

DECEMBER 2016

DELIVERED MONTHLY TO 3,200 HOUSEHOLDS

# PBP Matters

THE OFFICIAL PALLISER BAYVIEW PUMPHILL COMMUNITY NEWSLETTER



**HAPPY HOLIDAYS  
FROM OUR FAMILY  
TO YOURS!**

## HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



### HOW CAN YOU HELP?



#### JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



#### GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



#### HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



#### VOLUNTEER

We couldn't do what we do without the support of our volunteers.



#### BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



#### DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at [diabetes.ca/donate](http://diabetes.ca/donate).



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**YOUR PBP  
Community Association**

President	Sean Hayes <a href="mailto:president@pbpccommunity.ca">president@pbpccommunity.ca</a> 403-880-4328
Vice President*	Lesley Farrar
Treasurer	Brennen Jaques <a href="mailto:bjaques@shaw.ca">bjaques@shaw.ca</a>
Secretary	Mycroft Schwartz <a href="mailto:Mycroft@clsouth.ca">Mycroft@clsouth.ca</a>
Director, Civic Planning*	Susan Russell
Director, Maintenance and Life-Cycle	Cal Melrose <a href="mailto:cmelrose@telus.net">cmelrose@telus.net</a>
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Director at Large*	Jenny Keyes
Director at Large	VACANT
Rink Team Lead*	Brent Fleming
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*\* To contact please email [pbpcam@pbpccommunity.ca](mailto:pbpcam@pbpccommunity.ca)*



**Community Centre**

Our facility is located at 2323 Palliser Dr. SW (adjacent to  
Nellie McClung School). Please call for office hours if you  
would like to stop by.

For rental inquiries: Call the office at 403-281-1908 or  
email [pbpcam@pbpccommunity.ca](mailto:pbpcam@pbpccommunity.ca). Check availability  
online at [www.pbpccommunity.ca/hall-rentals](http://www.pbpccommunity.ca/hall-rentals).

For memberships, please see our membership page in  
the newsletter.



**Palliser, Bayview, Pumphill  
Community Association**

**2323 Palliser Drive SW Calgary, AB T2V 3S4**  
**Office: 403-281-1908 • Rentals: 403-281-1908**  
**[pbpcam@pbpccommunity.ca](mailto:pbpcam@pbpccommunity.ca)**  
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## Join the Southwest 55+ CLUB

Enjoy coffee, fun, fellowship, and dancing to a live band every Thursday morning!

Singles and couples, dancers and non-dancers are all welcome to this community group.

Drop by – we're looking forward to meeting you!

**Braeside Community Centre**  
**11024 Braeside Drive SW**  
**Thursdays, 10:30 – 12:00 noon**

For detailed info please call Norma at 403-246-3763

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## Events Update

Our **Annual General Meeting** took place on November 8<sup>th</sup> from 7-9pm. Thank you to all who came out. It was great to share the successes of the past year with you. A big thank you also to our departing board members. You will be missed. Lastly, welcome to our new board members. We look forward to another year serving the PBP community with you.

Saturday, November 12<sup>th</sup> we hosted another **Wine and Craft Beer Night**. Thank you to all who came and supported us, as well as the volunteers who helped make it happen. We hope everyone had a great time!

**Volunteer Appreciation-** We value all the hard work and effort our volunteers give us time and time again. To show our appreciation we're holding a Volunteer Appreciation event in January. More details coming soon.

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## PRESIDENT'S MESSAGE

The holiday season and New Year are coming fast, and there are some exciting things to announce, and events happening in the New Year, which I would like to mention. I also want to acknowledge the success of our previous events, and big thanks to everyone who has helped us make these events a huge success. This includes a very successful AGM, which would not have been possible without the help of so many. A huge thank you to Parks Canada for providing a \$20,000 grant, which helped in renovating our basketball courts. This came from the Parks Foundation Amateur Sports Committee; many of our community members are using it, and the kids love the new courts.

**Thank you to all the board members;** I would like to thank the board members who have departed for their dedicated service, and acknowledge all of their hard work during the time they were with us. Al Kieran, thank you for doing a great job and contributing so much to the position of Director of Civics and Planning. Al tackled some major projects in our community and dedicated a great deal of time with handling everything that came across his desk. Anjali Acharya is stepping down as Vice President; Anjali was a strong VP and worked within a critical part of the Community Association, especially with keeping the day to day operation running smoothly. She has been a huge asset to the community association and will continue her work on the board, as a Director at Large. Frank-Michael Hoffman held the position of Technology Director, and still works as a valued volunteer; thank you for your on-going contributions, and ensuring everything was running smoothly. Furthermore, I would like to thank Judith Arato for her participation on the board; you were a cherished member, and it was a pleasure working with you. Finally, I would like to extend a warm welcome to all of our incoming members – Lesley Farrar as Vice President and Susan Russell as Civics and planning. We all look forward to working with you in the year to come.

