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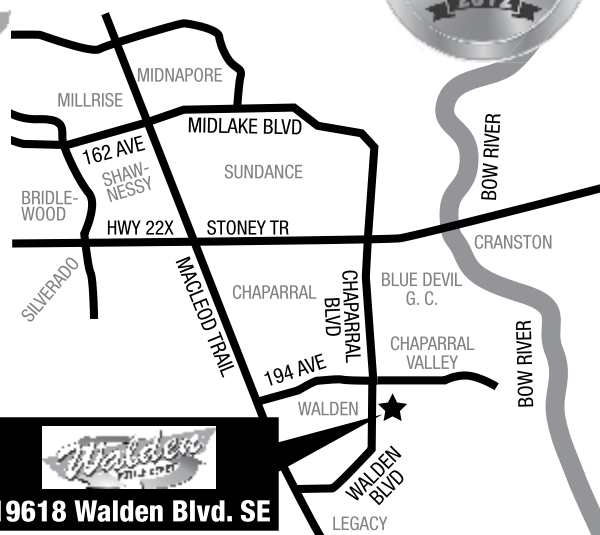
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treasurer@silverado.ca
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Silverado Community Association and Great News Publishing do 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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"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

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Silverado Community Association

Board of Executives

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Nick Bartok	Vice President
Lori Wock	Treasurer
Marion Skaja	Secretary

Board of Directors

Sara Engelhardt	Memberships/Events
Alex Sazanovitch	Website Director
Sarah Fennell	Communications/Events
Liz Kane	Trico Board Rep/Events
Joseph Purcell	Golf Tourney Organizer Adopt-A-Rink Coordinator
Bruce Zhao	Community Clean-up/Events
Stef McDonald	Community Garden Coordinator
Heather Dean	Events

To contact the SCA, please email us at info@silverado.ca.



Follow Silverado Community Association on Facebook

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

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SCA Marketplace Benefits

Please show your SCA membership card to redeem your discounts

Business	Discount
Skaja Law	10% off on legal fees, excl. disbursements.
Siraia	Waived registration fee and 10% off Siraia dining room
Trico Centre	20% off membership to Trico
Longevity Painting	10% off
Turtles in Bloom	10% off (use discount code Silverado)
Hot Yoga & Spin	10% off class packages and one month unlimited
Daisy Fresh Dry Cleaners	10% off total bill for all dry cleaning services
Denim & Smith	10% off all cuts
Papa John's Pizza	10% off
Silverado Veterinary Hospital	10% off services
Tobacco Outlet	10% off accessories
B.A. Productions	10% off
Silverado Business Centre	10% off meeting space
Capture the Flag	Waived entry fee and free level 3 upgrade gun
Anytime Fitness	Free FOB (a \$50 value)
Global Pet Foods	10% off
Sobeys	10% off (first Tuesday of every month)
Beyond Bronze	10% off
One Time Shot Photography	10% off
Kung Fu Restaurant	10% off all pickup orders
Rush Salon	10% off products only
Stitch 4 You Alterations	10% off
Hairapy Parlor	15% off

SILVERADO COMMUNITY POLICE LIAISON OFFICE INFORMATION

Please feel free to contact our community liaison office with questions or concerns. Eugene is working very hard to keep our community safe so let's help him out in any way possible.

Cst. Walter Kachmar
Community Liaison Officer
Calgary Police Service District 8
Office: 403-428-6800
Email: pol3114@calgarypolice.ca

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* According to the 2016 RBC Canadian Water Attitudes Survey

SILVERADO RESIDENTS' ASSOCIATION (SRA)

Board Responsibilities and Accountabilities

The Board is a dedicated group of individuals who volunteer their time for the benefit of all residents and who care for the community they reside in. The Board is committed for sharing information, full governance and generally maintaining our pathways and green space.

Some key activities for December month:

Budget and Invoice for 2017 Fees were mailed to all Owners

Green Space Maintenance & Snow Removal

Snow Removal is effectively being managed. Sometimes due to heavy snow than usual all pathways under SRA are cleaned as quickly as possible. Home owners are responsible to maintain the sidewalks bordering their properties and removal of the snow.

Irrigation System

No major activities to report.

How you can help

There are four sub-committees, namely Irrigation System & Maintenance; Landscaping Preservation & Maintenance; Communication and Website Enhancement; Claim with the Previous Management Company.

We are still looking for more volunteers on various sub-committees. If you have expertise and time to volunteer for any of the sub-committees, please send your name, and contact info with details of experience to the attention of SRA Board via email at silveradora@gmail.com or at WandaH@simcomgt.com. **A person with legal background could help immediately in the claims sub-committee and to review certain articles and policies.**

Staying in Touch

There is no increase in the 2017 Fees. The Operating Budget for 2017 was finalized and mailed with fee invoice. Several additional capital budget items were identified such as bridge repairs; traffic circles; signage; etc. more detail will be available in March/April 2017 once we have all the prices. Three new board members were appointed in December 2016 to complement the current board so that we continue to serve effectively the needs of Silverado residents.

Communication

All Owners have been mailed their invoice and budget

for the fiscal year 2017. We encourage you to update your correct address and contact information with SIMCO and pay your invoice on time to avoid any penalties.

Stay tuned, as we promise a regular update to you through the SRA website and Silverado Edge. Information regarding the SRA can be found at www.silveradora.com. We encourage you to send your constructive inquiries, comments and suggestions to Simco Management (Calgary) Inc.: Contact Person: Wanda Hogg Tele. 403-234-0166 ext. 4022; WandaH@simcomgt.com

Silverado Residents Association email: silveradora@gmail.com

Happy New Year and Best Wishes!

