

FEBRUARY 2016

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

your **OAKRIDGE** **ECHO**

THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER



SCHOLARSHIPS
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CITY-WIDE BUSING

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EVERYTHING.



STRATHCONA-TWEEDSMUIR SCHOOL

sts.ab.ca/ExpectMore

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/
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OAKRIDGE

COMMUNITY ASSOCIATION

Complex

9504 Oakfield Drive S.W.
 Calgary, Alberta T2V 0L1
 Telephone: 403 238-0007
 Fax: 403 238-1115
 Email: oakcomm@telus.net
 www.oakridgecommunity.ca

Office Hours

8:00 am - 4:00 pm Weekdays

Complex Manager

Sandy Fitzgibbon

Maintenance

Leyla McTaggart
 Ron Lukie, Jay Stewart,
 Jesse Leinan

Community Contacts

C.O.P.S. Liaison

Cst. Mike Glessing

Hall Rentals

- Contact Sandy weekdays at the Center, 8:00 am - 4:00 pm.
- Space available for Socials, Meetings, Wedding Receptions
- Our large hall holds approximately 200 people with kitchen facilities



VOLUNTEERING
Good for the Soul

EXECUTIVE

President	Gerry Stoddart	403-238-9715
Past President	Cam Sylven	403 472-1780
Treasurer	Rob Kramer	403 251-2093
Secretary	Shauna Kelly	403 242-2628
V.P. Complex	Brian Pedlar	403 238-2634
V.P. Membership	Barb Yau	403 808-3797
V.P. Social	Marilyn Sharpe	403 281-5615
V.P. Sports	John Killam	403 238-0510
V.P. Fundraiser	VACANT	
V.P. Civic Affairs	Matthew O'Connor	403 837-1695

BOARD OF DIRECTORS

Don Best, Marty Scholten, Toby LaBrie, Scott Meyerhoff and Suzanne Burgman

DIRECTORY

50+ Fitness	Gerry Savard	403-870-2197
Beavers/Cubs/Scouts	Gord Lane	403-281-1700
Before/After School Care	Kelly Krebs	403 238-9322
Bingo Volunteers	Sandy Fitzgibbon	403 238-0007
Brownies/Guides	Diane Guido	403 238-8549
Community Recreation Coordinator	Pam McHugh	403 476-7275
Curling	Mel Head	403-281-3781
Echo	Emily Pratt	403 801-3786
Elm Obedience School	Eda Milne	403 281-7937
Holiday Adventures	Kelly Krebs	403 238-9322
Jump Start	Kelly Krebs	403 238-9322
Line Dancing	Mary Rochfort	403 238-4692
Netball	Paula MacWilliam	403 281-8348
Quick Fit	Sandy Fitzgibbon	403 238-0007
Ringette	Steve Hutchison	403 238-3538
Soccer	Gene Pawlak	403 238-2199
Southland Athletic Association	Jill Cameron	403 968-7316
Southwest Communities Resource Centre		403 238-9222
Weaselhead Society	Lisa Flaman	403 200-7111
Yoga	Jane Sponiar	403 281-7553
Tools for Kids Preschool	Angy Moore	403 460-0389

Editorial Content 14 of each month for the next month's issue
DEADLINE
 oakridge.echo@gmail.com



Oakridge Community Association
 9504 Oakridge Dr. SW
 Calgary, AB – T2V 0L1
 Phone: 403.238.0007
 oakcomm@telus.net | www.oakridgecommunity.ca

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NEWSLETTER AD SALES



Great News Publishing Ltd.
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 sales@great-news.ca | www.great-news.ca



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING OAKRIDGE FOR 22 YEARS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Quick Fit 8 am - 8 pm Yoga with Rosemarie 7-8:30pm	2 Quick Fit 8 am - 8 pm 50+ Fitness 10-11am Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	3 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Grassroots Hockey 5:30-8:45pm Yoga with Jane 7:30-8:30 pm	4 Quick Fit 8 am - 8 pm 60+ Fitness 10-11 am Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	5 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	6 Quick Fit 8 am - noon
7 Public Skating 2:30-3:30 pm	8 Quick Fit 8 am - 8 pm Yoga with Rosemarie 7-8:30pm	9 Quick Fit 8 am - 8 pm 50+ Fitness 10-11am Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	10 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Grassroots Hockey 5:30-8:45pm Yoga with Jane 7:30-8:30 pm	11 Quick Fit 8 am - 8 pm 60+ Fitness 10-11am Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	12 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	13 Quick Fit 8 am - noon
15 <i>Valentine's Day</i> Public Skating 2:30-3:30 pm	15 <i>Family Day</i> Quick Fit 8 am - 8 pm	16 Quick Fit 8 am - 8 pm 50+ Fitness 10-11am Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	17 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Grassroots Hockey 5:30-8:45pm Yoga with Jane 7:30-8:30 pm	18 Quick Fit 8 am - 8 pm 60+ Fitness 10-11am Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	19 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	20 Quick Fit 8 am - noon
21 Public Skating 2:30-3:30 pm	22 Quick Fit 8 am - 8 pm Yoga with Rosemarie 7-8:30pm	23 Quick Fit 8 am - 8 pm 50+ Fitness 10-11am Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	24 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Grassroots Hockey 5:30-8:45pm Yoga with Jane 7:30-8:30 pm	25 Quick Fit 8 am - 8 pm 60+ Fitness 10-11am Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	26 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	27 Quick Fit 8 am - noon
28 Public Skating 2:30-3:30 pm	29 Quick Fit 8 am - 8 pm Yoga with Rosemarie 7-8:30pm					

