DELIVERED MONTHLY TO 8,000 HOUSEHOLDS

BRINGING SOMERSET & BRIDLEWOOD RESIDENTS TOGETHER





Rotary Renovations Ltd. provides property maintenance and project management services. We are a company you can trust!

- General Contracting • Carpentry
- Siding • Stucco
- Interior Finishing
- BBB • Framing ACCREDITED
 - Drywall Property Maintenance & Post Construction



• Painting

Hardwood

• Tiling



SAFETY*sync*

"An effective health and safety

losses, reduce costs and provide

evidence of due diligence.

inagement system can help prevent

Enform IRP 9 (Revise

If it's not listed, we do that too! High quality work, great rates! Call Florin today @403.975.8995 or send an Email to florin@rotarvrenovations.com

1110

Somerset & Bridlewood Community Association

Box 69056, RPO Bridlewood SW Calgary, Alberta T2Y 4T9 info@mysbca.ca | www.mysbca.ca

Elected Officials



Councillor Diane Colley-Urquhart Ward 13 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-1624 Fax: 403-268-8091 Email: ward13@calgary.ca Web: www.calgary.ca/ward13





MLA Graham Sucha Calgary-Shaw #328, 22 Midlake Blvd SE Calgary, AB Canada T2X 2X7 Phone: (403) 256-8969 Fax: (403) 256-8970 calgary.shaw@assembly.ab.ca

NEWSLETTER AD SALES GREAT NEWS PUBLISHING 26

Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca

CUNTENTS

Somerset Bridlewood Scout Group	5
Keep Your Paws Warm!	6
At A Glance	12
Trico Centre	13
Your Community Business of the Month	15



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING SOMERSET & BRIDLEWOOD FOR 17 YEARS!

Strike Outstanding Family Physician Award

Do you have an outstanding family physician? Nominate today! Nominations close on March 1st, 2016

To nominate, visit www.albertahealthservices.ca/info/page4011.aspx Call Zunaira Ahmad at 403-955-9354 or email to Zunaira.Ahmad@ahs.ca

ART & FRAMING GALLERY Family owned since 1989 NORTH Market Mall 3625 Shaqanappi Tr NW 20% OFF Calgary, AB 403-286-9557 **CUSTOM FRAMING** Expires Feb 29/16 SOUTH 2, 625-77th Ave SE **Open Daily** Calgary, AB www.avenidagalleries.com 403-278-3074 BRIDLEWOOD EYE CARE YOUR NEIGHBOURHOOD VISION CENTRE

> NIKON LENSES MULTIPLE PAIR PROMO can be combined with FRAME SALE UP TO \$100 OFF *See in store for details



WE DIRECT BILL TO



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website

www. Somersetwaterpark.org.

QUESTIONS OR COMMENTS?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

VANDALISM

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

ANNUAL INVOICE

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.somersetbridlewood.ca.

Contact information:

SOMERSET RESIDENTS ASSOCIATION Phone: 403-807-8736 Email: somersetresidents@ shaw.ca; Website: www.somersetwaterpark.org.





Happy New Year from 264th Somerset-Bridlewood Scout Group!

Our group has been very busy this fall. The Cubs, Scouts, Venturers and Rovers have attended several camps in addition to the weekly meetings. Also, we participated Remembrance Day services at the CP Rail Yard and volunteered time with the Salvation Army Kettle campaign in December. Annually, we adopt a family in need and help to provide them with a good Christmas. This year,





we're proud to say that we have continued that tradition. Our members are proud to give back to the community and make a difference.

In the New Year we have many more exciting adventures coming up! The Beavers have a sleepover camp at the Calgary zoo and are very excited. Our Cubs and Scouts are attending a winter camp in February that will be run by our older Ventures and Rovers. This is a very large and fun camp that has nearly 100 participants! We're all excited to get out for a weekend in spite of the snow and cold!

We would like to send a big thank you to the community for their support of our bottle drives. The fall bottle drive had two full trailers and it went very well! Also, a big thank you to those of you in the community who bought popcorn and supported us once again.





Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After

Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.



Back Porch 5 AM Check the traps It's November and the mice this year were only About five. But end of season This one is very smart. Eerily.

I lined up the traps my patented way Five, in a circle. He'd have to step on one to get to another Surely. A bit of cheese placed just outside one, to entice.

Seems cruel but I have rules. Out there in the yard, under trees. Fine. He's in his world But the porch is my territory.

