

JANUARY 2017

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# ROSS-CHARACTER

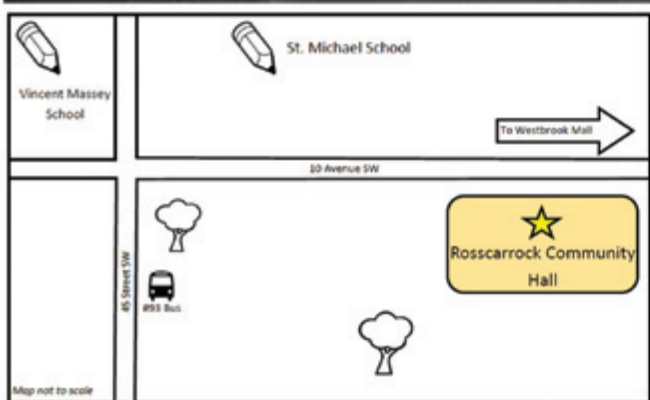

THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER





# 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!

**COFFEE AND SNACKS ARE PROVIDED**

To register contact Laura  
 Phone: 403-680-6149  
[leeles@closerthohome.com](mailto:leeles@closerthohome.com)  
 \*Program runs Sept-June\*  
 (call for more details)

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Contact in confidence (fees paid by client)  
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[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870



## 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

Delivered monthly to 2,300 households and businesses for 2 years

### Editorial Submissions

info@rosscarrock.org  
All editorial content must be submitted by the last Tuesday of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

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Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Check out our website:  
www.great-news.ca

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and RossCarrock Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
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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# ROSSCARROCK BOARD OF DIRECTORS 2016-2017

## EXECUTIVE

Ronald Waters	President
James Brunton	Vice-President
Evangeline Ross	Secretary
Terry Paukstat	Treasurer

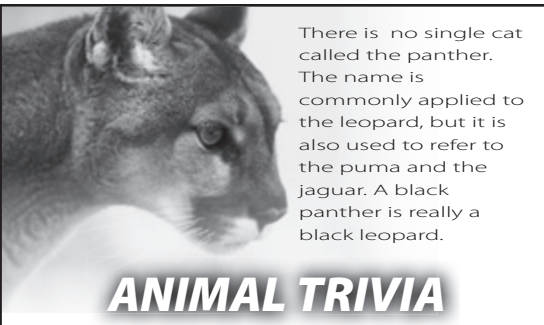
## DIRECTORS

Alastair Beddie	Member at large
Kirk Bodnar	Member at Large
Oleg Ceapa	Member at Large
Renee Landry	Special Projects Director
Kyle Harnett	Member at Large
Greg Harquail	Member at Large
Wessley Mudge	Member at Large
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



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

## ANIMAL TRIVIA

## 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# \_\_\_\_\_

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## Looking for a fun way to keep active this fall?

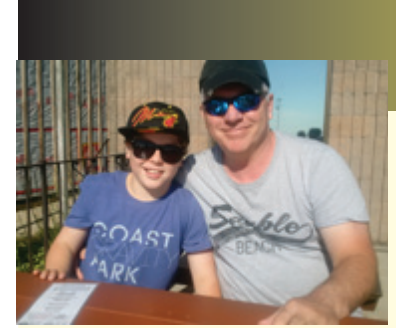
Check out Pickleball on Tuesdays and Thursdays from 6:30 – 8:30 p.m. at the Rosscarrock Hall!

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

## KIDS ART COLLECTIVE

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

**James Brunton,**  
Vice-President  
of RCA

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

this is my community! I recognize that if one wants to live and raise a family in a strong neighbourhood, it's best not to take anything for granted and, if you really care, get involved. If you seriously want your community to function well, the onus is as much on you to make a difference as anyone else.

### I love living in Rosscarrock because...

As others have said, the neighbourhood of Rosscarrock is ideally located within the City of Calgary. We sit at the cusp of the "core" quite close to downtown - yet we also have awesome access to the countryside. The neighbourhood's multi-ethnic composition is something I adore and am proud of. Our community is reflective of the times and has this aura of growth, change and optimism about it.

### In my spare time I...

am a father in a modern nuclear family, with two school-aged sons - i.e. I am a hockey/soccer dad. I go to my sons' games and do my best to not yell and scream. I also enjoy playing guitar in a variety of music styles from highlife to Irish music.