Squash court: Available every day

Tools for Kids Preschool: Every weekday September to June, 8:30 a.m. - 3:30 p.m.



Oakridge Real Estate Update

Last 12 Months Oakridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$512,475	\$498,000
November 2015	\$0	\$0
October 2015	\$615,825	\$598,562
September 2015	\$759,894	\$740,750
August 2015	\$667,200	\$650,000
July 2015	\$744,925	\$734,000
June 2015	\$688,116	\$657,166
May 2015	\$574,900	\$557,525
April 2015	\$561,760	\$552,980
March 2015	\$597,185	\$584,428
February 2015	\$752,866	\$726,666
January 2015	\$884,900	\$884,900

Last 12 Months Oakridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	2	4
November 2015	8	0
October 2015	8	8
September 2015	7	2
August 2015	4	2
July 2015	4	4
June 2015	9	6
May 2015	4	4
April 2015	2	5
March 2015	7	7
February 2015	9	3
January 2015	6	1
Total	70	46

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

Grassroots hockey kicks off at the Oakridge outdoor rink



Grassroots Hockey, a non-competitive league for kids aged 4 to 11, has the rink from 5:30 to 8:45 on Wednesday nights through till the end of March (weather permitting). During these times, the outdoor rink will not be available to the public.

Thanks to the Oakridge Oldtimers and our amazing rink staff for providing such awesome ice for the little ones!

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



Keep the Oakridge Community Centre smoke-free

Please be aware that smoking is not permitted within five metres of the Oakridge Community Centre entrance, per City of Calgary Bylaw 57M92 and the provincial Tobacco Reduction Act.

The Tobacco Reduction Act prohibits smoking in public places and workplaces, and within five metres of any doorway, window or air intake. If you do smoke, please be sure to do so at least five metres from the entrance. We appreciate your cooperation.

"We Care"
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<p>Cork</p> <p>From \$1.99 Psf</p>	<p>Linoleum</p> <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p> <p>From \$0.99 Psf</p>	

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Oakridge Before and After School Care Program

SPRING BREAK 2016

For Children ages 5-12

For more information or to register

OAKRIDGE COMMUNITY CENTRE
(lower level) 9504 Oakfield Drive SW

(403) 238-9322

oakbaso@telus.net

FEES: \$45.00/day/child

Deadline to register is
Tuesday March 15th, 2016



Friday March 18th - "Time Travelers" Calling all Dr. Who and other science fiction fans . . . Who is your favorite Doctor? Who is your favorite villain . . . and by the way, don't blink!

Monday March 21st - "Pets and PJ's" It's a great day to stay in your PJ's and snuggle with your stuffy, doll or favorite friend. Children can also bring a pillow and blanket if they wish.



Tuesday March 22nd - "Bring a Game/Play a Game" Don't forget to bring your favorite board, or card game, and play with a bunch of your friends.



Wednesday March 23rd - "Craftapalooza" No, it is not some strange disease, it is a celebration of all that is creative and hands on. Come try something new, traditional or just plain fun.

Thursday March 24th - "Madd Hatters Party" To celebrate Easter and the arrival of Spring, on Thursday we will be having our own "Rabbit's and Mad Hatter's Party". If they wish (and have parent permission) children can bring their own special tea cup and saucer.



Monday March 28th - "Busytown" Back by popular demand it's a "Busytown" Day. Which shop would you like to run? A flower shop, the Post Office, the bank, or perhaps the local Pet Shop and Veterinarian.

Please don't forget that each day children must be at the Centre no later than 10:00 am and will need to bring their lunches, snacks, something to drink, as well as their indoor shoes. If you have any questions please contact staff at 403-238-9322.