**Successful events are only possible with the people making them happen;** the wine and Craft Beer night was a success. Thank you to all the volunteers and everyone who contributed to make it happen. Thanks to

J Webb Wine Merchants for providing us with so many great wines for the night. A well-respected business within the city, and if you enjoyed what they had, check out their stores for up-coming holiday specials. Thanks to Village Brewery for contributing some extraordinary beers; Village Brewery prides themselves in making small-batch handcrafted beers with high-quality ingredients, and it shows when tasting these beers. Finally, I would like to thank 1600 World Beer Haus for their contribution to a successful event; a great neighborhood pub offering outstanding food, fantastic service, and a fine selection of some of Alberta's Craft Beers. This entire event was tremendous fun, and I look forward to the next one, and sharing in another excellent experience with everyone in the community.

**Hockey Season is here;** as I mentioned in the last month's news letter, our local ice-rink construction is looking for volunteers to flood the rink, and take care of it throughout the winter season. If you enjoy the outdoors, and having fun skating and playing hockey, we ask that you come and help make this project a success. Community ice rinks bring people together, and it is a great time for family and friends.

**Events happening in the New Year;** the winter skate day is taking place on January 1<sup>st</sup> and this is an excellent day to bring the kids out, and spend the day as a family and enjoy the rink.

The Casino fundraiser is taking place in March, and we are in need of volunteers. These types of fundraisers are tremendous fun, and if anyone has been curious about what it's like to work a casino game, this is your chance. This particular fundraiser helps the Community Association greatly, and this is only because of the dedicated volunteers taking the time to help raise the money for our community. The funds raised goes to making things happen in our community, which continually ensures our community to be an excellent place to live.

Have a safe and happy holiday season, and I look forward to seeing many of you throughout the New Year.

Yours truly,

*Sean Hayes, President*



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**English Program  
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**Open Registration for the 2016-17  
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## Do the Penguin Walk!

Stay healthy and active, avoid a fall  
 and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



[www.penguinwalk.ca](http://www.penguinwalk.ca)

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# Help Those in Need This Holiday Season with The Calgary Food Bank

Every year Calgary's 150 community associations, the Federation of Calgary Communities, and other community partners across the city join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 40 community associations participated in the event and with their residents helped raise more than \$16,000 in food and funds!

We invite YOU to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

Items on this year's "Holiday Wish List" include canned fish, vegetables and fish, soup, rice, pasta, pasta sauce, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com) for more information on items to donate and drop-off locations.

### CALGARY FOOD BANK

## Donation Wishlist

Empty calories shouldn't feed empty bellies

#### FRESH FOOD

These items must be donated directly to the Calgary Food Bank Warehouse Door #3 to ensure they are distributed in a timely manner while still fresh.

#### SPECIALTY HAMPERS

We provide items for those with Caloric Deficiency, Diabetes, Prenatal considerations and Renal issues.

Consider donating gluten-free, low sodium, sugar-free:

- Baby food in jars
- Formula with iron
- Pul-Top meats and soups

#### HOW TO DONATE

- Drop off non-perishable food in the Calgary Food Bank donation bins at any major grocery store.
- Drop off fresh or non-perishable donations directly to the Calgary Food Bank Warehouse: 5000-11 Street SE, Food Donations Door #3
- Hold a Food Drive and have your non-perishable food picked up by our drivers.

#### Help us meet Canada's Food Guidelines by donating items on our wishlist:

PEANUT BUTTER

PASTA

PASTA SAUCE

BABY FOOD + FORMULA

CANNED FOOD

TOMATOES

FRUIT

SOUP

GREEN VEGGIES

MEAT/PROTEIN

FISH

#### NOT SURE WHAT TO DONATE?

Our clients are our neighbours. Think about what you and your own family enjoy or use often.

5000-11 Street SE | Phone: 403.253.1059

Charitable #: 130 167 349 RR0001 | @CalgaryFoodBank | /CalgaryFoodBank

#### HOURS OF OPERATION

##### ADMINISTRATION

Monday to Thursday — 8 a.m. to 4:30 p.m.  
Friday — 8 a.m. to 4 p.m.  
Closed Saturdays, Sundays and public holidays.