Each morning the cheese is gone. I marvel I rearrange them to a straight row, back to front I rearrange them to no pattern I put them in other locations to surprise him I buy more traps

Yesterday I put six in two rows, face to face With an end one so he'd be physically unable to not mess up And I waited.

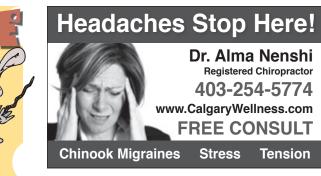
This morning the cheese was gone from three of them anyway.

He had moved the end trap farther away, brilliantly And then gotten access to the first pair from the side. I had not thought of that. Wish I had motion-sensor camera to watch him

Does he have a friend? Does he reach through with tiny paws?

And I realize a mouse brain has outwitted my own -again. I went to the store to get better traps They had them. Kill traps with huge metal bars to slam down on him Or poison pellets -Costly but guaranteed.

And I could not bring myself to buy them. We are returning to our routine I feed him cheese daily In some sort of devious but gentle way that tests his IQ If he dies, he dies. But it makes it a fairer challenge. Respect.





Mental Wellness Recovery Groups It is possible to recover and stay well

Depressed? Anxious? Certified Peer Specialists guide you through a structured group program proven to help people recover from depression & anxiety. 10 weeks, 2-hrs/week. 12 person max. Funded by South Calgary Primary Care Network. No fee for adults living south of Anderson Rd.

Call 403-616-3004 or go to www.mentalwellnessrecovery.com



Meaningful curriculum | Large gym facility Varied play opportunities | Special events Parental participation | Caring, Experienced Teachers | Bright, spacious classrooms

- REGISTRATION STARTING JANUARY 18 FOR SEPTEMBER 2016 -

Call Marilyn 403 278-2608 Located in the Bonavista Baptist Church 1507 Acadia Drive SE

Located in Lake Bonavista since 1977



- YAMAHA MUSIC PROGRAM FOR AGES 2-ADULT WORLD RENOWN MUSIC PROGRAM FOR OVER 50 YEARS

-GROUP AND PRIVATE LESSONS ON ALL INSTRUMENTS



Stay-at-home Parent Subsidy Program approved school www.sonatayamaha.com Shoppes of Bridlewood. Unit 344 2335 - 162Ave. SW

GAMES SUDOKU

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

FIND SOLUTION ON PAGE 10

IN & AROUND CALGARY

Fire Safety

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

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

• Ensure your bedroom doors are closed while you are sleeping

• Ensure there are smoke alarms and carbon monoxide detectors on every level of your home

• Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)

• Prepare a home fire escape plan including a meeting place

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

Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

www.nails-time.com

CALL 403-254-8330

Hazards

- Avoid hills that are too steep, or too icy you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

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.
- Ensure frostbite hasn't affected any exposed skin.
- 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 cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



c. Follow very strict health and hygienic standards

Gift Cards are Available • www.Nails-Time.Com



RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

In-person financial advice for all employees

Group retirement savings plans

Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. "Member Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Weath Management, a business segment of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 13, 5000; Ikm.011

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

BRAIN SUDOKU

*Accredited BRIDLEWOOD OUT OF SCHOOL CARE

323, 2335 162 AVE SW (located in the Shoppes of Bridlewood)

OPEN 6:45am - 5:45pm

Schools we service are... Bridlewood School, and Monsignor J.J. O'Brien.

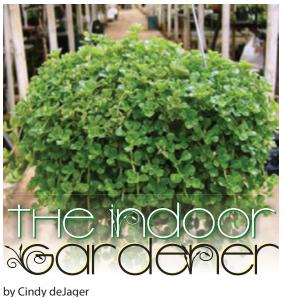
Pick up and drop off included. Breakfast and afternoon snack is included. Summer Programs: Indoor/Outdoor activities planned (weather permitting)

Accepting Kindergarten to grade 6. Accepting for Kindergarten 2016 NOW Open on non-school days.

Come tour our facility! 403-256-1588



bosc.kidz@shaw.ca



SOLEIROLIA HELXINE (Baby's Tears)

A Baby's Tear Plant is a delicate looking house plant that resembles a mat or carpet of tiny green leaves as it spreads over the sides of its pot. Baby's Tears plants, which originally came from Corsica and Sardinia, have tiny round or bean- shaped leaves that grow on thin fragile stems. Baby's Tear houseplants can be used as table plants or small hanging plants.

