

DECEMBER 2016

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ROSS-CHARACTER

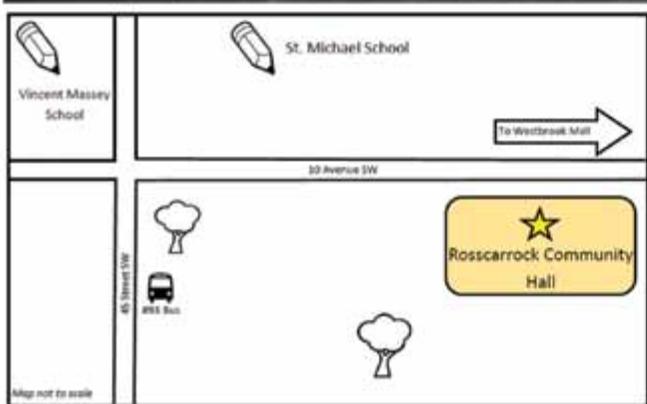
THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER





Family Cafe

Rosscarrock Community Hall
 4411-10 Avenue SW
 Every Thursday from
 10am-12pm



WHO CAN JOIN FAMILY CAFE?

Parents/caregivers and their children ages 0-5

WHAT HAPPENS AT FAMILY CAFE?

- Mother Goose
- Educational Games
- Guest Speakers
- Many more FUN programs!

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To register contact Laura
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leeles@closer-to-home.com
 Program runs Sept-June
 (call for more details)

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Kirk Bodnar	Member at Large
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Michael Wilson	Planning and Development Director
Sarah Wilson	Communications Director

To reach our Board of Directors please contact
info@rosscarrock.org or call 403-242-0212.

COMMUNITY CONTACTS

James Runge	Neighbourhood Partnership Coordinator james.runge@calgary.ca 403-476-7171
Lemlem Haile	Community Social Worker lemlem.haile@calgary.ca 403-476-7180
Evan Woolley	City Councillor-Ward 8 evan.woolley@calgary.ca 403-268-2431

**Editorial
Content
Deadline**

Last Tuesday of
the month for the
next month's issue

info@rosscarrock.org

Rosscarrock Community Association Membership

4411 10 Avenue S.W., Calgary AB.
403-242-0212 info@rosscarrock.org
www.rosscarrock.org

Family \$15.00 _____ Single \$10.00 _____

Senior \$5.00 _____ Business \$25.00 _____

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

**Do you want to receive emails regarding
future events?**

Do you want to get involved?

We are always looking for volunteers to help us with
the community. If you are interested in anything listed
below, please check it off and we will contact you!

- Board of Directors
- Casino Volunteer
- Special Events
- Canada Day Party
- Spring Clean-up Day
- Community Garden
- Newsletter
- Snow Angels
- Anything else you can think of? _____

Office use only

Card# _____

Paid _____



Rosscarrock
Community Association
4411-10 Avenue SW, Calgary, AB - T3C 0L9
Phone: 403.242.0212 • Fax: 403.242.8354
www.rosscarrock.org • info@rosscarrock.org

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NEWSLETTER AD SALES

GREAT NEWS  **27** YEARS
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Great News Publishing Ltd.
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**GREAT NEWS PUBLISHING HAS BEEN
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FOR 1 YEAR!**

PRESIDENT'S MESSAGE

Winter is here! What are your plans this December? Spending time with family and friends? A warm vacation down south? We know you're busy, but hope you'll take the time to visit www.rosscarrock.org to see if you can fit in some of the fun activities planned for our community.

This month I would also ask you to consider how you would like to see our community grow. What types of housing, accommodations, businesses and services would you like to see in our neighbourhood? What is your vision for the physical spaces that constitute our neighbourhood? How can the board of directors help transform Rosscarrock into a community of choice?

You should know that just like your board, the City of Calgary also feels that development is important for Rosscarrock. That is why they have picked 37 Street for one of their new Main Streets initiatives. Learn more about this initiative at www.calgary.ca/mainstreets and feel free to reach out to Michael Wilson, our board member responsible for development at info@rosscarrock.org. His biography is included in this month's newsletter.

