

FEBRUARY 2016

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PBP Matters



THE OFFICIAL PALLISER BAYVIEW PUMPHILL COMMUNITY NEWSLETTER



VOLUNTEERS NEEDED!

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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.

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Palliser, Bayview, Pumphill
Community Association

2323 Palliser Drive SW Calgary, AB T2V 3S4

Office: 403-281-1908 • Rentals: 403-281-1908

pbpcam@pbpccommunity.ca

www.pbpccommunity.ca

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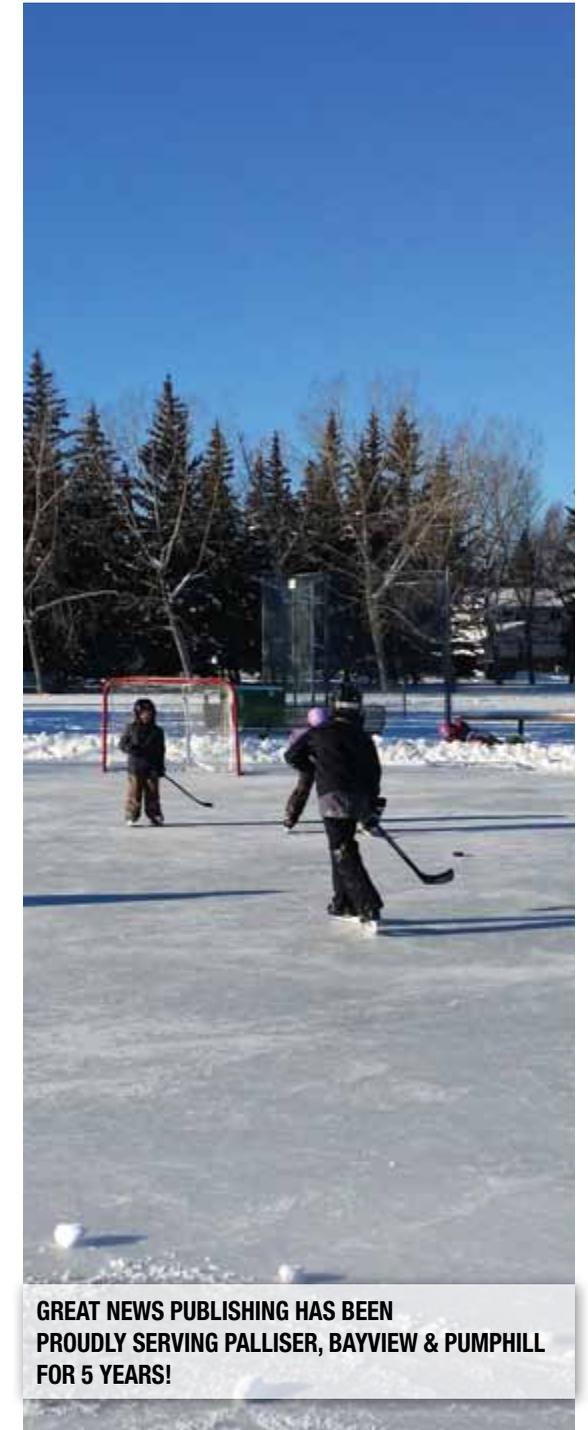
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Trico Centre has been committed to family wellness for over 30 years. Trico Centre has partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca




YOUR PBP Community Association

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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@pbpcmmunity.ca. Check availability online at www.pbpcmmunity.ca/hall-rentals.

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

PRESIDENT'S MESSAGE



The **Holiday Family Skating Event** held on January 1, 2016 was a great success. It looked like everyone who came had a fun time. I would like to thank all of our volunteers, including our "Rink Rats" for all their hard work in keeping the rink in tip top shape.

Because of all the hard work from our volunteers, the rink is becoming more and more popular. This means that we will need to implement a schedule to allot specific times for hockey and family skates. The schedule will affect weekends and other busy times. We will be posting the schedule on the website and at the rink as well.