C.O.P.S. Corner

Cst. Mike Glessing

Serving the Communities of: Bayview · Braeside
· Cedarbrae · Oakridge
· Palliser · Pump Hill · Woodbine · Woodlands

Location: BraeCentre Mall, 11430 Braeside Dr. S.W.

Telephone: 403-974-6150 · Fax: 403-974-0618

Office Hours: Weekdays – 9:00 am to 7:00 pm
· Closed - Saturdays, Sundays and Holidays

The Calgary Police Service can be reached at any time by calling 403-266-1234

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COMMUNITY NOTICES

IMPORTANT NOTE PARKING LOT SPEED LIMIT



Please be advised that the speed limit in the parking lot of the community centre is 5 km/hour.

Our parking lot is very busy at pick-up times for a variety of sports and community programs, many catering to younger children. Often children are excited when leaving the building and may not look before they run into the path of traffic.

Please note that the end of the cement pad is a drop-off/pick-up zone only – unattended vehicles are not allowed. Also, the handicap parking stall is for vehicles that have a handicap parking sticker.

Help us ensure the safety of all users of the Oakridge Community Centre by entering and exiting the parking lot carefully.

The Oakridge Community Association

Oakridge Community Centre Abuse Policy

The Oakridge Community Centre values its staff, volunteers and patrons of the facility. In order to provide a safe and healthy environment, we are a zero-tolerance facility. Abuse or harassment towards volunteers, staff and patrons will not be tolerated.

Oakridge Before and After School Care Program

Teachers Convention 2016

FEES: \$45.00/day/child

Deadline to register is Tuesday February 9, 2016

For Children
ages 5-12

Thursday February 11, 2016
"Comic Book Hero's"



Join us in creating our very own comic book characters and watch the adventures unfold on paper and stop motion.

Friday February 12, 2016

"Valentine Friendship Friday"

On Friday February 12th, we will be celebrating our family and friends. Wear red, white, pink or even purple. Show your spirit and join the silliness of the day.



Please don't forget that each day children must be at the Centre no later than 10:00 am and will need to bring their lunches, snacks, something to drink, as well as their indoor shoes.

For more information or to register ...

Oakridge BASC Program (lower level) 9504 Oakfield Drive SW

(403) 238-9322 oakbasc@telus.net

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.

Clearing Snow and Ice from Sidewalks

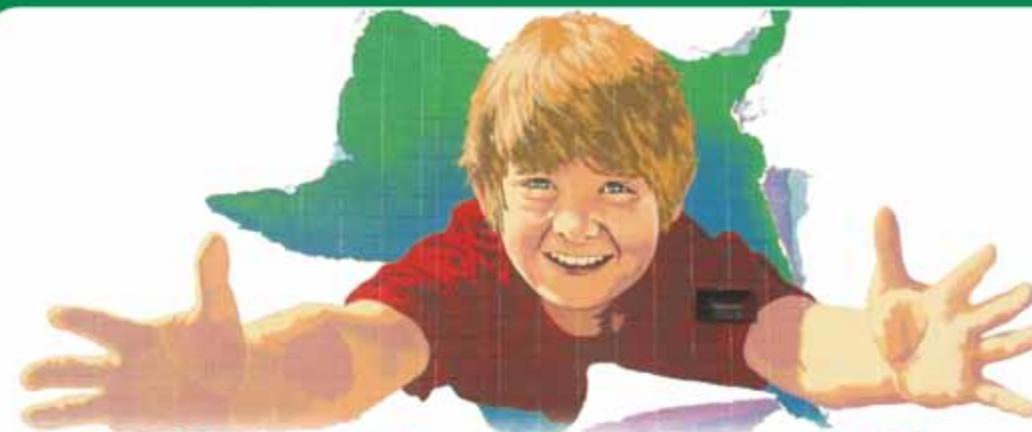
Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or 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;



Oakridge...be part of it!
Buy a Membership Today

Purchase by filling out the form below, or on-line at:

www.oakridgecommunity.ca

There are many reasons to join:

Civic representation | Access to facilities and community activities | Community support
For details, visit our website at: www.oakridgecommunity.ca or call us at: 403-238-0007

Oakridge Racquet Club (ORC) memberships are also available on line.

Name: _____ Address: _____

Telephone: _____ E-mail: _____

Household Membership \$40 Senior Membership \$20 *per household*

Oakridge Racquet Membership (ORC) *Note you must have a community membership to purchase a Racquet Membership*

Indicate: Individual \$100 Family \$200 Adult Couple \$175 Senior \$75 Junior \$25

Payment Method: Cheques Money Order Credit Card # _____

Name on Credit Card: _____ Expiry Date: _____

Make cheques payable to: Oakridge Community Association. Fees may also be paid in person by debit during business hours. Mail or drop off to: Oakridge Community Association, 9504 Oakfield Drive SW, T2V 0L1. Receipts and membership cards will be mailed. Please note that skate and tennis tags cannot be mailed, but can be picked up from staff at the Community Centre.