Last but not least, I would like to comment on the success of our Halloween event held in October. Thank you to everyone who participated. How thankful we are to our youth leaders and the volunteers from the Strong Neighbourhood Initiative. I would also like to thank our support staff who consistently go beyond what is necessary to make our events and programs run smoothly. Never would we want to take their efforts for granted. I know you appreciate them from all the comments that I get back from you as they are helping you out at the hall. Their efforts allow the board to grow, and even though the workload is increasing as it gets busier at the hall, they take it all in stride. They and I appreciate it so much when you acknowledge them as they deliver exceptional service.

As always I leave you with a reminder that many hands make for light work. We are always looking for volunteers to engage on committees, supporting events, communications and development work.

To learn more, reach out to us at info@rosscarrock.org or email me directly at president@rosscarrock.org.

Season's Greetings,

Ronald Waters



Books keep on giving this holiday season! Your family may be one of thousands that celebrate at this time of year, and giving gifts may be part of your tradition too.

Books make wonderful gifts for children because they expand your child's listening power, inspire their creativity and imagination and increase their vocabulary.

Book last forever! They can be lovingly placed on book shelves or in baskets and book bags to be enjoyed over and over again. Or, gently-used books that your children no longer need can be donated to the Calgary Reads Book Bank and we give them to Calgary children who have few or none of their own at home.

Whether you are buying books or borrowing from the Calgary Public Library, consider sharing some wonderful Canadian children's literature with your family:

- Read Me a Story** by Barbara Reid, **Pre-school**
- The Most Magnificent Thing** by Ashley Spires, **K-G2**
- Stella Star of the Sea** by Marie-Louise Gay, **K-G2**
- This is not my Hat** by Jon Klassen, **Pre-school-G1**
- A Visitor for Bear** by Bonny Becker, **Pre-school-G2**
- The Paper Bag Princess** by Robert Munsch, **Pre-school-G1**
- The Hockey Sweater** by Roch Carrier, **G1+**
- Lost in the Barrens** by Farley Mowat, **G4+**
- Jacob Two Two Meets the Hooded Fang** by Mordecai Richler, **G2-5**
- The Sky is Falling** by Kit Pearson, **G4-6**
- Anne of Green Gables** by L.M. Montgomery, **G4+**

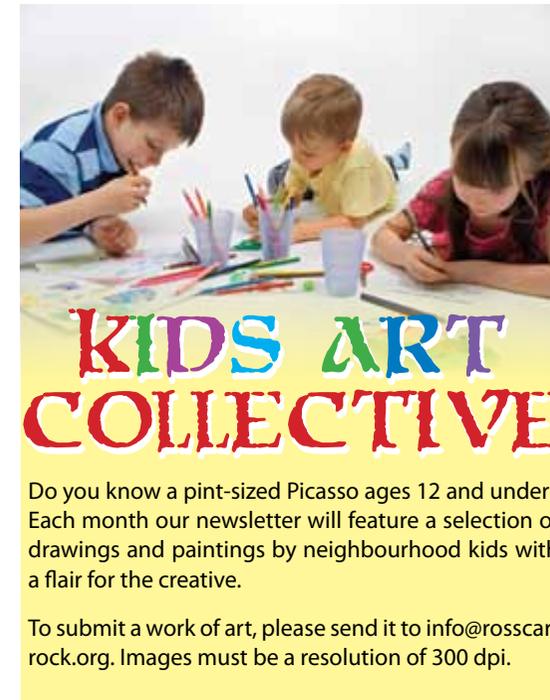
Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



Looking for a fun way to keep active this fall?

Check out Pickleball on Tuesdays and Thursdays from 6:30 – 8:30 p.m. at the Rosscarrock Hall!

To learn more about this fun sport visit www.calgarypickleballclub.ca



Do you know a pint-sized Picasso ages 12 and under? Each month our newsletter will feature a selection of drawings and paintings by neighbourhood kids with a flair for the creative.

To submit a work of art, please send it to info@rosscarrock.org. Images must be a resolution of 300 dpi.

BOARD BIO



I chose to serve on the Rosscarrock Community Association Board because...

It offers opportunities to meet a number of the interesting people in our community and to help create a vision for what the community of Rosscarrock will look like in the years to come.

I love living in Rosscarrock because...

It is a beautiful neighbourhood. I also really appreciate how close it is to both downtown Calgary and the mountains.