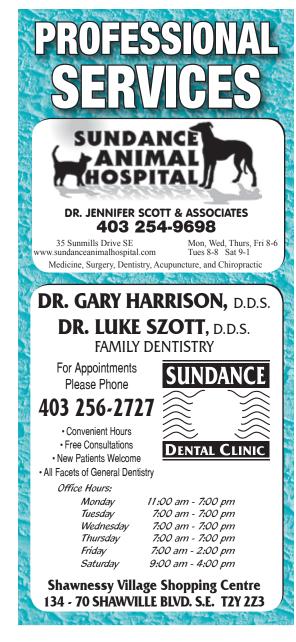
My mother had this plant under a table lamp when I was a child, and I can still remember being irresistibly attracted to the tiny, fat leaves. I just bought myself a plant recently – you don't see them very often in the stores and I'm not quite sure why.

To be really successful with this plant it requires bright indirect light and only enough water to moisten the soil. Mist this little plant often because it needs more humidity than we have here in Calgary.

Soil:

I have read that it gets tiny white flowers in the spring but I have never seen one in bloom.

The Baby's Tear is a non-poisonous houseplant.





FEBRUARY 16 TO 21 THE WIZARD OF OZ

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. www.calgary.broadway.com



FEBRUARY 19 TO APRIL 24 STAR WARZ-A GALACTIC ROCK COMEDY

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vador and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. www.calgary.jubilations.ca



YOUR COMMUNITY/CITY EVENTS

• February 1 to 29 - YYC Hot Chocolate Fest:

Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com

- February 3 Calgary Flames vs Carolina Hurricanes at the Saddledome 7:30 pm. www.calgaryflames.com
- February 5 to 20 Lord of the Flies: Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting,
- dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org
- February 12 Calgary Hitmen & Red Deer Rebels face
- off at 7:00 pm at the Saddledome. www.hitmenhockey.com
- www.nitmenhockey.com
- February 12 to 14 Block Heater: A Winter Music
- **Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com
- February 12 to April 17 Suite Surrender: Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a
- love note to classic farce.
- www.stagewestcalgary.com
- February 21 to 22 Spinosaurus: Lost Giant of the Cretaceous: Meet Spinosaurus, the largest predatory
- dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science,
- before being brought back to light with the help of a remarkable young paleontologist, www.artscommons.ca
- February 26 Calgary Hitmen vs Royals at the
- Saddledome 7:00 pm. www.hitmenhockey.com
- February 27 Calgary Flames & Ottawa Senators face
- off at 8:00 pm at the Saddledome.
- www.calgaryflames.com

www.theatrecalgary.com

• February 28 - Night With the Stars: This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy.



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.

January at Trico Centre

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

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

A new session of registered programs starts in January 9 – check the Program Guide or www.tricocentre.ca. Price Freeze

• Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

• Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.

• Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.

 January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

Older Adults

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

Families

 Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.

• Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; nonmembers \$3 per person.

Children & Youth

• Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.





Our women's clinic provides a safe informative environment for your routine PAP tests and breast exams. Female physicians only.
Patients may also self-refer for early prenatal care.
STI testing, contraception, HPV counselling.
Evening and Saturday appointments available.

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



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



18

20

21

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Somerset and Bridlewood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Somerset/Bridlewood area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

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.

K2 BOOKEEPING: 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.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 25 years experience, reasonable rates and convenient location. Daryl Pallesen CGA, #145 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

DOUBLE DIAMOND PLUMBING AND HEATING LTD:

A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. Spicewellnesscalgary. ca, 403-698-6892.

CERTIFIED GEL NAIL ARTIST: Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@ thomsondoors.com www.thomsondoors.com.

ESSENTIAL OILS FOR WELLNESS: Meet your wellness goals the natural way. Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

S COMMUNITY business of the month

Global Pet Foods Shawnessy Community

...we thrive to

provide the best

possible service

possible.

Global Pet Foods is the largest Canadian-owned Pet Speciality Retailer and being a part of the Global Pet Foods Family is something that I am very proud to be a part of. Back on November 9, 2012 we opened our doors! I had worked in the Insurance Industry for 16 years. Though having a very successful career in this industry, let's just say I was done. I knew that being a previous owner of this business I still needed to continue being my own boss. After looking into several options, Pet Speciality was the obvious winner

as it involves both customer service and pets, both of which I am very passionate about.