RRSP: the Super Seven ways to save and grow

Suzanne Smith-Demers – Consultant

One of the best retirement savings strategies for most Canadians is a Registered Retirement Savings Plan (RRSP). Here is a list of some of the best ways to get the most from your RRSP.

- 1. Beat that deadline** This year's RRSP contribution deadline is February 29, 2016 – don't miss it!
- 2. Maximize** Make your maximum annual contributions to get the most long-term growth. Your contribution room is on your most recent notice of assessment from the Canada Revenue Agency (CRA).
- 3. Catch up** Fill up unused contribution room strategically as your tax bracket changes.
- 4. Rise up** To have more money in retirement, raise your RRSP contributions as your income rises.
- 5. Borrow to save** An RRSP loan can be a good option for maximizing this year's contribution or catching up on past contributions – but only if you pay it back as quickly as possible. Do that by using your RRSP tax savings to help pay off the loan.
- 6. Diversify for growth** Your maximum RRSP contributions are capped by the government – so be sure to invest in a Tax-Free Savings Account (TFSA) and a well-balanced non-registered portfolio to get the additional income to enjoy the retirement of your dreams.
- 7. Designate** Choose a beneficiary for your RRSP. Generally, RRSP assets with a beneficiary designation do not form part of your estate and do not attract probate fees. If your beneficiary is your spouse/partner or a disabled child/grandchild, your RRSP can be transferred tax-deferred to your beneficiary's registered plan.

Saving for retirement is an absolute necessity – and an RRSP is a great way to do just that when it's part of an overall financial plan tailored to achieve your retirement dreams. Talk to your professional advisor.

calgary reads

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.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **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

MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

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



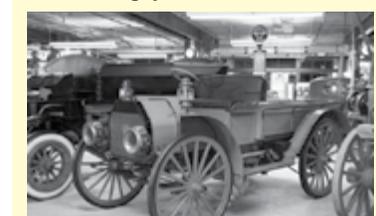
MARCH 5 TO 6 ALGARY MAPLE FESTIVAL DES SUCRES

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



MARCH

Oakridge Community Association's

QUICKfit



Anybody can do it!

**30 Minute
Co-ed Circuit Training**

Individual: \$200.00/year (unlimited visits)

Family: \$300.00/year (unlimited visits)

\$40.00 Community Membership also required

(Minimum age is 12. Anyone 16 and under must be accompanied by an adult.)

Drop by or call today! Sandy (403) 238-0007 oakcomm@telus.net

2^{for} Fish 'n Chips*

Clip and bring in this ad and enjoy two, 2-piece Joey's Famous Fish 'n Chips for the price of one. Served with Natural Cut Chips & Sea Salt.

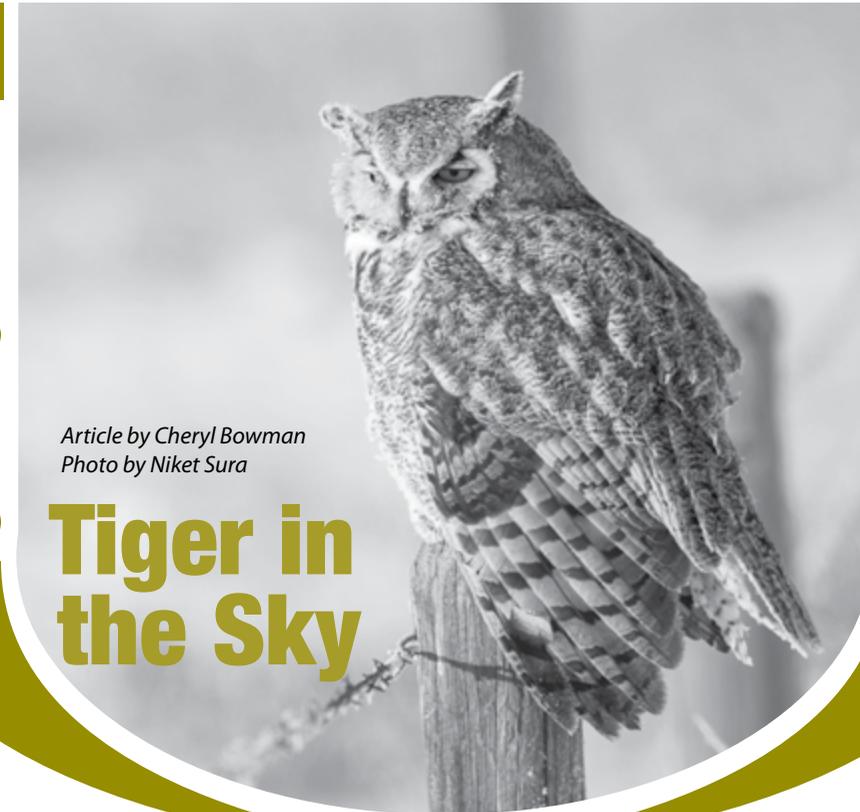
*Served with Wild Alaska Pollock. Expires March 15, 2016. Not to be combined with other offers or promotions. Valid only at Joey's Urban Braeside location. One coupon per customer per visit. Dine-In or Take-Out.