We want to take this opportunity to encourage all skaters to join our community association by becoming a member. The low membership fees help to cover the costs of the maintenance and equipment. The more we work together and volunteer to support our community, the better it becomes.

There is another item that needs your attention and we would like to ask for your input. Soon the **Southwest BRT engagement sessions** will commence. It is going to include a detailed construction plan including a reduction in vehicle traffic along 14th Street. We need your involvement in these sessions. Your participation and opinion can make a difference.

If you would like to get regular updates and become notified of the meeting times and their locations, make sure that you are on our mailing list.

We would like to make a correction of last month's article. The BRT construction project will take only two years instead of four to complete.

In addition to the Southwest BRT there are also meetings being held to address the **changes in flight paths at the YYC airport**. If you would like more information or would like to know how to get involved, contact me or Councillor Pincott.

Have you ever thought of how becoming an active member in a community affects it? Some in the community may hold back thinking that volunteering

a couple of hours a month will make little, if any, difference. Let me share with you a story...

A man would jog around a lake every Sunday morning. Each time he would see this same elderly woman sitting at the water's edge with a small metal cage.

Not knowing why the woman sat there every Sunday, one day the jogger's curiosity got the better of him. There in the cage were three turtles. She had a fourth turtle in her lap and was carefully scrubbing the turtle's shell.

The jogger asked the elderly woman why she was cleaning his shell. She answered, "When a turtle has algae or scum on its shell, it reduces the ability of the turtle to absorb heat and to swim. Over the long run, it will damage and weaken the shell. So I come here a couple of hours each week. It is my way of making a difference."

"That is really nice of you," exclaimed the jogger, "but there are thousands of turtles that live with algae on their shell their whole life. Do you really think that cleaning the shell of a few turtles will really make a difference?"

The woman looked at the young man with a glint in her eye and a smile on her face and then slowly looked down at the turtle. "Sweetie, if this little guy could talk, he'd tell you I just made all the difference in the world."

Can you make a difference for just one person by volunteering some of your time and energy?

You will never know unless you give it a try.

As winter continues to drag on, we are busy planning our spring, summer and fall events. **Are there any events you would like to the community association to host?** We would love to hear your ideas. Better yet, we would love to have you come and make a difference if only for a day.

We cherish our members and encourage any who are proud to be a part of our community and would like to help strengthen our neighbourhood spirit to become a member. **We would love to add you to our hard working and dedicated family!**

Yours truly,
Sean Hayes, President



UPCOMING EVENTS

Community Events listing

Tuesday, February 2: PBP Monthly Board meeting
Tuesday, February 29: Kids Yoga starts (see programming)
Saturday, April 23: Community Clean-Up

PBP Community Association is now on Facebook!



Check your most up to date news about your community on Facebook.

<https://www.facebook.com/PBPcommunityassociation>

Why Volunteer for Your Community?

Would you like to reduce your stress? Would you like to improve your physical health? Would you like to clear your mind? Are you getting cabin fever already? Have you considered volunteering?

Volunteering your time is an excellent way to reach out to the community, share your skills and bring people together. But did you know that you will personally benefit as well? Not only does giving to others promote self-esteem, but it fills a void that often nags at our heart - a desire to become something more, to give back and help out.

You Can Make a Difference!

We are appealing to everyone to reach out and support the PBP Community through volunteering their time and skills. We have plenty of events, fundraisers and technical needs to fill every type of interest. We would love to benefit from your assistance and experience.

Check out our Public Event Calendar to see all that we will be involved in over the next couple of months. Is there anything there that interests you? We would love you to get you involved!

We are also looking for volunteers for the ice rink. This is a great opportunity for parents to spend time with their children while giving back to the community. Why not stop on down and see when you could volunteer to help out?