### My favourite quote is...

"Without music, life would be a mistake."  
(Friedrich Nietzsche)

## 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.

## PRESIDENT'S MESSAGE

Volunteerism is alive in Rosscarrock! Two major events couldn't have happened without your support. Thank you to all the volunteers for our casino night and Christmas party. In addition to the smiles and friendship that we shared while there the casino will provide us with the means to start much needed work to our building. More on that later.

Believe it or not – summer (yes sun!) will soon be here. Our Events Committee is already planning for a very special Canada 150 event and do not forget the spring events. Already in the planning stages. In my last message I invited those who like events to join us on the Event Committee. You can target working on a specific event like St. Paddy's day or the overall organization of all six events we presently run.

I'm focusing on events because we are going to use that community task to expand what we will provide to Rosscarrock residents. There is a lot of activity that we envision for your community. It all requires diverse skills. Some that can give a little – others can provide a larger commitment. Your neighbours and I appreciate whatever support you can give.

Can you tell that I am somewhat talkative? Challenge my listening skills! I'd love to hear from you about anything that you feel affects the place where we live. Positive or negative - let me know by contacting me at [info@rosscarrock.org](mailto:info@rosscarrock.org) or directly at [president@rosscarrock.org](mailto:president@rosscarrock.org).

## Wildwood Community Association is Hiring!

Wildwood Community Association is looking for a building manager to manage the rental activities of their busy hall and oversee day-to-day maintenance and snow clearing cleaning in and around their facility.

While the role is part time, a commitment to spending specific hours per week at the hall during the day is required. You will use your computer to communicate with potential renters via email, manage the building access system and respond to general inquiries. Other tasks include: developing maintenance schedules and procedures, providing reports to the board, tracking inventory and purchasing supplies for the hall, overseeing maintenance services and trades people and hiring these services as required.

This is a great role for an organized, reliable, personable individual. Please submit your resume to [secretary@mywildwood.ca](mailto:secretary@mywildwood.ca) not later than January 20, 2017

Visit <http://mywildwood.ca/> to learn more about this great community.



## Learning Opportunities Ahead

### Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

**Saturday, January 28th 10 a.m. – 12:00 p.m.**

Delta Calgary South (135 Southland Drive SE)

Register today

Visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

Call (403) 290-0110


Email [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)

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## YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

# COMMUNITY ANNOUNCEMENTS

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

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

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

**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.vocalatitudes.org](http://www.vocalatitudes.org).

**VOLUNTEERING**  
*is good for the soul*

## STEP INTO WINTER



**Are you thinking of becoming more active?**

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

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

**By completing the 3 questionnaires you will receive:**

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

**To participate contact Research Coordinator:**  
[perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)



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

# IN AND AROUND CALGARY



## Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a baby:

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.
4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [ncecmmap@weconnectyou.ca](mailto:ncecmmap@weconnectyou.ca).

# IN & AROUND CALGARY

## EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

### Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



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

Dr. Linda Geng

Dr. Erika Schroeder



## NEW YEAR'S RESOLUTIONS FOR A HEALTHY SMILE!

### •Direct Billing available

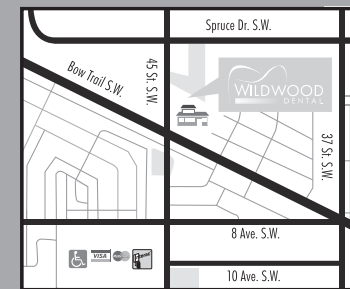
**We Offer Direct Billing!**  
It's that time of year again! Don't let your 2016 unused dental benefits go to waste. We accept most dental plans and electronically file your claims for faster & easier processing.

### •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



Suite 102, 636-45 st. SW, Calgary, AB T3C 2G2  
[www.WildwoodDentalCalgary.com](http://www.WildwoodDentalCalgary.com)



# The Indoor GARDENER

by Cindy DeJager

## PRAYER PLANT

(marantaceae leuconeura erythronera)  
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

### HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronera (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

# Join us at the Farmers' Market!

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

Vendors may contact [info@rosscarrock.org](mailto:info@rosscarrock.org) to reserve a booth.