At Global Pet Foods- Shawnessy location our philosophy is that caring for pets must include these four el-

ements: Mind+Body+Soul+Spirit. By offering a unique and wide selection of wholesome pet food, accessories and supplies that encompasses these four elements, we are committed to helping pet parents. As well we thrive to provide the best possible service possible. We believe this is achieved by going above and beyond to making sure our customers have a relaxing and fun experience while shopping in our store and going as far as carrying your furry friend's food to your car for you.

We specialize in natural and holistic pet food, pet treats, and supplements, and also carry a wide selection of health and grooming supplies (shampoos, grooming tools, dental products, etc.), toys, carriers and crates, beds, clothing, leashes and collars, training tools. You will find the essential pet products that all pet parents need in caring for their companion pets, whether they are a cat or dog.

We are located in the Shawnessy Shopping Centre at 285 Shawville Blvd SE; you can find us behind the Bell Tower.

Our hours are Monday, Tuesday and Wednesday 10 AM to 8 PM, Thursday and Friday 10 AM to 9 PM, Saturday 10 AM to 6 PM and Sunday from 11 AM to 5 PM.

We look forward to seeing you in our store soon!





MLA CALGARY-SHAW GRAHAM D. SUCHA

#328, 22 Midlake Blvd SE Calgary, AB Canada T2X 2X7 Phone: (403) 256-8969; Fax: (403) 256-8970 calgary.shaw@assembly.ab.ca

Happy New Year to all. A time for new or renewed resolutions and a time to plan and implement a few goals for the year. For many the New Year means a commitment to spending more time with family and friends, a commitment to become more involved with community and neighbours. Whatever your resolutions or goals are for 2016, I wish you the very best for success.

So often we hear people say that we shouldn't look to the past, always look forward. Look to the future. Absolutely! However there are times when you can best move forward by recalling where we have been.

2015 has certainly been a year of change. Change can be unnerving for some. However, thoughtful change can have unprecedented and remarkable outcomes. On May 5th, Albertans sought change and this government is responding to Albertans in new and exciting ways.

Human Rights – Though Bill 7, our government moved to protect all rights including rights for transgender individuals.

Climate Change Plan – The Climate Leadership Plan will strengthen our economy and make Alberta one of the most environmentally-responsible energy producers in the world. The plan will:

- move Alberta away from coal and towards clean, renewable power
- reduce pollution by putting a price on it
- legislate a cap on oil sands emissions
- make Alberta a leader in energy efficiency
- dramatically cut high-polluting methane emissions

Why is this important?

- we are doing the right thing, showing leadership to protect our health, environment and economy for future generations
- a made-in-Alberta plan means we won't have climate change programs imposed on us from outside our borders
- this plan works for our province and our industries, and keeps our capital here in Alberta
- To improve our reputation so we can move forward on new pipeline projects

We are happy to have the support of industry leaders, Cenovus, Suncor and the Chamber of Commerce.

Job Creation Incentive Program – over the past year, many Albertans and their families have been worried about their jobs and the state of the economy as oil prices fall. Our government has been working hard to bring as much economic stability as we can in this challenging situation.

- The first budget was released October 27th. It focuses on stabilizing our public services, returning our province to balance, stimulating economic growth, diversification and job creation.
- This will be the most extensive program of its kind in Canada as it will support employment across all non-public sectors and organizations of all sizes.

• The program will encourage new hiring by providing grants to employers for creating new positions. Grants will be worth up to \$ 5,000 for each new job and employers will be eligible for up to \$ 500,000 in total support – the equivalent of 100 new full-time jobs per organization. Grants will be made available on a first-come, first-serve basis. Visit work.alberta.ca/ jobcreation.

• We will help improve the access to capital for small businesses to allow them the ability to grow and flourish.

St. Mary's University - After a breakthrough season in 2014/2015, the St. Mary's Lightning women's basketball team is starting getting noticed. In November, the Canadian Collegiate Athletic Association (CCAA) released its top 15 ranking list for November 17th and, for the first time ever, the Lightning have cracked the top 15 teams in the country at number 14. If you haven't already, try and take in a game soon. I am proud to be the MLA for St. Mary's University.

I enjoy attending community events, if you would like me to attend yours, I will do my best to be available. If you have concerns regarding community issues you can reach me through my constituency assistant Carole: 403-256-8969.

My office can provide Notary Public and Commissioner for Oaths services and provincial pins, if you need a few.