##### WAREHOUSE

Monday to Thursday — 8 a.m. to 7 p.m.  
Friday — 8 a.m. to 3 p.m.  
Closed Saturdays, Sundays and public holidays.

# CRIME WATCH

## October's Crime Stats\*

Palliser- 5 occurrences, including: theft from a vehicle, residential break-in

Bayview- 0 occurrences

Pump Hill- 3 occurrences, including: theft from a vehicle

\*Taken from the Calgary Police Crime Map

Did you know you can report some crimes online? Crimes including CRA and immigration scams, damage or mischief to property, damage or mischief to vehicle, a drug tip, lost property, theft, or theft from a vehicle can all be reported through an online form on the Calgary Police webpage at <http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>.

### DECEMBER MOON CALENDAR

First Quarter  
Dec 7

Full Moon  
Dec 13

Last Quarter  
Dec 20

New Moon  
Dec 28

# BRAIN GAMES

# SUDOKU

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

FIND SOLUTION ON PAGE 14

## Buy one chocolate bar, get one free\*!

Redeem this coupon at any Calgary **Chocolaterie Bernard Callebaut®** location for 1 complimentary 56 g solid chocolate bar when one is purchased.

No cash value. Limit one per customer. Cannot be combined with other offers.

**This coupon must be redeemed by Dec. 24, 2016**

**callebaut** *Chocolaterie Bernard Callebaut®*

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Offer effective September 19 – December 18, 2016.

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## AMY'S LISTINGS IN YOUR NEIGHBOURHOOD

### JUST LISTED!!

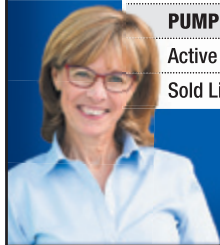


9427 22ND STREET SW  
- \$599,900 -

Fabulous 4 level split in a great Palliser location. Main floor family room, 4 bedrooms, 3 piece ensuite, and many updates. Approximately 1800 sq ft, with a large west rear yard and double garage. Terrific opportunity!

#### PALLISER BAYVIEW PUMP HILL SALES ACTIVITY - OCTOBER, 2016

BAYVIEW	Single Family Homes	Prices	Condos	Prices
Active Listings	4	\$929,000 - 4,250,000	1	\$925,000
Sold Listings	1	low \$1,100,000	0	-
PALLISER				
Active Listings	2	\$455,000 - \$649,000	11	\$258,500 - \$698,000
Sold Listings	1	mid \$570,000	8	Low \$200,000 - Low \$830,000
PUMP HILL				
Active Listings	8	\$949,000 - \$12,380,000	0	-
Sold Listings	0	-	0	-



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.

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amy@amybrooks.ca | amybrooks.ca

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



## Does Your Puppy Have A Good Bite?

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

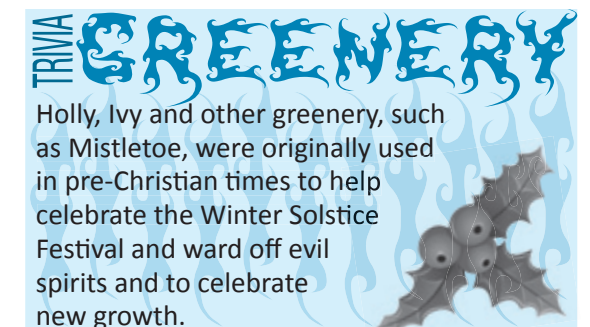
The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the

middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly. This occurs in domestic dogs because we have bred them to exaggerate certain traits, to get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing the pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.

Jennifer L. Scott, B.Sc., D.V.M.



# HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24<sup>th</sup> until the evening of Sunday, January 1<sup>st</sup>. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



*Trivia*

## BRAIN GAMES SUDOKU

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

## Palliser-Bayview-Pumpmill mybabysitterlist

Name	Age	Contact	Course
Kaitlyn	14	403-246-3816	Yes
Samantha	15	403-607-7148	No
Shawna	30	587-216-8808	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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



## Volunteers Needed!

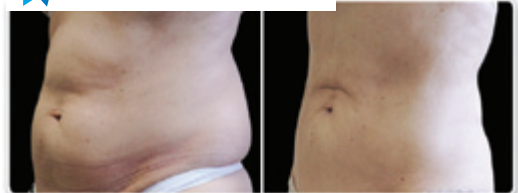
We are always searching for engaged community members to be actively involved with the PBP Community Centre. Available volunteer opportunities include:

**Events Committee Members** to help with planning and running events throughout the year. We are currently starting to plan events for 2017.