The board just approved a new Fundraising committee and it is recruiting individuals to join the team. This committee will be responsible for writing grants, organizing fundraisers and promoting community membership. If this interests you, please contact us for more information.

Finally, we are organizing volunteers to help with community clean up this spring. Community clean up is a very important event and is a great way to meet your neighbours and get some exercise and fresh air. Last year was big success and we are planning for this year to be just as much fun!

If You Are Interested in Volunteering

If you are interested in volunteering, we would love to hear from you. Feel free to stop by the office at 2323 Palliser Drive SW. You can also leave a message at 403-281-1908. Another option is to email us a message at pbpcam@pbpccommunity.ca. All of us on the Board of Directors would like to offer a sincere thank you in advance for your willing spirit. Thank you!

Get to Know Your PBPCA!

We are happy to introduce a new series to our newsletter to help you as a resident get to know your Community Association! What our purpose is, how we operate and raise funds, and what you can do to actively participate.

Did you know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Community associations exist in every neighbourhood in Calgary – they are run by your neighbours, they bring you together as residents, they act as a voice for your community, and they offer you endless opportunities right in your backyard, such as youth programs, community events, committee work (planning and development, fundraising, etc), and outdoor leisure activities like the ice rink and playgrounds.

Most importantly, community associations are dedicated to making sure your community is a great place to live, work, and play. **Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.**

The Palliser-Bayview-Pumphill was first incorporated as a registered charity in September 1970, which means that we have been a presence in this community for 45 years; longer than many of the households we serve! The community centre was built entirely with donated funds from residents in the area who worked tirelessly planning and fundraising to make their vision a reality.

Next month.... the role of the board at PBPCA.

As part of a new series in PBP Matters we will introduce you to volunteers at your community association making a difference! If you would like to share some of your time and talents with us we would love your help - contact pbpcam@pbpccommunity.ca to volunteer with us.

February Volunteer Profile: Nick Johnston



Nick has been volunteering his time with the PBP Community Association over the last few years in a variety of areas from organizing and managing events (Community Garage Sale, End of Summer Fest,

Halloween, Family Skate), to helping out with the rink rats, changing our building sign, and even shovelling our sidewalks. If you've attended an event at PBP, chances are you've seen Nick on the mic or running around making sure everything is running smoothly.

Nick first became involved with PBPCA when his youngest child was enrolled in the PBP Co-operative Preschool. As new residents to the community in 2012 his family attended the Halloween Party and he was blown away that such events were able to be offered with such a low membership fee. It was then that he decided to get involved to ensure that PBP could continue to offer such wonderful perks to the community.

For Nick, volunteering is a family affair. The planning and preparation for events can be weeks and months in the making, and he gets his three children helping out with the shopping, flyers, and set up for events. It's important to him that his children understand the value of giving back to your community and lending a hand where you are able to.

Nick has found volunteering a great way to give back to the community and meet new people in the process. Nick also pointed out that it's a great way to implement the programs or events you're interested in. If you have an interest in forging your own ideas on what direction the community centre should be heading, volunteering is the best way to do that.

"We make a living by what we get, but we make a life by what we give."

PBP Community Association is so grateful to all our amazing volunteers who allow us to offer a free, public skating rink, quality events and programs, and a clean and inviting community space. No act of service is too small.

Hall Rentals

Our large hall holds 75 people, multi-purpose 25, and board room 25. Space available for socials, birthdays, anniversaries, weddings, fitness classes, play groups and club meet ups. Contact the office at 403-281-1908 or email pbpcam@pbpccommunity.ca and check us out our availability calendar at www.pbpccommunity.ca/hall-rentals.



Kids' Poetry Corner

"Flowers in the Rain"

By Caroline Collins, age 9

Hot summer days, and no water from afar.
 But today the clouds will darken many shades of gray.
 A light drizzle, then in an instant rain is here.
 Flowers are swaying in the wind and
 Joyfully lifting their leaves to the sky,
 Soaking up every drop they catch.
 Come with them and you too will dance,
 Dance to the sound of the rain.