**Dedicated Board of Directors
Silverado Residents Association**

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15



Become a part in your Community! Join the Silverado Community Association

Family Name: Date:

Applicant's First Name(s): Home Phone:

Address: Postal Code:

Email:

- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date of the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



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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 discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- 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 medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon 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.

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- New location: **20200 Walden Boulevard SE**

For further info:

- <http://southviewchurch.com/ministries/family-ministries/agapeland>
- Southview Church
 - 403-256-4922
 - Agapeland@southviewchurch.com

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



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



Silverado Real Estate Update

Last 12 Months Silverado MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$499,900	\$483,750
November 2016	\$414,900	\$403,950
October 2016	\$415,450	\$408,000
September 2016	\$434,450	\$425,000
August 2016	\$436,200	\$426,000
July 2016	\$377,450	\$367,500
June 2016	\$490,000	\$494,000
May 2016	\$406,600	\$397,250
April 2016	\$439,900	\$435,000
March 2016	\$469,000	\$453,000
February 2016	\$450,000	\$440,000
January 2016	\$479,900	\$466,000

Last 12 Months Silverado MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	9	4
November 2016	5	6
October 2016	9	8
September 2016	13	6
August 2016	12	6
July 2016	8	4
June 2016	12	11
May 2016	17	10
April 2016	11	13
March 2016	12	9
February 2016	22	7
January 2016	13	9

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



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 FamilyWellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.tricocentre.ca.
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.



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Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of plantar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)

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

FLC SENIORS CLUB – TAI CHI 55+: Study of the 105 Movement Yang Style. Our Spring Session starts April 6th, with Thursday morning classes held at the Trico Centre. For further information please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

BRAIN GAMES SUDOKU

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

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 Thursday 7:00 am - 7:00 pm
 Friday 7:00 am - 2:00 pm
 Saturday 9:00 am - 4:00 pm

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- Welcome to Dr. Laura Huber who is now accepting patients in her family practice.

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 Call (403) 254-2030 to book an appointment.
 Visit our website at www.thesundanceclinic.com

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South Calgary Health Centre Building
 31 Sunpark Plaza SE Calgary T2X 3W5



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
 403-268-1653

Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

Counciltalk

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at calgary.ca/ward14connect.

Ward 14 Community Calendar

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note

Finally, it is the month of love, and Valentine's Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let's not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!



Name	Age	Contact	Course
Eric	12	587-432-7888	Yes
Paige	13	587-226-8748	Yes
Morgan	14	403-651-0370	Yes
Emelia	15	403-870-9738	Yes
Jordan	15	780-215-7558	Yes
Gracie	16	403-807-6893	Yes
Faith	17	587-892-2101	Yes
Daria	17	403-850-3380	Yes
Sara	19	403-700-8675	No
Daniela	33	403-397-5277	Yes
Jay	34	403-890-9789	No
Shannon	40	403-931-3232	Yes

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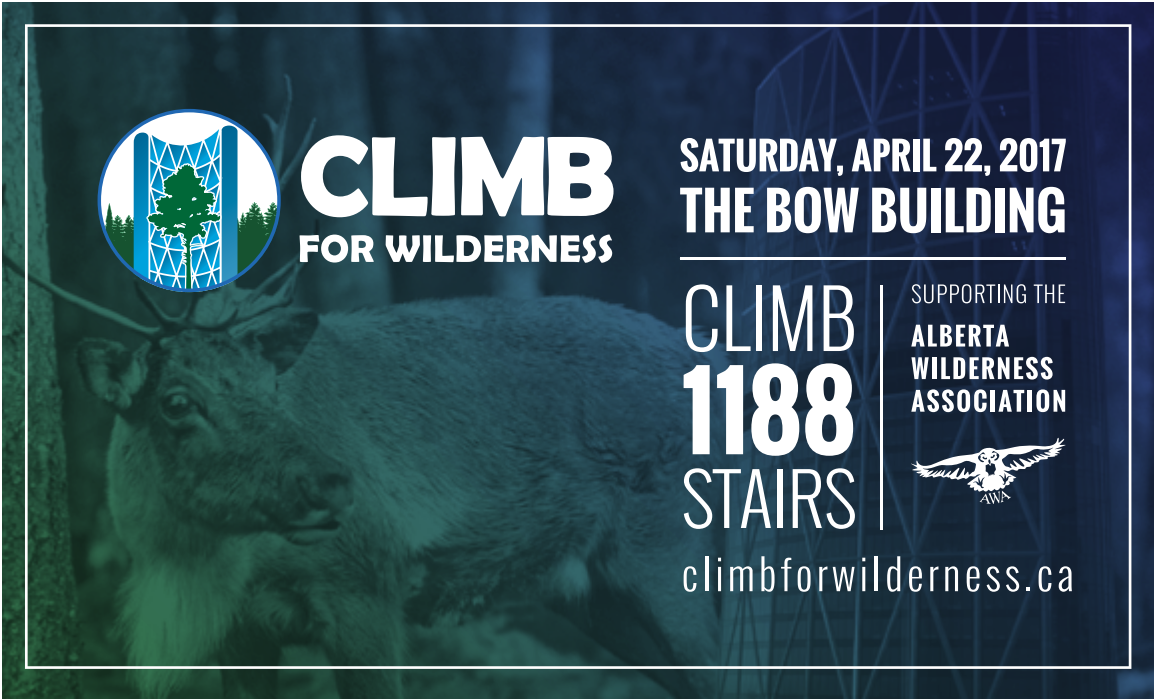
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