OPEN HOUSE - Please join us on January 6 4:00 pm – 8:00 pm.

Best wishes for a safe and healthy 2016!

COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: eaward13@calgary.ca Phone: 403.268.2290 Twitter / Instagram: BigRedYYC FB: Facebook.com/dianecu Website: CouncillorDiane.ca

Happy New Year to Ward 13!

With another year behind us, I truly hope you and yours enjoyed a wonderful and warm holiday season surrounded by family, friends and loved ones.

As many of you know, 2015 was a big year for Calgarians as we all adjusted to tough economic times and struggled with family members and neighbours losing employment. But I look forward to the new year as City Council has accelerated capital projects to kickstart the economy and invest in new jobs and opportunities for 2016.

Province of Alberta Closes Hwy 22X Dog Park

I, among several residents are very disappointed with the news about the Provincial closure of the Spruce Meadows temporary off-leash dog park, located just off of Hwy 22X.

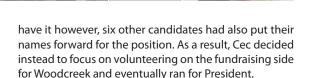
Unfortunately, the decision for the closure was not mine, nor The City of Calgary's jurisdiction to make, as the area is within the Province of Alberta's Transportation Utility Corridor and is owned by The Province through the Alberta Infrastructure department.

The space is currently being leased by Spruce Meadows with the lease ending on December 31, 2015. The Province is not intending to renew the lease with Spruce Meadows in preparation for construction of the Southwest Calgary Ring Road. If you have further questions regarding this park closure, please contact The Province's Alberta Infrastructure Department toll-free at 310-0000.

Community Associaton President Spotlight: Cec Jahrig of Woodcreek

Cec Jahrig has been the Community Association President for Woodcreek over the past five terms. Cec has been a tireless volunteer since taking over the Presidency in 2010 and was also Vice President prior to that.

Cec not only is a Chartered Professional Accountant, but he is also retired from a background in real estate. When the Woodcreek Community Association was in need of a treasurer, Cec was interested in the role. As luck would



Cec has seen the CA memberships soar during his time in office with a total of 2,401 members since 2010, and 1,100 of those members signed up just last year. He has built a great team of volunteers, and without their efforts, the Woodcreek Community Association wouldn't be as successful as it currently stands.

Other accomplishments which Cec has overseen in his tenure included improving community engagement by adding office space, expanding the current facilities to accommodate the community, repaving the Woodbine tennis courts, the building of pickle ball courts, the creation of a skate park, installation of basketball courts in both Woodbine and Woodlands and upgrading the flood lights. Cec is dedicated in recruiting volunteers to organize community and sporting events at the community hall. He is most proud of the support from the entire board and volunteers and has seen a substantial increase in community support throughout the years.

Cec, for all you do and have done for our City, I would like to express a heartfelt thank you on behalf of everyone you serve.



MLA CALGARY - LOUGHEED DAVE RODNEY

311A - 2525 Woodview Drive SW T2W 4N4 Phone: 403-238-1212 calgary.lougheed@assembly.ab.ca Woodbine, Woodlands, Evergreen & Bridlewood



Thanks to all who joined us for
our Christmas Open House! From
our family to yours, we hope you
had a safe, happy holiday season
and we send you our best wishes
for a super 2016!Our Proud Alberta PC MLA
Team: Dr Richard Starke,
Dave Rodney, Wayne Drysdale,
Rick Fraser, Manmeet Bhullar,
Sandra Jansen, Ric McIver,
Mike Ellis and Richard Gotfried

Effective and Respectful Opposition ~ Serving as the Voices of Reason

I am very pleased to tell you that our PC Caucus continues to stand up for hard-working Albertans everywhere, and has proven what an effective, respectful opposition looks like. Over the past seven months, PC MLA's have continued to push on issues from the energy sector to affordable housing; and from the forgotten issues of our forestry industry, to the needs of Albertans facing challenging economic times. Our caucus stood side-byside with farmers and ranchers in the fight for reason with Bill 6, as they struggled to have their voices and concerns heard. I put forward a motion to suspend the bill until farmers and ranchers were consulted; but the new NDP government was deaf to that. Instead, they simply continued a trend that started just when they were elected in May: ignoring the concerns and issues of Albertans, while pushing forward an agenda that will take on unprecedented debt and burden our children with insurmountable costs in the future. From failing to listen to the farmers and ranchers that help feed our province, to telling Albertans who are losing their jobs to go to British Columbia, this government has shown a lack of respect the citizens of this great province. (For my member's statement on the problems with the new NDP government, please visit daverodney.ca. You may be very surprised at the incredibly long list, especially for having been in government for just seven months!) Meanwhile, our PC caucus is upbeat and creative in its solutions to the realities we currently face in Albertans; and we simply will not give up!