11440 Braeside Drive SW
Calgary 403.251.3474



CALGARY

WILDLIFE



Article by Cheryl Bowman
Photo by Niket Sura

Tiger in the Sky

The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young

fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.



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.

Oakridge mybabysitterlist

Name	Age	Contact	Course
Evelyn	12	403-475-0919	Yes
Elizabeth	13	403-281-2808	Yes
Anna	13	403-225-8223	Yes
Raven	13	403-460-0307	Yes
Petra	13	403-589-3173	Yes
Skyler	13	587-223-1457	Yes
Maxine	13	403-455-8427	Yes
Will	13	403-460-1300	Yes
Elizabeth	14	403-253-7269	Yes
Emily	14	403-796-5606	Yes
Melanie	14	403-685-8090	Yes
Maya	14	587-896-1136	Yes
Henry	15	403-719-8282	Yes
Shelby	15	403-860-7994	Yes
Sam	15	403-287-3740	Yes
Danika	15	403-640-4331	Yes
Katrina	15	403-919-3138	Yes
Jayce	15	403-478-2704	Yes
Lilly	15	403-719-8282	Yes
Kaitlynn	15	403-874-4034	Yes
Connie	16	403-862-2081	No
Gillian	16	403-259-8680	Yes
Emilia	16	403-251-2013	Yes
Denisse	16	587-582-1799	No
Kayzha	16	403-252-5052	No
Nina	16	403-918-0641	Yes
Julianna	16	403-604-0034	Yes
Nia	17	403-991-8045	Yes
Bree	17	905-376-9229	No
Charlee	17	587-225-6323	Yes
Kaiden	17	403-926-3399	Yes
Jakarta	18	403-808-8503	No

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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.

Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

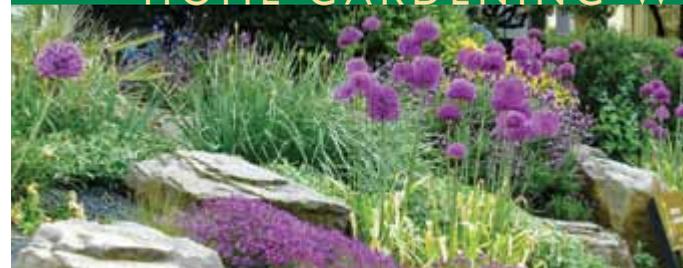
In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns.

An opportunity to provide feedback online will also be available in late February.

For more information about this study and opportunities to provide your input, visit calgary.ca/crowchild.



HOME GARDENING WITH BARBARA



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.

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

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What should I do if my child is sucking his/her thumb?

The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

Should you be worried? Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb between the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

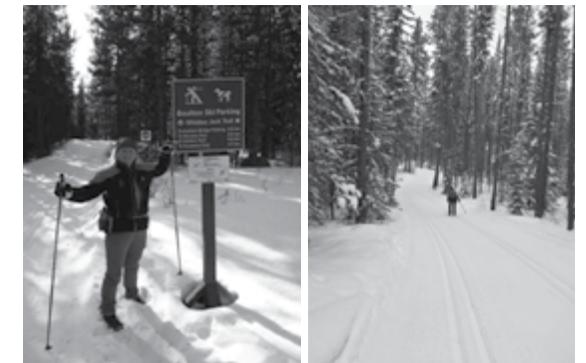
The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

How do I help as a parent? If you identify the time your child is most likely to such his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuff animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.

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 waxless 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.



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FEBRUARY IN FISH CREEK!

www.friendsoffishcreek.org

Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

The February Fish Creek Speaker Series

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Park Protectors Needed!

The Friends invite you to join us as a Park Protector. As an alternative to traditional annual membership, you may find that the Park Protector program suits your busy lifestyle a little better. The Park Protector monthly donor program is one of the most convenient ways to

support the Friends and the park everyday! In addition to a valuable tax receipt and our newsletter, Park Protectors receive the exclusive monthly e-publication the Park Protector Update, that provides information on how your contribution is making a difference in the park.

Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016, Registration at 6:30 pm, Meeting starts at 7:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served.

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Q Recently on a Saturday morning on The Strongroom radio program I was surprised to hear you say your clients aren't concerned about the big fall in oil prices in the past year. How can that be? I know I'm worried about what it could mean for my retirement years.

A The reality is that we are going to face multiple market downturns in our lives. The good news is that our retirement income doesn't have to fluctuate with the markets! One of the great opportunities we have in Canada is that we have trust laws that allow us to buy good quality investments that are not only principle guaranteed, but offer a rate of return and exceptional credit protection. The fact that our clients aren't concerned means they have a plan that is working. That for me is a fundamental result we want for every family we have the privilege to work alongside. If you have an appropriate plan design for your lifestyle for decades ahead, then when markets correct, you can weather the storm. So you won't have to wonder, "Do I have enough? Did I protect it well? Am I going to outlive my wealth?"

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We need to be proactive in designing our estate plans to make sure we don't jeopardize the wealth that we have created.

MacMillan Estate Planning Corp. will be hosting a complimentary
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IN & AROUND CALGARY

Southland Leisure Centre

MEND Mind, Exercise, Nutrition...Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact:

Southland Leisure Centre - 403-648-6593

Ages 2Y - 4Y: A 10 week healthy eating and activity program for families.

SOUTHLAND LEISURE CENTRE EVENTS AND PROGRAMS:

Friday Night Dance Party at Southland Leisure Centre - February 26 from 7:15-10:00pm.

Family Valentine's Crafts & Cookies

Tuesday, February 9 - 9:30 a.m. - 11:30 am and 6:30 p.m. - 8:30 p.m. - Family Valentine's

Family Day Week-end Climbing & Gymnastics Drop-in

Sunday, February 14 - 3-5 p.m. - Family Day Week-end Climbing & Gymnastics Drop-in at

Calgary AfterSchool at Southland Leisure Centre
South Calgary Youth Council (SCYC) at Southland Leisure Centre

Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre

Volunteer Opportunities at Southland Leisure Centre

Drop-in Playschool at Southland Leisure Centre

Drop-in Preschool Programs at Southland Leisure Centre

Drop-in Climbing and Gymnastics at Southland Leisure Centre

Drop-in Badminton and Basketball at Southland Leisure Centre

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.

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PD School Days at Southland Leisure Centre

Southland Leisure Centre Playschool

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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 program. 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.

Delphi Private Wealth Management of Raymond James Ltd. presents

INVESTOR EDUCATION – WORKSHOPS AND SEMINARS

SEMINAR	DATES
Tax Advantaged Investing (Lunch provided)	February 4, 5, 8, 9, 10 or 11 at noon
Cash Flow Management	February 10 or March 9 at 7pm
Women Only Investment Seminar (1 evening session)	February 2, 9, 16, 23 or March 1, 8 at 7pm
Women Only Investment Workshop (workshop is 3 evening sessions)	February 11, 18 & 25 at 7 pm
Corporate Tax Strategies	February 4 or March 3 at 7pm
Estate Planning	March 17 at 7pm

Bring a friend or relative and join us! Refreshments will be served.
Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca
310-10655 Southport Rd. SW Calgary, AB

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Assessment

In early January the Assessment Department mailed out the 2014 Assessment Notices to property and business owners in Calgary. The City is currently in the Customer Review Period, which ends on March 7, 2016. If you have not already done so, I encourage you to review your assessment notice to ensure that the information it contains is accurate. The Assessment Department can be reached via telephone at 403-268-2888, and many questions can be answered at www.calgary.ca/assessment.

Any inquiries received within the 2015 Customer Review Period will be reviewed by an assessor, and appropriate action taken. This sometimes includes amending an assessment to ensure that it is accurate.

When reviewing your 2015 property assessment, please remember that under provincial legislation the value of your property reflects the market value of the property on July 1, 2014 and the physical condition as of December 31, 2014, meaning any improvements made in this timeframe will appear on your assessment.

Southwest BRT

There is lots of talk on the SW BRT Transitway and how it affects you and your community. The Southwest Transitway will provide high-quality, efficient and a reliable level of service for communities in southwest Calgary. The Transitway will serve southwest

communities, downtown and major destinations including Southland Leisure Centre, Glenmore Landing, Heritage Park, Rockyview Hospital, Mount Royal University, and Currie Barracks. The service includes constructing new bus stations, which will provide transit customers with heated waiting facilities and real-time travel information. Buses will run every 10 minutes in peak hours, and every 20 minutes in off-peak hours.