Living the Dream Lakefront in Auburn Bay



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 Sheri MacDonald, M.Sc.
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Volunteers Needed!

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

- **Community Clean Up Team Lead** to organize the Spring 2016 clean up date
- **Community Clean Up General Volunteers** to help out the day of the event with set up, memberships, and directing traffic
- **Rink Rats** to help with flooding and clearing and maintenance of the rink
- **Fundraising Committee Members** to assist with writing grants and other fundraising initiatives
- **Events Committee Members** to help with planning and running events throughout the year

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 Samantha at pbpcam@pbpccommunity.ca or 403-281-1908 if you would like to add your name to our volunteer roster.

Editorial Content 1st of each month for the next month's issue

DEADLINE

Email content to pbpcam@pbpccommunity.ca

NAV CAN and RNP

What is it and How Does it Affect You?

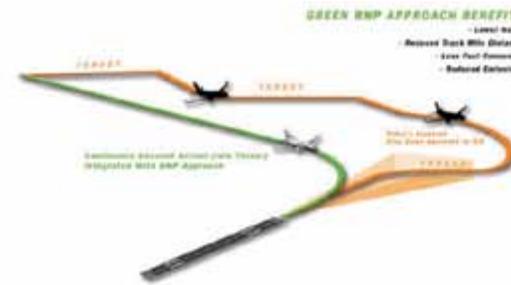
If you have been watching the news or reading the papers, perhaps you have heard about NAV Canada and the new Required Navigational Performance Procedure (RNP) that will soon be deployed throughout North America. The policy changes these programs will create will have a direct, and hopefully positive, effect on your life.

What is the Goal of NAV Canada?

NAV CAN was set up to "improve efficiency using advanced navigation capabilities." As technology changes so does aviation technology. NAV CAN helps to implement more advanced forms of GPS navigation and apply the new RNP procedures on all runway approaches.

What is RNP?

RNP stands for the Required Navigational Performance Procedure. The purpose of this procedure is to reorganize flight patterns to reduce noise and emissions. Current landing patterns require planes to descend in steps. This forces aircraft to fly closer to the ground earlier in the landing pattern. In order to hold to these patterns, the plane must fire up their engines repeatedly. The new system allows planes to stay higher in the air until they line up with the runway.



This graphic helps to visualize the changes. The RNP approach covers less flight area and is a continuous glide-in descent. West Jet has already implemented this improved approach vector with other airlines to upgrade their equipment, train their pilots and adopt this procedure in the near future.

How Does the RNP Benefit Calgary Residents?

There are two main benefits for the Calgary International

Airport and Calgary residents in general:

A Cleaner Environment. A shorter flight path with a gradual descent means that less fuel will be burned creating lower emissions. The airplanes will stay at a higher elevation longer which again reduces the emissions being trapped at lower elevations. This will improve the air quality in Calgary. Fuel savings are projected to exceed 2,5 million litres per year which will eliminate 6,000 tonnes of greenhouse gas emissions.

Noise Reduction. Creating a tighter and more direct landing path will funnel airline noise into a narrow corridor, virtually eliminating airline noise for many communities including Westhills and Lakeview communities as can be seen from this photo of Runway 17. The existing flight paths are in blue. The new RNP flight path is in pink.



How are You Involved?

As you can see from this brief summary, there are many benefits created by NAV CAN's implementation of the new RNP approach over the Calgary International Airport. However, the benefits may not have much of an effect in the PBP Community. The new approach vector will be right over our heads. We do not believe that there will be any noise reduction for our area.

As a resident and member of the PBP Community, your input, comments and participation are vital. NAV CAN has been sponsoring Open Houses to help residents learn more and provide one-on-one dialogue. Residents are encouraged to provide their feedback by January 30, 2016.