In my spare time I...

Head to the mountains to ski and hike. My wife Sarah and I also enjoy taking our Golden Retriever Paddington, over to the Edworthy Dog Park for long walks.

My favourite quote is...

"Whether you think you can or you think you can't—you're right." - Henry Ford

VOLUNTEERING is good for the soul

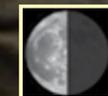
DECEMBER MOON CALENDAR



First Quarter
Dec 7



Full Moon
Dec 13



Last Quarter
Dec 20



New Moon
Dec 28

BUSINESS CLASSIFIEDS

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

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DANA DAY CARE HAS OPENINGS AND IS ACCEPTING APPLICATIONS: We offer a happy, safe and loving environment for children; reasonable fees, and highly qualified staff. We provide a feeling of security, promote creativity, problem solving and capitalize on children's curiosity - for age 9 months through kindergarten. Two snacks and lunch provided. 403-242-1904/403-438-0649 email danadaycareltd@yahoo.com.

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

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TRIVIA



In Spain, December 28th is 'Día de los santos inocentes' or 'Day of the Innocent Saints' and is very like April Fools Day in Canada and US. People try to trick each other into believing silly stories and jokes. Newspapers and TV stations also run silly stories.



Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



Join us at the Farmers' Market!

Friday afternoons from 2-6 p.m. at the Rosscarrock Community Hall.

Vendors may contact info@rosscarrock.org to reserve a booth.

Xmas mince pies

Mince pies - a traditional holiday meal from the UK - were originally filled with meat, such as lamb, rather than a dried fruit mix as they are today. They were also first made in an oval shape to represent the manger that baby Jesus slept in, with the top representing his swaddling clothes.





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

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11 Calgary locations with delicious stocking stuffer treats!
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CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Kindergarten | where your child's talents are treasured

Kindergarten is the start of an exciting adventure full of promise for children and their families. At the Calgary Board of Education, we understand that children bring their own unique talents and gifts to their learning experience, which is why we personalize students' learning to help them reach their full potential.

In the early years, personalized attention can make a meaningful difference in children's lives. That is what sets CBE early learning programs apart from the rest.

CBE schools are open to all children and are committed to embracing every student in a safe and welcoming environment. From the very first day of kindergarten, our teachers begin looking into the future to help children take those next steps in their learning. We never lose sight of our ultimate goal, which is for every student to complete high school with a foundation of learning necessary to thrive in life, work and continued learning.

Whether it is a community school, language program, or one of our many alternative programs, families can choose

the kindergarten program that is best for their child. They can be assured that the unique needs of each child will be taken into consideration at our schools.

Kindergarten is a child's first introduction to school and the CBE. The first year will be filled with significant early experiences they will remember for a lifetime.

We are proud to be part of creating those memories. We are proud to provide learning as unique as every student. Come learn with us!

If the school that your child will attend is one of the new schools that is opening in the 2016-17 school year please visit the Building & Modernizing Schools web page and click on the new school's name. The page will provide information about where and when to register as it becomes available.

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu



Get Ready For Entertaining Season with a Layered, Luxurious Living Room

Combining new design concepts with vintage artisanal furniture creates living spaces that are simultaneously more functional and luxurious than ever before. With indoor entertaining season around the corner, it's the perfect time for a rejuvenation.

Update your space with these tips for creating a cozy, well-designed living room.

1. Blend old with new: Make your blended space look considered and intentional, not chaotic.
2. Break the mould with moulding: Crown moulding always adds architectural interest and a sense of luxury to any room. For an affordable and easy update, consider polyurethane or MDF moulding.
3. Complement with cozy finishes: Vintage accessories, low-pile shag rugs, heaps of hand-sewn pillows in different materials, and old fashioned candle holders will give any living room a warm vibe.

www.newscanada.com



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Happy Holidays

I've always loved the holidays. It's not just because of the family dinners, or the chance to get out to the Rockies to ski or snowboard, or even the gathering of presents under the Christmas tree. It's because of the kind and generous attitude with which Calgarians approach the season and their neighbours. We are a warm and giving people, but during the holiday season we always seem to one-up ourselves. You can see it everywhere – on the faces of kids in the corner store and in the kind smiles of Calgarians bundled up behind countless layers of clothing – and it makes me immensely proud to live and be from this wonderful place.