## IN & AROUND CALGARY



### Free ESL Classes

Develop essential vocabulary, pronunciation and conversation skills with native English-speaking volunteers. Weekly 1.5 hour classes on Wednesday mornings, Thursday evenings and Sunday evenings. Adults +18, school-aged children if accompanied by adult. Register at [calgaryesl.ca](http://calgaryesl.ca).



# Happy New Year!



We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

- 1. Reliable recall** – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.
- 2. Serene sitting** – Learning to sit quietly and calmly is a great life skill that can be used to replace many unde-

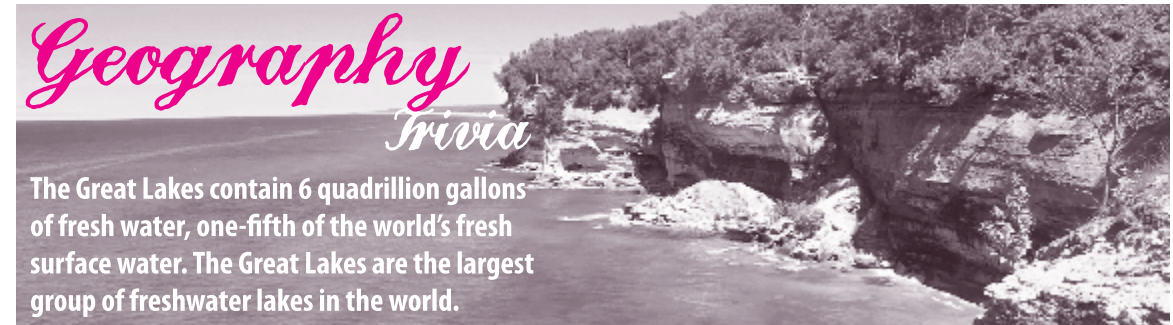
sired behaviours like barking at the door or jumping up.

**3. Waiting patiently** – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

**4. Leave it** – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

**5. Trading up** – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!



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

# Ask Charles

***I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?***

To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.*



## ON THE EDGE

TUESDAY, JANUARY 10, 2017  
7:00PM  
RIVER PARK CHURCH AUDITORIUM

MARDA LOOP JUSTICE FILM FESTIVAL - JUSTREEL SERIES PRESENTS:

### On the Edge

**Release Year: 2016**

**Runtime: 45 minutes // Director: Marco Kuehne**

**Synopsis:** For more than 100 years the East German region of Lusatia has been exploited as a source of energy for Germany. Enormous open pit coal mines have devastated nature, villages and culture. The excavators dig out tons of lignite (brown coal) which is then burned in the nearby power plants. As a result of these operations 136 villages have disappeared. People are now standing up for their rights and are defending their homes. On the Edge follows brave people who are fighting for a renewable future. In the past four years the filmmakers joined the movement and spoke with the people about their motivation, fears and hopes - revealing a growing resistance in times of climate change and the challenge.

**Conversation Leader:** TBA

**When:** Tuesday, January 10, 2017 7:00 PM

**Where:** River Park Church Auditorium

**Cost:** Free

**Website:** [www.justicefilmfestival.ca](http://www.justicefilmfestival.ca)

**Twitter:** @justicefilm

**Instagram:** @mardaloopjusticefilm



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## Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

**5. Have high standards.** Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

**6. Learn to repair and exit the argument.** Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

**7. Focus on the bright side.** In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



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Happy New Year to one and all. I am excited to tackle the year ahead.

If you did your taxes last year, this month will mark the first rebate you as an individual, may be eligible to receive, to offset the effects of the carbon levy.

Transitioning our economy isn't going to be easy, but it is something we must do, and it is something we must do here in Alberta. We know what our province is like, we know what we need, and we know how to get there. By taking charge and boldly taking action on this front we are able to ensure a Made in Alberta solution to our carbon problem instead of simply waiting for a Made in Ottawa approach.

In Alberta we take matters into our own hands. While we see the need for occasional hand-outs, we far prefer hand ups. Give us the tools we need to succeed and we will succeed.

The carbon levy is a crucial part of transitioning Alberta to an economy of the future. Alberta is a leader, in Canada, and around the world. Our technical prowess, our intellectual creativity, and our perseverance are all things that have drawn others to this province for generations. This province is full of people who want to be at the front of the pack, driving the change, driving the action, and driving the future of our world.