BRT Ridership Figures

The Southwest Transitway infrastructure will be used by both the new BRT service as well as local bus routes which may be able to use a portion of the Transitway. Calgary Transit recently completed existing ridership counts for current routes that will connect with, or are anticipated to use the infrastructure built as part of by the Southwest Transitway Project. Ridership numbers shown are average all day passenger trips and take into account both directions of travel (see attached Southwest Transitway Ridership figure for reference):

Crowchild into Downtown (Routes 18, 20, 63, 112, 181): 5,200 passengers/weekday

Glenmore Trail over the Reservoir (Routes 20, 47, 72, 73, 182): 3,500 passengers/weekday

Rockyview Hospital (Routes 20, 306): 1,300 passengers/weekday

Southland Drive at 14th St SW (Routes 16, 56, 79, 80, 84): 1,600 passengers/weekday

The Transitway Team is going out to Ward 11 communities with more public information sessions this month and next. Additional facts and information are available online at calgary.ca/swtransitway, as well as through the Ward 11 office.

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403.668.6402

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

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 Oakridge. 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."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

ELECTRICITY IS NOT A HOBBY: Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Oakridge area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

INTERIOR RENOVATIONS - BATHROOMS, KITCHENS, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

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.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

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.

~continued on page 33~

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ANAM KAZIM**

#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

As we move forward throughout the New Year, I would like to update you on our progress and share with you ways in which the government of Alberta is planning a bright future for Albertans. Legislature is back in session in Edmonton, extending us the privilege to present members' statements, discuss bills and motions, and ask ministries more specific, pointed questions during question period. In fact, I will be proposing a motion in the House this month that will benefit Albertans.

The beginning of 2016 was great with the opportunity to meet with you personally at our Office Open House on January 12th. I would like to express my deep appreciation to all who took time out of their busy schedules to drop by.

I was also delighted to spend time with many of you at constituency events in January such as the CJCC Monthly Seniors Luncheon, the UN Declaration on the Rights of Indigenous Peoples at Beth Tzedec Synagogue, South West Community Resource Centre (SWCRC) Local Fundraiser at the Point & Feather - Oak Bay Plaza, and the Palliser, Bayview and Pump Hill (PBP) Volunteer Appreciation Evening. I was pleased to see such extensive participation and community engagement at these events. The government of Alberta has been working hard to further the progress of Alberta and planning initiatives for the upcoming years. The government will be investing 120 million over two years for new long-term care spaces; \$90 million over two years to expand public home care; \$10 million annually for mental health services and resources; and increased supports for senior health care, including drug, dental, optical and supplemental health benefits. Furthermore, the government is investing in our students by hiring 530 more teachers and support staff; investing \$45 million to reduce the burden of school fees on families; and pledging \$23.6 billion over three years in stable, predictable funding to fully cover student enrollment growth. The relationship with indigenous communities is also being renewed with Aboriginal, First Nations and Métis Albertans, as we walk alongside Indigenous people on the journey of reconciliation.

It has been my great pleasure to represent you all and be your voice. I would like to thank you for being not only valuable, responsible and caring citizens but also for showing excellent stewardship towards our communities.

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For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

PETER AT THE PIANO: With over fifteen years of experience teaching, directing, and performing Peter employs all of the skills necessary to support your new years resolution to explore music this year. Morning / early afternoon piano lessons for adults returning or new. All musical styles. Relaxing and fun! 403-796-5236

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. Spicewellnesscalgary.ca, 403-698-6892.

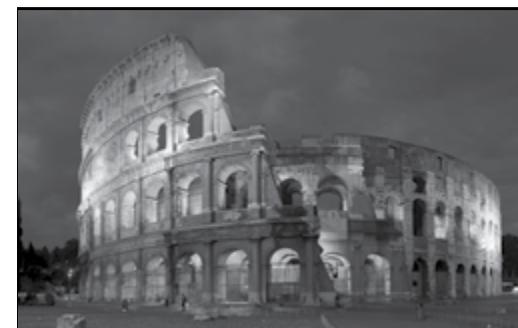
K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie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

MASSAGE-U-WELL CLINIC: Registered massage therapists and acupuncturist. #12-523 Woodpark Blvd. S.W. Book online: www.massage-u-well.com Phone: 403-475-0368.

KLEIN HOME IMPROVEMENTS: Bathroom renos, tiles, drywall and taping, interior doors and mouldings. Interior and Exterior painting, complete basement development. Licensed, insured, referrals, competitive rates. Call 403-680-3259.

STAR WOODWORK & RENOVATIONS: We have been serving the Calgary community for over 30 years with first class kitchen renovations, bathroom remodeling, basement development, and complete home makeovers from start to finish. Please call Ramsey: 403-701-2886 or email: Ramstar@hotmail.com

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.



Interesting
ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.