If you would like to submit an aircraft concern to the Calgary Airport Authority, please fill out the online form at www.yys.com/en-us/contactus/aircraftconcerns.aspx. In addition, all residents are encouraged to provide their input into the discussion of the airspace changes via an online survey. The survey can be found at www.surveymonkey.com/r/5KDJKSV and the deadline is January 30, 2016. If you have any other questions or concerns, please feel free to contact Sean Hayes, President of the PBP Community Association.



Our PBP Community Matters! BUY A MEMBERSHIP TODAY

Purchase a CA Membership by filling out the form below or online at www.pbpcommunity.ca

Why join? >

- Civic representation
- Access to programs and community events
- Supporting your CA

Regular Membership \$25
 Senior Membership (55+) \$10

We / I live in: Palliser Bayview Pumhill Other

Name: _____

Household members (ages for kids): _____

Address: _____

Telephone: _____

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.

When would you consider volunteering to help community programs and events?

Daytime Afterschool Evenings

Weekends Special Events No thanks / Unable

Payment Method: Cheque I will pay by Credit Card or Paypal on the website

Make cheques payable to: PBPCA.
Fees must be mailed to PBP Community, 2323 Palliser Dr SW, Calgary AB T2V 4M6.
Receipts will be mailed or emailed. Membership terms and conditions available at www.pbpcommunity.ca.

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 CALGARY MAPLE FESTIVAL DES SUCRES

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



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

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





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.



Palliser, Bayview, Pumphill Real Estate Update

Last 12 Months PALLISER
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2015	\$0	\$0
November 2015	\$649,500	\$633,500
October 2015	\$559,900	\$532,500
September 2015	\$569,950	\$587,500
August 2015	\$603,266	\$584,166
July 2015	\$652,494	\$637,000
June 2015	\$617,350	\$596,500
May 2015	\$0	\$0
April 2015	\$0	\$0
March 2015	\$689,900	\$669,875
February 2015	\$0	\$0
January 2015	\$459,900	\$445,000

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

Last 12 Months BAYVIEW
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2015	\$1,190,000	\$1,060,000
November 2015	\$0	\$0
October 2015	\$995,000	\$900,000
September 2015	\$0	\$0
August 2015	\$0	\$0
July 2015	\$829,900	\$792,000
June 2015	\$0	\$0
May 2015	\$0	\$0
April 2015	\$0	\$0
March 2015	\$899,000	\$830,000
February 2015	\$0	\$0
January 2015	\$1,390,000	\$1,370,000

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

Last 12 Months PUMP HILL
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2015	\$1,645,493	\$1,433,750
November 2015	\$959,900	\$930,000
October 2015	\$0	\$0
September 2015	\$912,175	\$879,875
August 2015	\$769,900	\$770,000
July 2015	\$949,000	\$896,250
June 2015	\$831,600	\$809,966
May 2015	\$0	\$0
April 2015	\$949,950	\$917,500
March 2015	\$1,249,000	\$1,080,000
February 2015	\$0	\$0
January 2015	\$0	\$0

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

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

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

Closes February 28, 2016

AvenueCalgary.com/survey

avenue magazine

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PROGRAMMING UPDATE

Registrations are currently being accepted for:

Kids Yoga with Courtney Turbide
 Learn yoga and mindfulness
 Mondays 3:30 – 4:30pm
 February 29 – April 4
 Cost: \$80 (6 week program)

Before and After School Care (in partnership with Sherpa Kids)
 We are excited to announce a new program starting January 5, 2016 for all kids in the community, whatever school he/she attends. Full and part time space available, including drop-in, right here at the PBP community centre. Open to ages 5-12. For more information and to register, please call 587-893-6771 or email Kendra@sheparks.ca. No registration fee required.

Senior's Programs 55+

Seniors club every Friday 10am- noon in the board room. Enjoy coffee, conversation and cards with your neighbours!