I am so proud that we are taking matters into our own hands and taking charge in a truly Albertan way.

How do you reduce your carbon footprint and thus your tax bill? I've seen some exciting initiatives in Currie, such as the Richmond Knob Hill Community Association building recently installing solar roof panels. In our own homes, we can use plastic window insulation, carpool more with our neighbours, take advantage of our cycle paths, or take public transit, as I know many of you already do.

Whatever you chose to do, it's your Alberta, your environment. Let's start the new year off with moving our province forward toward a cleaner future.



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The Official Opposition Finance team has been hard at work, criss-crossing the country to hear Canadians views on the next federal Budget, set to be tabled in 2017. I want to take a moment, as your MP, to share with you what our team heard, and how we are working within Parliament to push for the voices of Canadian taxpayers to be respected in the upcoming budget.

Every day, I hear a story about a constituent whose employment has been impacted, at least in part, due to the federal government's budget. Our economy has lost 30,500 full time jobs in the last year according to Statistics Canada. Many witnesses, such as the Canadian Federation of Independent Business, agreed that increases in payroll and business taxes that have been introduced by the Government have significantly limited job-creators abilities to hire more employees. Other witnesses wondered if (and when) the Government might ever actually try to meet its promise to reduce small business taxation rates. We know that small business creates the majority of new jobs in Canada – and we believe strongly that Government needs to do more to encourage a job-creation atmosphere.

On taxes, many witnesses we heard from seemed to suggest that the Government had a mixed record at best. While the effectiveness of the "middle class tax credit" is debatable, what is clear from every family income situation our team has run, is that with the cancellation of popular tax credits like the Child's Fitness Tax Credit, nearly everyone is paying more personal income tax today than they were a year ago.

I want to thank the more than 440 organizations that submitted commentary to our Finance team, the more than 290 witnesses our team heard from across Canada, and the many of you who have written me sharing your family's situation and providing suggestions on what Government can do to increase the quality of life for all Canadians. Rest assured we will continue to push forward on this file in the months ahead.

**FEB. 9 - 12  
CALGARY BOAT AND  
SPORTSMEN'S SHOW AT  
STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info [www.calgaryboatandsportshow.ca](http://www.calgaryboatandsportshow.ca)



**FEB. 25 - 26  
2017 ISU WORLD SPRINT SPEED  
SKATING CHAMPIONSHIPS AT  
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info [www.speedskating.ca](http://www.speedskating.ca)



**UNTIL APRIL 30 SHOWCASE:  
TOM COCHRANE AT NATIONAL  
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info [www.studiobell.ca](http://www.studiobell.ca)



FEBRUARY

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

**Feb. 8 This Is That Live at Jack Singer Concert Hall**

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info [www.artsccommons.ca](http://www.artsccommons.ca)

**Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm**

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

**Feb. 14 - 25 Skylight at Theatre Calgary**

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info [www.theatrecalgary.com](http://www.theatrecalgary.com)

**Feb. 24, 25 Winefest at Stampede Park BMO Centre**

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info [www.celebratewinefest.com](http://www.celebratewinefest.com)

**Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities**

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration [www.canada.cnoy.org](http://www.canada.cnoy.org)



**Rosscarrock Real Estate Update**

**Last 12 Months Rosscarrock  
MLS Real Estate Sale Price Update**

	Average Asking Price	Average Sold Price
November 2016	\$619,450.00	\$607,750.00
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

**Last 12 Months Rosscarrock  
MLS Real Estate Number of Listings Update**

	No. New Properties	No. Properties Sold
November 2016	3	4
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

To view more detailed information that comprise the above MLS averages please visit [rosscarrock.great-news.ca](http://rosscarrock.great-news.ca)



Name	Age	Contact	Course
Cathy	30	403-390-8600	No
Criselda	45	403-714-6083	Yes
Genevieve	26	581-307-6165	Yes
James	16	587-583-4683	Yes
Jordan	26	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	19	403-402-0489	Yes
Sophia	35	587-700-5989	Yes
Tenzin	19	587-581-3365	No
Tenzin	18	587-581-3365	No

**Calling All BABYSITTERS**

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

**Calling All PARENTS**

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

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

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