What have I been up to lately?

Our interim leader was provided this update for a member's statement in the Legislature:

"PC MLA Dave Rodney, the longest serving member of our caucus, has been a champion for his Calgary-Lougheed residents regarding issues affecting students, seniors, those negatively affected by the NDP's ill-advised responses to the economic situation, and all who are eagerly anticipating the completion of the Southwest Calgary Ring Road. As critic/shadow cabinet minister/advocate, he has fought for Advanced Education and Innovation by illustrating inconsistencies in budget estimates; and suggesting positive, proactive solutions. He has also been relentless in calling out the government on its notion to forge a new relationship with Aboriginal peoples: it was his guestion regarding the silence in the Throne Speech in the first week of the legislature that prompted the Premier's Apology for Residential Schools. He also pushed the premier, the minister, and the government regarding representation on agencies, boards and commissions--such as the Premier's Council on Economic Development--which was a clear oversight by the government. He brought to light the lack of consultation on the impact to businesses on the climate change plan, the failure to make public the Panel Review report on the Lower Athabasca Regional Plan, and the lack of government response to the fentanyl crisis--which is claiming lives at an absolutely tragic rate."

Losing an Invaluable Member of our Team

Tragically, in late November, our dear friend and honourable colleague Manmeet Bhullar succumbed to his injuries from a terrible accident on Highway 2, just north of Red Deer. He died doing what he did best—helping people. As a resident, an MLA, a Minister, and an opposition critic, Manny's influence was deeply felt in our city, our province, our country, and around the world. He will be missed greatly; but we will soldier on--with his courageous spirit inside each one of us!

To receive this newsletter two weeks early and to be on our "E-list" for other important updates, please e-mail us at: calgary.lougheed@assembly.ab.ca. For important updates on issues affecting Calgary-Lougheed, please call, fax, email, drop by our office, or visit daverodney.ca, anytime!

ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

403-252-1161

info@appletreepreschool.ca

Southcentre Mall Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

LEARNINGISFUNI

WELCOMING NEW STUDENTS THROUGHOUT THE YEARI

where

Apple Tree Preschool believes that children learn best when they are respected, secure and having fun. Our Preschool Community: Small classes offer individualized attention for your child. In addition to our regular program, a professional music program (all classes), introduction to French (in JK) and Pre-K academic readiness skills will enhance your child's love of learning.

2nd Floor, 2335–162nd Ave. SW
 Shoppes of Bridlewood (by Sobeys)
 www.appletreepreschool.ca



www.academydenture.com

NEW YEAR Lundgren & Young INSURANCE







IS THE RIGHT

TIME TO THINK

TERRY BURTON

Home - Business Property - Life - Group - Travel

Ph 403.539.0269 Cel 403.860.3615 terry.burton@landy.ca

DARCY BURTON

Home - Auto - Commercial Auto

Ph 403.539.9518 403.860.3617 Cel darcy.burton@landy.ca

NORTHPOINT 🍋 SCHOOL FOR BOYS

Visit Our Website for Upcoming O_{pen} Houses Grades Full day Kindergarten

THE NORTH POINT MODEL

- Experiential Learning
- Personalized Natural Learning
- Socratic Teaching
- Mastery
- Community
- Applied & Integrated Technology
- Outdoor Education & Athletics

OUR STUDENTS

North Point School welcomes all Boys who are curious, enthusiastic, and would benefit from an active learning environment. Our School is for students who want to achieve their personal best academically, while exploring and interacting with the world around them. IF YOU FEEL YOUR SON COULD BENEFIT FROM WHAT WE HAVE TO **OFFER - CALL NOW!**

www.northpoint.school

LEARNING, REIMAGINED

Tel (403) 744-5214 Site 22, RR #8, Calgary, AB T2J 2T9 (The old Red Deer Lake School on the SE corner of Hwy 22X and 53rd St. SW) Grades K-9 -Full day Kindergarten

Brent Devost, Head of School bdevost@northpoint.school

Scott Kostecki, Assistant Principal skostecki@northpoint.school

Kim Pirie Cook, Founder kpirie@northpoint.school