As lights and decorations find their way onto neighbouring businesses and homes, I hope that all Calgarians will consider taking the time to spread the joy of the season through their own acts of public service. This can mean volunteering your time at a local soup kitchen, helping to shovel a neighbour's sidewalk, or donating gently-used winter clothing to those in need. The options to give back and support your community are endless. If you have questions about how you can get involved in your community, contact your local Community Association or our office through email (ward08@calgary.ca) or phone (403-268-2431), we'd love to hear from you. From the Ward 8 office, we wish you a very happy holidays and a joyful New Year!

I wish you all the very best this holiday season and through the winter. Stay warm, keep safe on the roads, and have fun. 2017 is going to be a great year.

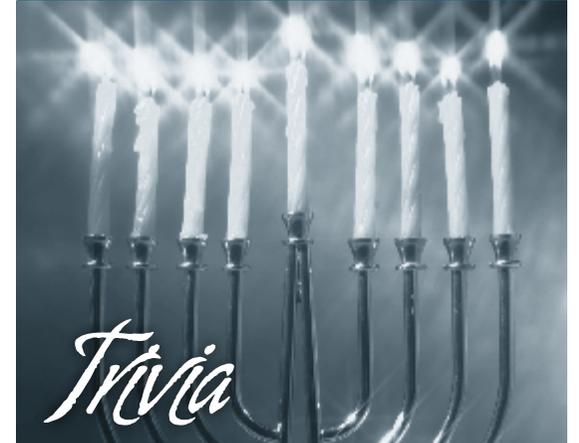
HOW CALGARIAN



Calgary sits at 1,048 meters (3,438 feet) above sea level and the sun shines on average of 2,300 hours a year. It's Canada's sunniest major city, so the temperature reaches 20C or better 85 days of the year on average.

HANUKKAH

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



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15



Snow White: The Snowy Owl

Article by Cheryl Bowman
Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.

- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.

- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.

DECEMBER MOON CALENDAR

	First Quarter Dec 7		Full Moon Dec 13		Last Quarter Dec 20		New Moon Dec 28
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MP CALGARY SIGNAL HILL
RON LIEPERT

#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

As we approach the end of 2016, I would like to take this opportunity to reflect on a few of the events of this past year since being elected Member of Parliament for Calgary Signal Hill.

I was privileged to be selected vice chair of the House of Commons Finance committee and it has been a busy 12 months. The Standing Committee held pre-budget consultations earlier this year prior to the introduction of the 2016 budget. The timeframe between the consultations and introduction of the budget was too short to have much impact on the actual document introduced in the House. Pre-budget consultations for the 2017 budget have just concluded and hopefully more of what was heard in our travels across the country will actually find its way into the budget next spring.

An important piece of legislation that was introduced this past year was Bill C-14 – Medical Assistance in Dying. Based on constituent feedback, I voted in favor of the bill which will provide comfort to many who face an end of life decision.

2017 will mark Canada's 150th Birthday and celebrations will occur throughout the year. Please feel free to contact our constituency office if you are planning an event and are looking for items you can use for this exciting occasion.

Locally, we are all too aware of the economic hardships that many Albertans are facing with the downturn in the economy and unfortunately the next 12 months may be just as difficult. Although we are seeing some small increases in commodity prices, industry will not make major investments until the situation stabilizes. 2017 will also see the conclusion of most capital projects still under construction in Alberta and there is little on the drawing board for the future. This is one time when I hope I am totally wrong but indications for the next period of time continue to be worrisome.

In addition, the devastating fires in Fort McMurray displaced many families from their homes and with the help of Albertans, we are now in a period of rebuild.

This fall has also been difficult for the agriculture community as many fields remain unharvested due to the weather. All of these difficulties makes this time of year hard on many families. I would ask that you continue to show the compassion and generosity we are known for by helping out neighbors and associations that are endeavoring to ease the burden on those affected during this holiday season.

Please let me express my sincere gratitude for your support and feedback over this past year and I look forward to representing you in Ottawa in 2017. Wishing you, your family, and friends a safe and joyous holiday season.

CALGARY PUBLIC LIBRARY

Happy Holidays
Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!
Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide
The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.