**Rink Volunteers** to help with putting in, maintaining, and removing the ice.

Volunteering does not have to be a big time commitment! If you have even an hour to spare and would like to help out we would love to hear from you. Please contact Jillian at [pbpcam@pbpcommunity.ca](mailto:pbpcam@pbpcommunity.ca) or (403)281-1908 if you would like to add your name to our volunteer roster.

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*Merry Christmas and Happy New Year!*

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[jandklimited2012@gmail.com](mailto:jandklimited2012@gmail.com)



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# Membership Application

Palliser • Bayview • Pump Hill Community Association

[www.pbpcommunity.ca](http://www.pbpcommunity.ca)

One Year Membership: Household cost: Regular \$25 (discounted for 55+ \$10)

Please see <http://pbpccommunity.ca/membership> for terms and conditions

Membership Year runs from Sep 1 – Aug 31 each year!



We / I live in: ☐ Palliser ☐ Bayview ☐ Pump Hill ☐ Other

Name(s): .....

Address: .....

Phone: ..... Cell/SMS: .....

Email\*: .....

Contact Preference: ☐ Phone ☐ SMS ☐ Email ☐ Letter

☐ I agree that PBPCA may send me emails about PBP events, programs or current affairs.

\*We value your privacy. We will not rent or sell your email address.

The PBP Community holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering:

- ☐ Board Member ☐ Halloween ☐ Garden Maintenance ☐ Programming  
☐ Casino ☐ Seniors ☐ Community Clean-up ☐ Summer Fest  
☐ Rink Maintenance ☐ Other Events ☐ Other: \_\_\_\_\_

## Hall Rentals

Our large hall holds up to 75 people and board room up to 35. Space available for socials, anniversaries, fitness classes, play groups, and birthday parties. Contact Jillian at 403-281-1908 or email [pbpcam@pbpccommunity.ca](mailto:pbpcam@pbpccommunity.ca). Check out our availability and more information on our website: [www.pbpcommunity.ca](http://www.pbpcommunity.ca)



## Palliser, Bayview, Pumphill Real Estate Update

Last 12 Months PALLISER

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$609,500.00	\$575,000.00
September 2016	\$0.00	\$0.00
August 2016	\$660,000.00	\$657,000.00
July 2016	\$519,888.00	\$519,888.00
June 2016	\$579,999.00	\$575,000.00
May 2016	\$579,900.00	\$579,250.00
April 2016	\$0.00	\$0.00
March 2016	\$610,000.00	\$580,000.00
February 2016	\$619,900.00	\$604,350.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$649,500.00	\$633,500.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [palliser.great-news.ca](http://palliser.great-news.ca)

Last 12 Months BAYVIEW

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$1,249,900.00	\$1,050,000.00
September 2016	\$872,450.00	\$868,750.00
August 2016	\$0.00	\$0.00
July 2016	\$0.00	\$0.00
June 2016	\$1,450,000.00	\$1,412,000.00
May 2016	\$0.00	\$0.00
April 2016	\$0.00	\$0.00
March 2016	\$0.00	\$0.00
February 2016	\$2,099,000.00	\$1,850,000.00
January 2016	\$0.00	\$0.00
December 2015	\$1,190,000.00	\$1,060,000.00
November 2015	\$0.00	\$0.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [bayview.great-news.ca](http://bayview.great-news.ca)

Last 12 Months PUMP HILL

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$0.00	\$0.00
September 2016	\$1,685,000.00	\$1,650,000.00
August 2016	\$0.00	\$0.00
July 2016	\$949,900.00	\$912,500.00
June 2016	\$844,900.00	\$834,950.00
May 2016	\$767,450.00	\$805,000.00
April 2016	\$1,395,000.00	\$1,200,000.00
March 2016	\$1,249,900.00	\$1,190,000.00
February 2016	\$1,034,500.00	\$1,024,000.00
January 2016	\$787,450.00	\$739,625.00
December 2015	\$1,645,493.50	\$1,433,750.00
November 2015	\$959,900.00	\$930,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [pump\\_hill.great-news.ca](http://pump_hill.great-news.ca)

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

#### DECEMBER AT TRICO CENTRE

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

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

#### Wellness Access Program/Helping Others

- December can be a strenuous time on the budget. The Trico Cares program offers **fee assistance** for memberships and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport. ) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- For the fifth year, Trico Centre invites you to help those less fortunate in Calgary by dropping off items for Inn from the Cold. List of needed items available at Trico Centre and on our website. Drop off items until Thursday, December 15.