Please check our website at Facebook at www.facebook.com/pbpcommunity.ca or www.pbpcommunity.ca for more information on upcoming programs. We are always open to new suggestions as well! Please contact us to register or if you have any questions. pbpcam@pbpcommunity.ca or 403-281-1908.

A current 2015/16 PBP community membership is required for all programming.



SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
 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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25

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**



Palliser-Bayview-Pumpmill mybabysitterlist

Name	Age	Contact Details	Course
Evelyn	12	403-475-0919	Yes
Heather	13	403-243-9779	Yes
Maxine	13	403-455-8427	Yes
Anna	13	403-225-8223	Yes
Brooke	13	403-212-1014	Yes
Kaitlyn	13	403-246-3816	Yes
Kiera	13	403-922-6067	Yes
Raven	13	403-460-0307	Yes
Will	13	403-460-1300	Yes
Elizabeth	13	403-281-2808	Yes
Petra	13	403-589-3173	Yes
Emily	14	403-796-5606	Yes
Samantha	14	403-607-7148	No
Melanie	14	403-685-8090	Yes
Maya	14	403-253-9390	Yes
Henry	15	403-719-8282	Yes
Danika	15	403-640-4331	Yes
Katrina	15	403-919-3138	Yes
Emma	15	403-220-1537	Yes
Lilly	15	403-719-8282	Yes
Rhys	15	403-399-7509	Yes
Sam	15	403-287-3740	Yes
Kaitlynn	15	403-874-4034	Yes
Shelby	15	403-860-7994	Yes
Samantha	15	403-287-3740	Yes
Jayce	15	403-478-2704	Yes
Jillian	16	403-255-0562	Yes
Nina	16	403-918-0641	Yes
Emilia	16	403-251-2013	Yes
Gillian	16	403-259-8680	Yes
Connie	16	403-862-2081	No
Kayzha	16	403-252-5052	No

Charlee	17	587-225-6323	Yes
Garrett	17	403-708-7312	Yes
Nia	17	403-991-8045	Yes
Kaiden	17	403-926-3399	Yes
Bree	17	905-376-9229	No
Erika	18	403-685-4645	Yes
Maddy	18	587-888-7298	Yes
Lyndsey	18	587-777-5137	No
Eugene	18	403-703-4488	Yes
Jakarta	18	403-808-8503	No
Elaura	18	403-471-5051	Yes
Makenzie	18	403-796-7733	Yes
Abigail	18	705-706-4338	No
Maddy	18	587-888-7298	Yes
Yena	19	403-479-7911	Yes
Madeleine	19	403-975-5180	Yes
Rebecca	21	403-703-2219	Yes
Danita	21	403-990-0205	Yes
Jamie-Lyn	21	403-892-0176	No
Siobhan	22	403-923-9499	No
Madison	22	403-818-3544	Yes
Michelle	22	403-926-5166	No
Alison	23	587-999-1278	Yes
Kelsea	23	403-370-7170	Yes
Sarah	23	819-679-3059	Yes
Emily	23	403-999-8525	Yes
Megan	24	403-861-3718	Yes
Alana	24	587-888-4854	Yes
Sydney	24	403-993-5441	Yes
Blaise	24	587-223-8583	Yes
Christoph	24	587-998-6172	Yes
Josefa	25	587-437-1252	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

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

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.

Get the Body You Want!



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12 WEEKS AFTER

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Calgary's only Medically Supervised hCG Program includes:

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- No loss of muscle or structural fat
- Lose the weight and keep it off!

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Reduce Wrinkles, Increase Eyelash Thickness, Healthy Looking Skin

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A305, 1600 - 90th Ave SW

(3rd floor Glenmore Landing)

For more info or to book a
free consultation

Call 403-452-5699 Today!

www.GlenmoreHealthcare.com



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.

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.

Stephanie Evans, B.Sc.
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Shirley Evans, R.N.
cell: 403-862-3618
shirleyevans@shaw.ca

housesincalgary.com

HOW TO SAFEGUARD YOUR RETIREMENT INCOME?