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

FOR SALE: Parabolic skis, poles and boots (size 9 ½). \$75.00. Call 403-255-5931.

Klassified Kids

These ads are free to children 16 years of age and under who would like to advertise in the Echo. Ads are placed for a 3-month period. The cut-off date is 5:00pm the 15th day of the month prior to the publication month. Please contact Emily at 403-801-3786 or email at oakridge.echo@gmail.com.

Need a Babysitter? ABC Babysitting can help! Go to that meeting and let me take care of your children for you. 12-year-old Red Cross-certified babysitter. Two or more kids? No problem! My 10-year-old brother will help out. Contact Skyler at babysitter1357@gmail.com.

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
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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The Oakridge Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

PBP

A HAPPY NEW YEAR TO ALL RESIDENTS OF PALLISER, BAYVIEW AND PUMP HILL!!!

I hope that 2016 is a year of new beginnings filled with health, fun and adventure. I would like to thank all who have supported me over the last 20 years!

As always, please do not hesitate to contact me with any real estate questions

Interested in a perfect fixer upper in Palliser or a Fabulous Pump Hill location? Please call me or watch for 2 new listings coming on!



**2116 Palisdale Road SW
\$519,900**

Endless opportunities for this well located 1600 sq. ft. 3 bdrm bungalow in Palliser. A unique and large MaKoi built bungalow with an center exterior courtyard is waiting for someone with vision. Call me and come and see the possibility of making this your dream home!

COMMUNITY SALES STATISTICS FOR DECEMBER, 2015

Bayview	Single Family Homes	Prices	Condos	Prices
Active Listings	1	\$2,349,000	0	
Sold Listings	2	Mid \$2,330,000 - Low \$1,060,000's		
Pump Hill				
Active Listings	4	\$8,180,000 - \$699,900	0	
Sold Listings	2	Low \$1,630,000 - Mid \$1,230,000		
Palliser				
Active Listings	0	\$868,888 - \$189,900	17	
Sold Listings	0	low \$330,000 - mid \$300,000	3	



If you are considering buying or selling real estate in the next little while, profit from my experience. For a confidential consultation or market evaluation, please call me at 403-287-4923.

Amy Brooks 403.287.4923
amy@amybrooks.ca amybrooks.ca

#20, 2439 - 54 Ave SW
Calgary AB T3E 1M4

Thinking of moving? Call for an evaluation today!



3323 Palliser Dr SW

3323 Palliser Dr SW - Oakridge - \$724,900 - Updated throughout, this 2088 sq ft 2 storey split home sits on a beautifully landscaped lot just a short walk to Glenmore park, Louis Riel School and more. The updated kitchen features professional stainless steel appliances, an eat up island, slate flooring all overlooking the family room with access to the West facing backyard. Featuring vaulted ceilings, hardwood floors throughout the home, 3 bedrooms & loft upstairs, updated bathrooms incl. 4pc ensuite with steam shower, space to grow in the basement & updated mechanicals/windows/roof, this home is move in ready! Call for details MLS#4044951



2931 Oakwood Drive

2931 Oakwood Drive - \$540,000 - Oakridge - Open Concept Living at its finest just steps to Louis Riel School. The stunning main floor features an upgraded kitchen with professional stainless steel appliances, granite counters and a huge eat up island, hardwood floors throughout and stunning vaulted ceilings open to the loft/office above. Complete with 4 bedrooms, 2 bathrooms, family room, rec room and a huge private backyard. MLS# C4040528



4203 Dalhart Rd NW

4203 Dalhart Rd NW - Dalhousie - \$629,900 - Completely renovated gem in a great community close to schools transportation & amenities. The open concept main floor features site finished hardwood floors throughout, a brand new kitchen with s/s appliances, Quartz counters & an eat up island overlooking the dining room with access to new back deck & living room with feature wood fireplace. With 2 bedrooms on the main, including master suite, an additional 3rd bedroom & huge rec room in the basement & a new double detached garage, this home has all you need & more. Call for details. MLS# C4039403

Market Update as of January 15, 2016:

- 13 single family homes on the market with a median list price of \$599,900
- 9 Condo Units for sale with a median list price of \$204,800
- 2 conditionally sold single family homes

Since December 15, 2015 there have been:

- 2 Single Family home sales with a median sale price of \$516,000
- 1 Condo unit sold with a sale price of \$225,000

Moving into 2016 it is expected that we will see increases in available inventory with lower demand, so price decreases are likely to follow. Some segments of the market remain strong, particularly those attractive to first time buyers, as interest rates are expected to remain low for the remainder of the year. With more choice, buyers are becoming increasingly selective and cautious, looking to find the best value for their dollar when purchasing.

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shirleyevans@shaw.ca

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