WINTER WORDfair
BUY GREAT GIFTS FOR THE BOOK LOVERS IN YOUR LIFE!
Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.
December 1, 5:00-8:00 pm
Central Library, 616 Macleod Trail SE
calgarylibrary.ca



FORCING BULBS

Barbara Shorrock

After a brief bout of snow during the first week, we have experienced quite a decent October and most gardens are in excellent shape with warm days encouraging us to get out and do a thorough fall cleanup. We are not so lucky every year, as early snow and wind often discourage this task.

So, now what? A very satisfying project during the winter is the forcing of bulbs for indoor bloom. It sounds aggressive but “forcing” is merely a term for encouraging growth of a bulb indoors that would normally emerge from the ground in spring. You can do this with many different varieties, such as crocus, tulip, muscari, amaryllis, and hyacinth. The easiest, however, is the **Narcissus Paperwhite**. Because Paperwhite bulbs do not need the weeks of cold temperatures some of the others do, you can pot them up for instant gratification almost any time. This member of the daffodil family requires no chilling, no soil, and will grow in any container in moderate light. What you need are some containers (minimum 3” deep), a bag of stones, marbles, beads or sand, and some raffia to tie them up when they get tall. For a great display, plant one bulb per inch of pot diameter (ie: a 10 inch round pot needs 10 bulbs.)

Fill your container with stones, placing the bulbs just below the surface with the tips up and covered with more stones. Put enough water in the container to just touch the bulbs’ roots. Bulbs sitting in water will rot. Place in a well lit window and you should have growth in a few days. Once they come into bloom, they will last longer in a cool spot.

For constant bloom, plant a new pot once a week for several weeks. With careful planning you will have blooms for weeks and weeks during the darkest part of winter. Some sources say to simply throw out the

bulbs when they have finished blooming, but others suggest tucking them into the garden to enjoy again another spring. They all agree that you cannot force a bulb twice. That sounds too hostile for my kind of gardening anyway. A recent magazine article suggests a bit of alcohol in the

water (gin? vodka?) will make the growth shorter. I don’t know if that works, but will maybe try it this year - perhaps a purpose for that Tequila that no one likes.

If you crave dramatic color, go for Hyacinths. The bigger the bulb the better. Place several snugly in a pot, cover with sterilized soil, dampen, and put in a cold place such as the basement refrigerator or a garage that does not freeze. They need to be chilled for several weeks, then brought out into the bright light gradually. Once you see green growth, you are set, and Mother Nature will take over from here. I tried this with some yellow crocuses one year. They were charming, and have been blooming under the ornamental crabapple tree ever since, competing with the Siberian Squill for first appearance through the snow in the spring. (My apologies for mentioning “spring” in November).

Imagine your Christmas Poinsetta surrounded by pots of creamy Paperwhites in January – that makes a very satisfying picture.

Barbara Shorrock is a gardener, writer, retired realtor, traveler, ESL teacher and avid reader. She can be found most first Wednesdays at the Queensland Garden Club.

TRIVA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.



MLA CALGARY CURRIE BRIAN MALKINSON

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Calgary, AB, Canada T2T 1Z6
Phone: (403) 246-4794; Fax: (403) 686-1543
calgary.currie@assembly.ab.ca

As we enter this time of holidays and festive gatherings, I am reminded just how fortunate I am to have family extended across Western Canada.

This time is a time we set aside for coming together, taking part and remembering the things we value most in our lives.

When I look at the news from across the region, I am startled at just how many of our young people are dying from opioid overdose. It is alarming the number of people who so swiftly fall under the spell of these incredibly powerful drugs.

While fentanyl is killing our friends, our families, our neighbours, no one chooses fentanyl, no one chooses overdose.

When we hear about another death from this deadly drug it is important to remember that this is not the beginning, this is not where this person started their journey.

Many first time opioid users come by them legitimately, many taking Tylenol 3 when they have their wisdom teeth removed, and for most, the story of their opioid use ends when the prescription runs out. Others come to it on the street by virtue of predatory drug dealers, looking to upsell new clients on more impressive highs. The insidious nature of opioid drugs is that no matter how you come to it, its ability to hook our bodies makes it too easy for the fine line between a drug being medicine and harmful substance to get blurred, and physical addition creeps in.