Ask an Expert



Sheri MacMillan,
Senior Trust & Estate Practitioner,
CEO of MacMillan Estate Planning Corp.
Sheri is featured on The Strongroom
9:00 AM Saturdays on News Talk 770

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?"

We have experienced a variety of market fluctuations in our almost 20 years of experience, and these market cycles have shown that being proactive and building in those safety nets and benchmarks actually works.

When we've created affluence in our life, we're going to rely upon it for decades ahead as part of our life plan. We're endeavouring to build wealth so we can enjoy a wonderful lifestyle of freedom in the retirement phases of life.

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
Wine & Cheese Seminar
on Thursday, March 3rd at 7:00 PM
and Wednesday, March 30th at 7:00 PM

TO REGISTER, PLEASE VISIT MACMILLANESTATE.COM
OR CALL 403 266 6464



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

February at Trico Centre

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

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

Pool Refurbishment

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

Adults

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

Older Adults

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

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

Families, Children & Youth

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

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 to find out more.



PRE-KINDERGARTEN EDUCATIONAL SERVICES

Early Literacy preschool program for ages 3-5
Braeside School - 1747-107 Ave. SW
REGISTRATION FOR FALL 2016-2017

We nurture emergent literacy by providing an environment which fosters language development and encourages interest in reading and writing. Children play and gain social skills while exploring our well-equipped classroom. Centers and activities support child development and include learning in math, science, computer skills, fine motor work, music, yoga, arts and crafts, circle time, and field trips.

OPEN HOUSE: FEBRUARY 3rd, 2016 - 4:30 - 6:00 P.M.

Come and meet our teachers and see our large, bright classroom!

GENERAL REGISTRATION: FEB. 24th, 2016 - 5-8 P.M.

Everyone is welcome to register, arrive early and get a spot!

You will be asked to complete a form and provide 11 cheques

To register for the remainder of this current school year:

Registrar's Contact: Melanie at (403) 605-2988 / RegisterPreK@gmail.com

Please visit our website: www.Pre-KindergartenEd.com



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 • www.swcrc.ca

Parent Talk – Register Now

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

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

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

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

Positive Discipline in Everyday Parenting Register Now

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

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

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

Neighbours Helping Neighbours

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

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

SWCRC Volunteer Opportunity: Parenting Group Assistant

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

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

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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.



YOU'RE INVITED!

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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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.

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HARDING'S SERVICES: offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at www.hardingservices.com.

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9	4	2	3	1	6	8	5	7

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.

Babysitting Room at Southland Leisure Centre

Day Camps at Southland Leisure Centre

PD School Days at Southland Leisure Centre

Southland Leisure Centre Playschool



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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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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.

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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.

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	403.943.5465
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
Suicide Crisis Line	1.800.784.2433
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 (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions - Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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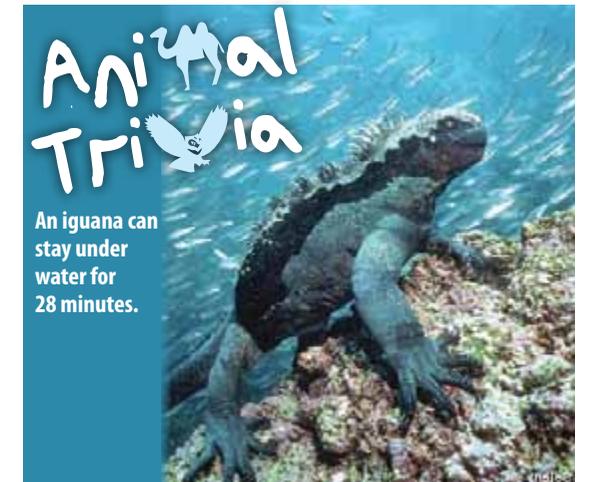
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