#### Register for Winter Programs

- Winter program registration begins November 15 and 15<sup>th</sup> for members and November 16 for general public. Swimming, skating, sports, creative, dance, gymnastics, adult fitness, winter break day camps.

#### Student Holiday Passes

- Students, want to stay active over the holiday break? Trico Centre offers student holiday passes: Post-Secondary Students (18-24yrs), valid between November 7 and December 31, \$56; Youth Students (12-17 yrs) valid between November 14 and December 31, \$32; High School Student January Exam Stress Release Pass, January 1-31 just \$22.
- Gift of Health – give the gift of health this season. Gift a friend or loved one with a 10-Visist Pass or a Trico Centre Membership. See Guest Services for details.

#### Adults, Older Adults

- Adult fitness in December: Candlelight Christmas Yoga: Treat yourself to a relaxing yoga class before the celebration begins – December 23, 10:30am – 12pm, Ride on New Year's Eve: Get a jump start on your New Year's goals with this invigorating spin class, December 31, 12 – 1:30pm.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in January – registration is open now.

~continued next page~

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**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.

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

**RENOVATIONS - DECKS, GARAGES, 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](http://www.bigcitydevelopments.com) to view some of our completed projects, then call 403-612-8220 for a free consultation.

**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](mailto:service@bmpmechanical.com).

**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](mailto:info@asapconcretecutting.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](http://www.communitymediation.ca), 403-269-2707.

**JUNK TO THE DUMP / ODD JOBS:** Disposal of any household unwants. 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.

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**R.V. OR BOAT STORAGE FOR RENT:** Located in Oakridge off Southland Dr. Maximum up to 15 ft. Paved lot, water, and electrical hook-up, May - Oct. Security lighting, \$65.00 per month. Contact Lyn at 403-251-1755.

**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.

**MAID BY SUE:** I am available to clean your home to your satisfaction. I am reliable, thorough, have reasonable rates and a schedule to fit your needs. One time cleans as well as monthly, weekly and bi weekly are available. I supply all the necessary products and equipment. I am licensed and insured. Please contact Sue at 403-835-3668.

**PRIME LANDSCAPING:** Providing top quality landscape maintenance and construction to south Calgary. Now booking snow removal for 2016-2017. Prices set as a flat monthly fee for unlimited visits. Contact us for free estimate, prices vary depending on project size and complexity. Call 403-333-1600 or e-mail [info@primelandscaping.ca](mailto:info@primelandscaping.ca). We are ready to get your job done.

**PROFESSIONAL MUSIC LESSONS:** Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

#### DECEMBER AT TRICO CENTRE cont'd

##### Families, Children & Youth

- Family Skate with Santa – come join Santa for a seasonal craft session, leisure skate to festive music, hot chocolate, and cookies. Saturday, December 17, skate from 10am-12:30pm, other activities 12:15-2pm. Member family \$15, non-member family \$20.
- Holiday Drop-In Day Camps. Join camp for a full or half day, whatever works for you and your family. Pre-register due to limited spaces. 6-12 yrs, December 19-23, 26-30, and January 2-6. See Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Winter Break Swim Lessons. Trico Centre is offering Winter Break swim lessons from December 19-23 and 27-30. See Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for details.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.



# 5

## Winter Driving Fuel-Efficiency Tips

With its cold winds, long nights, and merciless snows, winter can be an ordeal for both you and your car. But beyond all the extra windshield washer fluid and maintenance your ride will need, your fuel budget will likely see the biggest bump — gas use can spike by over 25 percent, adding more to an already-too-large chunk of your budget.

This is because the cold winter air puts more aerodynamic drag on your vehicle and your engine has to work harder to plow through all that snow and slush. But you can fight back with a few surprisingly simple tricks:

1. Chill out and go easy. Aggressive driving uses much more gas than you'd expect. Speeding up and slowing down suddenly makes your engine work harder than it should, so take it smooth and steady behind the wheel to see some savings.
2. Plan ahead. Beyond driving more gently in general, you can cut down on gas use with some simple planning. By keeping a careful eye on traffic ahead and keeping your speed down, you can save yourself the painful start-stopping that drives up your gas use, and still arrive on time. Working to curb those bad habits can save you time at the pump and aggravation on the road. And whenever possible, plan your route ahead of time using radio traffic alerts or a smartphone app that

helps you avoid any gas-guzzling jams.