By the time we hear about a Fentanyl overdose, the user has been scraping the bottom of the barrel for some time, strung out and abandoned by mainstream society, and welcomed into the open arms of the opioid drug trade. When being wrapped in the warm embrace of an opioid rush, the only thing that matters is the rush, when no one else seems to care who you are. Addictions strike fast and conditions can debilitate an individual faster than they can realize what is happening. It

is an incredibly difficult path to walk alone, and recovery almost never occurs without a supportive environment.

I am so proud that our government is taking a stand, and making progress in combatting the debilitating effects of opioid addiction. While working on harm-reduction programs, we are also aiming to tackle the root causes of substance abuse through investment in prevention and research programs. To learn more about how our government is taking action on this critical issue, follow the links found here: www.health.alberta.ca/health-information.html

Triva
Xmas Volunteers

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.

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

Happy Holidays!



provide protection for your tree and presents.

4. Holiday baking? Yes please! Looking for a great way to amuse younger houseguests AND include your pet on

the fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

5. Put Santa's cookies on the mantle, not the floor!

To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better yet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.

6. Spend some quality time together! Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.

7. Give your pet a space of their own. When house-guests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.

8. Spread some holiday cheer! Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

From all of us at Calgary Humane Society, have a safe and happy holiday season!

Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

1. Distract Fido with special treats! Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!

2. Choose "Fluffy friendly" wrapping and decorations! Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.

3. Secure the tree! If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

Trivia
Xmas Volunteers

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.

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Rosscarrock mybabysitterlist

Name	Age	Contact	Course
Babysitter Name	Age	Contact Details	Course
Cathy	30	403-390-8600	No
Criselda	45	403-714-6083	Yes
Genevieve	26	581-307-6165	Yes
James	15	587-583-4683	Yes
Jordan	25	403-966-1647	No
Melissa	22	587-436-9260	Yes
No	18	402-718-3749	Yes
Priscilla	27	403-402-6113	Yes
Saba	17	403-437-6683	No
Shawna	18	403-402-0489	Yes
Sophia	35	587-700-5989	Yes
Tenzin	18	587-581-3365	No

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 1988, the **Nobel Peace Prize** was awarded collectively to UN peacekeepers in recognition of their efforts over the years to help restore peace to countries in turmoil.



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$712,450.00	\$696,750.00
September 2016	\$499,900.00	\$485,000.00
August 2016	\$729,500.00	\$695,000.00
July 2016	\$629,950.00	\$612,500.00
June 2016	\$719,700.00	\$700,000.00
May 2016	\$675,000.00	\$646,500.00
April 2016	\$0.00	\$0.00
March 2016	\$602,000.00	\$580,000.00
February 2016	\$619,900.00	\$600,000.00
January 2016	\$769,900.00	\$711,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00

Last 12 Months Rosscarrock MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	5	4
September 2016	5	3
August 2016	2	1
July 2016	5	4
June 2016	7	2
May 2016	5	7
April 2016	5	0
March 2016	2	2
February 2016	4	1
January 2016	3	1
December 2015	4	0
November 2015	4	0

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

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.



VOLUNTEER

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



GIVE TO CLOTHESLINE®

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



BECOME AN ADVOCATE

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



HOLD A FUNDRAISING EVENT

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



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.



**CALL TODAY:
403-457-3240**



Dr. Linda Geng

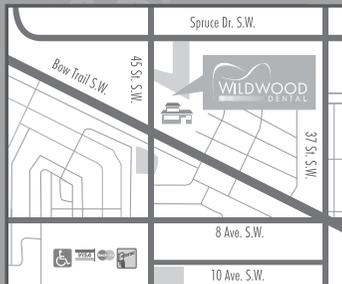
Dr. Erika Schroeder

NEW PATIENTS AND EMERGENCIES ARE WELCOME

- **Direct Billing available**
We Offer Direct Billing!
It's that time of year again! Don't let your 2016 unused dental benefits go to waste. We accept most dental plans and electronically file your claims for faster & easier processing.
- **Have A Dental Emergency?**
We understand that urgent situations do arise. We can accommodate same-day or walk-in emergency appointments and get you out of pain as quickly as possible.

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 Tues 10-6
 Wed 8-4
 Thur 10-6
 Fri 7-3
 Alt Sat 8-2



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