a wide range of sectors, including renewable energy, manufacturing or processing, agriculture, agri-business and agri-food, transportation and logistics, financial services, creative industries and tourism. This credit would support up to 4,400 new jobs over three years and contribute up to \$500 million to the province's GDP.

The CITC supports large scale capital investments in manufacturing, processing, infrastructure and tourism through a 10% tax credit.

My participation in the house to support this bill consisted not only a speech but also a short poem I wrote. You can see both of these on my Facebook page. Both credits apply to a wide range of investments and I would highly encourage you all to consider applying for them. For further information on these investment credits please contact our office and we will be happy to assist you.

Every time I enter the House, I feel very proud of the extensive entrepreneurial spirit, exceptional talents and extraordinary intellect in Calgary-Glenmore that I represent. As this New Year gets under way, I want to wish you the best in all your endeavors and look forward to working with you to move our province forward.

Geography Trivia

The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.

**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



FEBRUARY

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



It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

The Sleep Well Tonight Checklist



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.

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.



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Thursday 7:00 a.m. to 3:00 p.m.
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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 addictions, please call Alberta Health Services' 24-hour Addictions Hotline at 1-866-332-2322.

Weaselhead Presents Concert Series **ROSIE AND THE RIVETERS** Friday, Jan 27th, 2017 – 7:30 PM

Four fiercely talented, sassy dames from Saskatoon who perform uplifting folk music with a vintage 1940's flair



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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.
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6439 SW LAURENTIAN WY SW
WAS LISTED AT \$690,000
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SOLD
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6444 LAURENTIAN WY SW
WAS LISTED AT \$799,000
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WAS LISTED AT \$1,775,000
REPRESENTED SELLER



SOLD
LAKEVIEW
2965 LATHOM CR SW
WAS LISTED AT \$538,000
REPRESENTED BUYER



SOLD
LAKEVIEW
6901 LEFROY CO SW
WAS LISTED AT \$1,389,000
REPRESENTED BUYER



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* In the years 2013/2014



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