3. Don't idle to start up. Are you using a remote starter or starting your engine then running back inside to let your vehicle warm up? Don't fall for the driveway-idle trap — not only does it suck up gas and increase emissions, idling for more than 30 seconds doesn't give any extra benefit. All you need to do to warm up your car is to drive it gently for a few minutes. You'll be warmed up and on your way in no time.
4. Keep an eye on your tires. Tire pressure changes with air temperature, so check your tires at least once a month to make sure they're inflated correctly. Driving on tires that are under-inflated by as little as 8 psi can cut their life by more than 10,000 km and drive up your gas use to boot.
5. Use a block heater. Block heaters warm up your car's engine before you start and can cut down on gas use dramatically by eliminating the need for you to warm up the engine at all. Use a timer on the block heater for added convenience; just set it to turn on about 2 hours before you need to drive, and you're off to the races with a pre-warmed engine, gas in your tank, and money in your pocket.

Find more information online at [vehicles.gc.ca](http://vehicles.gc.ca).  
[www.newscanada.com](http://www.newscanada.com)



### MLA CALGARY-GLENMORE 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](mailto:calgary.glenmore@assembly.ab.ca)  
Facebook: Anam Kazim - MLA for Calgary Glenmore  
Twitter: @anamkazimMLA

Happy Holidays Dear Constituents!

Peace to you, your family, friends, and loved ones during this special holiday season. I have been in session throughout this time with many opportunities to speak to various bills and motions. My participation in the house can be watched on a timely basis on my Facebook page as all video clips are posted there. Along with the session activities, I was happy to attend various community Halloween parties, Remembrance Day ceremonies and other community engagements to meet with you in-person, and stay engaged. Also, I was delighted to be at the opening of the Anderson Pedestrian Overpass between Cedarbrae and Woodlands that is 100% funded by Alberta's government. It is a great initiative to connect our communities. Based on the recent inquiries I have been receiving on the SW Ring Road, I am excited to include an overview on the matter. For further details, please do not hesitate to contact our office.

**Southwest Ring Road:** The project reached a financial close on September 13, 2016. The Mountain View Partners consortium was selected as the proponent. The contract is worth \$1.42 billion in 2016 dollars, to be paid over the 35-year term of the contract. The preliminary work is underway with a targeted opening date in Fall 2021. It is an excellent project to diversify Alberta's economy and create jobs. The completion of 101 kilo-

meters of the ring road is an investment in the long-term safe and efficient movement of goods & people in and around Calgary. It will provide improved market access across Calgary, the province, Canada and to foreign ports. The government's objective is to complete this important project in a safe and environmentally sustainable way.

Alberta's government is working closely with the Tsuu T'ina Nation, partnering with them on initial work and will continue to build a collaborative working relationship in the future. Measures for environmental mitigation are being taken into account and further discussions with stakeholders will occur in the near future. Until now, the Elbow River and Fish Creek crossings have been changed to strike a balance between safety, operations, environmental impact and cost. Based on the feedback from residents and some environmental groups, the bridges over the Elbow River upstream of Weaselhead Park were lengthened and the new bridge over Fish Creek was lengthened to match the existing bridge. Environmental specialists have identified potential impacts to Weaselhead Park and have recommended mitigation with steps to minimize those impacts.

The government will be working closely with the contractor to ensure all permits are established and environmental concerns addressed.

Also, our government is investing more than \$7 billion in our provincial highway network to help put Albertans back to work, connect communities, and improve safety/travel on our highways.

**Mark Your Calendar:** Meet Your MLA for some holiday cheer at the Constituency Office of Calgary-Glenmore on December 09<sup>th</sup>, 2016 from 4:00pm to 6:00pm.



## Xmas Volunteers

*Tricia*

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.



## NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info [www.calgaryzoo.com](http://www.calgaryzoo.com)



## EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info [www.calgarybeertours.beer/tours/](http://www.calgarybeertours.beer/tours/)



## JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info [www.calgarymotorcycleshow.ca](http://www.calgarymotorcycleshow.ca)



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

**January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit:** Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info [www.oyr.org](http://www.oyr.org)

**January 13 Pop Fridays at Calgary Philharmonic Orchestra:** Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**October 6 - January 8 ATB Storytellers Exhibition at National Music Centre:** Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info [www.nmc.ca](http://www.nmc.ca)

**January 5 - February 2 High Performance Rodeo multiple venues:** Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page [www.facebook.com/HPRodeo](http://www.facebook.com/HPRodeo) or more info and tickets [www.hprodeo.ca](http://www.hprodeo.ca)

**January 29 Bridal Fantasy at the Telus Convention Centre** Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info [www.bridalfantasy.com](http://www.bridalfantasy.com)

## IN & AROUND CALGARY

### Southland Leisure Centre

#### NEW Fitness Frolic! Monday, Dec 12

Come out to a fun festive fitness class. Goodies and door prizes! Admission is free with a donation to the food bank.

- Water classes 8 - 9 am and 9:15 - 10:15 am
- Dryland class 9:15 - 10:15 am
- Social open 9:15 - 11:45 am

#### New Years Eve Family Event

Play, swim, jump, splash and slide into 2017! Bring the whole family for tons of fun. Come for arts/crafts, games, obstacle courses, bouncy house and our "take a selfie" photo booth! Then join us in the waterpark where there will be a DJ pumping out the tunes as families enjoy the wave pool, slides, hot tub and safari splash! Stay until the very end to enjoy our pool party countdown!

Southland Leisure Centre. Age: All Ages and Adult

Dec 31 Sat Regular Admission	Drop-In Games in Lobby Pool Party
04:30 pm- 06:00 pm	
05:30 pm- 08:30 pm	

#### Southland ProShop

"Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

**Come check us out in December when we have our Customer Appreciation Sale entire store on Sale" (everything will have at least 10% off - different discounts for different items)**

**Drop-in Climbing and Gymnastics at Southland Leisure Centre** - There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

**Drop-in Badminton and Basketball, Soccer at Southland Leisure Centre**

Please see [calgary.ca/recreation](http://calgary.ca/recreation) or contact 311 for the

latest schedules as cancellations may be in effect for special events or holiday hours.

**Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.** It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

#### Babysitting Room at Southland Leisure Centre

Treat yourself to some 'me time' to workout or take a class. No bookings required for our Babysitting Room. Reasonable rates for a well deserved break!

#### Calgary AfterSchool at Southland Leisure Centre

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

**Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre** - Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies.



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Enform IIRP 9 (Revised)

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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.



# Grant Thank You

PBP Community Association  
2323 Palliser Dr. SW, Calgary AB,  
T2V 3S4  
pbpcam@pbpccommunity.ca  
<http://pbpccommunity.ca>

October 27, 2016

Dear Parks Foundation Calgary,

We would like to thank the Parks Foundation Calgary for their generous support of our community. Thanks to the funding received from your organization, PBP now has a state of the art outdoor basketball facility and is a destination for families, children, youth, and adults in our tri-neighborhood area and surrounding communities.

Our decrepit tilting two hoops have now been replaced with six new basketball pole/hoop/net systems and painted lines and PBP logo. We also were able to install two new light poles and four high efficiency lights for a safe and enjoyable after dark experience for basketball in the warmer weather and skating and hockey during the winter months. With these new facilities we are now able to offer more comprehensive basketball programming for kids and youth. We have plans for basketball camps and afterschool programs in the spring and summer 2017. Already, we are seeing more use of the facility



by young adults with regular pickup game schedules and families who use the facility in the evening. The younger children really appreciate the shorter nets (2 of the 6) too! Finally, children at the local elementary school are making great use of the facility during school hours during recess and physical education classes.

Thank you Parks Foundation Calgary for making difference in our community and helping our local kids enjoy the outdoors in a way that is healthy, fun and social. More time on the basketball rink and skating rink means less screen time too. We appreciate your partnership!

Kind Regards,

*PBP Board of Directors and Past President*

Sean Hayes  
Tracee Collins  
Anjali Acharya  
Brennan Jacques  
Mycroft Schwartz  
Al Kiernan  
Dani Hayes  
Cal Melrose  
Jennifer Keyes  
Frank-Michael Hofmann  
Judith Arato

## South West Communities Resource Centre

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

#42 2580 Southland Drive SW, T2V 4J8  
Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



Please visit our website or drop by our office in the  
Oakridge Co-op Plaza.  
[www.swcrc.ca](http://www.swcrc.ca)  
403 238-9222 (Ext. 222)

A charitable receipt will be provided to all cards with  
activation receipt.

***Wishing you and your family all the best over the  
holiday season***

*From the staff and volunteers at SWCRC.*



## COUNCILLOR, WARD 11 BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A  
Calgary, AB T2P 2M5  
403-268-2430 • [www.ward11calgary.ca](http://www.ward11calgary.ca)

Connectivity has been a big theme this year at The City of Calgary. We've heard and learned from many Calgarians on what modes and nodes they use, and what and how they would like to use them. Basically, how folks want to connect with where they live, work and play in our city.

We've discussed the Pedestrian Strategy, the Cycling Strategy, and the Public Transportation Strategy, to name a few. Importantly, we've looked at how these strategies work together to meet the needs of all of Calgary's citizens. This integrated approach – offering a variety of modes of transportation, and nodes to use them – is aimed at creating a more successful transportation system for Calgary. One that is inclusive and accessible for persons of all abilities and ages.

At the end of October, in Ward 11, we celebrated the grand opening of two projects that improve connectivity between communities for pedestrians, cyclists and motorists. The Anderson Pedestrian Bridge was built in advance of the Calgary South West Ring Road construction. Eliminating at-grade crossing is safer for those on foot, and results in less stop and go for drivers. The Flanders Avenue Interchange is a unique interchange design, allowing traffic to flow, while also accommodating the needs of pedestrians and cyclists. The rebuild of the previous bridge was much needed in order to accommodate the growth of the Currie Barracks development, and the campus redevelopment of Mount Royal University.

The City is currently conducting a study on the 50<sup>th</sup> Avenue SW Greenway Corridor and building the 61<sup>st</sup> Avenue SW Greenway Corridor and Pedestrian Bridge, two projects that factor in the integration of pedestrians, cyclists and motorists to major destinations like one of our beautiful parks or shopping centres. The SW Transitway BRT will amplify our public transportation network, and connect underserved communities in the SW via optimal transit routes. I put forward the motion

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**BABYSITTING SERVICES!** 14 year old with first aid and babysitting course will baby sit in SW area. Kaitlyn. 403-830-2084.

**VACATION PET SITTING SERVICES!** 14-year-old girl, under part-time supervision of her mom, will come and feed your pets while you are gone. Bring in mail, water plants. We can take in some caged animals to our home. \$15 per house visit in Bayview, Pumphill, Oakridge, Palliser and Braeside. \$10 per day at our home. Karen 403-870-9366.

**VACATION PET SITTING SERVICE:** Mature 10-year-old -loves cats, birds, plants- available for Palliser, Pump Hill and Oakridge neighbourhoods. Also walks dogs. References available. Please call Caroline at 403-966-3939 or email at [mycaroline2006@gmail.com](mailto:mycaroline2006@gmail.com).

arising to build a Pedestrian Overpass at 14<sup>th</sup> Street and 90<sup>th</sup> Avenue SW to better connect communities east of 14<sup>th</sup> Street to Glenmore Landing amenities and the reservoir. All of these projects are in Ward 11 alone! Other city-wide studies, centred on connectivity, include Crowchild Trail, Deerfoot Trail and the Green Line LRT engagement.

Connectivity is the quality, state and capability we have of being connected to each other, within our communities, and across our city. We still have a lot of work to do in making our city accessible for all, but we are well on our way.

In the spirit of connecting, be sure to subscribe to your Ward 11 Updates at [www.ward11calgary.ca](http://www.ward11calgary.ca). I wish you a Merry Christmas and a great Holiday season!

# GRAND OPENING SALE!



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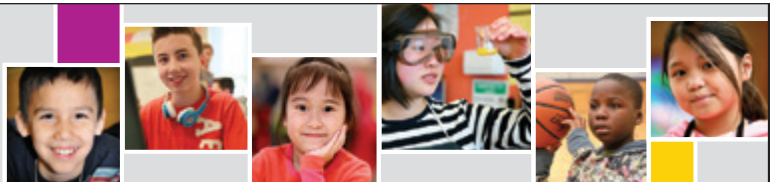
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*dialogue)))*



## Learn About the Future Use of Learning Space at Area V Schools

Join us as we present the proposed changes for the future use of learning space at some Area V schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 18, 2017  
time | 5:00 – 8:00 p.m.  
location | Nickle School  
2500 Lake Bonavista Drive S.E.



**Calgary Board  
of Education**

To learn more about what we've heard so far, visit  
[cbe.ab.ca/dialogue](http://cbe.ab.ca/dialogue)